

CALENDAR

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

- MAR. 5 W.T.R.C. Business meeting, Tuesday, March 5, 2002, 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * MAR. 9 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR. 16 MARATHON of the GREAT SW: Abilene, FMI, Call (915) 677-8144
- MAR. 23 NUTRITION ON THE RUN 5K: Also 1 mile fun run/walk, Lubbock Dietetic Association, Mae Simmons Park, 9am, FMI, call Gina Jarman, 725-8081(d), 795-1276(n)
- APR. 7 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- * APR. 13 FLIGHT LINE RACES: Reese Center, Lubbock, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (806) 392-8945
- APR. 27 MLK TRAIL DUATHLON: Details Later (Mountain Bikes)
- * MAY 11 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Ron Hewett, 792-4093
- MAY 25 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451
- * JUNE 8 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538
- JUNE 15 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- * JULY 4 33rd ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3 Mile, Kids 1 Mile, Adam Puckett, RD, 799-4745(n), 775-1236(d)
- * AUG. 10 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Child-dren's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- AUG. 11 CHAIN BREAKER MOUNTAIN BIKE RACE: BSL, Jay Keith, 798-3909
- * SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- * OCT. 19 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K
- * NOV. 9 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- NOV. 16 Proposed Trail Run; MLK Park
- NOV. 17 WEST TEXAS MOUNTAIN BIKE CHAMPIONSHIP; MLK Park (Details Later)
- * NOV. 28 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)

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



March 2002

James Livermore
5707 2nd Place
Lubbock, TX 79416

Newsletter
5406 86th St.
Lubbock, Texas 79424



March 2002

March W.T.R.C. Race
PRAIRIE DOG TOWN 4 MILE RUN
9am, Saturday, March 9, 2002
Mackenzie State Park
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Tom Griffin
(H) 698-1503
E-mail: tomgrwp@hotmail.com

External Vice-President - Jeff Key
(H) 799-8740
E-mail: jkpp@nts-online.net

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

Immediate Past President - Mike Kelley
(H) 765-0441
E-mail: mkellejrun@yahoo.com

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, March 5, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A). All members are welcome.

NOTES FROM THE PRESIDENT

I am guessing that there are many WTRC members in the same boat that I was in up until recently. You've been a member for awhile, but haven't a clue about how the club got started, how it was guided through the formative years, how it picked up momentum to become one of the more highly regarded running clubs in Texas, and how it continues to serve this region's runners and the communities it touches. Answers to these and many other questions you never thought of asking will be unfolded before you in future newsletters thanks to James Livermore having volunteered to become our club historian and archivist. If anyone has stories, photos, newspaper clippings, etc. that you think are worth saving and sharing, please get in touch with James.

On a closely related note, the FUTURE of your club, we want you to feel free to offer any constructive ideas you might have on race management, volunteering, membership issues, our outreach efforts for external races, fund-raising, our website, scholarship offerings, race sponsorships, etc. I suggest you email a Board member so that we can have properly documented issues to bring up at our meetings. Of course the very best way to work new ideas into the club would be to show up at a meeting and deliver your thoughts directly.

Thank you for running with us and for helping us continue to be one of the best running clubs in the State of Texas.

SYCNR, Ron

DIRECTORS

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

External Race Director - Kirk Thomas
(H) 797-7732 (O) 749-1850
E-mail: kthomas@starenationalbank.com

Equipment Director - Dwayne Oakeley
(H) 799-4473
E-mail: oakeleys@nts-online.net

Race Calendar Director - George Jury
(H) 792-1237 (O) 792-3291
E-mail: rungwj@aol.com

Membership Director - Adam Puckett
(H) 799-4745 (O) 775-1236
E-mail: adamrebecca@cox.net

Internal Race Director - Sam Prose
(H) 794-0429 (O) 762-7909
E-mail: soprose@usps.gov

Club Historian - James Livermore
(H) 792-5815
E-mail: jlmore@nts-online.net

WEST TEXAS RUNNING CLUB EIGHT MILE COTTON PATCH RUN USA T&F CERTIFIED, # 97110ETM February 9, 2002 OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	GUENT BEARDEN	LUBBOCK	TX	1	M2529	26	M	46:28	5:49
2	BRUCE MITCHELL	SAN ANTONIO	TX	1	M1619	18	M	53:23	6:41
3	BEN WRIGHT	LUBBOCK	TX	2	M1619	30	M	54:17	6:47
4	HENRY SANTOS	LUBBOCK	TX	1	M3034	30	M	54:36	6:50
5	KEVIN SWEENEY	CLOVIS	NM	2	M3034	32	M	55:17	6:55
6	JACOB KELLY	LUBBOCK	TX	1	M2024	21	M	55:38	6:58
7	BRENT LOWREY	LUBBOCK	TX	1	M4044	40	M	58:48	7:21
8	STEVEN CULP	LUBBOCK	TX	3	M1619	16	M	58:54	7:22
9	FARRELL MARTIN	LUBBOCK	TX	1	M3539	35	M	59:18	7:25
10	RON LUBOWICZ	LUBBOCK	TX	1	M5559	59	M	1:00:09	7:32
11	WAYNE IVEY	SLATON	TX	3	M3034	32	M	1:01:09	7:39
12	MARK ALBUS	LEVELLAND	TX	1	M4549	45	M	1:01:14	7:40
13	SHANNA ARMSTRONG	LUBBOCK	TX	1	F2529	27	F	1:01:34	7:42
14	DIANE CALHOUN	IDALOU	TX	1	F4044	43	F	1:02:20	7:48
15	JOHN TROMPLER	LUBBOCK	TX	1	M5054	54	M	1:02:38	7:50
16	LYNN LEE	LUBBOCK	TX	4	M3034	32	M	1:02:51	7:52
17	MOIRA RIDLEY	LUBBOCK	TX	1	F3539	36	F	1:03:37	7:58
18	BOB BLAKE	LUBBOCK	TX	2	M3539	37	M	1:03:48	7:59
19	CARI FAVER	LUBBOCK	TX	1	F2024	22	F	1:03:54	8:00
20	CALBE BECK	LUBBOCK	TX	4	M1619	18	M	1:03:57	8:00
21	RICHARD TITUS	WOLFFORTH	TX	2	M4549	49	M	1:04:33	8:05
22	AARON SELF	HOLLOMAN AFB	NM	2	M2024	22	M	1:05:28	8:11
23	CLINT STEPHENSON	LUBBOCK	TX	5	M3034	31	M	1:05:41	8:13
24	DANNY GALEY	COLORADO CITY	TX	2	M5559	56	M	1:05:54	8:15
25	TOM GRIFFIN	LUBBOCK	TX	2	M5054	53	M	1:06:04	8:16
26	MADONNE MINER	LUBBOCK	TX	1	F4549	49	F	1:07:33	8:27
27	JEREMY LEGGOE	LUBBOCK	TX	6	M3034	34	M	1:08:39	8:35
28	RON NUGENT	LUBBOCK	TX	3	M5559	55	M	1:09:04	8:38
29	NATHAN BECK	LUBBOCK	TX	1	M1315	15	M	1:10:19	8:48
30	JIM BURLESON	LUBBOCK	TX	4	M5559	59	M	1:12:36	9:05
31	JIM WILHELM	LUBBOCK	TX	3	M5054	51	M	1:12:57	9:08
32	JIM BECK	LUBBOCK	TX	2	M4044	42	M	1:13:05	9:09
33	CRYSTAL HOLM	LUBBOCK	TX	2	F2024	22	F	1:13:11	9:09
34	JAMES BONE	LUBBOCK	TX	1	M6064	62	M	1:13:22	9:11
35	SHIRLEY WIGLEY	LUBBOCK	TX	2	F4549	48	F	1:14:10	9:17
36	MIKE MORRIS	LUBBOCK	TX	3	M4549	46	M	1:14:29	9:19
37	DWAYNE OAKELEY	LUBBOCK	TX	4	M4549	45	M	1:14:44	9:21
38	MIKE GREER	RANSOM CANYON	TX	2	M6064	63	M	1:15:35	9:27
39	DICK BAKER	LUBBOCK	TX	5	M5559	57	M	1:15:43	9:28
40	BILL ROGER	LEVELLAND	TX	3	M6064	62	M	1:18:01	9:45
41	RENAE ALVAREZ	LUBBOCK	TX	2	F2529	29	F	1:18:03	9:46
42	MARSHA BENNETT	LUBBOCK	TX	2	F3539	38	F	1:18:35	9:50
43	JAMES LIVERMORE	LUBBOCK	TX	4	M5054	54	M	1:18:48	9:51
44	DAVID VINSON	LUBBOCK	TX	7	M3034	34	M	1:19:54	10:00
45	PAULINE DEVOS	PLAINVIEW	TX	2	F4044	44	F	1:20:37	10:05
46	DAHLIA HOOD	LUBBOCK	TX	3	F4044	43	F	1:21:03	10:08
47	CATHY PADEN	SLATON	TX	1	F3034	31	F	1:21:04	10:08
48	JAMIE IYES	LITTLEFIELD	TX	1	F1619	19	F	1:24:29	10:34
49	CINDY JOHNSON	LITTLEFIELD	TX	3	F3539	37	F	1:25:13	10:40

* = New Age Group Record

**W.R.T.C. 2002 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS**
(reflects all paid members as of 02-15-02)

FEMALE

		YTD TOTALS			YTD TOTALS		
		AGE	PTS	MILES	EVT	VOL	
0 - 12 FEMALE							
13 - 15 FEMALE							
Allyssa Preston	13	10	5	1			
16 - 19 FEMALE							
20 - 24 FEMALE							
25 - 29 FEMALE							
Shanna Armstrong	27	11	8	1			
Linda Northrup	27	10	4	1			
Mallinda Colwell	28	9	4	1			
Brandy Temple	29	8	4	1			
30 - 34 FEMALE							
Cathy Paden	31	18	13	2			
35 - 39 FEMALE							
Meira Ridley	36	21	13	2			
Marsha Bennett	38	19	13	2			
Cindy Johnson	37	8	8	1			
40 - 44 FEMALE							
Dahlia Hood	43	17	13	2			
Barbara Slaton	43	10	5	1			
Diane Calhoun	43	10	8	1			
Pauline DeVos	44	9	8	1			
Robin Thomas	41	8	5	1			
Julie Cribbs	43	0	5	1	*		
45 - 49 FEMALE							
Madonne Miner	49	20	13	2			
Shirley Wigley	48	18	13	2			
Connie Berlingen	48	10	4	1			
50 - 54 FEMALE							
Joste Aleman	50	19	9	2			
Etta Mayer	52	10	13	2	*		
Mary Harris	54	0	5	1	*		
55 - 99 FEMALE							
Delores Key	59	0	8	1	*		

** = RACE DIRECTOR
* = VOLUNTEER

PROBLEMS??? CALL SHIRLEY WIGLEY 797-4201

**FINAL ELIGIBILITY FOR THE CHALLENGE SERIES
REQUIRES COMPLETING AT LEAST ONE EVENT
AS A VOLUNTEER**

**"You have to forget your last marathon before you try another.
Your mind can't know what's coming."**

FRANK SHORTER

TRAIL RUNS/MOUNTAIN BIKING

At our February meeting, Jay Keith, President of the WEST TEXAS RACING CLUB (Mountain Bikes) presented a proposal for WTRC and their club to cooperate on some events which may appeal to members of both clubs.

First of these events would be a Trail/Mountain Bike Duathlon to be held at Martin Luther King, Jr. Park (MLK) on April 27th. Then a Trail Run on Saturday, November 16th, followed by a Mountain Bike race on Sunday, November 17th.

Also, there will be the "Chain Breaker MB Race" at Buffalo Springs Lake on Sunday, August 11th, the day after our "HOT DAM 5 MILE RUN"

Jay and his son, John are new members to our club and have run together at several of our races. For more information on the WEST TEXAS RACING CLUB, check out www.wtcycling.com.

CHALLENGE SERIES

The full Challenge Series rules were outlined in the February newsletter. In brief, this longstanding club program is to encourage volunteerism among club members. To remain eligible for year end awards, members must serve as a volunteer at one of the 13 "monthly" club races and be involved in at least 3 others, either as a runner or volunteer.

NEW CERTIFIED COURSES

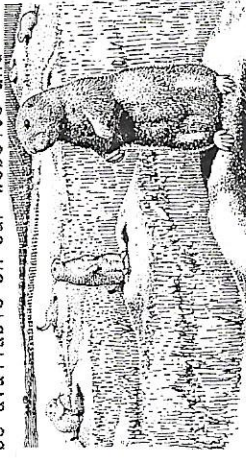
The FLIGHT LINE 10K and Half Marathon courses are now certified.

NEW ADDITION TO WEBSITE

Thanks to the efforts of Adam Puckett and David Higgins, maps of our courses will soon be available on our terrific website. Nearly 10,000 visits have been made to the website!

RACE RESULTS

For those with internet, race results can be found quickest at www.coolrunning.com. Later, they will be available on our website and www.runnertriathelete.com.



COTTON PATCH DIRECTORS REPORT 2002

Welcome aboard! The Cotton Patch Cafe has shown a genuine interest in this race and proved it by providing numerous door prizes this year. And next year they want very much to be a full-blown sponsor so we are excited about turning this into an even bigger race than it already is. Of course we couldn't do any races without the generous contributions of this years volunteers: George Jury & Ron Hillis on computer, Jimmie & Delores Key on registration/finish line, Tony Aleman (chronomix/finish line), Dan Adams and the Girlstown 5 at the water stops. Also a big thanks to a couple who prepared and worked pre-race and then ran the race. Ron Lubowicz brought in all equipment and set up the course, then enjoyed a cool eight-mile race, as did Tom Griffin who manned the pre-registered table before running.

Hope everyone enjoyed this year's Cotton Patch and we hope to see you back next year. Do your friends a favor- bring them with you to our next monthly club race. David Higgins, Race Director.

MEMBER NEWS

3M HALF MARATHON

This year's 3M Half Marathon drew over 2,500 runners to Austin on February 4, including a number of strong national and international athletes. Karl Rasmussen of Norway won the men's race in 1:02:11, and Sylvia Mosqueda, a native of Los Angeles, smashed the women's course record as she won in 1:10:45. Two guys from Hobbs, New Mexico were also there to show what they could do. Bob Jackson and Hawk Harris both ran strong races at this year's event. Bob turned in a time of 1:13:07 to finish 3rd amongst the masters and 21st overall, while Hawk toured the course in 1:17:23 to place 9th in the 25-29 age division and 39th overall. For those of you who are mathematically challenged, that comes to a 5:35/mile average for Bob, and 5:55 per mile pace for Hawk. Good work guys!

MEMBER MOVE

Dan Adams, who has been administrator for GIRLSTOWN, USA at Whiteface, has been promoted in the Cal Farley's Boys Ranch organization and will be moving to Amarillo in May, after his daughter graduates. Meantime he will be commuting a lot. Thanks, Dan, for your contributions to the club and good luck "up north"!

MOTOROLA/AUSTIN MARATHON

There were over 5,700 marathoners at this year's Motorola Marathon on February 17th. The West Texas Running Club had several runners in the field. Hope we didn't miss anyone, but try scanning over 5,000 finishers and you will understand the challenge. Leading the way for our club members was David Steadman, age 32, who finished with a Boston Marathon qualifying time of 3:10:01. David plans on using this time for entry in the 2003 Boston event. David's running times have improved steadily over the past year, improving his marathon time by about 20 minutes. He says he isn't sure what lead to the improvement, but feels the hard training he did in preparation for a full Ironman triathlon helped significantly. Other WTRC finishers included (with chip time and age): Alison Bonow, 22, 4:13:53; Robert Broselow, 61, 4:56:25; Greg Hogan, 42, 3:52:54; Randy Holloway, 45, 4:09:37; Judy Lawley, 36, 4:07:56; Brent Lowrey, 40, 3:41:36; Bill Mateja, 40, 3:56:49; and Clint Stephenson, 31, 4:26:49. Former club member Ron Seal, now living in Etolle, Texas, finished in 4:42:45. The overall winners were Andrzej Krzyscin of Poland, 2:12:12, and Britain's Marian Sutton 2:31:43.

IRONMAN MALAYSIA

How far would you go to qualify for the Ironman World Championship in Hawaii? For Shauna Armstrong the quest for a coveted qualifier's slot into the Kona event took her half way around the world. Shauna traveled to Langkawi, Malaysia to compete

in Ironman Malaysia on January 27th. Unless you are lucky enough to get a lottery entry into Ironman Hawaii, you must win an available slot granted to certain designated events. The weather in Malaysia is hot and humid, but the conditions in Hawaii can be brutal also. Shauna finished in 11 hours, 55 minutes. It was not a PR, but it was good enough for Shauna to win a slot in this year's Kona Ironman. Congratulations Shauna! and please feel free to take a break from the rigors of the triathlon and do some easy running with the WTRC.

MINDY SULLIVAN AT AIDAS MIDWEST INDOOR CLASSIC

Mindy Sullivan competed against some of the nation's best high school 800 meter runners at the Aidias Midwest Indoor Classic at the University of Nebraska in Lincoln on February 9th. Five of nine high school girls who ran under 2:10 last year were at the event. Mindy took the lead in the first 100 meters and controlled the race throughout. Mindy was disappointed in her winning time of 2:12:87, but according to a writer for dyestat.com no one tried to take over the lead during the slow middle portion of the race, and Mindy laid down a 32 second finishing 200 (with most of the speed in the final 100) meters to win by .88 of a second over the next finisher. Currently dyestat.com ranks Mindy second nationally among all high school girl 800 meter runners. She also competed and won the 1500 meter race at the Wes Kitley Classic held recently at Texas Tech. Mindy is planning on competing in the Nike Indoor National Championships at Prince Georges Center in Landover, Maryland on March 10, 2002 in either the 800 or the mile. Sullivan is being recruited by many collegiate programs, including the University of Florida and its Assistant Track Coach JJ Clark. Clark's wife is Olympian Jearl Miles Clark who also competed in Lincoln. Mindy's final track season with Iubock Coronado will start soon, and we hope we can report more outstanding results later.

FROST YOUR FANNY DUATHLON

Mike and Marti Greer competed in this year's Frost Your Fanny Duathlon in Austin on January 31, 2002. The event featured a 5K run, 16.3 mile bike ride, and a second 5K run. Mike was first in the 60-64 division, Marti was 5th in the 40-44 grouping. Don't know if anyone's Fanny got frostbitten, but James Bonney and Sabine Bildstein were the overall winners.

ABC TIGER RELAYS

Several of our high school club members posted strong performances in the ABC Tiger Relays hosted by Frenship High in Wolfforth. Hope Jimenez won at 1600 meters (5:33.42) and 3200 meters (12:09.31) for Lamesa in the 4A Girl's division. On the boy's side, Casey Sumpter of Lamesa finished second at 3200 meters (10:00.76). Mindy Sullivan continued her winning ways and also showed her versatility by finishing first in the 5A 400 meter (56:75.2), and first in the 1600 meter event (5:14.62). Congratulations to each of these runners and good luck on the coming track season.

PLEASE HELP US WITH MEMBER NEWS

You can help us report on your running accomplishments and that of other club members by sending results to John Trompler at trompler@utoramail.com or call (806) 794-1359. I scan results for major regional events, but I sometimes miss individuals in that process, and rely totally on your input for other events. I should advise you multisport athletes that I am more likely to miss your result, so please let us know of your achievements.

PRAIRIE DOG RUN 4 MILE
EVENT RECORDS (Since 1983)
 USA T&F Certified, #TX97108ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	1983 *
	+ Larry Millard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
	+ Bobby Cunningham	Abernathy	43	21:58	1983
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
	+ George W. Jury	Lubbock	53	24:18	1990
55-59	George W. Jury	Lubbock	55	24:22	1992
60-64	Bill Roger	Levelland	61	31:11	2001
65-69	Don Sanderson	Tulia	66	28:47	1996
70+					

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	1991 *
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado Cty	45	30:58	2001
50+	P.J. Mitchell	Lubbock	50	33:30	1995

+ = Noteworthy Times

*** OVERALL COURSE RECORDS**

MEMBERSHIP

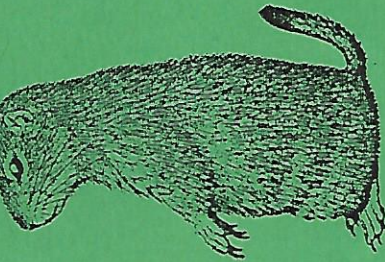
If memberships are not renewed by March 21, 2002, you will be dropped from the mailing list and deleted from the Challenge Series. Remember, the benefits of membership; Newsletter with club news and monthly calendar, at least \$1 off each of the 13 club race entry fees, you will save enough to pay the \$15.00 membership fee, plus insurance protection and a quarterly newsmagazine from RRCA.

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN

USA T&F CERTIFIED, #TX97108ETM

EVENT # 3

Of the 2002 W.T.R.C CHALLENGE SERIES



BLACKTAIL PRAIRIE DOG

WHEN: SATURDAY, MARCH 9, 2002
 REGISTRATION 8:00-8:45 A.M.
 RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
 on Canyon Lake Drive, just
 off Broadway, North

COURSE: Rolling Terrain, Asphalt
 4 Miles, Out and Back

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
 OTHERS = \$ 6.00

PRE-REGISTRATION: Is available, return the entry form or call George Jury before 7pm, Friday March 8th, 792-1237 (h), 792-3291 (w)

AWARDS: Unique "Prairie Dog" Medals will be given to the Overall Winners and the first 3 in the following Divisions and to at least 50 percent of the participants in each age group (maximum of 5)

AGE DIVISIONS:

MEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
 45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus, Clydes

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
 45-49; 50-54; 55-59 and 60 Plus, Athena

RACE DIRECTOR: John Trompler Home 794-1359

2002 National Nutrition Month®
Nutrition on the Run

5K Race & 1 Mile Fun Run / Walk

Saturday, March 23, 2002 @ 9:00 a.m.

Mae Simmons Park
Lubbock, Texas

Sponsored by the
Lubbock Dietetic Association
www.lubbockdietitians.org

Awards:

Medals to 1st, 2nd, & 3rd place finishers in each age group in the 5k.
Door prizes drawn from those registered.

Cost:

\$15 before March 15
\$20 thereafter

All proceeds to benefit the South Plains Food Bank

Detach above and mail by March 15 to: LDA c/o Gina Jarman, 4101 22nd Place, Lubbock, TX 79410, (806) 743-3433

Name: _____ Age: _____

Address: _____ Sex: _____

City: _____ State: _____ Zip Code: _____

Event: 5k 1 Mile Phone or E-mail: _____

LIABILITY WAIVER

In consideration of acceptance of the entry, I, the undersigned, my family and heirs do waive and release any and all rights or claims for which I may have against the Lubbock Dietetic Association and the West Texas Running Club and all individuals assisting, arranging, sponsoring and conducting these events and any of their agents, representative and assignees for any and all injuries, loss or damage suffered by me at or while traveling for the National Nutrition Month Race. I verify that I am physically fit and capable of running/walking in this race and have sufficiently trained for the competition of this event. I realize that there are risks inherent in the sport of running and walking and I am willing to accept the result of those risks.

Signature: _____ Date: _____

Prairie Dog Town Run FOUR MILE

March 9, 2002

Mail
Registration
thru Mar 7th

Telephone registration
by 7 p.m. Mar 8th
792-1237 (n) 792-3291 (d)

\$5.00 WTRC members, \$6.00 non members
Make checks payable to the West Texas Running Club
Mail checks & entry forms to: George Jury
5212 44th Street
Lubbock, Texas 79414

Race starts at 9:00 a.m.
in MacKenzie Park,
Race Director, John Trompler
794-1359

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 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 2002 Prairie Dog Town 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 old.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)
Female _____ Athena (150 lbs or more)

Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____