

CALENDAR

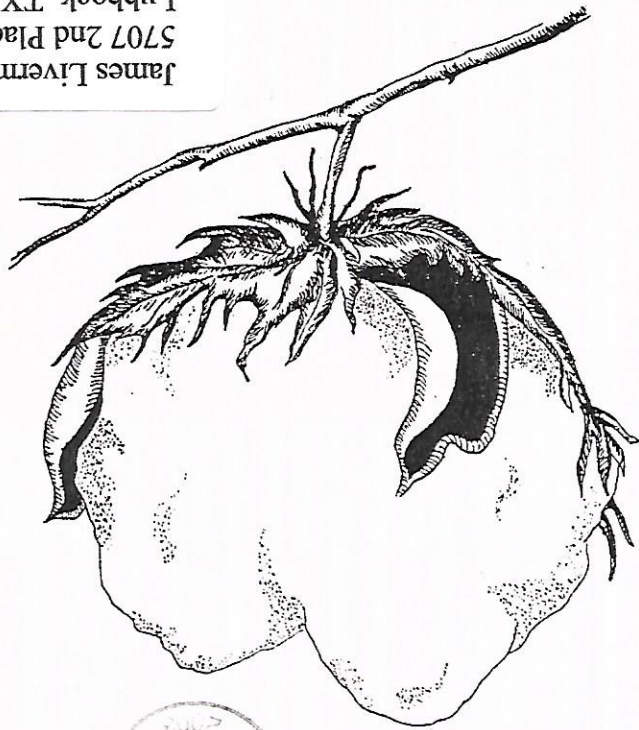
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- FEB 2 **3M HALF MARATHON:** Austin, (512)984-7223 (www.3m.com/races)
- FEB. 4 **W.T.R.C. Business meeting,** Tuesday, February 4, 2003
7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * FEB. 8 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 16 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (877) 601-6686
e-mail, info@motorolamarathon.com
- FEB. 22 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
e-mail, cowntownmarathon@hsc.unt.edu
- * MAR. 1 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
- MAR. 8 **COURTNEY NOLEN MEMORIAL 5K:** TTU Rec. Center, 9:45am,
- MAR. 15 **MARATHON of the GREAT SW:** Abilene, FMI, Call (915) 677-8144
- MAR. 22 **BLOODGUSHER 5K/10K RUNS:** Midland, 10am, Greg Larson,
(915)620-6124, entry form, <http://pbrunningclub.tripod.com>
- MAR. 29 **NUTRITION ON THE RUN 5K:** Also 1 mile fun run/walk,
Lubbock Dietetic Association, Mackenzie Park, 9am, FMI, call
Gina Jarman, 725-8081(d), 795-1276(n)
- MAR. 30 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
www.statesman.com/10K
- * APR. 12 **FLIGHT LINE RACES:** Reese Center, Lubbock, 8am, 2 Mi, 10K,
Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 27 **OKLAHOMA CITY MEMORIAL MARATHON:** www.okcmarathon.com
- * MAY 10 **HORSESHOE BEND SPRING FROLIC:** 9am, 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
- * JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am
10K and 2 Mile, Race Director Al Gardner, 894-3538
- * 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)

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.

February 2003



James Livermore
5707 2nd Place
Lubbock, TX 79416



Newsletter
5406 86th St.
Lubbock, Texas 79424

February 2003



February W.T.R.C. Race
COTTON PATCH RUNS

9am, Saturday, February 8, 2003
Frenship HS, Wolfforth, TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
(H) 748-1855
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: jkjp@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: mkelleymrun@yahoo.com

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
(H) 799-4473
E-mail: dsoakeley@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: irunthereforeiam@msn.com

Internal Race Director - Sam Prose
(H) 794-0424 (O) 762-7909
E-mail: scprose@hotmail.com

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

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, February 4, 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

Do you ever get bored with your running? Is your commitment to the sport a little too regular, too predictable, too routine? Does "training" become work instead of being fun? If so, you probably are also noticing how much slower your times are when you enter races.

Well I am certainly a very long way from being a running guru, but I do pride myself on being a half-way decent observer of things obvious. So for those of you who actually take the time to read my monthly blurb, I have something of a secret to share, derived, as you would expect, from the obvious.

Try running the mountain bike trails on the north and east sides of Canyon Lake #6. The cycle club has put in and religiously maintains over 10 miles of very nicely mixed terrain pathways. All the runners I've ever encountered there were wearing pleasant grins, appeared to be running comfortably, and at times, were seemingly wrapped up in the natural beauty of the place. Rabbits, rodents and lizards of various descriptions, a plethora of birds and an occasional skunk will be on hand to keep you company. About the only dangers I've encountered are the cyclists, the tendency to twist an ankle, and some horse droppings.

The rewards? Well, the obvious ones include the losses ... the loss of boredom, predictability and routine. The gains are more subtle. The rolling hills provide great strength training, almost in a fartlek kind of way; and racing the cyclists can be very exhausting fun without feeling like work. And in case you need some sort of proof that there are benefits, I've met Madame Miner out there a couple of times. Case closed.

SYOTR, Ron

THE 12th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
***** EVENT NUMBER 1 OF THE 2003 WTRC CHALLENGE SERIES *****

Texas January 11, 2003
Lubbock, Texas

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	BOB JACKSON	44	M		1	M4044 HOBBS	NM	27:59	5:36
2	QUENT BEARDEN	27	M		1	M2529 LUBBOCK	TX	28:20	5:40
3	BURKE BINNING	25	M		2	M2529 LUBBOCK	TX	28:44	5:45
4	BOBBY SAIN	21	M		1	M2024 LEWISVILLE	TX	29:12	5:51
5	MICHAEL ZINNO	35	M		1	M3539 LUBBOCK	TX	31:11	6:15
6	ANTHONY HERR	16	M		1	M1619 LUBBOCK	TX	32:08	6:26
7	DANIEL HERMAN	39	M		2	M3539 HOBBS	NM	32:55	6:35
8	JAMIE BELGARDE	28	M		3	M2529 ST MICHAEL	ND	33:02	6:37
9	RODNEY HENDRIX	36	M		3	M3539 LUBBOCK	TX	33:13	6:39
10	FARRELL MARTIN	36	M		1	CLYD LUBBOCK	TX	33:24	6:41
11	TIM KEY	35	M		5	M3539 LUBBOCK	TX	33:32	6:43
12	JAY KEITH	44	M		2	M4044 LUBBOCK	TX	35:35	7:07
13	CRAIG JACKSON	38	M		6	M3539 RANSOM CANYON	TX	35:39	7:08
14	RON LUBOWICZ	59	M		1	M5559 LUBBOCK	TX	35:56	7:12
15	JOHN TROMPLER	55	M		2	M5559 LUBBOCK	TX	36:15	7:15
16	ADAM PUCKETT	31	M		2	CLYD LUBBOCK	TX	36:35	7:19
17	JOHN DEOTTE	39	M		7	M3539 AMARILLO	TX	36:57	7:24
18	PAUL PARE	40	M		3	M4044 LUBBOCK	TX	37:08	7:26
19	JIM HARRIS	60	M		1	M6064 HOBBS	NM	37:11	7:27
20	DENISE BRAY	41	F		1	F4044 LUBBOCK	TX	37:15	7:27
21	RANDY WOLCOTT	46	M		1	M4549 LUBBOCK	TX	37:35	7:31
22	RICK SYPERT	47	M		2	M4549 LUBBOCK	TX	37:42	7:33
23	DEVIN DeLOE	14	F		1	F1315 BORGER	TX	37:53	7:35
24	BEN WOLCOTT	17	M		2	M1619 LUBBOCK	TX	38:14	7:39
25	COLLEEN ADAMS	9	F		1	F0112 SAN ANGELO	TX	38:39	7:44
26	BOB BLAKE	38	M		8	M3539 LUBBOCK	TX	38:52	7:47
27	RANDY HOLLOWAY	46	M		3	M4549 LUBBOCK	TX	39:01	7:49
28	DARREL McMILLEN	56	M		3	M5559 LUBBOCK	TX	39:45	7:57
29	RONNIE PRIGG	51	M		1	M5054 LUBBOCK	TX	39:56	8:00
30	GARY LINDSEY	54	M		2	M5054 LUBBOCK	TX	39:58	8:00
31	CHRISTINE WILLIAMS	19	F		1	F1619 LUBBOCK	TX	40:10	8:02
32	MADONNE MINER	50	F		1	F5054 LUBBOCK	TX	40:19	8:04
33	TOM WEIS	31	M		9	M3539 LUBBOCK	TX	40:38	8:08
34	ROD BURGETT	38	M		3	M3539 SHALLOWATER	TX	41:18	8:16
35	GORDEN JENKINS	62	M		2	M6064 AMARILLO	TX	41:23	8:17
36	MIKE KELLEY	54	M		4	M5054 LUBBOCK	TX	41:36	8:20
37	DAVID HIGGINS	50	M		5	M5054 LUBBOCK	TX	41:37	8:20
38	LANCE BARRETT	33	M		2	M3034 LUBBOCK	TX	41:38	8:20
39	DANIEL GONZALES	37	M		10	M3539 LUBBOCK	TX	41:55	8:23
40	SHIRLEY WIGLEY	49	F		1	F4549 LUBBOCK	TX	41:56	8:24
41	HAL MOORE	55	M		4	M5559 LUBBOCK	TX	42:03	8:25
42	DAMON RICHARDS	49	M		4	M4549 LUBBOCK	TX	42:16	8:28
43	DAVID MANGOLD	54	M		6	M5054 LUBBOCK	TX	42:22	8:29
44	DANNY GALEY	57	M		5	M5559 COLORADO CITY	TX	42:27	8:30
45	JIM BURLESON	60	M		3	M6064 LUBBOCK	TX	42:30	8:30
46	JAMIE SLAYBAUGH	16	F		2	F1619 BORGER	TX	42:36	8:32
47	JOE POST	54	M		7	M5054 LUBBOCK	TX	42:47	8:34
48	RALPH WOLF	65	M		1	M6569 ABERNATHY	TX	43:18	8:40
49	CATHY PADEN	32	F		1	F3034 SLATON	TX	43:22	8:41
50	JAMES LAYMAN	36	M		11	M3539 HEREFORD	TX	43:28	8:42
51	DAVID MALONE	45	M		5	M4549 LUBBOCK	TX	43:49	8:46
52	SHERI MANN	31	F		2	F3034 LUBBOCK	TX	44:23	8:53
53	BILL ROGER	63	M		4	M6064 LEVELLAND	TX	44:34	8:55

* = New Age Group Record

**** EVENT NUMBER 1 OF THE 2003 WTRC CHALLENGE SERIES *****
 THE 12th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
 Lubbock, Texas January 11, 2003

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
54 ANGELA FRANCO	25	F		1	F2529	MIDLAND	TX	44:53
55 TURNER ADAMS	7	F		2	F0112	SAN ANGELO	TX	45:10
56 GENE ADAMS	45	M		6	M4549	SAN ANGELO	TX	45:11
57 TODD DAVIS	37	M		3	CLYD	PLAINS	TX	45:54
58 PETE TORRES	31	M		3	M3034	COLORADO CITY	TX	45:57
59 MARTHA MARTINEZ	47	F		2	F4549	COLORADO CITY	TX	45:59
60 DWAYNE CAKLEY	46	M		7	M4549	LUBBOCK	TX	46:04
61 MIKE GREER	64	M		5	M6064	LUBBOCK	TX	46:18
62 BRETT LONGLEY	15	M		1	M1315	LUBBOCK	TX	47:03
63 JAMES LIVERMORE	55	M		4	M5559	LUBBOCK	TX	47:25
64 RUSSEL MARTIN	44	M		4	M4D44	SHALLOWATER	TX	47:45
65 CANDA FADDUOL	44	F		2	F4044	LUBBOCK	TX	47:52
66 ETIA MAYER	53	F		2	F5054	LUBBOCK	TX	48:32
67 BOB BROSELOW	62	M		6	M6064	LUBBOCK	TX	49:08
68 MARLOWE MALOUF	19	F		3	F1619	LUBBOCK	TX	49:19
69 KAREN JACKSON	45	F		3	F4549	HOBBS	NM	49:36
70 MARSHA BENNETT	39	F		1	F3539	LUBBOCK	TX	50:17
71 MADELEINE TAYLOR	51	F		3	F5054	RANSOM CANYON	TX	50:21
72 CARLA MORAN	35	F		2	F3539	LUBBOCK	TX	51:53
73 NATHAN WOLCOTT	13	M		2	M1315	LUBBOCK	TX	52:27
74 JESSICA TEDFORD	13	F		2	F1315	BROWNFIELD	TX	53:11
75 ESTELLA GALVAN	60	F		1	F6099	BROWNFIELD	TX	53:24
76 LINDA WALTER	43	F		3	F4D44	LUBBOCK	TX	54:33
77 CHARLOTTE BINGHAM	42	F		4	F4044	LUBBOCK	TX	54:35
78 JIMMIE KEY	65	M		2	M6569	LUBBOCK	TX	55:13
79 TONY RODRIGUEZ	12	M		1	M0112	BROWNFIELD	TX	55:36
80 ANN HODGES	45	F		4	F4549	LUBBOCK	TX	56:43

RACE DIRECTOR REPORT

Another beautiful day greeted 80 runners for the year opening LOOP THE LAKE 5 MILE RACE. The sun was shining, the wind wasn't bad and the temperatures warmed up nicely. The geese had not been busy on the east side of University so the race went off without a hitch. As a result of the nice weather and fairly clean course we saw some impressive times posted. Overall male once again making all we masters runners proud was Bob Jackson in a time of 27:59. Overall female (also a masters runner) but I won't say how old, was Denise Bray in a time of 37:15.

We also had two new course records set the first being from the other end of the age scale as Colleen Adams (age 9) from San Angelo set the other record for females age 1-12 with an impressive time of 38:39. And little sister Turner (age 7) deserves mention also as she finished in 45:10. Jumping back to the other end of the age scale (sorry Madonne) we had one more new age group record as Madonne Miner (age group 50 - 54) set one more course record with a time of 40:19. It was a fun race to watch from the finish line as runners of all ages and abilities got off the couch and came out for some exercise and camaraderie with fellow runners.

Of course no race could happen without volunteers, so thank you to my sons Caleb and Nathan, Jenny Conoly, Tony and Josie Aleman, Frank and Ida Sumpter, Jim Wilhelm, Tom Griffin, P.J. Mitchell, Ronnie Nugent, Larry Byrd, Epi Aguire, and of course, George Jury.

I encourage everyone reading this to do your part and volunteer at least once this year. It is a good experience to see races from the directing side and will make you appreciate the work that goes into a race. Also, it is kind of fun watching sometimes and not running. But keep on running!

Jim Beck

THE CHALLENGE SERIES

Every year there are some who do not understand the precepts of this program to encourage volunteerism. The complete rules were in the January Newsletter, however, below is the main requirement.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. This means a member must devote the entire race time as a volunteer and give-up running the race that day. This may mean arriving 1 and a half hours prior to race start and remaining until everything is packed up and the awards ceremony is over.

TIL DEATH DO US PART

On January 1st on a snow covered bridge in ROCKY MOUNTAIN NATIONAL PARK, Jeffrey Jury married Julie Hawbaker. Jeff teaches high school chemistry, science, biology, physics or whatever else scientific he is asked, in Colorado Springs. Julie is an RN. They recently bought a home in Fountain, a suburb of Colorado Springs.

VOLUNTEERS NEEDED FOR TEXAS TECH TRACK MEETS

Burke Binning, Assistant TTU track coach (long distance) is looking for volunteers to assist with putting on track meets that TTU produces. This would give club members an opportunity to observe close up the work behind the scene as well as be able to watch the action. Contact; Burke Binning, 787-2925.

TUCSON MARATHON

Mary Branscome ran a Boston Marathon qualifying time of 3:50:45, with just a few seconds to spare, at the Tucson Marathon on December 8. Mary reported good weather, but too many pauses waiting for traffic. Judy Lawley also ran with a time of 3:55:52. There were 1656 finishers of the marathon, but the event also included a half marathon and marathon relay so the participant total was much higher.

HP HOUSTON MARATHON

There were 11,878 participants in the January 19, 2003 HP Houston Marathon and its companion events (a 13.1 miler and a 4 miler). I have located the following Club Members who took part in the events on a day that was described as enjoying near perfect weather conditions. Judy Lawley just missed a Boston qualifier with a time of 3:46:19 (her standard is 3:45:59 or better); Mary Branscome finished in 4:00:00; Jenny Conoly logged a time of 4:41:48; Caleb Beck completed the course in 4:27:28 to lead the Beck family's efforts; Jim Beck clocked a 5:21:39, with Nathan Beck close behind in 5:27:24. In the half marathon, Tracy Baugh finished in 2:06:22. Congratulations to all.

PRARIE DOG RACE CHANGES

To accommodate the Courtney Nolen Memorial 5K, the Prairie Dog Town Run has been moved to the first Saturday in March (check race calendar). You may volunteer by calling John Trompler at 794-1359, but John will be unable to be in town that Saturday. Tom Griffin will take over all

COTTON PATCH RUNS
Since 1973
EVENT RECORDS

+ for information

8 MILE		1990 to Lubbock	
NAME	AGE	TIME	YEAR
Carlos Ybarra	15	42:54	1981
Don Wise	16	47:37	1981
Sam Sitonik	23	41:54	1981 *
John Bednarski	31	44:14	1981
Scott Brickerd	36	43:09	1989
Bob Jackson	40	43:46	1999
Tom Mayfield	40	45:40	1981
Bobby Cunningham	41	45:47	1981
Bobby Cunningham	46	48:14	1986
Don Webb	53	50:23	1981
George Jury	55	51:41	1992
Don Sanderson	64	59:18	1994

WOMEN		1990 to Lubbock	
NAME	AGE	TIME	YEAR
Jamie Francis	15	1:01:27	2001
Hope Jimenez	16	59:01	2001
Sue Houle	28	54:36	1990
Marjory Stewart	32	49:01	1991 *
Marjory Stewart	35	50:37	1994
Marjory Stewart	41	55:55	2000
Madonne Miner	49	1:07:33	2002
Jane Hamlyn	51	1:08:26	1985

4 MILE (1985)

MEN		1990 to Lubbock	
NAME	AGE	TIME	YEAR
Trey Jernigan	12	26:49	1990
Travis Perez	15	23:24	1997
Larry Millard	18	21:45	1986
Jose Montoya	20	21:02	1985 *
Tim Key	32	23:16	2000
John Bednarski	37	21:26	1987
Frank Sumpter, Sr.	42	23:34	1986
Bobby Cunningham	45	22:48	1985
Jim Leser	53	25:10	2000
John Stalcup	58	27:51	2001
Ralph Wolf	60	31:59	1994
Don Sanderson	61	31:59	1999
Don Sanderson	66	28:17	1996
Don Sanderson	72	33:43	2002

WOMEN

NAME	AGE	TIME	YEAR
Hope Jimenez	12	28:21	1997
Tara Jernigan	15	28:31	1997
Laci Jackson	17	26:13	1999 *
Linda Northrup	26	29:00	2001
Moiria Ridley	34	30:14	2000
Denise Bray	38	29:23	2000
Diane Calhoun	41	28:37	2000
Martha Martinez	45	32:27	2001
Eva Martinez	53	36:12	1998

* Overall Event Record

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN: SATURDAY, FEBRUARY 8, 2003
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to 82nd Street, turn right across RR tracks, west to Highway 179 and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat
8 Mile; OUT and BACK, Mostly Flat
WATER and SPLITS at 2, 4, and 6 Miles

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

Pre-Registration Available: Return form in Newsletter or call George Jury before 7pm, Friday, Feb. 7th.
792-3291(d) 792-1237(n)

AGE DIVISIONS, AWARDS: Custom Medals;

3 deep & up to 50 Percent deep in each age division,
(Maximum of 5 awards)

MEN, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, & 70+

WOMEN, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, & 60+

(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 795-5823 (d), 785-8562 (n)

We will have access to the High School cafeteria and rest-rooms for registration and the awards ceremony. Volunteers **are needed, please call David at one of the numbers above.**

DOOR PRIZES

The COTTON PATCH RESTAURANT will provide some items for a drawing after the race. Please stay around for the awards and the drawing.

Challenge Series awards will be available for those who did not make the January social.

Donations

Individual

Lead 1-\$50 (gets you a free entry into the race)

Lead 2-\$100 (gets you 3 free entries)

Lead 3-\$150 (gets you 5 entries and a spot on our sponsors page)

The course is 5K (3.1 miles) and will loop the inner part of the TTU campus. There will be two water stations along the course near miles 1 and mile 2.

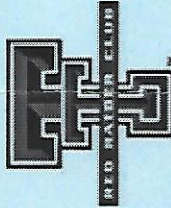


More information on the race, course, frequently asked questions and everything else is located on the race website at

www.cnm5k.com

Thanks CNM 5K Sponsors

On behalf of the Courtney Nolen Memorial Scholarship Fund and all that it supports we would like to thank our sponsors. These are the companies that put time into helping out and supporting the race. Thanks



COURTNEY NOLEN

MEMORIAL 5K RUN / WALK

March 8, 2003



Race Activity Schedule

Friday March 7, 2003

7:30am- 6:30pm- Registration and packet pick-up* at the Texas Tech Recreational Center.(North Entrance)

*Packets include course map, race number, and t-shirt.

Saturday March 8, 2003

7:00am- Day-of-Race (late) registration begins and pre-registered competitors may also pick up their packets.

9:15am- Race registration ends.

9:45am-Race start. Good Luck!!

11:30am-Awards Ceremony—(age group awards, team competition awards, and prize drawings)

About Courtney--Courtney Kimbrell

Nolen, a proud Red Raider, had a positive impact on everyone she met. She was a 4-year letter-winner in Cross Country and Track at Texas Tech University. Courtney was successful in the classroom and on the track, earning All-Big XII Academic recognition along with her accomplishments in Cross Country, Indoor, and Outdoor Track. She was selected by her teammates as Co-Captain of the Cross Country team in 1999. Courtney was in a car accident that took her life just a few days after graduating in December 2000 as she was traveling to The University of Arkansas at Little Rock to begin graduate studies and work as an Assistant Coach. The Courtney Kimbrell Nolen Scholarship was established in her name to benefit deserving upper-level women Track and Field athletes. This race benefits her scholarship. Thanks for your support of this race and good luck

REGISTRATION

Name _____ Sex **M / F**
Address _____ St _____
Zip _____ Phone(_____) _____

T-Shirt Size **S** **M** **L** **XL**

Age Group (circle one) 0-18 19-24 25-29
30-39 40-49 50 and up

There will prizes awarded to each age group winner for both male and females.

Fraternity and Sorority Competition

Name of Fraternity or Sorority _____

(A team trophy will be awarded to the Fraternity and Sorority with the most participants in the race)

Entry Fees*

\$20 late registration fee

\$16 per participant (includes t-shirt*)

\$12 per student (College or High School, includes t-shirt)

*Proceeds go to the Courtney Nolen Memorial Scholarship Fund

Entry Fee and Payment Information

-A non-refundable race fee (see fees) must accompany your registration form.

-Make check or money order payable to: **Courtney Nolen Memorial Scholarship Fund.**

-Mail completed registration form with your non-refundable full payment to: **Courtney Nolen Memorial 5K, 2619 25th St, Lubbock, TX 79410.**

Credit Card Payment

Card# _____

Name on card _____

Exp. Date _____

Signature _____ Date _____

Waiver-I hereby apply to participate in the Courtney Nolen Memorial 5K. I understand that by participating in this race/ walk I will be exposed to certain risks that accompany an event of this sort. This includes running on uneven surfaces, running in sometimes crowded area, physical contact with other participants and any ordinary stress that this event will put on your body physically in order to complete the distance. I knowingly and freely assume all such risks, both known and unknown. I agree that I am responsible for my own safety and I willingly agree to comply with the stated and customary terms and conditions for participation. I understand and agree that this release and waiver will be binding upon my heirs, assigns and any personal guardian or next friend. I have read the above items of the release and waiver, understand them, agree to abide by them, and hereby acknowledge that I have read and understand this release and waiver.

Signature _____ Date _____

Parent signature _____ Date _____
(required if under 18)

BALLOT FOR 2003 WTRC OFFICERS

The following have been nominated and have agreed to serve as Officers/Directors for 2003. 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 or brought to the COTTON PATCH RUN on February, 8 2003.

WTRC Secretary
PO Box 2921
Lubbock, Texas 79408

President Ron Lubowicz <hr/> Internal Vice President Tom Griffin <hr/> External Vice President Dick Baker <hr/> Secretary Etta Mayer <hr/>	Treasurer David Higgins <hr/> Membership Director Sam Prose <hr/> Newsletter Director John Trompler <hr/> External Race Director Kirk Thomas <hr/>	Internal Race Director George Jury <hr/> Equipment Director Dwayne Oakeley <hr/> Calendar Director Adam Puckett <hr/>
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Cotton Patch Runs

February 8, 2003

Mail Registration thru Feb 6th
Telephone registration by 7:00 P.M. on February 7th
792-3291(d) , 792-1237 (n)

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

Race starts at 9:00 A.M. at Frenship HS, Wolfforth
David Higgins, Race Director
795-5823 (o), 785-8562 (h)

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 Cotton Patch Runs. 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 _____ 4 miles _____ 8 miles

City _____ State _____ Zip _____ Phone Number _____

WEST TEXAS RUNNING CLUB

CHALLENGE SERIES 2002

MALE				FEMALE			
	Events	Miles	Points		Events	Miles	Points
13-15	1 1st John Keith	23	62	13-15	32 Allyssa Preston	24.2	52
16-19	2 1st Nathan Beck	81.6	76	16-19	33 Heather Cannon	13.1	16
	3 2nd Caleb Beck	66.4	51				
	4 3rd Casey Sumpter	12	22				
20-24	none			20-24	none		
25-29	5 1st Richard Lombardini	35.4	46	25-29	34 1st Marianne Miller	31.4	43
	6 2nd Hawk Harris	31.1	42		35 2nd Carrie Badillo	13.1	41
30-34	7 1st Adam Puckett	66	88	30-34	37 1st Cathy Paden	21	38
	8 2nd Henry Santos	56.1	77				
	9 3rd Pete Torres	24.3	48				
35-39	10 1st Craig Jackson	40.1	116	35-39	38 1st Marsha Bennett	88.3	87
	11 2nd Bob Blake	75	73		39 2nd Moira Ridley	39.6	63
	12 3rd Farrell Martin	42.8	46		40 3rd Cindy Johnson	30	46
40-44	13 1st Paul Pare'	66.4	84	40-44	none		
	14 2nd Jay Keith	67.2	80				
	15 3rd Epi Aguirre	71	76				
45-49	16 1st Tom Cunningham	44.5	87	45-49	41 1st Shirley Wigley	75	93
	17 2nd Al Gardner	46.2	75		42 2nd Martha Martinez	29.1	88
	18 3rd Mark Albus	71.9	65		43 3rd Pauline DeVos	54.7	63
	19 4th David Higgins	81	54				
	20 5th Robert Fortney	37.3	45				
50-54	21 1st Jim Wilhelm	87.6	82	50-54	44 1st Etta Mayer	104.3	103
	22 2nd Mike Kelley	79.8	64		45 2nd Madonna Miner	83.3	100
	23 3rd Ronnie Prigg	54	58		46 3rd Josie Aleman	73.1	48
55-59	24 1st John Trompler	99.3	107	55-59	none		
	25 2nd Danny Galey	82	98				
	26 3rd Ron Lubowicz	80.7	88				
60-64	27 1st Jim Burleson	82.4	92				
	28 2nd James Bone	66.1	86				
	29 3rd Mike Greer	63.5	67				
65-99	30 1st Ralph Wolf	59.4	79				
	31 2nd Jimmy Key	39.2	59				