

# CALENDAR

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

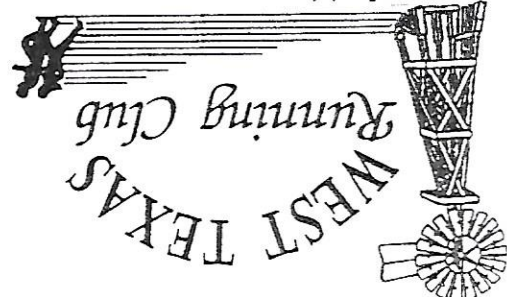
- SEPT 10 W.T.R.C. Business meeting, Tuesday, September 10, 2002  
7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- \* SEPT 14 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 28 **RACE FOR THE CURE:** TTU Campus, Lubbock, 8am, FMI 765-5281
- \* OCT. 19 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K  
FMI call George W. Jury, 792-3291 (d), 792-1237 (n)
- NOV. 2 **TOYS FOR TOTS 5K RUN:** Lubbock, 9am, Armed Forces Reserve Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- \* 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. 10 **SAN ANTONIO MARATHON:** (210) 246-9656 ([www.samarathon.org](http://www.samarathon.org))
- 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)
- \* DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am  
FMI, call Tom Griffin, 698-1503 (h)
- DEC. 15 **WHITEROCK MARATHON:** Dallas, (214)526-5318 ([www.runtherock.com](http://www.runtherock.com))
- JAN. 11 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 19 **HP/HOUSTON MARATHON:** (713) 957-3453([www.hphoustonmarathon.com](http://www.hphoustonmarathon.com))
- \* FEB. 8 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- \* MAR. 8 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am  
John Trompler, Race Director, 794-1359



September 2002



James Livermore  
5707 2nd Place  
Lubbock, TX 79416



Newsletter  
5406 86th St.  
Lubbock, Texas 79424

September 2002



September W.T.R.C. Race  
Shallowater, TX 10K and 2 Miles  
8am, Saturday, Sept 14, 2002  
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: jkcp@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: dhiggins69@hotmail.com

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

WTRC Web Address:  
<http://wtrc.tripod.com>

**W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.**  
The WTRC monthly business meeting is on Tuesday, September 3, 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

To many of our membership, the West Texas Running Club is a bunch of "other" people who put on good races, publish a tidy newsletter with race results and an informative calendar, and have a nifty website. In fact that was my view of the Club not that many years ago. Then one day I was asked to help out at a race. Amazingly, I rose to another level of membership ... I had become one of the "other" people, I had become a volunteer. From that day on I began seeing the Club from another angle and in another light. Well managed races do not just happen ... they take a lot of preparation, people and equipment.

Newsletters and websites do not publish themselves, they too require time and effort. I have recently been browsing old newsletters and the minutes of past meetings, and I was very pleased with one observation ... that we have been maintaining a healthy turnover in volunteers. Race directors change every few years; many names in today's volunteer credits were not to be found just five years ago, fresh board members step to the plate to fill vacancies, etc.

For the health of the Club to continue, every member must look not only at the benefits of his or her membership (enjoying the races, taking home the medals, finding names in the results), but also at the obligations of membership beyond the payment of dues. The Club needs many talents and many man-hours to continue its successful service to the West Texas running community. Thank you for being that kind of member.

SYOTR, Ron

\*\*\*\* EVENT NUMBER 8 OF THE 2002 WTRC CHALLENGE SERIES  
USA T&F CERTIFIED #TX93059ETM

THE 15th ANNUAL HOT DAM 5 MILE RUN  
August 10, 2002  
Lubbock, Texas

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	QUENT BEARDEN	27	M	1	M2529	LUBBOCK	TX	27:19	5:28
2	BOB JACKSON	43	M	1	M4044	HOBBS	NM	27:57	5:36
3	GARY LACKEY, JR	15	M	1	M1315	BROWNFIELD	TX	28:51	5:47
4	BURKE BINNING	25	M	2	M2529	LUBBOCK	TX	30:12	6:03
5	CALVIN DAY	16	M	1	M1619	MEADOW	TX	31:27	6:18
6	PHILLIP CUNNINGHAM	15	M	2	M1315	PLAINVIEW	TX	32:38	6:32
7	RENEE GONZALEZ	37	M	1	M3539	LEVELLAND	TX	33:09	6:38
8	JARED DAVIS	15	M	3	M1315	BLEDISOE	TX	33:29	6:42
9	EPI AGUIRRE	43	M	2	M4044	LUBBOCK	TX	33:31	6:43
10	DAVE SHELLS	28	M	3	M2529	LUBBOCK	TX	33:37	6:44
11	DREW SOUCY	14	M	4	M1315	LUBBOCK	TX	34:11	6:51
12	BRANDON JOHNSON	14	M	5	M1315	LUBBOCK	TX	34:28	6:54
13	AL GARDNER	46	M	1	M4549	LEVELLAND	TX	34:33	6:55
14	BOBBY MORA	34	M	1	M3034	SAN ANGELO	TX	34:52	6:59
15	RICHARD LOMBARDINI	26	M	4	M2529	LUBBOCK	TX	35:07	7:02
16	JOHN TROMPLER	55	M	1	M5559	LUBBOCK	TX	35:13	7:03
17	AUSTIN CRAWLEY	26	M	5	M2529	LUBBOCK	TX	35:19	7:04
18	PAUL PARE	40	M	3	M4044	LUBBOCK	TX	35:34	7:07
19	RON LUBOWICZ	59	M	2	M5559	LUBBOCK	TX	35:41	7:09
20	TOM CUNNINGHAM	46	M	2	M4549	PLAINVIEW	TX	35:52	7:11
21	GREG LARSON	43	M	4	M4044	LUBBOCK	TX	36:08	7:14
22	JAY KEITH	44	M	5	M4044	LUBBOCK	TX	36:27	7:18
23	STEPHANIE BIGHAM	19	F	1	F1619	LUBBOCK	TX	36:45	7:21
24	RUSSEL MARTIN	44	M	6	M4044	SHALLOWATER	TX	37:00	7:24
25	MARK ALBUS	45	M	3	M4549	LUBBOCK	TX	37:51	7:35
26	BOB BLAKE	37	M	2	M3539	LUBBOCK	TX	38:04	7:37
27	RONNIE PRIGG	51	M	1	M5054	LUBBOCK	TX	38:17	7:40
28	JOE GOMEZ	58	M	3	M5559	LUBBOCK	TX	38:20	7:40
29	CHRISTI WILLIAMS	18	F	2	F1619	LUBBOCK	TX	38:20	7:40
30	JEFFREY JURY	45	M	4	M4549	LUBBOCK	TX	38:47	7:46
31	RANDY HOLLOWAY	41	M	7	M4044	COLORADO	SPGS	39:04	7:49
32	RONNIE NUGENT	55	M	4	M5559	LUBBOCK	TX	39:13	7:51
33	DANA SOUCY	40	M	8	M4044	LUBBOCK	TX	39:16	7:52
34	THOMAS CHERRY	14	M	6	M1315	LUBBOCK	TX	39:18	7:52
35	ALLYSSA PRESTON	14	F	1	F1315	LUBBOCK	TX	39:26	7:54
36	DAVID PRESTON	36	M	3	M3539	LUBBOCK	TX	39:34	7:55
37	STEVE BIGHAM	48	M	5	M4549	LUBBOCK	TX	39:52	7:59
38	ROD BURGETT	38	M	4	M3539	SHALLOWATER	TX	40:21	8:05
39	MELANIE MCVEY	40	F	1	F4044	SUNDOWN	TX	40:29	8:06
40	RUSSELL MALM	40	M	9	M4044	MIDLAND	TX	40:53	8:11
41	DANNY GALEY	57	M	5	M5559	COLORADO CITY	TX	41:14	8:15
42	TYLYNN LACKEY	16	F	3	F1619	BROWNFIELD	TX	41:18	8:16
43	JANELLE MYERS	20	F	1	F2024	LUBBOCK	TX	41:32	8:19
44	ADAM PUCKETT	31	M	2	M3034	LUBBOCK	TX	42:21	8:29
45	JOHN KEITH	13	M	7	M1315	LUBBOCK	TX	42:45	8:33
46	GINA ESTRADA	16	F	4	F1619	ABERNATHY	TX	42:55	8:35
47	JAMES LIVERMORE	55	M	6	M5559	LUBBOCK	TX	42:58	8:36
48	MIKE KELLEY	53	M	2	M5054	LUBBOCK	TX	43:08	8:38
49	BARBARA SLATON	43	F	2	F4044	MIDLAND	TX	43:19	8:40
50	JIMMIE KEY	65	M	1	M6569	LUBBOCK	TX	43:36	8:44

\* = New Age group Standards



**THE 15th ANNUAL HOT DAM 5 MILE RUN**  
 \*\*\*\*\* EVENT NUMBER 8 OF THE 2002 WTRC CHALLENGE SERIES  
 USA T&F CERTIFIED #TX93059ETM  
 Lubbock, Texas August 10, 2002

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
51 LORENZO PADILLA	48	M	6	M4549	LEVELLAND	TX	43:40	8:44
52 RYAN LACKEY	15	M	8	M1315	BROWNFIELD	TX	43:48	8:46
53 SHIRLEY WIGLEY	48	F	1	F4549	LUBBOCK	TX	44:28	8:54
54 BOB BERNERO	60	M	1	M6064	LUBBOCK	TX	44:42	8:57
55 NATHAN BECK	16	M	2	M1619	LUBBOCK	TX	45:13	9:03
56 JIM WILHELM	51	M	3	M5054	LUBBOCK	TX	45:15	9:03
57 P. J. MITCHELL	56	F	1	F5559	LUBBOCK	TX	45:20	9:04
58 MICHAEL SHUCKER	33	M	3	M3034	LUBBOCK	TX	45:23	9:05
59 DWAYNE OAKELEY	46	M	7	M4549	LUBBOCK	TX	45:29	9:06
60 MIKE MORRIS	47	M	8	M4549	LUBBOCK	TX	45:34	9:07
61 JIM BECK	43	M	10	M4044	LUBBOCK	TX	46:20	9:16
62 JAMES BONE	63	M	2	M6064	LUBBOCK	TX	46:39	9:20
63 JAMES BURLESON	60	M	3	M6064	LUBBOCK	TX	46:51	9:23
64 RALPH WOLF	65	M	2	M6569	ABERNATHY	TX	47:00	9:24
65 LARRY BYRD	61	M	4	M6064	LUBBOCK	TX	47:11	9:27
66 BILL ROGER	63	M	5	M6064	LEVELLAND	TX	47:17	9:27
67 DIANE ALONZO	39	F	1	F3539	LUBBOCK	TX	47:37	9:32
68 CINDY JOHNSON	37	F	2	F3539	LITTLEFIELD	TX	48:03	9:37
69 KATIE REITMAN	20	F	2	F2024	LUBBOCK	TX	48:04	9:37
70 MIKE MALONE	45	M	9	M4549	WOLFFORTH	TX	49:01	9:49
71 CRESSINDA SPRINGER	28	F	1	F2529	LUBBOCK	TX	49:45	9:57
72 MADELEINE TAYLOR	50	F	1	F5054	RANSOM CANYON	TX	50:53	10:11
73 ANGELA FRANCO	25	F	2	F2529	MIDLAND	TX	52:19	10:28
74 JOHN DEVOS	48	M	10	M4549	PLAINVIEW	TX	53:49	10:46
75 PAULINE DEVOS	44	F	3	F4044	PLAINVIEW	TX	54:42	10:57
76 ADAM ANDREWS	48	M	11	M4549	LUBBOCK	TX	57:14	11:27
77 ANDREA MCCOURT	30	F	1	F3034	LUBBOCK	TX	1:00:07	12:02
78 DELORES KEY	61	F	1	F6099	LUBBOCK	TX	1:13:38	14:44

**RACE DIRECTOR'S REPORT**

Looks like we caught a break at this year's Hot Dam race - overcast skies, rumbling heavens and gusting winds all portended a drenching rainfall. Fortunately we were not deluged; the downpour lasted long enough to cool down a scorched park and refresh each of our runners. Two records were broken at this year's Hot Dam race. There is never a shortage of talent at any of our events.

This race would never get off the ground without the hard work and dedication of club members, volunteers, family and friends. I would like to thank Steven Greene, his mom, his daughters and their buddies for manning both water stops, Marsha Bennett worked the 2 1/2 mile turnaround and assisted with medals. David Higgins tabulated race results. Martha Martinez worked the 1/2 mile children's turnaround. Josie Aleman, Craig Jackson, Pete Torres and Tony Aleman all did a super job with registration and finish line tasks. I also would like to recognize two running volunteers for their contributions: Ron Lubowicz for bringing the bananas and bagels, and Adam Puckett for hauling water to the race site. If I inadvertently omitted anyone, please accept my apologies and my heartfelt appreciation for all you did.

Hope it was a fun morning for all. I look forward to seeing everyone next year.

ETTA

**WTRC NEWS**  
**VOLUNTEERS NEEDED**  
**SUSAN G. KOMEN "RACE FOR THE CURE"**

The WTRC is once again contracting to perform finish line management and timing/scoring for the race September 28th this year. We need about 30 people to do this job and would like for most of them to be men, so, since this is a "women's" oriented event, our ladies can run it. Call George or Pat at 792-3291 (d) or 792-1237 (h) to volunteer. A "WTRC" logo T shirt will be given to all volunteers. Please give your T shirt size when calling.

**21st ANNUAL RED RAIDER ROAD RACE**

Kirk Thomas will be the director for this year's RRRR, with Sam Prose as assistant. I will be helping them coordinate all activities, since this is their first endeavor. We will need many volunteers! On Friday October 18th we need help manning the late registration, at the University Center. If you could be off work or otherwise have 2 to 3 hours to work a shift, it would be greatly appreciated. Also we need lots of help early race day to help with packet pick up, late registration and then finish line.

Once again this year we have very few sponsors to support the event, so we need a big participation by club members. WTRC members may Pre-Register for a fee of \$12, but the late fees of \$20 and \$25 apply to everyone. Because of the financial pinch, any additional donation on the entry would be appreciated.

Call George at one of the numbers in the paragraph above to get on the support team!

**30th ANNUAL BUFFALO WALLOW RACES**

For this 30th year anniversary, we will have T Shirts for the 1st 100 to register at a Pre-registration fee of WTRC members, \$10.00, non-members \$11. Race day entry will be \$15.00.

**THE CHALLENGE SERIES**

Remember, to be eligible for year end awards, a member must have served as a "non-running" volunteer at one of the 13 club races. Only those who volunteer or ask to be added to the challenge series will be added this last part of the year. Any questions should be directed to Shirley Wigley, at 797-4201 or e-mail, wigley@nts-online.net. There are only 4 races remaining to volunteer for.

**RACE RESULTS**

Since our website has been "down" for several months and we have been unable to post results or other information to it, there are two other sites where runners can find complete results usually by Sunday or Monday after the race. The first is [www.coolrunning.com](http://www.coolrunning.com) and the second is [www.runnertriathlete.com](http://www.runnertriathlete.com).



W.R.T.C. 2002 CHALLENGE SERIES  
STANDINGS AFTER 8 EVENTS  
(reflects all paid members as of 07-03-02)

## MALE

		YTD TOTALS				YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
<b>0 - 12 MALE</b>										
Michael Rodriguez	12	20	4	2		Jay Keith	44	56	36.4	7
Joshua Carroll	11	9	2	1		Paul Pare'	40	55	29.4	6
<b>13 - 15 MALE</b>										
Jared Davis	15	57	42.4	6		Bob Jackson	43	52	38.2	6
John Keith	13	44	15	5		Epi Aguirre	43	48	40.2	5
Kevin Lowrey	13	17	10.2	2		Jim Beck	43	38	67.3	8
Drew Soucy	14	16	9	2		Brent Lowrey	40	36	30.1	4
Connelly Carroll	15	10	6	1		Russell Martin	44	25	24	4
Justin Lowrey	14	9	6.2	1		David Malone	44	22	29.2	5
Spencer Thomas	13	9	2	1		Kirk Thomas	43	21	18.2	3
Aubrey Thomas	15	3	3	1		Wade Wilson	43	15	23.1	2
<b>16-19 MALE</b>										
Nathan Beck	16	61	62.3	8	*	Bill Maleja	40	13	6	2
Caleb Beck	18	34	47.1	5	*	Mike Morgan	43	10	2	1
Calvin Day	16	20	15	2		Brent Tidwell	44	10	6	1
Ben Wright	18	18	13	2	*	James Wickersham	41	6	5	1
Casey Sumpter	17	11	8	2	*	Mickey Davis	44	3	5	1
Cody Turner	18	10	5	1		Dan Adams	44	0	8	1
<b>20 - 24 MALE</b>										
Bobby Sain	20	21	10.2	2		Ron Hewett	40	0	22	1
<b>25 - 29 MALE</b>										
Hawk Harris	25	42	31.1	5	*	<b>45 - 49 MALE</b>				
Richard Lombardini	26	17	19	3	*	Tom Cunningham	46	63	29.2	7
<b>30 - 34 MALE</b>										
Adam Puckett	31	55	46.2	7	**	Mark Albus	45	48	45.1	6
Henry Santos	31	38	34.2	5	*	David Higgins	49	39	61.3	8
Wayne Ivey	33	34	42.1	4	*	Al Gardner	46	39	27.4	5
Marvin Washington	33	27	33.3	4	*	Randy Holloway	45	37	34.3	4
Jeremy Leggoe	34	21	32.1	3	*	Robert Fortney	48	33	24	4
Pete Torres	30	18	13.2	3	*	Mike Morris	47	31	62.3	8
Clint Stephenson	31	15	13	2		Dwayne Oakeley	46	31	34.2	6
Tim Key	34	10	4	1		Adam Andrews	48	30	28.2	6
<b>35 - 39 MALE</b>										
Craig Jackson	37	69	27	8	*	Jackie Cannon	47	25	8	3
Bob Blake	37	54	44.2	6	*	Jimmy Samarron	47	20	6	2
Steven Greene	36	33	18	6	*	Richard Titus	49	14	12	2
Farell Martin	35	20	12	2		Lorenzo Padilla	48	12	7	2
David Preston	36	16	10	2		Nate Wilson	46	9	5	1
Robert Bloodworth	37	9	6	1		Mark Garland	48	9	10.2	2
Todd Davis	36	9	6.2	1	*	Frank Sumpter	49	9	8	2
Brad Ewing	38	8	15	2	*	Pat Cooke	46	8	6.2	1
** = RACE DIRECTOR										
* = VOLUNTEER										
IF YOU ARE A PAID MEMBER AND YOU INTEND TO VOLUNTEER YOUR TIME AT ONE OF THE REMAINING RACES AND YOU WISH TO BE INCLUDED IN THE CHALLENGE SERIES, PLEASE CONTACT SHIRLEY WIGLEY 797-4201										

W.R.T.C. 2002 CHALLENGE SERIES  
STANDINGS AFTER 8 EVENTS  
(reflects all paid members as of 07-03-02)

## MALE (continued)

		YTD TOTALS				YTD TOTALS										
	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL						
<b>50 - 54 MALE</b>																
Jim Wilhelm	51	51	62.3	8	*	James Bone	63	56	45.3	7						
Mike Kelley	53	43	50.3	6		Jim Burleson	60	56	45.4	7						
Ronnie Prigg	51	38	23.2	4	*	Mike Greer	63	48	44.2	6						
Tom Griffin	53	35	43.1	6	*	Bill Roger	63	23	28.2	5						
Ken Jernigan	50	30	12	3		Bob Bernero	60	19	11.2	2						
Joe Post	53	19	9	2		Met Osburn	63	18	9	2						
Sam Prose	53	19	32.1	4		Bob Broselow	61	10	10	1						
Joey Thacker	54	9	11	1		Larry Byrd	61	7	18.1	2						
Jimmy Waechter	50	8	6.2	1	*	Jerry Wright	63	0	8	1						
Vandi Foshe	50	5	11	1	*	<b>FEMALE</b>										
Tony Aleman	52	0	51.3	7	*	<b>0 - 12 FEMALE</b>										
<b>55 - 59 MALE</b>																
Danny Galey	57	70	62.3	8	**	Tamra Jernigan	11	10	3	1						
John Trompler	55	68	66.3	8	**	<b>13 - 15 FEMALE</b>										
Ron Lubowicz	59	59	49.2	7	*	Allyssa Preston	14	31	12	3						
Ron Nugent	55	48	42.2	7	*	Margaret Jimenez	13	10	3	1						
Dick Baker	57	34	38	5	**	<b>16 - 19 FEMALE</b>										
Jim Harris	59	30	40.2	5	**	Heather Cannon	16	19	4	2						
James Livermore	55	29	45.2	6	*	Hope Jimenez	18	11	3	1						
Rick Lampe	58	22	13	3	*	<b>20 - 24 FEMALE</b>										
John Ffrees	56	10	6.2	1	*	Carrie Badillo	24	11	2	1						
Ron Hillis	58	0	8	1	*	<b>25 - 29 FEMALE</b>										
<b>60 - 64 MALE</b>																
Ralph Wolf	65	49	26.4	5	*	Marianne Miller	29	28	11.2	3						
Jimmy Key	65	40	29	5	*	Shanna Armstrong	27	11	8	1						
John Stalcup	69	34	19.2	4	*	Linda Northrup	27	10	4	1						
Bill Felton	67	18	9.2	2	*	Malinda Colwell	28	10	10	2						
Don Sanderson	72	10	9	2	*	<b>30 - 34 FEMALE</b>										
George Jury	65	0	46.3	6	*	Brandy Temple	30	28	10	3						
Hugh Haynes	71	0	11	1	*	Vanessa Reasoner	33	20	9	2						
<b>40 - 44 FEMALE</b>																
Dahlia Hood	43	47	28.2	5	*	Cathy Paden	31	18	13	2						
Pauline DeVos	44	44	36.3	5	*	Rebecca Puckett	33	0	32.1	4						
Barbara Slaton	43	29	14	3		<b>35 - 39 FEMALE</b>										
Diane Calhoun	43	21	12	2	*	Marsha Bennett	38	55	51.3	7						
Canda Faddout	43	20	16.2	2	*	Moira Ridley	36	53	29.4	5						
Marti Greer	43	10	11	1	*	Cindy Johnson	37	46	26	5						
Robin Thomas	41	8	5	1	*	Judy Lawley	37	10	10	1						
Julie Cribbs	43	0	5	1	*	<b>** = RACE DIRECTOR</b>										
Debbie Wilson	42	0	10	1	*	<b>* = VOLUNTEER</b>										
Ida Sumpter	44	0	10	1	*	<b>45 - 49 FEMALE</b>										
<b>50 - 54 FEMALE</b>																
Shirley Wigley	48	75	50.4	8	**	Etta Mayer	53	60	67.3	8						
Madonne Miner	49	60	46.3	6	*	Josie Aleman	51	48	36.1	7						
Martha Martinez	46	39	16	5	*	Mary Harris	54	0	18.1	2						
Connie Berlinget	48	28	9	3	*	<b>55 - 99 FEMALE</b>										
Patricia Aldridge	47	8	2	1	*	Donis Stalcup	66	10	2	1						
<b>65 - 99 MALE</b>																
Delores Key	61	10	13	2	*	P.J. Mitchell	56	10	9	2						



### MEMBER NEWS

#### Hobbs August Nights 5K Run

The Hobbs running club sponsored the 3d annual August Nights 5K run on August 3d. Several WTRC members ran in this event and did quite well. Casey Sumpter was the overall winner with a time of 16:17. Bob Jackson was runnerup in the Men's division with a time of 16:31, and Bob's daughter Jaci Jackson was the overall winner in Women's run with a time of 19:27. The family theme was continued in the Men's 40-49 division where Frank Sumpter finished first in 19:53. Club member Jimmy Waechter finished 3d in the 50-59 group in 23:59, while Janie Phillips was 1<sup>st</sup> among women 50-59 with a time of 31:45.

#### Leadville 100 Mile Trail Run

Recently retired South Plains College Track Coach James Morris emailed a note on his son Mark's remarkable effort at the Leadville 100 Trail Run on August 17-18 (yes, it starts one day, and finishes the next!). The race is run at elevations of 9500 ft. to 12,600 ft. Mark finished 14<sup>th</sup> overall out of 189 finishers. There were 465 starters, so the race only had a 41 per cent completion rate. Mark was the highest finisher without altitude training, and his time of 22:19:03 stands as the fastest finishing time ever run by a Texan. How do you get ready for this kind of event? Coach Morris reported Mark accomplished this "while working as a doctor 7C to 90 hours a week, and training 100 miles per week, plus being a family man attending his children's activities each week. He always did at least one 30 to 40 run mile per week." Well, that certainly qualifies as hard work! If you want to read about this event go to [leadvilletrail100.com](http://leadvilletrail100.com) for more information.

#### Miscellaneous Member News

Talk about bad luck! Jimmie Key was taking his last long bike ride one week before he would compete in Ironman Canada on August 25. He was riding toward Amarillo on a section of the old highway 87 south of New Deal, when his front wheel caught in a wide crack in the pavement and flipped him. The result was a broken femur. So much for the race this year, but we all wish Jimmie a speedy recovery.

Good news comes from long time Club member Chuck Johnson, now living in Denver. On August 17<sup>th</sup> Chuck got married. Club members Joe Post, Jim Wilhelm, and Mike Kelley all traveled to Colorado to help Chuck celebrate the event.

#### Upcoming Races not on this Month's Calendar

The Broadway Bikes Rec Triathlon will be held September 15 at 7:30 am. Registration is in the Fitness/Wellness Center of the Student Recreation Center on the Texas Tech campus or there are individual and team printable forms online at [www.ttu.edu/recsports](http://www.ttu.edu/recsports). For further information call Janda Ibbetson at 806.742.3828.

There are two area races tentatively scheduled for October 12. The Red Ribbon Run will be held at Buddy Holly Park in Lubbock, and the Pumpkin Days Run will be held in Floydada. Both of these races have featured 5K events in the past. We hope to have complete details and race entry form fliers available in next month's newsletter.

### Racewalking as Easy as 123...

By Jeff Key

As a racewalker and finisher of nine marathons (PR 4:48) I have had my share of interesting looks. Some of the looks are because of the racewalking form I use, others in disbelief that a walker is walking fast enough to pass them. I love it during a race when I hear, "Hurry it's the Walker". The reason I am writing this article is to educate many our readers about how easy racewalking is. Runners from time to time find themselves in need to walk to catch their breath or just give their running muscles a break. Some runners, especially first time marathoners, will use Jeff Galloway's method of run-walk to complete a marathon. Whatever the reason is, if you choose to walk try using the racewalking form it will help you finish your workout sooner.

Racewalking is easier for some to learn than others, but anyone can use the principles to improve their time. I have broken the racewalking form down into six easy steps (no pun intended):

1. Step forward with your right foot striking heel first, and pushing off with your left foot.

2. As your body passes over the straightened right leg, your right hip drops down, and the left leg is bent at the knee and moves forward (this is where racewalkers look like they swinging their tush from side to side, it actually the hip dropping).

3. The left foot strikes heel first, legs straight, right foot pushes off.

4. As your body passes over the straightened left leg, your left hip drops down, and the right leg is bent at the knee and moves forward.

5. Arms are bent at 90 degrees.

6. Chin up and head level to maintain good posture.

If this sounds difficult for you, stop me some time after a race and I would be glad to give you a 5 minute clinic on racewalking. Be sure to look for future opportunities in racewalking with some of the upcoming West Texas Running Club events.

#### Website Publishing Expertise Needed

Anyone with experience in constructing and maintaining an online website can be of great assistance to the club. We have always relied on the goodwill of one, or another, non-club member to assist us in our efforts to provide a club website. Currently we are without the good fortune of having that kind of help. If you can help directly, or know of someone who might provide assistance, please contact David Higgins at (H) 785-8562, or (O) 795-5823. David can also be reached at [d\\_higgins@hotmail.com](mailto:d_higgins@hotmail.com).

#### Scholarship News

Two deserving Texas Tech students will be receiving scholarships from the West Texas Running Club this coming semester. Aimee Melissa Johnson and Karen Lea Reams, both recipients of WTRC awards last year, have again been selected for the scholarships. They are to be commended for maintaining outstanding records of academic achievement. The scholarship committee was chaired by Dick Baker with assistance from Madonne Minor and David Malone.

#### Long Sleeve Shirts On Sale at Shallowater Stampede

Race Director Dwayne Oakeley wants to remind those who come to the races in Shallowater on September 14<sup>th</sup> that long sleeve race t-shirts will be on sale for a very reasonable \$6 charge. All proceeds from this sale benefit the Shallowater High School Senior Safe Graduation event.



## HOW MANY DRINK STATIONS CAN I AFFORD TO MISS IN A MARATHON?

by Owen Anderson  
(derived from an online article at [www.pponline.co.uk](http://www.pponline.co.uk))

The Chicago Marathon had sports drinks available every two miles. Should I have tried to 'hit' all of those stations, or would it have been okay to skip a few? Skipping a sports-drink stop now and then is tempting, especially if you've lost time in the congested start of a big race or are trying to 'save time' early in the competition because of a fear of a late-race fall-off in running speed. Sometimes, especially if you're feeling pretty good, you just don't want to break your smooth flow and hassle with the sports-drink cups. At other times, the stations are so crowded that stopping to drink seems slightly risky - and very time-consuming.

So, is it okay to skip? Well, let's analyze the situation. If someone were running the Chicago (or some other) Marathon at 6:30 per mile pace, for example, he would normally reach a sports-drink stop every 13 minutes. That's a total of 9 stops in the first two hours (1:57) of the race, which basically means that he could skip one stop. We say that because if the runner took in five to six ounces (regular swallows) at the other eight stops, he would be getting enough fluid and carbohydrate per hour to sustain himself quite well. Eight stops times (5 to 6) ounces adds up to 40 to 48 ounces in two hours (the recommended intake of sports drink is 20 to 24 ounces per hour).

Which stop could the runner skip? The best station to pass by would be the ninth one. That's because - as we mentioned last issue - the stops become less important (for purposes of promoting performance and avoiding dehydration) as the race proceeds. As we said, the most important drink is the one taken just before the race; the next most important is the first one during the race, the third most important is the second during the race, and so on.

If the first sports-drink station were at the two-mile mark, our competitor would sip at 2, 4, 6, 8, 10, 12, 14, and 16 - and then skip at 18. He would then drink again at 20, 22, and 24 miles. However, bear in mind that he wouldn't gain that much from omitting the 18-mile watering hole. True, he wouldn't have to pause for a drink, but the drinking itself is a refreshing break from the rigours of holding goal speed, and it's a reward for covering two miles at pace. It's also good to think of the drinks as 'fatigue-wipers': as the sports drink washes down your throat, you should also let all feelings of mental fatigue swirl downward right along with the fluid - so that you can start the next two-mile stretch of the race with a fresh mind.

Breaking the marathon into two-mile pieces and rewarding yourself with a drink at the end of each two miles is a great way to cope with the grueling marathon distance (you can think about just making it from one watering spot to the next, rather than letting the size of the whole enchilada prey on your mind).

## WEST TEXAS RUNNING CLUB'S 14th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

### EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

**WHEN:** SATURDAY, SEPTEMBER 14, 2002

**REGISTRATION:** 7:00 to 7:45 A.M., RACE DAY  
Pre-Registration is encouraged, please fill out and return form or call George before 7pm, Friday, Sept. 13th (e-mail registration to [rungwj@aol.com](mailto:rungwj@aol.com))

**RACE START:** 8:00 A.M., 10K and 2 Mile

**WHERE:** SHALLOWATER HIGH SCHOOL in Shallowater, Tx

**COURSE:** FLAT, OUT and BACK ON ASPHALT,

**ENTRY FEE:** WTRC MEMBERS \$5; NON-MEMBERS \$6

Long sleeved T-Shirt available for \$6 extra  
Proceeds benefit Shallowater H.S. Senior Safe Graduation event

#### AGE DIVISIONS: 10K

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

**WOMEN:** 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;  
45-49, 50-54; 55-59; 60 Plus

(Additional 6-12, 13-15 & 16-19 age groups in the 2 Mile)

AT LEAST 3 "Stampede" Medallion AWARDS  
WILL BE GIVEN IN EACH CATEGORY and up to 50 percent of each division will receive awards (Maximum of 5)

Refreshments will be provided for runners and volunteers

Volunteers needed; call Dwayne

**RACE DIRECTOR:** Dwayne Oakeley; 799-4473

# 21<sup>st</sup> Annual Red Raider Road Race

5K & 10K  
Road Race

Sanctioned by the  
West Texas Running Club/  
Course USA T&F Certified

Sponsored by:



**TEXAS TECH ALUMNI  
ASSOCIATION**



**Bolinger, Segars, Gilbert & Moss CPAs**

**Center for  
Orthopedic Surgery**

**West Texas Running Club**

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

## Red Raider Road Race 2002

Texas Tech Alumni Association

W.T.R.C.

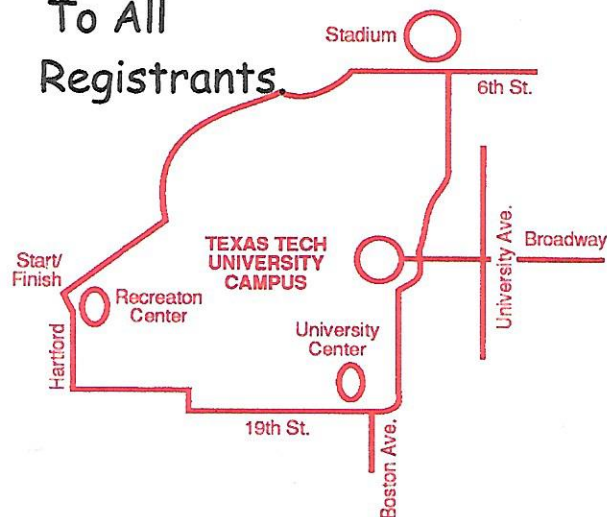
5212 44<sup>th</sup> Street

Lubbock, TX 79414



Run the Texas Tech  
Campus as part of Tech's  
Homecoming Weekend!  
October 19, 2002

T-Shirts  
Awarded  
To All  
Registrants.





# 21<sup>ST</sup> Annual Red Raider Road Race

**Date:** Saturday, October 19, 2002    **Starting Time:** 8:00 a.m.

**Registration:** Until October 17, 2002 - \$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 Market Alumni Association building

**Late Registration & Packet Pick-Up:** \$20 – Friday, October 18, 12 p.m.– 7 p.m. North side of the UC Lobby

**Race Day Registration & Packet Pick-Up:** \$25 – Saturday, October 19, 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; 65-69; 70 & over

**Women:** 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & 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:** 1<sup>st</sup> 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: Dr. George W. Jury @ 806/792-3291 (d) or 792-1237 (n) e-mail, [rungwj@aol.com](mailto:rungwj@aol.com)

Detach & Return to: RRRR/WTRC, % George W. Jury, 5212 44<sup>th</sup> St., Lubbock, TX 79414

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	
<input type="text"/>			T-shirt Size (adult) Add \$2 for XXL	
City	State	Zipcode	Make checks payable to: <b>West Texas Running Club</b>	
<input type="text"/>	<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"/> <input type="text"/>	<b>FOR OFFICIAL USE ONLY</b>	
		5K 10K Clydesdale Wheelchair		

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) \_\_\_\_\_



# SHALLOWATER STAMPEDE

September 14, 2001

**Mail** \$5.00 WTRC members, \$6.00 non members  
**Registration** Make checks payable to the West Texas Running Club  
**thru September 12th** Mail checks & entry forms to: George W. Jury  
Telephone registration 5212 44<sup>th</sup> St.  
by 7 p.m. September 13th Lubbock, Texas 79414  
792-3291 (day) 792-1237 (night)

Race start at 8 am at the  
Shallowater High School,  
Shallowater, Texas

**\$ 6.00 Extra for long sleeve T Shirt**      **Circle Size**    **M**    **L**    **XL**

**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 2002 Shallowater Stampede. 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)**

**Name** \_\_\_\_\_      **Female**      **Athena (150 lbs or more)**

**Street Address** \_\_\_\_\_ **Race Distance**      **2 mi.**      **10K**

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_