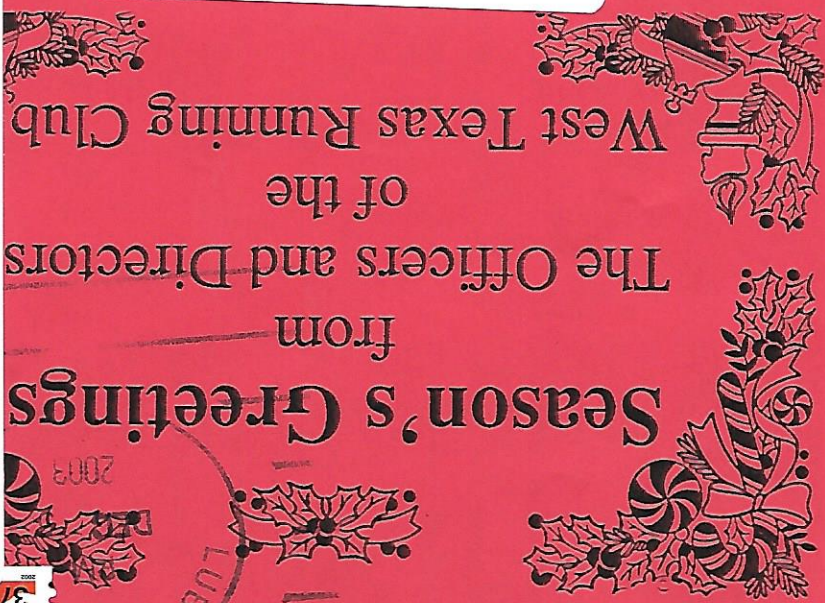


# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- DEC. 1 W.T.R.C. Business meeting, Monday, December 1, 2003 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"
- DEC. 6 TOYS FOR TOTS 5K RUN: Lubbock, 9am, Armed Forces Reserve Center, Interstate 27 & Regis St., Ron Hillis, RD, 797-0303
- \* DEC. 13 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1603 (h) 747-2576 (w)
- DEC. 14 WHITEROCK MARATHON: Dallas, www.suntherock.com
- \* JAN. 10 LOOP THE LAKE 5 MILE: Buddy Holly Park, 10am, Race Director Jim Beck, 720-7639 (d), 784-0056 (n)
- JAN. 18 COMPAG/HOUSTON MARATHON: FMI, call (713)957-2453
- JAN. 25 3M HALF MARATHON: Austin, (512)984-7223 (www.3m.com/races)
- \* FEB. 14 COTTON PATCH RUNS: FRENSHIP HIGH, WLPorch, 9am, 4 & 8 Miles, David Higgins, Race Director, 765-5823(w), 785-8662(h)
- FEB. 15 MOTOROLA/AUSTIN MARATHON: Austin, FMI, Call (877) 601-6686 e-mail, info@motorolamarathon.com
- FEB. 28 FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2933 e-mail, cowtownmarathon@hsc.ut.t.edu
- \* MAR. 13 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am, John Trompler, Race Director, 794-1259
- MAR. 27 NUTRITION ON THE RUN 5K: Also 1 mile fun run/walk, Lubbock Dietetic Association, Mackenzie park, 9am, FMI, call Chelsea Finch, 775-9198(d), 786-8076(c) cfinch@teamumc.com
- APR. 3 COURTNEY NOLEN MEMORIAL 5K: TTU Frazier Pavilion Jesse.Williams@brookssunning.com more details next month
- \* APR. 10 FLIGHT LINE RACES: Reese Center, Lubbock, 8am, 2 M, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- \* MAY 8 HORSESHOE BEND SPRING FROLIC: 8am, N. of Station, 11, 6 and 2 Mile Races, Race Director, Pandy Holloway, 794-7512(h), 789-1547(c) e-mail pandyholloway@sbogloba.net
- JUNE 5 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- \* JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Miles, Race Director Bill Roger, 894-7914
- JUNE 20 BSL HALF IRONMAN TRIATHLON: FMI, Marti Green, 796-8213 e-mail, martigreen1@aol.com
- \* JULY 3 33rd ANNUAL FIRECRACKER RUN: Brownfield, 8am) 10 Mile and 3 Miles, Kids 1 Mile, Adam Puckett, RD, 535-1747 (c), 775-1236(d) <http://wtro.tribod.com>

For Membership, Calendar, Race Results, etc.

December 2003



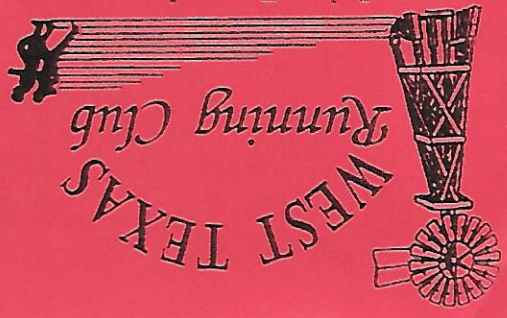
Season's Greetings  
from  
The Officers and Directors  
of the  
West Texas Running Club

James Livemore  
5707 2nd Place  
Lubbock, TX 79416



RED LINE CROSS COUNTRY 4 MILE  
10am, Saturday, December 13, 2003  
Mae Simmons Park  
Lubbock, TX  
Details Inside Back Cover

John Trompler,  
5406 86th St.  
Lubbock, Texas 79424  
December 2003



# WEST TEXAS RUNNING CLUB

## OFFICERS

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(H) 748-1855 (O) 745-3955  
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(H) 792-1471 (O) 742-2907  
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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 Monday, December 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

I recently did some math that might be of interest to the older runners. If nothing else we can consider it another data point on that curve that correlates performance and aging.

A few months ago I found some 20+ year old logs I had kept during the 2 or so years that I was racing. Some of the data included a record of how many steps I took per mile; and these some logs frequently recorded my pace. Using these data I was able to establish my turnover rate (steps per minute) and the length of my stride. Out of curiosity I collected some current data and found that my turnover rate is the same today as it was then, but that my stride had shrunk to about 75% of what it was 20 years ago.

Since I knew of no way to increase my turnover rate (at least not at my current level of conditioning) I decided to work on my stride. About the only thing that seemed logical to me was to initiate a stretching regimen with hopes that I could reverse the aging process of the shrinking & less elastic components of my running muscles & skeleton. It seems to be working. My recent results show that I have regained about 10% of the 25% shrinking of my stride.

Hope this can help a few of you regain some of your youth and put a little topspin on your efforts. I will write more in a few months, change or no change.

SYDTR, 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@statenationalbank.com

Equipment Director - Dwayne Oakeley  
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E-mail: dscoakel@nts-online.net

Race Calendar Director - Adam Puckett  
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E-mail: imuntheforiam@msn.com

Membership Director - Sam Prose  
(H) 794-0429  
E-mail: soprose@hotmail.com

Internal Race Director - George Jury  
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E-mail: rungwj@aol.com

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

The 31st ANNUAL BUFFALO WALLOW RACES  
NOVEMBER 8, 2003  
HALF MARATHON USAT&F CERTIFIED, #TX93087ETM  
BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

## HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	QUENT BEARDEN	LUBBOCK	TX	28	M	1	M2529	1:18:06	5:58
2	HAFFIS BANIRE	LUBBOCK	TX	32	M	1	M3034	1:22:02	6:16
3	TIM KEY	LUBBOCK	TX	36	M	1	M3539	1:22:02	6:16
4	CHARLIE HENNESSEY	AMARILLO	TX	43	M	1	M4044	1:24:48	6:29
5	SAM BURGESSON	LAMESA	TX	39	M	2	M3539	1:26:51	6:38
6	JERRY DWYER	LUBBOCK	TX	44	M	2	M4044	1:28:32	6:46
7	FARRELL MARTIN	LUBBOCK	TX	37	M	1	MCLYD	1:29:51	6:52
8	DAVID STEADMAN	LUBBOCK	TX	34	M	2	M3034	1:34:01	7:11
9	JERRED HURST	LUBBOCK	TX	24	M	1	M2024	1:34:25	7:13
10	ED CRAIGHEAD	DALHART	TX	60	M	1	M6064	1:34:43	7:14
11	DON HOOD	LUBBOCK	TX	40	M	3	M4044	1:35:26	7:17
12	EPI AGUIRRE	LUBBOCK	TX	45	M	1	M4549	1:37:24	7:26
13	RON LUBOWICZ	LUBBOCK	TX	60	M	2	M6064	1:38:22	7:31
14	PETER CONVARD	LUBBOCK	TX	35	M	4	M3539	1:39:35	7:36
15	DENISE BRAY	LUBBOCK	TX	41	F	1	F4044	1:41:53	7:47
16	DANIEL KATZ	LUBBOCK	TX	34	M	3	M3034	1:42:46	7:51
17	WADE WILSON	LUBBOCK	TX	45	M	2	M4549	1:43:13	7:53
18	MADONNE MINER	LUBBOCK	TX	51	F	1	F5054	1:43:49	7:56
19	BOB BLAKE	LUBBOCK	TX	39	M	5	M3539	1:44:30	7:59
20	ERIC BUZZARD	AMARILLO	TX	42	M	2	MCLYD	1:45:29	8:03
21	MIKE MCGASLIN	LUBBOCK	TX	36	M	6	M3539	1:45:31	8:03
22	CLAYTON CARROZA	LUBBOCK	TX	20	M	2	M2024	1:46:40	8:09
23	GARRETT NEWSOM	LUBBOCK	TX	21	M	3	M2024	1:48:09	8:15
24	ANDY PIERCE	LUBBOCK	TX	23	M	5	M2024	1:50:53	8:28
25	ROSS CUNNINGHAM	LUBBOCK	TX	21	M	5	M2024	1:50:53	8:28
26	JAMES BAUMANN	LUBBOCK	TX	35	M	7	M3539	1:51:01	8:29
27	MARK MCNITZKY	LUBBOCK	TX	20	M	6	M2024	1:51:13	8:29
28	MARY BRANSCOME	LUBBOCK	TX	43	F	2	F4044	1:51:30	8:31
29	JESSICA CHAVEZ	LUBBOCK	TX	28	F	1	F2529	1:51:53	8:33
30	BLAKE ACKERSON	LUBBOCK	TX	19	M	1	M1619	1:52:33	8:36
31	JACK MURPHY	LUBBOCK	TX	23	M	7	M2024	1:52:33	8:36
32	FORREST POOL	LUBBOCK	TX	20	M	8	M2024	1:52:35	8:36
33	VINCENT ATTANUCCI	MIDLAND	TX	50	M	1	M5054	1:52:38	8:36
34	JENNY BECK	LUBBOCK	TX	23	F	1	F2024	1:55:28	8:49
35	CALEB BECK	LUBBOCK	TX	20	M	9	M2024	1:55:34	8:49
36	RANDY HOLLOWAY	LUBBOCK	TX	47	M	3	M4549	1:56:47	8:55
37	GORDEN JENKINS	AMARILLO	TX	63	M	3	M6064	1:57:49	9:00
38	COURTNEY MYERS	LUBBOCK	TX	19	F	1	F1619	1:59:42	9:08
39	NOE TELLES	LUBBOCK	TX	36	M	8	M3539	1:59:48	9:09
40	ALAN PAYNE	LUBBOCK	TX	44	M	5	M4044	1:59:49	9:09
41	EMILY WOLCOTT	LUBBOCK	TX	23	F	2	F2024	1:59:53	9:09
42	ADAM PUCKETT	LUBBOCK	TX	32	M	4	MCLYD	2:00:58	9:14
43	CHRIS NEWPORT	LUBBOCK	TX	41	M	6	M4044	2:02:19	9:20
44	JIM WILHELM	LUBBOCK	TX	53	M	2	M5054	2:03:50	9:27
45	DRU LANDRUM	LUBBOCK	TX	19	M	2	M1619	2:06:36	9:40
46	P.J. MITCHELL	LUBBOCK	TX	59	F	1	F5559	2:08:21	9:48

# = New Division Record \* = New Age Group Record

The 31st ANNUAL BUFFALO WALLOW RACES  
HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
47	LAURA KEY	LUBBOCK	TX	26	F	2	F2529	2:08:35	9:49
48	CHARLES REYNOLDS	LUBBOCK	TX	59	M	3	MCLYD	2:09:10	9:52
49	DAVID MALONE	LUBBOCK	TX	46	M	4	M4549	2:09:11	9:52
50	ETTA MAYER	LUBBOCK	TX	54	F	2	F5054	2:11:13	10:01
51	MIKE KELLEY	LUBBOCK	TX	32	F	3	M5054	2:12:24	10:06
52	ROMOLA BARINQUE	LUBBOCK	TX	34	F	3	F3034	2:13:41	10:12
53	JIM BECK	LUBBOCK	TX	44	M	5	MCLYD	2:14:49	10:17
54	ANNETTE BURENHEIDE	TAHOCA	TX	37	F	1	F3539	2:16:44	10:26
55	SAM PROSE	LUBBOCK	TX	55	M	2	M5559	2:18:23	10:34
56	RON NUGENT	LUBBOCK	TX	57	M	3	M5559	2:23:07	10:55
57	JAMES LIVERMORE	LUBBOCK	TX	56	M	4	M5559	2:26:10	11:09
58	MARSHA BENNETT	LUBBOCK	TX	40	F	2	F4044	2:29:51	11:26
59	SHAWN MARTIN	LAMESA	TX	38	F	2	F3539	2:38:40	12:07

RACE DIRECTOR'S REPORT

Saturday, November 8th was a perfect day for running a race, especially since it was sandwiched between 2 days before and 2 days after of foggy, drizzly, damp mornings. And especially better than 2002, when it turned off warm and windy and cattail blossoms were filling the nostrils!

I want to thank my volunteers for their great help on race day, some on duty from 7am to 12 noon! The following people were all needed to prevent some from having to do more than one job, even so some did double duty. Joe Post arrived early for the set up, was the cashier for walk up registration, then ran the Chronomix for both races. Shirley Wigley also was there early to type in late entries, then helped Tom Griffin with getting the result on the computer. John Trompler was there early to hand out the pre-registered number distribution (we had 100 pre-registered) then worked the 5 mile water stop. Rebecca Pucket helped John, then worked the computer push button timer. Jim Burleson picked up the course signs the day before, then with the help of Mike Kelley set them out. Jim then acted as corner marshal at the intersection, and later picked up the remaining signs and returned them to storage. Thanks also to Mike Kelley for freshening up the marks on the pavement. Tony Aleman also did double duty, first working the chute for the 2 mile, then manning (with the help of Josie) the water stop at the 7 mile point. Ralph Wolf helped work the chutes for both races. Lawrence Schovanic also helped in the chutes for both races. Tom Weis prepared the water and gatorade coolers and set up the refreshment table, as well as called the splits at one mile and helped at the half marathon finish. Kevin Sweeney and Becky Rowley of Clovis worked the 2.5 mile/15K water stop, then Kevin picked a large number of signs to help Jim Burleson out. Also thanks to Ron Lubowicz for bringing out the fruit and to Ken Matthew's Hoot's Bagels for supplying those treats.

Six new division records were established by Jim Harris, David Lard and Don Sanderson in the two mile and Farrell Martin, Ed Craighead and Madonne Miner in the Half Marathon. Notice their times in the overall listings. We had the second highest number of finishers (108 both races) in the last 18 years, bested only by 1998. (113)  
This was my 14th year to work this race and next year, Mike Morris will take over. I still plan on helping him out and hope the volunteers will continue to support him as they have me.  
George W. Jury

The 31st ANNUAL BUFFALO WALLOW RACES  
NOVEMBER 8, 2003  
HALF MARATHON USAT&F CERTIFIED, #TX93087ETM  
BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

TWO MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	STEVEN MORALES	LUBBOCK	TX	18	M	1	M1619	10:34	5:17
2	NICOLAI LUKSZA	LUBBOCK	TX	18	M	2	M1619	10:35	5:18
3	SHAWN HALLEY	BRECKENRIDGE	TX	19	M	3	M1619	11:29	5:45
4	ZAC VALDEZ	AMARILLO	TX	19	M	4	M1619	12:16	6:08
5	CRAIG JACKSON	RANSOM CANYON	TX	39	M	1	M3539	12:42	6:21
6	ROBERT GOMEZ	LUBBOCK	TX	47	M	1	M4549	12:51	6:26
7	ANDREW BROSELOW	LUBBOCK	TX	35	M	2	M3539	13:07	6:34
8	RUDY RAMIREZ	LUBBOCK	TX	39	M	3	M3539	13:28	6:44
9	JIM HARRIS	HOBBS	NM	61	M	1	M6064	13:33	6:47
10	DAVID LARD	AMARILLO	TX	66	M	1	M6569	13:44	6:53
11	SAM AYERS	LUBBOCK	TX	41	M	1	M4044	13:46	6:53
12	SHANE HALLEY	ABILENE	TX	21	M	1	M2024	14:29	7:15
13	CODY LACKEY	BROWNFIELD	TX	9	M	1	M0112	14:37	7:19
14	DANIEL GONZALES	LUBBOCK	TX	38	M	4	M3539	15:33	7:47
15	ISELA GALINDO	LUBBOCK	TX	29	F	2	F2529	15:37	7:49
16	DWAYNE CAKLEY	LUBBOCK	TX	47	M	2	M4549	15:52	7:56
17	DCN SANDERSON	TULIA	TX	73	M	1	M7099	16:03	8:02
18	CRYSTAL SELF	BRECKENRIDGE	TX	18	F	1	F1619	16:25	8:13
19	PETE TORRES	COLORADO CITY	TX	32	M	1	M3034	16:31	8:16
20	MARTHA MARTINEZ	COLORADO CITY	TX	46	F	1	F4549	16:33	8:17
21	JOEY CRIADO	LUBBOCK	TX	42	M	2	M4044	16:34	8:17
22	BILL BELTON	LUBBOCK	TX	69	M	2	M6569	16:35	8:18
23	JACK SHROPSHIRE	RANSOM CANYON	TX	67	M	3	M6569	16:39	8:20
24	TONY RODRIGUEZ	BROWNFIELD	TX	13	M	1	M1315	16:52	8:26
25	STEPHEN YBARRA	LUBBOCK	TX	29	M	1	M2529	17:01	8:31
26	NORM COLE	SLATON	TX	30	M	2	M3034	17:14	8:37
27	JEFF WISE	LUBBOCK	TX	40	M	2	M4044	17:17	8:39
28	JENNIFER THRELFALL	LUBBOCK	TX	27	F	2	F2529	17:21	8:41
29	LOURDES JUAN	LUBBOCK	TX	38	F	1	F3639	17:22	8:41
30	MALINDA COLWELL	LUBBOCK	TX	30	F	1	F3034	17:23	8:42
31	JILL HAUROS	LUBBOCK	TX	39	F	2	F3639	17:28	8:44
32	HANNAH LAYMAN	HEREFORD	TX	10	F	1	F0112	17:32	8:46
33	JAMES LAYMAN	HEREFORD	TX	37	M	5	M3539	17:33	8:47
34	BRENDA MACIAS	BROWNFIELD	TX	18	F	2	F1619	17:46	8:53
35	JIMMIE KEY	LUBBOCK	TX	66	M	4	M6569	17:53	8:57
36	MIKE TREVINO	LUBBOCK	TX	34	M	3	M3034	18:14	9:07
37	CONNIE BERLINGER	LUBBOCK	TX	49	F	2	F4549	18:17	9:09
38	ANGELA FRANCO	MIDLAND	TX	26	F	3	F2529	18:59	9:30
39	JOSH HOBSON	ALPINE	TX	24	M	2	M2024	19:15	9:38
40	JESSYE RAE RODRIGUEZ	BROWNFIELD	TX	11	F	2	F0112	19:21	9:41
41	JEANA BROWDER	AMARILLO	TX	53	F	1	F5054	19:26	9:43
42	JOSIE ALEMAY	LUBBOCK	TX	52	F	2	F5054	19:35	9:48
43	JOHN STALCUP	LUBBOCK	TX	70	M	2	M7099	19:50	9:55
44	ANN HODGES	WOLFORTH	TX	46	F	3	F4549	19:52	9:56
45	MARIANNE MILLER	LUBBOCK	TX	53	F	2	F3034	20:00	10:00
46	KALA SHROPSHIRE	RANSOM CANYON	TX	53	F	3	F5054	21:51	10:56
47	CORLIS PATE	WELLMAN	TX	47	F	4	F4549	22:50	11:25
48	DAVID HIGGINS	LUBBOCK	TX	51	M	1	M5054	26:12	13:06
49	SUSAN CAUDLE	LUBBOCK	TX	50	F	4	F5054	31:57	15:59

\* = New Age Group Records

W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 11 EVENTS

MALE

YTD TOTALS		YTD TOTALS		YTD TOTALS		YTD TOTALS			
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
<b>0 - 12 MALE</b>		<b>45 - 49 MALE</b>		<b>60 - 64 MALE</b>		<b>65 - 69 MALE</b>			
Cody Lackey	9	69	20	7	Jay Keith	45	97	74.7	10
<b>13 - 15 MALE</b>		Randy Holloway		Gorden Jenkins		Ralph Wolf			
John Keith	14	67	23.1	8	Epi Aquirre	47	69	87.8	11
Tony Rodriguez	13	64	25	8	Randy Wolcott	45	59	47.4	7
Ryan Lackey	15	39	12	4	Dwayne Oakley	47	45	30	5
John Lackey	13	7	2	1	Rick Sybert	47	45	70.9	11
Jasper DeVos	14	2	3	1	Al Gardner	47	38	30.4	5
<b>16-19 MALE</b>		Wade Wilson		Mike Greer		CLYDESDALE - age graded			
Gary Lackey	16	43	12	4	Gene Adams	46	24	27	4
Nathan Beck	16	23	27.1	4	Frank Sumpter	49	20	10	3
Casey Sumpter	18	22	16.2	2	Adam Andrews	49	20	15	4
<b>20 - 24 MALE</b>		Jackie Cannon		John Statcup		70-99 MALE			
Jerred Hurst	24	58	54.2	6	David Malone	46	18	39.2	4
Caleb Beck	20	25	33.3	5	Jon McMenamy	48	13	8	2
<b>25 - 29 MALE</b>		Damon Richards		Mike Morris		70-99 MALE			
Richard Lombardini	27	35	29.2	4	Mike Morris	48	10	35.4	5
Hawk Harris	26	20	9.2	2	Todd Hegstrom	47	9	6.2	1
Chance Payton	29	19	16.2	2	Tom Cunningham	47	7	4	1
<b>30 - 34 MALE</b>		John Cagle		John Cagle		70-99 MALE			
Pete Torres	33	69	29.1	9	Nale Wilson	48	7	3.1	1
Kevin Sweeney	34	69	72.8	8	John DeVos	48	6	3	1
Mike Trevino	34	54	47.4	7	Richard Thomas	47	3	12.4	2
Scott Mayfield	33	20	6	2	<b>50 - 54 MALE</b>				
David Steadman	34	18	34.1	3	Ronnie Prigg	52	84	52.6	9
<b>35 - 39 MALE</b>		Tom Weis		Jim Wilhelm		50-54 MALE			
Craig Jackson	39	88	38.3	11	David Higgins	51	69	53.4	11
Tim Key	36	85	66.8	10	Mike Kelley	54	63	78.8	9
James Layman	37	54	30.3	9	Tom Weis	51	35	42.3	6
Bob Blake	39	50	65.4	8	Joe Post	54	28	49.5	7
Daniel Gonzales	38	40	39.6	8	Tom Griffin	54	24	57.5	8
Rod Burgett	38	13	17.4	3	Lawrence Schovantec	50	17	38.6	4
Andrew Broselow	35	9	2	1	Ken Jernigan	51	10	3	1
Jeremy Leggoe	35	7	11	1	Tony Aleman	52	0	74.7	10
<b>40 - 44 MALE</b>		Dick Baker		John Trompler		<b>55 - 59 MALE</b>			
Bob Jackson	44	51	25.4	5	Ron Nugent	56	89	79.8	10
Chris Longren	44	27	25.2	3	James Livermore	57	72	60.3	9
Paul Pare	40	25	17	3	Samm Prose	56	63	66.7	9
Don Hood	40	18	23.1	2	David Mangold	55	35	59.5	7
Brent Lowrey	41	9	4	1	Billie Walker	55	20	16.2	3
Kirk Thomas	44	8	22.4	2	Darrel McMillen	58	18	12	2
Edson Pinto	41	7	4	1	Danny Galey	57	6	5	1
Ron Hewett	40	0	22	1	Ron Hillis	58	0	6.2	1

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 11 EVENTS

MALE (continued)

YTD TOTALS		YTD TOTALS		YTD TOTALS		YTD TOTALS			
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
<b>0 - 12 FEMALE</b>		<b>13 - 15 FEMALE</b>		<b>16 - 19 FEMALE</b>		<b>20 - 24 FEMALE</b>		<b>25 - 29 FEMALE</b>	
Hanna Layman	10	75	26.3	8	Jessica Tedford	13	27	15	4
Colleen Adams	10	40	16	4	Devyn DeLoe	14	20	19.2	3
Turner Adams	8	36	16	4	Alyssa Preston	15	9	6.2	1
Tamra Jernigan	12	10	3	1	<b>30 - 34 FEMALE</b>				
<b>13 - 15 FEMALE</b>		Christine Williams		16-19 FEMALE		25-29 FEMALE			
Jessica Tedford	13	27	15	4	Christine Williams	19	21	9	2
Alyssa Preston	15	9	6.2	1	Alyssa McMenamy	18	20	8	2
<b>16 - 19 FEMALE</b>		Heather Cannon		16-19 FEMALE		25-29 FEMALE			
Christine Williams	19	21	9	2	Heather Cannon	17	13	4	2
Alyssa McMenamy	18	20	8	2	Jamie Slaybaugh	16	9	5	1
Heather Cannon	17	13	4	2	<b>30 - 34 FEMALE</b>				
Jamie Slaybaugh	16	9	5	1	Malinda Colwell	30	54	37.5	7
<b>20 - 24 FEMALE</b>		Angela Franco		30-34 FEMALE		35-39 FEMALE			
Angela Franco	26	94	60.8	11	Cathy Paden	33	30	16	3
Carrie Badillo	26	37	17	4	Louanna Arterburn	34	28	14	3
<b>25 - 29 FEMALE</b>		Marianne Miller		35-39 FEMALE		35-39 FEMALE			
Christine Williams	19	21	9	2	Brandy Key	31	19	20.2	3
Alyssa McMenamy	18	20	8	2	Rebecca Puckett	33	0	71.4	8
Heather Cannon	17	13	4	2	<b>35 - 39 FEMALE</b>				
Jamie Slaybaugh	16	9	5	1	Judy Lawley	38	51	39.3	5
<b>30 - 34 FEMALE</b>		Angela Franco		35-39 FEMALE		35-39 FEMALE			
Malinda Colwell	30	54	37.5	7	Becky Rowley	39	44	43.5	5
Cathy Paden	33	30	16	3	Natalie Steadman	35	40	30.2	5
Louanna Arterburn	34	28	14	3	Rachel Hood	35	20	6.1	2
Marianne Miller	30	28	18.2	3	Moira Ridley	37	10	8	1
Brandy Key	31	19	20.2	3	<b>60 - 64 MALE</b>				
Rebecca Puckett	33	0	71.4	8	John Statcup	70	56	19.1	6
<b>35 - 39 FEMALE</b>		Estelle Galvan		60-64 MALE		65-69 MALE			
Judy Lawley	38	51	39.3	5	John Statcup	70	56	19.1	6
Becky Rowley	39	44	43.5	5	Tom Bowser	76	10	4	1
Natalie Steadman	35	40	30.2	5	<b>70 - 99 MALE</b>				
Rachel Hood	35	20	6.1	2	John Statcup	70	56	19.1	6
Moira Ridley	37	10	8	1	Tom Bowser	76	10	4	1

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

CONTACT Shirley Wigley 787-4201  
shirleywigley@nts-online.net

## Member News

## Palo Duro Trail Run

Several club members, as well as other well known local runners, traveled to Palo Duro Canyon on October 18<sup>th</sup> to participate in the annual trail runs held there. None took on the 50 mile event, but Quent Bearden won the 50K race in a time of 3:39:12; Tim Key placed 2<sup>nd</sup> overall in 4:16:33; Madame Miner finished in 5:25:30; and Weldon Kolb finished in 5:29:51. Brandy Key finished the 20K trail run in 2:28:25; and Amarillo WTRC member Wallace Dean completed the 20K in 3:17:03.

## Dallas White Rock Half Marathon

Bob Jackson traveled to Dallas to capture 3<sup>rd</sup> place in the Master's division and thirteenth overall in the White Rock Half held November 1<sup>st</sup> with a time of 1:18:57. Malinda Colwell also finished along with 3,467 other runners in a time of 2:37:50. Two young Lubbock runners who have competed in WTRC races also were there: Brad Whitworth logged a time of 1:32:38; and Julie Wall finished in 1:44:56.

## New York City Marathon

It was a bit warmer than most competitors would have liked at this year's NYC Marathon on November 2<sup>nd</sup>. It was reportedly over 60 degrees at the start, and warmed to over 70 for some finishers. The elite men ran conservatively with Martin Lel winning in a "slow" 2:10:30. Women's winner Margaret Okayo, however, set a new course record on this warm day with a time of 2:22:31. Club members finishing this year's race were Jimmy Clark (now living in Little Rock), 5:52:00; Josie Aleman, 6:50:05; Etta Mayer, 5:11:03; and John Trompler, 3:23:05. There were 34,729 finishers. The warm weather contributed to a large and enthusiastic crowd of spectators.

## San Antonio Marathon

This year's SA Marathon had 1,022 finishers. Among them were Richard Lombardini, 3:25:34; Kirk Thomas, 3:54:23; Russel Martin, 4:03:56; and Arlan Patton, 4:48:45. In the relay races the WTRC was well represented as the top two Senior Male teams consisted of Larry Byrd and Bill Roger, 4:00:59 (1st place); and Bob Bernero and James Bone (2<sup>nd</sup> place), 4:12:35. In a concurrent 5K race, Michael Njenga, who is still Lubbock based, finished second in 15:17.

## High School Running Notes

Gary Lackey and his Brownfield High School team competed with great distinction at the 3A Texas State Cross Country Championships held November 15<sup>th</sup>. Gary finished second overall with a time of 15:54.7. His Brownfield teammates, meanwhile, captured fourth in the team competition with Gary's brother Ryan contributing a solid 18:05.1. Ryan is just a freshman. Another WTRC member competing at this meet was Kurt Limmer of Lubbock Cooper who finished 56<sup>th</sup> with a time of 17:48.0. Members Devin Deloe and Jamie Slaybaugh contributed to Borger's 11<sup>th</sup> place team finish in the State Girl's 3A Championship. Congratulations to each of these young runners. I believe most have further eligibility and will have future opportunities to showcase their running abilities.

## Leigh Daniel Update

(Below is an email from Leigh Daniel to David Higgins that provides some insight into what Leigh has been doing with her running career lately.)

Hi David! How are ya? Good to hear from you. Sorry for my slow reply. I do not have a computer at home, so I usually have to borrow a friend's to check email. Therefore, I do not check as often.

Anyway, I am doing well. The last year has been an interesting one. I was living and working in San Antonio most of last year. I finally started training again in January of this year after taking almost a year off because of a stress fracture. My training began slowly, but after a few months I was feeling back up to speed. I decided to run the Chicago marathon in order to qualify for the Olympic trials (which are in April). I trained very hard in the awful heat and humidity of San Antonio. I did not want my mileage to be too high for fear of getting injured again, but I ran many months of 70-80 mile weeks before Chicago. Along with working 40 hours a week as a personal trainer, I was usually exhausted. In July I received a phone call from my college coach, Dave Smith (who now coaches at Oklahoma State). He informed me that Hanson's (a post-collegiate Olympic development team located in Michigan) would be starting a women's team in Sept. He thought of me because he knew my Olympic dreams were not over, and that I would love to be able to focus solely on training and racing. He put in a good word for me and they gave me a call the next week. I knew I could not pass up the opportunity to run for Hanson's. They provide free housing, health insurance, coaching, and a job in their running stores. It definitely makes training easier than coaching myself as well as trying to make a living working so many hours.

I have been in Rochester Hills, MI for 2 months now. I am loving it here, although it is getting very cold. The women I am training with are great, and Keith and Kevin Hanson whom are my coaches are wonderful people as well as coaches. My first race wearing the Hanson's uniform was the Chicago marathon. I went into the race wanting to run 2:48, which would have qualified me for the trials. I ran 6:20 pace for the first 21 miles, and felt great. Then it all fell apart in the last few miles. I struggled to keep my pace and had to stop and stretch my extremely tight muscles many times. I was very disappointed when I crossed the finish line in 2:52. It was frustrating to run that far and be 4 minutes off qualifying. I did learn a lot in my first marathon, and will definitely set my sights on qualifying in 2008. For now, I am going to focus on running the 10k on the track. The Olympic trials qualifying time for the 10k is 33:20, so I am hoping to run that by July of this year. That is when I will have the opportunity to run the outdoor track trials before the Athens Olympics. I am excited about the possibilities. My main goal is to stay injury free, so I am doing everything possible to keep myself healthy. I just took a couple of weeks off after the marathon and will start training for the US cross country championships in December. I have many sore muscles from 26.2, but I feel ready to get going. I will be starting with 70 miles this week, but will soon be running 90-100 miles a week, along with lots of tough workouts to get me ready for the tough competitions I have coming soon.

I am very sad that I will not be able to attend the Redline Race this year. I only get a certain amount of time off from the running store here for Christmas. I will not be able to get home until Dec. 20th. I wish I could be there a few days earlier so I could be there for the race. I have really enjoyed being there the last couple of years. It is always very motivational to me to be around people who are supporting me from afar. When I'm running a race it definitely helps to know that I have people who are cheering for me at home. I want to make Lubbock proud. If there is anything I can do to help get ready for the race, please let me know. I really want to be a part of this even though I will not be able to be there. Thank you for your continued support and please let me know if I can ever do anything for the WTRC. Ya'll have done so much for me, I owe you big time. Take care and let me know if you need additional info from me. Have a great day!

Leigh

#### Mark Your Calendars for Annual Club Social

As in the past, the West Texas Running Club will hold an annual awards and social event. We have reserved the Mahon Party house at 29<sup>th</sup> and Chicago (actually parkland near that address) for January 16<sup>th</sup>. This will be a time to honor our challenge series award winners and to get to know one another a little better.

Further details and directions will be provided in next month's newsletter. Please mark your calendar and plan on attending.

#### Annual Election of Officers

Please note that this month's newsletter includes a ballot with a proposed slate of officers for the Club. You can vote for the slate, as proposed, or indicate write-in candidates if you desire. We ask that you either mail the ballot in by December 19<sup>th</sup> to the address indicated on the ballot, or bring your completed ballot to the Redline Race.

#### Membership Renewal

We are once again at that time of the year to renew our memberships. All memberships expire at the end of the calendar year. A copy of our membership form is included in this newsletter. Please carefully update all the information requested on the form and return it as soon as possible. We do have a grace period, should you forget, and we will send further reminders, but responding early helps us out a great deal and guarantees that you keep your membership current.

Although there was some confusion arising from the annual option to prepay for 11 Club races for \$50 (the two races not included are the Red Raider Road Race and the Turkey Trot due to T-Shirt costs), the Board has decided to provide this choice again. Those interested should pay membership fees and annual race fees before our January race. We made some mistakes this year in administering this program. Please remember next year that RRRR and the Trot will require separate entry.

## WEST TEXAS RUNNING CLUB'S 18th Annual RED LINE FOUR MILE CROSS COUNTRY RUN

BENEFITTING LEIGH DANIEL OLYMPIC TRAINING FUND  
Donations accepted, T-Shirts available for \$10  
Extra See Entry Form for Details

**WHEN:** SATURDAY, DECEMBER 13, 2003

**REGISTRATION:** 9:00-9:45 A.M.

**RACE START AT 10:00 A.M.**

**WHERE:** MAE SIMMONS PARK, East 24th St. & MARTIN  
LUTHER KING AVE. Register in Mae Simmons  
Center North of Canyon Lake Drive

**COURSE:** RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

Non Members = \$6.00 **Race Day, \$10 for all**  
\$10 extra for T-Shirt, must be mailed in  
Phone PRE REGISTRATION AVAILABLE: WTRC

Members only call George at 792-3291(d) or  
792-1237(n) before 7pm, Friday, December 12th

**AWARDS:** Will be given to the first Three or up  
to 50% of the participants in the Divisions  
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+

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

**RACE DIRECTOR:** Tom Griffin, 745-3955 (d)  
787-4295 (c) 698-1503 (n)

\*\*\*\*\*MEMBERSHIP RENEWAL\*\*\*\*\*

#### MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this  
issue as our new year begins with January. Please  
fill out the forms completely. The membership  
fee is \$15 + \$3 for each additional family member  
at the same address.

## BALLOT FOR 2004 WTRC OFFICERS

The following have been nominated and have agreed to serve as Officers/Directors for 2004. If you wish to vote for the entire slate as presented, place an "X" in the box below.

If you wish to write in a candidate, and that person has agreed to serve, please mark through the presented name and write in a name in the space below each office. One ballot per WTRC member, no extra ballots will be provided on count day. Ballot must be returned to the secretary by mail not later than December 19, or brought to the REDLINE RUN on December 13, 2004.

WTRC Secretary  
PO Box 2921  
Lubbock, Texas 79408

President Ron Lubowicz <hr/> Internal Vice President Madonne Miner <hr/> External Vice President Kirk Thomas <hr/> Secretary Tom Weiss <hr/>	Treasurer David Higgins <hr/> Membership Director Sam Prose <hr/> Newsletter Director John Trompler <hr/> External Race Director Jay Keith <hr/>	Internal Race Director Tom Griffin <hr/> Equipment Director Dwayne Oakeley <hr/> Calendar Director Adam Puckett <hr/>
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## REDLINE 4 MILE CROSS COUNTRY Run

December 13, 2003

<b>Mail Registration thru Dec. 11</b> <u>Telephone registration</u> by 7 p.m. Dec. 12 <sup>th</sup> 792-3291 (d) 792-1237 (n)	<b>\$5.00 WTRC members, \$6.00 non members \$10 on Race Day</b> <b>Make checks payable to the West Texas Running Club</b> <b>Mail checks &amp; entry forms to:</b> George W. Jury 5212 44 <sup>th</sup> St. Lubbock, Texas 79414	<b>Race starts at 10:00 a.m. in Mae Simmons Park,</b> Race Director, Tom Griffin 698-1503 (n) 747-2579 (d)
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**Limited number of T-Shirts at \$10 Extra    Circle size    S    M    L    XL    XXL**

**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 2003 Redline 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) E-Mail \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

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

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## PRE-PAID WTRC RACE ENTRIES

Several club members have asked for this feature to continue.

For \$50 paid at or before the first of the year you will be automatically entered in each of the 11 races that do not have T-Shirts and we do not have to have complete addresses and a waiver signed.

In 2003, I made a mistake with those who entered the RED RAIDER ROAD RACE (RRRR) and the TURKEY TROT (TT) and allowed those on the "pre-paid" list to simply pay the additional amount above \$5, when in fact those races should have been paid at the regular club member rate.

If one should wait til race day to register, this means you would pay the regular late fee which in the case of TURKEY TROT was \$20.

So remember, for RRRR and TT, you must send or turn in a complete entry form with payment to be registered. You will not be automatically entered.

There is a possibility that the 2004 FIRECRACKER RUN will have a T-shirt and require an extra fee and an entry form filled out also, since this will be the 35th year.

Also, for the other club races with more than one distance, the registrar needs to know which distance you prefer so let us know.

George W. Jury,  
Race Registrar