

CALENDAR

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

- APR. 1 W.T.R.C. Business meeting, Tuesday, April 1, 2003, 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * APR. 12 FLIGHT LINE RACES: Reese Center, Lubbock, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 26 BULLDOG 10K: San Angelo, 9:30am, USMC (915)654-5102
- APR. 27 OKLAHOMA CITY MEMORIAL MARATHON: www.okmarathon.com
- MAY 3 MLK TRAIL DUATHLON: 9am, MLK Park, 2M Run, 5.5M Bike(Mountain Bikes), 2M Run; Jay Keith, 798-3909 or jkeithjr34@aol.com
- * MAY 10 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Ron Hewett, 792-4093
- MAY 24 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451
- MAY 25 RANSOM CANYON TRIATHLON: 8am, Ransom Canyon, FMI, Mike or Marti Greer, 796-8213
- JUNE 7 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- * JUNE 14 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538
- JUNE 29 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, www.greerinc.com
- * 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)
- JULY 26 OLD SETTLER'S REUNION 5K: Hico, FMI, Sherill Easterling, seaster@tarleton.edu, 254-796-4785
- * AUG. 9 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Child-dren's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- * SEPT 13 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakley, Race Director, 799-4473
- * OCT. 11 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- * NOV. 8 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- * NOV. 27 W.T.R.C. TURKEY TROT: Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 749-1855 (n)
- * DEC. 13 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 696-1503 (h) 747-2579 (w)

<http://wtcr.tripod.com>

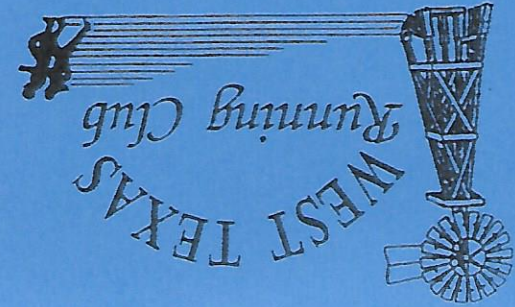
For Membership, Calendar, Race Results, etc.



April 2003



James Livermore
5707 2nd Place
Lubbock, TX 79416



Newsletter
5406 86th St.
Lubbock, Texas 79424



April 2003

April W.T.R.C. Races
FLIGHT LINE RACES
8am, Saturday, April 12, 2003
Reese Center, Lubbock, TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

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

External Vice-President - Dick Baker
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Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907
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Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
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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, April 1, 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

Some children seem born to run, all the important parts work effortlessly, almost perfectly; other children run a little less perfectly, and probably with a bit more effort due to imperfections in their skeletons, muscles, on cardiovascular systems. Most of us are the grown-up versions of that latter grouping. The fact is a large percentage of us, the adult runners, had a lot more information about our limitations as we progressed through mileage and stress levels. We had already learned how to read our bodies' signals and we had read or otherwise become aware of many of the classic "dangers" of over-exercising. The 4 to 10-year olds do not have that safety net woven yet ... they rely on their parents and their coaches to protect them. Unfortunately, these some people are the ones who often are "pushing" their kids, sometimes pushing them past the safe limits of their little bodies.

Our Club is dedicated to the promotion of running, safe running. We take great pains to make our courses safe, to provide aid whenever good practice dictates, to offer advice and direction in dealing with injuries, and in providing guidelines for keeping our events safe for the children who participate. Yet we are not sure we have done enough in this area. So I am appealing to you, the general membership, to help us here ... to help us put the best possible standards into effect to insure the maximum in "safe" running for the kids. Please review the guidelines we currently use in regards to children and distances. These represent a continuing effort by various Boards to stay on top of some policy in these matters. If you have any ideas that can improve our posture here, please come forward and make this Board aware of them. Your kiddos deserve the best we can do.

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN
USA T&F CERTIFIED, #X97108ETM
Lubbock, Texas March 1, 2003

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	MICHAEL ZINNO	35	M	1	M3539	LUBBOCK	TX	23:55	5:59
2	TIM KEY	35	M	2	M3539	LUBBOCK	TX	24:21	6:06
3	AL GARDNER	46	M	1	M4549	LEVELLAND	TX	27:07	6:47
4	WADE WILSON	44	M	1	M4044	LUBBOCK	TX	27:30	6:53
5	CRAIG JACKSON	38	M	3	M3539	RANSOM CANYON	TX	27:47	6:57
6	JAY KEITH	45	M	2	M4549	LUBBOCK	TX	27:57	7:00
7	BRENT LOWREY	41	M	2	M4044	LUBBOCK	TX	28:09	7:03
8	JERRED HURST	23	M	1	M2024	LUBBOCK	TX	28:14	7:04
9	PAUL PARE	40	M	3	M4044	LUBBOCK	TX	29:16	7:19
10	CHRISTIE WILLIAMS	19	F	1	F1619	LUBBOCK	TX	29:31	7:23
11	BOB BLAKE	38	M	4	M3539	LUBBOCK	TX	29:35	7:24
12	JOHN KEITH	14	M	1	M1315	LUBBOCK	TX	29:52	7:28
13	CALER BECK	19	M	1	M1619	LUBBOCK	TX	29:56	7:29
14	RONNIE PRIGG	51	M	1	M5054	LUBBOCK	TX	29:59	7:30
15	AUSTIN PITTMAN	11	M	1	M0112	LUBBOCK	TX	30:03	7:31
16	COLLEEN ADAMS	10	F	1	F0112	SAN ANGELO	TX	30:10	7:33
17	JERROD HOLLERS	11	M	2	M0112	LUBBOCK	TX	30:10	7:33
18	KENNETH SEAL	25	M	1	M2529	LUBBOCK	TX	30:11	7:33
19	RANDY WOLCOTT	46	M	3	M4549	LUBBOCK	TX	30:33	7:39
20	TOM CUNNINGHAM	47	M	4	M4549	PLAINVIEW	TX	30:39	7:40
21	JUDY LAWLEY	37	F	1	F3539	LUBBOCK	TX	31:05	7:47
22	LAWRENCE SHOVMANEC	50	M	2	M5054	LUBBOCK	TX	31:09	7:48
23	RANDY HOLLOWAY	46	M	5	M4549	LUBBOCK	TX	31:14	7:49
24	TOM WEIS	51	M	3	M5054	LUBBOCK	TX	31:22	7:51
25	MADONNE MINER	50	F	1	F5054	LUBBOCK	TX	31:26	7:52
26	RONNIE NUGENT	56	M	1	M5559	LUBBOCK	TX	32:01	8:01
27	JENNY CONOLY	23	F	1	F2024	LUBBOCK	TX	32:13	8:04
28	GORDEN JENKINS	62	M	1	M6064	AMARILLO	TX	32:21	8:06
29	NATALIE STEADMAN	35	F	2	F3539	LUBBOCK	TX	32:27	8:07
30	JOE POST	54	M	4	M5054	LUBBOCK	TX	32:37	8:10
31	GENE ADAMS	45	M	6	M4549	SAN ANGELO	TX	33:04	8:16
32	RALPH WOLF	65	M	1	M6569	ABERNATHY	TX	33:25	8:22
33	JIM BURLESON	60	M	2	M6064	LUBBOCK	TX	33:30	8:23
34	EDSON PINTO	41	M	4	M4044	LUBBOCK	TX	33:48	8:27
35	JIM WILHELM	52	M	5	M5054	LUBBOCK	TX	33:58	8:30
36	CARRIE BADILLO	25	F	1	F2529	LUBBOCK	TX	34:15	8:34
37	SHIRLEY WIGLEY	49	F	1	F4549	LUBBOCK	TX	34:18	8:35
38	DAVID HIGGINS	50	M	6	M5054	LUBBOCK	TX	34:25	8:37
39	LARRY BYRD	61	M	3	M6064	SHALLOWATER	TX	34:34	8:39
40	JACLYN TENNIES	23	F	2	F2024	SAN ANGELO	TX	34:50	8:43
41	ARLAN PATTON	48	M	7	M4549	LUBBOCK	TX	35:00	8:45
42	NATHAN BECK	16	M	2	M1619	LUBBOCK	TX	35:08	8:47
43	ANGELA FRANCO	25	F	2	F2529	MIDLAND	TX	35:22	8:51
44	SCOTT MAYFIELD	33	M	1	M3034	LUBBOCK	TX	35:38	8:55
45	MARTHA MARTINEZ	47	F	2	F4549	COLORADO CITY	TX	35:47	8:57
46	JON MCMENAMY	48	M	8	M4549	LUBBOCK	TX	35:48	8:57
47	PETE TORRES	31	M	2	M3034	COLORADO CITY	TX	35:50	8:58
48	ALYSSA MCMENAMY	18	F	2	F1619	LUBBOCK	TX	36:00	9:00
49	DWAYNE OAKELEY	46	M	9	M4549	LUBBOCK	TX	36:03	9:01
50	TURNER ADAMS	7	F	2	F0112	SAN ANGELO	TX	36:04	9:01

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WEST TEXAS RUNNING CLUB'S
 PRAIRIE DOG TOWN 4 MILE RUN
 USA T&F CERTIFIED, #TX97108ETM
 Lubbock, Texas March 1, 2003

PLACE NAME	AG S	DIV	PLACE	TOWN	ST	TIME	PACE
* 51 P. J. MITCHELL	57	F	1	F5559 LUBBOCK	TX	36:13	9:04
52 TODD DAVIS	27	M	2	MGLYD PLAINS	TX	36:15	9:04
53 KAYLA SWANSON	35	F	3	F2529 SAN ANGELO	TX	36:17	9:05
54 LORENZO PADILLA	48	M	10	M4549 LUBBOCK	TX	36:19	9:05
55 JIM BECK	43	M	1	MCLYD LUBBOCK	TX	36:21	9:06
56 CARLA MORAN	35	F	3	F3539 LUBBOCK	TX	36:34	9:09
57 MIKE TREVINO	33	M	3	M3034 LUBBOCK	TX	36:35	9:09
58 MIKE MORRIS	47	M	11	M4549 LUBBOCK	TX	37:05	9:17
59 BILLIE WALKER	58	M	2	M5559 LUBBOCK	TX	38:15	9:34
60 MARSHA BENNETT	39	F	4	F3539 LUBBOCK	TX	38:25	9:37
61 BOB BERNERO	60	M	4	M6084 LUBBOCK	TX	39:26	9:52
62 BILL ROGER	63	M	5	M6064 LEVELLAND	TX	39:34	9:54
63 ETTA MAYER	53	F	2	F5054 LUBBOCK	TX	39:52	9:58
64 LOUHANNA ARTERBURN	33	F	1	F3034 LUBBOCK	TX	40:19	10:05
65 CONNIE BERLINGER I	49	F	3	F4549 LUBBOCK	TX	40:20	10:05
66 BRANDY KEY	30	F	2	F3034 LUBBOCK	TX	40:25	10:07
* 67 ESTELLA GALVAN	60	F	1	F6099 BROWNFIELD	TX	40:33	10:09
68 PAULINE DEVOS	45	F	4	F4549 PLAINVIEW	TX	41:41	10:26
* 69 ANN HODGES	45	F	5	F4549 LUBBOCK	TX	41:57	10:30
70 TOM BOWSER	76	M	1	M7099 ABILENE	TX	42:14	10:34
71 JOSIE ALEMAN	51	F	3	F5054 LUBBOCK	TX	44:03	11:01
72 JOHN STALCUP	69	M	2	M6569 LUBBOCK	TX	44:04	11:01
73 ADAM ANDREWS	49	M	12	M4549 LUBBOCK	TX	47:48	11:57
74 VICTORIA GREEN	26	F	4	F2529 LUBBOCK	TX	49:00	12:15
75 MICHELLE PETTY	24	F	3	F2024 LUBBOCK	TX	1:07:14	16:50
76 DAKESA SCHOOLER	27	F	5	F2529 LUBBOCK	TX	1:07:15	16:50

PRAIRIE DOG TOWN RACE REPORT

This year's Prairie Dog Town was moved from the second Saturday in March to March 1st to accommodate the Courtney Nolan Memorial 5K held on the Tech campus. I had some concern about our turnout, but in fact we actually had slightly higher participation than last year with a total of 76 runners. Let me begin by explaining that I was personally unable to direct race day activities due to the need to accompany my daughter's Coronado High School Academic Decathlon team at the State Championship meet in Garland. My thanks go to Tom Griffin for offering to take over the job and coordinate all race day activities. He had excellent help from volunteers; Tony Aleman, Denise Bray, Bill Felton, George Jury, James Livermore, Jennifer Trevino, and Mike Trevino (before running the race). Thanks go to all these folks for making this event go smoothly. There were several age group records set by runners Madame Miner, P. J. Mitchell, Estella Galvan, and Tom Bowser. Congratulations to each of them, as well as to our overall winners Michael Zinno and Christie Williams.

John Trompler

W.R.T.C. 2003 CHALLENGE SERIES
 STANDINGS AFTER 3 EVENTS

MALE		YTD TOTALS		YTD TOTALS		YTD TOTALS			
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL.
0 - 12 MALE	12	19	9	2	45	28	17	3	
	9	10	4	1	46	27	17	3	
Tony Rodriguez					47	19	13	2	
Cody Lackey					45	17	17	3	*
13 - 15 MALE	14	10	4	1	46	17	17	3	
John Keith					48	13	8	2	
16-19 MALE	19	10	9	2	46	12	17	2	
Caleb Beck				*	45	11	13	2	
Nathan Beck				*	49	11	13	2	
20 - 24 MALE	23	20	12	2	46	10	4	1	
Jerred Hurst					49	9	8	2	
Bobby Sain					46	8	8	1	
25 - 29 MALE	21	10	5	1	47	7	4	1	
Richard Lombardini					48	1	4	1	
	26	10	8	1	49	0	5	1	*
30 - 34 MALE					47	0	12	2	*
Pete Torres					50 - 54 MALE				
Mike Trevino	31	28	13	3	Ronnie Prigg	51	30	3	
Scott Mayfield	33	17	12	7	Tom Weis	51	25	3	
	33	10	4	1	Joe Post	54	19	3	
35 - 39 MALE					Mike Kelley	54	16	3	
Tim Key					Jim Wilhelm	52	16	3	*
Craig Jackson	35	27	17	3	David Higgins	50	11	25	3
Bob Blake	38	23	13	3	Larry Mills	54	7	17	3
Rod Bargett	38	12	17	3	Tom Griffin	50	6	4	1
Daniel Gonzales	38	3	5	1	David Mangold	54	5	5	1
James Layman	37	2	5	1	Sam Prose	53	0	8	1
	36	1	5	1	Tony Aleman	52	0	17	3
40 - 44 MALE					55 - 59 MALE				
Paul Pare'	40	25	17	3	John Trompler	55	19	9	2
Bob Jackson	44	11	5	1	Billie Walker	58	18	12	2
Chris Lonngren	43	10	8	1	Ron Nugent	56	18	13	3
Epi Aquirre	44	10	9	2	Darrel McMillen	56	17	9	2
Wade Wilson	44	10	4	1	Dick Baker	57	8	8	1
Brent Lowrey	41	9	4	1	Danny Galey	57	6	5	1
Russell Martin	44	8	5	1	James Livermore	55	5	9	2
Edson Pinto	41	7	4	1	** = RACE DIRECTOR				
					* = VOLUNTEER				

the U.S. Three days there offered the opportunity to explore BA, get in a final training run or two, or take in Colonias, Uruguay - a short one hour ferry away.

From BA, we flew as a group to Ushuaia, Argentina, the southernmost city in the world, located on Tierra del Fuego. After several hours' opportunity to explore Ushuaia, we boarded our ship, the Akademik Ioffe, a Russian research vessel chartered by Peregrine Tours, an Australian tour operator. We sailed out the Beagle Channel, crossed the Drake Passage (two tough days of sailing), and finally spotted the South Shetland Islands of Antarctica. Among those islands is King George Island, the location of our marathon. Yes, we ran a marathon - well survived a marathon. Winds at times topped 40 mph and the temperature at the start was 1 C. The course was primarily a snow-covered dirt road that connected the four research bases there (Russian, Uruguayan, Chilean, and Chinese), included a rocky shore line, scaled a 3/4 mile glacier, and crossed numerous streams. After helping save the life of one of the participants (long story), I crossed the finish line in the low, low time of 6:40. But, as John "The Penguin" Bingham, who was on the trip said, at least I started and finished on the same day.

The trip also included the first ever Antarctica Kayak Championships. I, along with my marathon partner, redeemed ourselves by winning the doubles competition. The finals of that event included a chase team of two humpback whales that alternately sounded on either side of our kayak for a good portion of the race. Look for that story in upcoming issues of your favorite kayaking magazine.

We went ashore numerous times during the voyage to Antarctica, and saw an incredible variety of wildlife, including penguins, albatross, seals, whales, porpoise, skuas, and more. We did our best not to step on moss that takes 100 years to grow one centimeter. We saw icebergs being calved by glaciers, avalanches, and endured two hurricane force storms through which we sailed on our return passage (11, sometimes 12 on the Beaufort scale.)

There is no way to describe adequately this experience, but they will run the marathon again in two years. They have my most enthusiastic endorsement.

-----David Malone

IRONMAN MALAYSIA

Shanna Armstrong completed the Ironman Malaysia Triathlon February 23rd with a time of 12:58:48. Shanna finished 120th out of 409 athletes, and captured a qualifying spot for next fall's Ironman Championship in Hawaii. Good work, Shanna!

FLIGHT LINE RACES SINCE 1987 WEST TEXAS RUNNING CLUB'S ANNUAL APRIL RACE EVENT RECORDS

2 MILE

MEN

NAME	TOWN	AGE	TIME	YEAR
0-15	Chadd Lowe	15	13:32	1996
16-19	Brian Brashears	19	11:02	1989
20-29	Chris Truitt	25	10:15 *	2001
30-34	Milt Brownfield	34	10:59	1992
35-39	Frank Sumpter, Sr.	39	11:26	1993
40-44	Jimmy Samarron	40	11:25	1995
45-49	Jim Leser	47	11:45	1994
50-54	Jim Leser	52	11:47	1999
55-59	John Harper	56	14:44	1991
60+	John Stalcup	60	15:19	1994
Clydes	Alonzo Mendoza	60	14:27	2000

WOMEN

0-15	Angela Welsh	15	12:43 *	1995
16-19	Mica Hood	18	13:30	1990
20-29	Brooke Smith	21	13:10	2002
30-34	Gerl Russell	34	13:58	1987
35-39	Josie Aleman	38	14:36	1990
40-44	Josie Aleman	44	17:12	1996
45-49	Martha Martinez	45	15:05	2001
50+	Estella Galvan	59	19:39	2002

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MEN

0-19	Brad Raven		38:14	1988
20-29	Haffis Banire	23	33:39 *	1995
30-34	Tim Green	30	36:49	1996
35-39	Jimmy Samarron	35	38:21	1990
	Bill Harr	38	38:21	1993
40-44	Ken MacInnes	40	37:59	1996
45-49	Jim Leser	48	37:59	1995
50-54	George Jury	50	38:13	1987
55-59	George Jury	58	40:25	1995
60-64	James Bone	61	51:06	2001
65-69	Bill Felton	66	54:28	2001
70+	Don Sanderson	71	49:46	2001
Clydes	Greg Larson	43	42:11	2002

WOMEN

0-19	Tara Jernigan	14	49:06	1996
20-29	Sue Houle (Spitz)	25	42:05 *	1987
30-34	Cheryl Benoit	33	44:01	1987

35-39	Moirá Ridley	Lubbock	35	49:05	2001
40-44	Shirley Wigley	Lubbock	43	48:54	1997
45-49	Shirley Wigley	Lubbock	45	52:48	1999
50+	P.J. Mitchell	Lubbock	55	54:49	2001

HALF MARATHON

MEN					
0-19	Alfred Hinojosa	Lubbock	18	1:21:58	1992
20-29	Pedro Ruiz (LCU)	Lubbock	26	1:11:58 *	1995
30-34	Lolo Mercado	Lubbock	30	1:17:55	1990
35-39	Scott Brickerd	Lubbock	36	1:16:24	1989
40-44	Joe Post	Lubbock	40	1:31:53	1989
45-49	Robert Guajardo	Levelland	48	1:27:41	1991
50-54	Gary Schmidt	Alpine	53	1:25:52	1990
55-59	Bill Roger, Sr.	Levelland	55	1:40:03	1994
60 +	Don Sanderson	Tulia	64	1:41:24	1994
Clydes	Farrell Martin	Lubbock	34	1:39:13	2000

WOMEN					
0-19	Leslie Vardy	Wolforth	18	1:56:14	1997
20-29	Sue Houle(Spitz)	Lubbock	28	1:34:06	1990
30-34	Marjory Stewart	Lubbock	34	1:29:13 *	1993
35-39	Marjory Stewart	Lubbock	36	1:29:16	1995
40-44	Marjory Stewart	Lubbock	41	1:37:16	2000
45-49	Madonne Miner	Lubbock	49	1:53:54	2002
50+	Etta Mayer	Lubbock	50	2:10:14	1999

MEDAL RECYCLING PROGRAM

Do you display your medals from past WTRC races, or do you pitch them in a drawer and forget about them? If medals are not important to you and you would like to help the Club control our costs, you can return the medals to any of our events and we will use them as awards in future races. We have been using the same medal designs for most of our races for many years so they are very suitable for reuse.

MEMBERSHIP ALERT

This is the last newsletter we will mail to those who have not renewed their membership for the current calendar year. If there is a membership renewal form (Goldenrod form) in this newsletter it means our records indicate you have not renewed. Please complete the form and return immediately. If you believe our records are in error please email trompler@eudoramail.com, or scprose@hotmail.com.

WEST TEXAS RUNNING CLUB'S

17th ANNUAL FLIGHT LINE RACES

HALF MARATHON, USA T&F Certified, #TX02008ETM
10K, USA T&F Certified, #TX02007ETM
and 2 MILE

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, April 12, 2003
REGISTRATION: 7:00 to 7:45 A.M., On Site
RACE START: 8:00 A.M.
PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-1237 before 7pm, Friday the 12th, then pay fee race day

WHERE: REESE CENTER
 Picnic Grounds on Hoover Drive
 west of Lubbock on 19th or 4th Street to Spur 309

COURSE: ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

AID STATIONS: Every 2 Miles
 Splits at 1 Mile, 5K and 10 Mile

AGE DIVISIONS: Half Marathon

MEN: 0-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;
 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 0-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49,
 50-54; 55-59; 60 Plus

(Special 6-12, 13-15 & 16-19 age groups in the 2 Mile)
 (13-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena Age Graded, up to 3 awards

AWARDS: Custom Designed "Pilots Wing" Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS and up to 5 of each group, Special engraved "Flight Line" trophies to the Overall winners in each race

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

RACE DIRECTOR: Jim Harris, Hobbs, (505) 392-8945

Flight Line Races

April 12, 2003

Mail
Registration
thru Apr 10
Telephone registration

\$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 8:00 a.m.
at the Reese Center
Race Director, Jim Harris
505-392-8945
(On Hoover Drive)

by 7 p.m. Apr 11
792-1237 (n) 792-3291 (d) e-mail, rungwj@aol.com

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers, and all sponsors including the Lubbock Reese Redevelopment Authority shall not be held 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 Flight Line Races even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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) Select Event: ___ 2 mile ___ 10K ___ ½ Marathon ___ Male ___ Clydesdale (190 lbs or more)
___ Female ___ Athena (150 lbs or more)

Name _____ e-mail _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____