

CALENDAR

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

- JAN. 7 W.T.R.C. Business meeting, Tuesday, January 7, 2003, 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"
- * JAN. 11 LOOP THE LAKE 5 MILE: Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 17 WTRC AWARDS SOCIAL: 7pm, Mahon Party House, 29th & Chicago
- JAN. 19 HP/HOUSTON MARATHON: (713) 957-3453(www.hphoustonmarathon.com)
- FEB 1 USA T&F ASSN SW Regional Master's Championship Track Meet, TTU indoor track, 3000M 11am, 1500M 2:30pm, \$20 entry, no limit on events, Paul Johnson, 797-5226, email, pjohn128034@aol.com
- FEB 2 3M HALF MARATHON: Austin, (512)984-7223 (www.3M.com/races)
- * 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. 29 NUTRITION ON THE RUN 5K: Also 1 mile fun run/walk, Lubbock Dietetic Association, Mae Simmons Park, 9am, FMI, call Gina Jarman, 725-8081(d), 795-1276(n)
- MAR. 30 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598 www.stateman.com/10K
- * APR. 12 FLIGHT LINE RACES: Reese Center, Lubbock, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- * 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
- * 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.

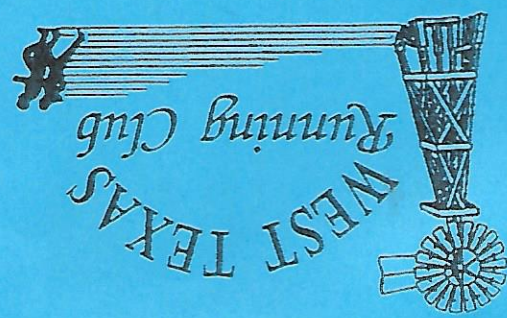
January 2003



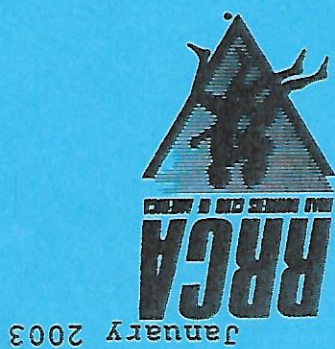
Season Greetings
and
Best Wishes for a
Happy, Prosperous and fit
New Year.



James Livermore
5707 2nd Place
Lubbock, TX 79416



Newsletter
5406 86th St.
Lubbock, Texas 79424



January W.T.R.C. Race
LOOP THE LAKE 5 MILE RUN
10am, Saturday, January 11, 2003
Buddy Holly Park
Lubbock, TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
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Internal Vice-President - Tom Griffin
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External Vice-President - Jeff Key
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Secretary - Etta Mayer
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E-mail: etta.mayer@ttu.edu

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, January 7, 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

Last month I asked the membership to run ideas by us that might somehow make the Club better, stronger, more fun, etc. Guess what gang? ... ideas are starting to come in. The first of these that we would like your comments on came from Jay Keith. I like it because it is a nice blend of competition and cooperation.

Jay's proposal is to begin an annual competition among the running clubs in this region (Amarillo, Midland, Roswell) with a traveling "coveted" trophy or plaque. Rotate the venue each year and make the competition coincide with a regularly scheduled race of the host club. (Naturally, the dates will have to be selected so that there will be no conflict with the other clubs' races.) Each club would send as many members as they can muster to compete for the best composite score. The scoring would be age-graded and probably only go as deep as the smallest membership represented ... but such details can be beat into place by representatives of the participating clubs.

The benefits of this idea range from the obvious, better attendance at select races, to the more subtle, the bonding among Club members participating in the competition. And this should appeal to those of us who like to race as well as to those of us who like to simply have fun. Please think about Jay's idea and share your thoughts with us so that we can carry it forward or discard it. Also, keep those ideas coming. Thanks!

SYOTR, Ron

DIRECTORS

Newsletter Director - John Trompler
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Equipment Director - Dwayne Oakeley
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Race Calendar Director - George Jury
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Internal Race Director - Sam Prose
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Club Historian - James Livenmore
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SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
WEST TEXAS RUNNING CLUB
12K & 2 MILE RACES
12K USAT&F CERTIFIED, #TX01099ETM
Lubbock, Texas November 28, 2002

12K *** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	BOB JACKSON	HOBBS	NM	44	M	1	M4044	42:10	5:40
2	BILL SCHROEDER	KINGWOOD	TX	40	M	2	M4044	44:07	5:56
3	HAFFIS BANIRE	LUBBOCK	TX	31	M	1	M3034	45:47	6:09
4	TIM KEY	LUBBOCK	TX	35	M	1	M3539	47:17	6:21
5	LACI JACKSON	HOBBS	NM	21	F	1	F2024	47:38	6:21
6	LOLO MERCADO	EL PASO	TX	42	M	3	M4044	47:54	6:26
7	RODNEY HENDRIX	LUBBOCK	TX	36	M	2	M3539	48:57	6:35
8	MATT LINDGREN	LUBBOCK	TX	35	M	3	M3539	49:43	6:41
9	DAVID STEADMAN	LUBBOCK	TX	33	M	2	M3034	50:03	6:44
10	EPI AGUIRRE	LUBBOCK	TX	44	M	4	M4044	50:56	6:51
11	CHRIS LONNGREN	LUBBOCK	TX	43	M	5	M4044	51:12	6:53
12	HENRY SANTOS	LUBBOCK	TX	31	M	3	M3034	52:13	7:01
13	FARRELL MARTIN	LUBBOCK	TX	36	M	4	M3539	52:14	7:01
14	JAY KEITH	LUBBOCK	TX	44	M	6	M4044	52:21	7:02
15	JESSE RODRIGUEZ	BROWNFIELD	TX	37	M	5	M3539	52:41	7:05
16	AL GARDNER	LEVELLAND	TX	46	M	1	M4549	52:58	7:07
17	SUZANNE COONEY	LUBBOCK	TX	19	F	1	F1619	53:10	7:09
18	JOHN TROMPLER	LUBBOCK	TX	55	M	1	M5559	53:48	7:14
19	JON STOCKERT	CINCINNATI	OH	33	M	4	M3034	54:14	7:17
20	NATE WILSON	LUBBOCK	TX	47	M	2	M4549	54:33	7:20
21	LUPE BERNAL	SLATON	TX	34	M	5	M3034	55:16	7:26
22	BRENT LOWREY	LUBBOCK	TX	41	M	7	M4044	55:21	7:26
23	MARK BAKER	LUBBOCK	TX	25	M	1	M2529	55:26	7:27
24	ROBERT FINO	IRVING	TX	39	M	6	M3539	55:34	7:28
25	MARK ALBUS	LUBBOCK	TX	46	M	3	M4549	55:42	7:29
26	ADAM PUCKETT	LUBBOCK	TX	31	M	6	M3034	57:58	7:47
27	PAUL PARE	LUBBOCK	TX	40	M	8	M4044	58:40	7:53
28	ROD BURGETT	SHALLOWATER	TX	37	M	7	M3539	59:09	7:57
29	RANDY HOLLOWAY	LUBBOCK	TX	46	M	4	M4549	59:10	7:57
30	MELANIE McVEY	SUNDOWN	TX	41	F	1	F4044	59:24	7:59
31	TIA HUDON	LUBBOCK	TX	32	F	1	F3034	59:32	8:00
32	BOB BLAKE	LUBBOCK	TX	38	M	8	M3539	59:38	8:01
33	NOE TELLES	LUBBOCK	TX	35	M	9	M3539	59:53	8:03
34	MARY BRANSCOME	LUBBOCK	TX	43	F	2	F4044	59:54	8:03
35	BRENT MCCUTCHIN	AUSTIN	TX	28	M	2	M2529	1:00:10	8:05
36	SHAE BEARDEN	LUBBOCK	TX	25	F	1	F2529	1:00:41	8:09
37	ROB CRUMPLER	MIDLAND	TX	33	M	7	M3034	1:01:04	8:12
38	MINDY SCHROEDER	KINGWOOD	TX	47	F	1	F4549	1:01:06	8:13
39	DAVID MANN	LUBBOCK	TX	29	M	3	M2529	1:01:08	8:13
40	GALLE ANN LOVING	OKLAHOMA CITY	OK	48	F	2	F4549	1:01:12	8:13
41	JIM FIELDS	MOUNTAIN VIEW	CA	14	M	1	M1315	1:01:32	8:16
42	HAROLD JONES	DALLAS	TX	37	M	10	M3539	1:01:56	8:19
43	MICHELE HICKLE	LUBBOCK	TX	32	F	2	F3034	1:02:02	8:20
44	SAM PICKETT	THE WOODLANDS	TX	50	M	1	M5054	1:02:08	8:21
45	BRAD EWING	LUBBOCK	TX	38	M	11	M3539	1:02:16	8:22
46	MADONNE MINER	LUBBOCK	TX	50	F	1	F5054	1:02:22	8:23
47	VICK POPE	AUSTIN	TX	37	M	12	M3539	1:02:37	8:25
48	WILLIAM SCOGGIN	RALEIGH	NC	38	M	13	M3539	1:03:00	8:28
49	RANDI CUMMINGS	LUBBOCK	TX	24	F	2	F2024	1:03:14	8:30
50	DANNY GALEY	COLORADO CITY	TX	57	M	2	M5559	1:03:32	8:32
51	NATALIE STEADMAN	LUBBOCK	TX	35	F	1	F3539	1:03:46	8:34
52	CHRISTINE WILLIAMS	LUBBOCK	TX	19	F	2	F1619	1:04:04	8:36
53	JIM BURLES	LUBBOCK	TX	60	M	1	M6064	1:04:17	8:38
54	CHRIS MALOTT	LUBBOCK	TX	35	M	14	M3539	1:04:46	8:42
55	CLINT STEPHENSON	LUBBOCK	TX	32	M	8	M3034	1:04:53	8:43
56	RICK LILES	BIG SPRING	TX	45	M	5	M4549	1:05:17	8:46

* = New Age Group Records

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 WEST TEXAS RUNNING CLUB
 12K & 2 MILE RACES
 12K USAT&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 28, 2002

TWO MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
55 RICHARD VAUGHAN	LUBBOCK	TX	48	M	7	M4549	19:20	9:40
56 LARA ADAIR	LUBBOCK	TX	36	F	3	F3539	19:23	9:42
57 JIMMIE KEY	LUBBOCK	TX	65	M	1	M6569	19:25	9:43
58 HANNAH LAYMAN	HEREFORD	TX	10	F	2	F0112	19:38	9:49
59 JAMES LAYMAN	HEREFORD	TX	36	M	6	M3539	19:38	9:49
60 STEPHANIE LEFEVERS	LEAGUE CITY	TX	12	F	3	F0112	19:47	9:54
61 SARAH SKARKE	LEAGUE CITY	TX	13	F	3	F1315	19:48	9:54
62 GILBERT HERNANDEZ	LUBBOCK	TX	29	M	3	M2529	19:53	9:57
63 STEVE KRIER	LUBBOCK	TX	51	M	2	M5054	19:55	9:58
64 CATHY ROGERS	KELLER	TX	41	F	4	F4044	20:13	10:07
65 ROBERT GUINN	IDALOU	TX	9	M	7	M0112	20:16	10:08
66 MADELEINE TAYLOR	RANSOM CANYON	TX	51	F	1	F0504	20:20	10:10
67 DAVID LONGRENN	LUBBOCK	TX	36	M	7	M3539	20:23	10:12
68 ELIZABETH FIREMAN	LUBBOCK	TX	12	F	4	F0112	20:26	10:13
69 RACHEL FIREMAN	LUBBOCK	TX	9	F	5	F0112	20:30	10:15
70 CHERRY LINDGREN	LUBBOCK	TX	35	F	4	F3539	20:34	10:17
71 PAULINE DEVOS	PLAINVIEW	TX	45	F	3	F4549	20:41	10:21
72 MASON VAUGHAN	LUBBOCK	TX	23	M	5	M2024	20:49	10:25
73 SHAVONNE BROCK	LUBBOCK	TX	19	F	4	F1619	20:52	10:26
74 SHEILA FIREMAN	LUBBOCK	TX	43	F	5	F4044	21:11	10:36
75 ERIC QUINTELLA	LUBBOCK	TX	28	M	4	M2529	21:18	10:39
76 KRISTEN JAMES	LUBBOCK	TX	8	F	6	F0112	21:20	10:40
77 LAURA JAMES	LUBBOCK	TX	35	F	5	F3539	21:21	10:41
78 STEVEN GREEN	LUBBOCK	TX	37	M	8	M3539	21:31	10:46
79 ELIZABETH TILSON	LUBBOCK	TX	32	F	2	F3034	21:41	10:51
80 WENDY GUINN	IDALOU	TX	35	F	6	F3539	22:08	11:04
81 TAYLOR GUINN	IDALOU	TX	10	M	8	M0112	23:05	11:33
82 DAVID GUINN	IDALOU	TX	36	M	9	M3539	23:08	11:34
83 YICKI JORDAN	LUBBOCK	TX	34	F	3	F3034	23:20	11:40
84 CHUCK MALOTT	LUBBOCK	TX	58	M	2	M5559	24:21	12:11
85 WILL PARKER	LAKE JACKSON	TX	13	M	6	M1315	25:27	12:44
86 LUCY PRADO	LUBBOCK	TX	45	F	4	F4549	26:47	13:24
87 TRISTA ASKINS	LUBBOCK	TX	17	F	5	F1619	27:02	13:31
88 VICTORIA HOOD	LUBBOCK	TX	6	F	7	F0112	27:49	13:55
89 WILL WOOLSEY	SAUK RAPIDS	MN	7	M	9	M0112	28:45	14:23
90 TAYLER MALOTT	LUBBOCK	TX	9	F	8	F0112	30:12	15:06
91 AMY MALOTT	LUBBOCK	TX	32	F	4	F3034	30:13	15:07
92 JULIANNE HOOD	LUBBOCK	TX	4	F	9	F0112	30:19	15:10
93 DAVID FITCHETT	LUBBOCK	TX	47	M	8	M4549	31:16	15:38
94 MARLA WOOLSEY	SAN ANTONIO	TX	47	F	5	F4549	31:17	15:39
95 SUE REED	LUBBOCK	TX	57	F	1	F5559	31:24	15:42
96 AMANDA WOOLSEY	SAUK RAPIDS	MN	10	F	10	F0112	32:42	16:21
97 AMELIA WOOLSEY	SAUK RAPIDS	MN	5	F	11	F0112	32:42	16:21
98 CHRIS WOOLSEY	SAN ANTONIO	TX	9	M	10	M0112	32:43	16:22
99 DOUG WOOLSEY	SAN ANTONIO	TX	40	M	5	M4044	33:06	16:33
100 JO WOOLSEY	LUBBOCK	TX	63	F	2	F6064	33:15	16:38
101 WILLIAM WOOLSEY	LUBBOCK	TX	16	M	3	M6064	33:16	16:38
102 HANNAH BRANSCOME	LUBBOCK	TX	10	F	12	F0112	34:27	17:14
103 DAN BRANSCOME	LUBBOCK	TX	45	M	9	M4549	34:29	17:15
104 MARY LAMOUR	LUBBOCK	TX	40	F	6	F4044	34:50	17:25
105 SYDNEY MALOTT	LUBBOCK	TX	8	F	13	F0112	35:50	17:55
106 PATTY MALOTT	LUBBOCK	TX	56	F	2	F5559	35:52	17:56
107 ANNE MURPHY	LUBBOCK	TX	42	F	7	F4044	37:12	18:36

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OVERALL CLYDESDALE 12K RESULTS

PLACE NAME	AG TOWN	ST	TIME	AGEGRADED TIME
1 FARRELL MARTIN	36 LUBBOCK	TX	52:14	52:05
2 JON STOCKERT	33 CINCINNATI	OH	54:14	54:14
3 ADAM PUCKETT	31 LUBBOCK	TX	57:58	57:58
4 HAROLD JONES	37 DALLAS	TX	1:01:12	1:00:36
5 WILLIAM SCOGGIN	38 RALEIGH	NC	1:02:22	1:01:20
6 CHUCK DISHMAN	46 LUBBOCK	TX	1:12:26	1:07:13
7 CHRIS WINN	40 WOLFFORTH	TX	1:10:48	1:08:39
8 ELISEO ELIZONDO	38 TAYLOR	TX	1:13:19	1:12:06

OVERALL ATHENA 12K RESULTS

1 KAROL HOLDEN	39 WILSON	TX	1:16:09	1:13:43
2 ERIN STOCKERT	30 CINCINNATI	OH	1:17:20	1:17:20

OVERALL CLYDESDALE 2 MILE RESULTS

1 DAVID BALDNER	43 LUBBOCK	TX	17:51	16:44
2 BILLY WOOLSEY	43 SAUK RAPIDS	MN	19:18	18:06
3 JORDAN BROSELOW	29 LUBBOCK	TX	18:49	18:49
4 JAMES LAYMAN	36 HEREFORD	TX	19:38	19:21
5 DAVID LONGRENN	36 LUBBOCK	TX	20:23	20:05

OVERALL ATHENA 2 MILE RESULTS

1 VICKI JORDAN	34 LUBBOCK	TX	23:20	23:11
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Turkey Trot Report

Another almost perfect race day and a new attendance record ... that made two years in a row that our runners and their families have had something extra to be thankful for. And speaking of families, this event is turning into a major family magnet. More than a third of the runners were part of a family unit with blue ribbon going to the Woolsey clan with 10 members entered.

This year two of the turkeys found there way across the border to the Jackson family larder in Hobbs. Generally speaking there were some good times posted, another by-product of great conditions. Check the race results for all the new age group records.

Thanks to another great group of volunteers, the race went off quite smoothly. George and Pat Jury did a tremendous job of getting a plethora of runners pre-registered; and with the help of David Higgins, Larry Byrd, Etta Mayer, Ronnie Prigg, Delores Key, and Tony & Josie Aleman did a fantastic job with registration and managing the race data and the finish line. Other administrative details were held together by Ralph Shelton, Vicki Bunting, Darrell Robertson, wife Barbara and our daughters Katy & Jenny. Ron Hillis and Charlie Stewart, with help from J.R. Struve, Zane McVey, Mark Albus and one of our scholarship recipients, Aimee Johnson, set up and managed the course and aid stations to near perfection. Further thanks go to United Supermarkets for donating the bagels and turkeys, to Kirk Thomas and State National Bank of West Texas for the Savings Bonds, and to Runner's World and Schlotzsky's for their donations to the post-race raffle. And, of course, a very special thanks to Chris Longrenn of Schlotzsky's for his continued sponsorship of this event and for providing discount coupons and bottled drinks.

But the biggest thanks of all has to go to the runners themselves who came out and made this 10th running of the Turkey Trot a most special event. As I said last year, your sweat and smiles make it all worth the effort. We hope to see you and your families again next Thanksgiving. Ron Lubowicz, Race Director

Leigh Daniel Redline Cross Country Run 2002

I would like to thank everyone who came out for the Red Line this year. The proceeds from the race this year will be forwarded to Leigh Daniel in support of her training for the 2004 Olympics. We were honored to have Leigh attend the race and help with the awards. Dave Shelles with the Avalanche-Journal sports department also participated in the race, and he interviewed Leigh following the race....hopefully we will see that interview in the A-J one of these days. Special T-shirts were sold to help raise money, and I thank everyone who bought one....we only had 3 size XL left, if anyone would like to purchase one for \$10 please give me a call @ 698-1503 and I'll get it to you.

We certainly couldn't complain about the weather for this year's race; cool and sunny, without too much wind....it was a beautiful morning for running! Gary Lackey from Brownfield and Casey Sumpter from Lamesa put on one heck of a race for first overall, with Casey finally coming out on top. Casey's 22:31 time wasn't quite a course record, but a 5:38 pace on a rain-rutted cross country course is pretty strong! Gary's time of 22:46 was, on the other hand, a new age group record in 13-15 year old group (yes, he's just 15!). Devin DeLoe came all the way from Borger to take first overall female at 29:43. Of special note

is Madame Miner's new age group record of 33:53. "Wonder Woman" Madame has been breaking age group records all year, and bested the old record on this course, held by Eva Martinez since 1994, by almost 4 minutes! I think we need to see if Madame will share her training secrets with the rest of us!

As a new race director, I am now keenly aware that our great club races just would not happen without the unselfish efforts of the club members who volunteer their time to work the races. Our club is fortunate to have a core group who always seem to be ready and willing to help, and in this race we also had a number of new members who stepped up and worked so the runners could enjoy the race. Thanks to regulars George Jury, Tony and Josie Aleman, and Rebecca Puckett for their help! And special thanks to Jay Keith, John Keith, Bob Blake, Moira Ridley, Cathy Paden, Carrie Badillo, Pauline DeVos, Cindy Johnson, Farrell Martin, Epi Aguirre, Robert Fortney, John Griffin, and Heather Cannon (who came all the way from Amarillo to help)!!! I think all of the runners would agree....at the end of a hard race it's great to have an encourager like Cathy Paden at the finish line....if you haven't met Cathy yet, you need to introduce yourself....I really appreciate her help and enthusiasm! And of course, we thankfully always have those runners who come early and stick around afterword to help out....thanks to David Higgins, Etta Mayer, and Ron Lubowicz for their support at this race. I sincerely appreciate the help, and hope I haven't overlooked anyone. Tom Griffin, Race Director

Update on Leigh Daniel's Training

(an email to Club Treasurer, David Higgins)

David,

How are ya? I am so glad that you emailed me because I have been meaning to get in touch with someone at the WTRC. I have been planning to make the trip to Lubbock for the race, and wanted to let ya'll know. If there is anything I can do to help, please let me know. As for my running life over the last year, it has not been the best. I started the year in Mammoth Lakes, CA, training with Team USA. My training was going great until I thought I pulled my groin while doing speed work on a hilly course. After that workout I could hardly walk. I was forced to take a two month layoff to let my leg heal. In January I decided to join the team in San Diego at the Olympic training center to resume my running and get ready for outdoor track. I started to run again even though I knew my leg was still hurt. I didn't care because I wanted to prove myself as a professional runner. Well, soon enough I had pushed my body back to where I had started. This time I got an MRI, and found out I had a stress fracture in my right pubic bone. I was also informed that I would need another lengthy layoff from running. My professional running dreams were down the tubes for 2002, and I was devastated to say the least. I talked with my Coach, and decided it would be best for me to come home and rest until I was ready to run again. So, that is what I was doing until a few weeks ago. I have started back very slowly, and do not plan to be ready to race competitively until May or June. I have learned many valuable lessons this year about listening to your body, and having patience in training. I still have plenty of time to train for the 2004 Olympics. That will remain my focus as I train over the next year. Every runner I talk to has good years and bad years, so hopefully I have paid my dues for a while. I am bound to have a good one in 03'. I am looking forward to coming to Lubbock and running the race. Like I said, let me know if I can do anything to help. See ya soon. Leigh

**** The West Texas Running Club's 2003 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 2003, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers.

All members desiring to participate in the 2003 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 2003 Challenge Series features these categories:

1. 66 Mile Club ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.

2. MILEAGE AWARD ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.

3. PARTICIPATION AWARD *** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. VOLUNTEER OF THE YEAR ** Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. VICTOR'S RANKINGS **** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include: MALE AGE GROUPS; 0-12, 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+
FEMALE AGE GROUPS; 0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54 & 55 Plus

(Those less than 13 must run in the shortest races offered)
CLYDESDALE CATEGORY: Men over 190 pounds, Age Graded Scoring

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. Awards will be presented at a year end membership meeting.

D. To win a "Points" award a member must have run in at least 3 events and volunteered for at least one other.

E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

ANNOUNCEMENTS

The WTRC Board of officers voted to raise race day entry fees to \$10 for both member, and non-member entries, effective July 4th. This increase is necessary because race costs have gone up including city permit fees, police protection and insurance costs.

The Challenge Series awards and club social will be held January 17, 2003 at the Mahon Party House at 29th and Chicago. This issue contains the people who were eligible for awards because they volunteered once as a non-runner for at least one of the 13 club races. Details regarding the social are provided at the bottom of page 15 of the newsletter.

Calendar Changes:

The PRAIRIE DOG TOWN 4 MILE RUN has been changed to March 1, 2003 to accommodate the benefit run at TTU on March 8, 2003.

Pre-Paid race entry fees:

Some members are taking advantage of the \$50 lump sum Pre-registration for the 11 regular fee races. If you wish to do this, payment must be made with the January, LOOP THE LAKE ENTRY form.

Heavy Weights:

Clydesdales will be scored separately from the age divisions starting in 2003, so you must declare if you wish to be only in the Clydesdale Division, with the first race entry.

MEMBER NEWS

DALLAS WHITEROCK MARATHON

This year's Whiterock had a slightly different course with the start and finish line moved to the American Airlines Center just a few blocks from the West End District. There were over 7,000 marathon and relay team runners on the course with 3,375 listed marathon finishers. Conditions were fine at the start, but the wind and temperature climbed quickly, making the run back from Whiterock Lake even more difficult than it might have been. Club members finishing the race included John Trompler, 3:14:05 (1st overall Senior Male Grandmaster, which included all men 55 years and older, and 11th overall); David Steadman, 3:30:12; Randy Holloway, 3:58:30; and Natalie Steadman, 4:51:00. In the relay, Madonne Mimer and David Malone completed the course in 3:49:46. Hope that we identified all of the Club members who ran, but the relay results, in particular, are difficult to scan for names.

KINNEY/FOOTLOCKER SOUTHEAST REGIONAL

Casey Sumpter competed with many of the elite high school cross country runners on November 30th in Charlotte, North Carolina. Casey completed the 5K course in 16:07.50 to finish 83d among 296 seeded high school boys. The field included many of the finest high school runners from 12 southeastern states. In a companion event, the Nike Men's Master 5K, Frank Sumpter ran a 19:35.33 to finish 17th of 58 finishers.

**"LOOP THE LAKE 5 MILE RUN"
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE**

EVENT RECORDS (Since 1992)

MEN

<u>AGE</u>	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-12	Drew Soucy	Lubbock	11	37:10	2000
13-15	Jay Truitt	Lovington	15	29:43	1994
16-19	Trey Jernigan	Hawley	18	28:17	1997
20-29	Adolfo Carrillo	Levelland	23	26:26 *	1994
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Bill Harn	Lubbock	38	30:11	1993
40-44	Bob Jackson	Hobbs	40	27:37	1999
45-49	Jim Leser	Lubbock	46	30:48	1993
50-54	Jim Leser	Lubbock	50	30:56	1997
55-59	George W. Jury	Lubbock	55	30:58	1992
60-69	Don Sanderson	Tulia	65	34:40	1995
70+	Don Sanderson	Tulia	70	39:33	2000

WOMEN

<u>AGE</u>	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-12	Hope Jimenez	Lamesa	10	38:46	1995
13-15	Angela Welsh	Tarzan	15	34:32	1995
16-19	Tara Jernigan	Hawley	16	34:48	1998
20-29	Sydney Morris	Lubbock	24	36:51	1996
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40 *	1994
40-44	Marjory Stewart	Lubbock	41	33:56	2000
45-49	Madonne Miner	Lubbock	49	40:55	2002
50-54	P.J. Mitchell	Lubbock	50	41:41	1996
55-59	Estella Galvan	Brownfield	59	51:42	2002

* OVERALL COURSE RECORDS

**WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE" 5 MILE RUN
12th Annual**

Initial event of the 2003 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, JANUARY 11, 2003
REGISTRATION 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

WHERE: BUDDY HOLLY PARK, Party House just west
on Canyon Lake Road off University Ave.

COURSE: 5 Miles; 2 plus loops of CANYON LAKE 1 & 2
Paved rolling terrain

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

AWARDS: Awards to at least the first three and
up to 50% in the following Divisions (Maximum of 5)

AGE DIVISIONS:

MEN 6-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 & Over

WOMEN 6-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 & Over

For More Information: Call Jim Beck, 784-0056 (n)
796-8800 (d)
(Volunteers needed, please call above)

PRE-REGISTRATION: Mail in form with regular fees or call
George to register by phone, then pay race day
792-3291 (d) 792-1237 (n) before 7pm, Fri. Jan 10th

W.T.R.C. CHALLENGE AWARDS & SOCIAL

We will meet Friday, January 17, 2003, 7pm at the Mahon Party House on 29th Street, west of Chicago Ave. to give the 2002 Challenge Series Awards and for a time of fellowship with your club members. This will be a potluck supper. The club will provide meat, drinks and bread. Each family should bring a vegetable or dessert dish. Please RSVP to Sam Prose at 794-0429 so we will know how much meat to order.

Date
 MM DD YY

WEST TEXAS RUNNING CLUB

\$15⁰⁰ First member, \$3⁰⁰ each additional Family member at the same address (\$10⁰⁰ Students)

Make Check Payable and mail to:
WEST TEXAS RUNNING CLUB
 P.O Box 2921
 Lubbock, Texas 79408

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees. New members joining after July 1st may pay \$8⁰⁰ plus \$3⁰⁰ for each additional family member.

(Please Print)

FAMILY ADDRESS (NEWSLETTER WILL BE MAILED TO THIS ADDRESS)			
ADDRESS	CITY	STATE	ZIP

BENEFITS

Annual dues for the West Texa Running Club are \$15. \$1.25 of this amount is for a subscription to the Road Runner Club of America's quarterly magazine, "Footnotes" for one year. Portions of the remainder fund insurance through RRCA, the monthly club newsletter, race expenses, and other costs.

FIRST NAME	MI	LAST NAME	sex	DOB (MMDDYY)	HOME PH# (###-###-####)	WORK PH# (###-###-####)	E-MAIL	volunteer*

*W.T.R.C is a volunteer non-profit organization. If you would like to be a part of sustaining the principles of the club put the following corresponding letter in the above column labeled volunteer:

[A]Membership; [B]Race Result/Computer; [C]Club Socials; [D]Club Races; [E]Non-Club Races; [F]Club Equipment; [G]Newsletter; [H]Scholarship; [I]Historical; [J]Race and Course Standards

(PLEASE ALL MEMBERS READ AND SIGN THE WAIVER ON THE REVERSE SIDE.)

Loop the Lake 5 Mile Run

January 11, 2003

Mail
 Registration
 thru Jan 9

\$5.00 WTRC members, \$6.00 non members
 Make checks payable to the West Texas Running Club
 Mail checks & entry forms to:

Race Starts at 10:00 A.M.
 at Buddy Holly Park
 Race Director, Jim Beck
 784-0056 (night)

Telephone registration
 by 7:00 P.M. on January 10
 792-1237 (night) 792-3291 (day)

George W. Jury
 5212 44th ST.
 Lubbock, Texas 79414

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 Loop the Lake 5 Mile Race. 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, and strollers are not allowed and earphones are strongly discouraged because of the probability of increased injuries.

Entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) _____ Male _____ Clydesdale(190+)

Name _____ Female _____ Athena(150+)

Address _____ Phone Number _____

City _____ State _____ Zip _____