

# CALENDAR

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

MAY 3 **MLK TRAIL DUATHLON:** 9am, MLK Park, 2M Run, 5.5M Bike (Mountain Bikes), 2M Run; Jay Keith, 798-3909 or jkeithjr34@aol.com

May 6 W.T.R.C. Business meeting, Tuesday, May 6, 2003 7:00 p.m. at WEST TEXAS PETERBILT, 45th and Ave. "A"

\* MAY 10 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Ron Hewett, 792-4093

MAY 24 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451

MAY 25 **RANSOM CANYON TRIATHLON:** 8am, Ransom Canyon, FMI, Mike or Marti Greer, 796-8213

JUNE 7 **GIRLSTOWN GALLOP:** 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361

\* JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Al Gardner, 894-3538

JUNE 29 **BSL HALF IRONMAN TRIATHLON:** Greens, 796-8213, www.greeninc.com

\* JULY 4 **33rd ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10 Mile and 3 Mile, Kids 1 Mile, Adam Puckett, RD, 799-4745(n), 775-1236(d)

JULY 26 **OLD SETTLER'S REUNION 5K:** Hico, FMI, Sherill Easterling, seaster@tarleton.edu, 254-796-4785

AUG. 2 **AUGUST NITES 5K:** Hobbs, 7:30am, Dan Herman, (505)392-9049

\* AUG. 9 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907

\* SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473

SEPT 20 **RACE FOR THE CURE:** TTU Campus, Lubbock, 8am, FMI 698-1900

OCT. 4 **RED RIBBON RUN:** 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074

\* OCT. 11 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)

\* NOV. 8 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)

\* NOV. 27 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)

\* DEC. 13 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)

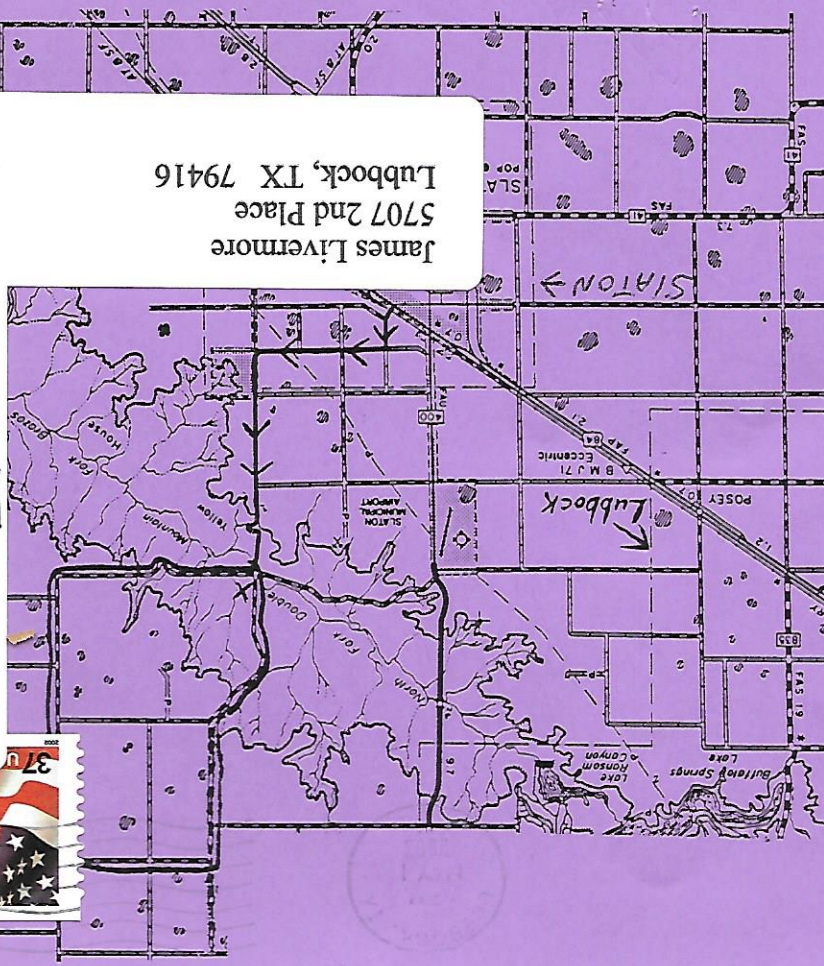
<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.



May 2003

James Livermore  
5707 2nd Place  
Lubbock, TX 79416

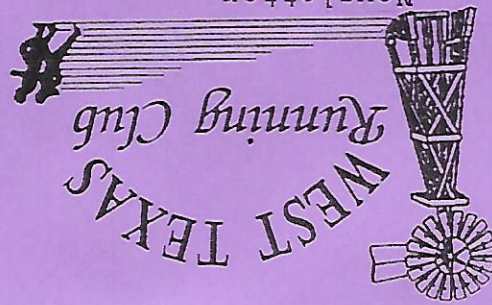


May W.T.R.C. Races  
HORSESHOE BEND CANYON RACES  
11, 6 and 2 MILES  
8am, Saturday, May 10, 2003  
Details Inside Back Cover



May 2003

Newsletter  
5406 86th St.  
Lubbock, Texas 79424



# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Ron Lubowicz  
(H) 748-1855 (O) 745-3955  
E-mail: ronlubo@aol.com

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

External Vice-President - Dick Baker  
(H) 794-1230 (O) 472-7562  
E-mail: dbaker@arn.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: mikelleyrun@yahoo.com

WTRC Web Address:  
<http://wtrc.tripod.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: dsaoakeley@nts-online.net

Race Calendar Director - Adam Puckett  
(H) 799-4745 (O) 775-1236  
E-mail: irunthereforiam@msn.com

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

Internal Race Director - George Jury  
(H) 792-1237 (O) 792-3291  
E-mail: rungwj@aol.com

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

## W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Tuesday, May 6, 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 am writing this out of a mixture of outrage and frustration ... and I guess I need to know whether I have some sort of personal problem or whether the issue I am about to discuss is troublesome to others. The focus of my frustration is the new tax the King has imposed on us ... a \$40 food service fee because we make bagels and bananas available to our runners. Perhaps that doesn't excite some of you, but also consider that just recently the Jog-a-thon permit fee had been raised to \$40 per event and the costs of renting City owned facilities has more than doubled. Now add to that the \$25 per hour per officer crossing guards (which we pray will be absorbed by a grant we requested for "in kind" services from the Parks & Recreation folks) and we have the City's "take" on each of our events inside the city at between \$1 and \$2 per entrant ... up to a third of the price of our entry fee. Please know that your Board and the individual race directors work darn hard at keeping the costs down where they are ... and we are justifiably very proud of our record in this department. Yet we are threatened by ever-increasing charges in exchange for using, as a group, the same venues we individually train on for free for the rest of the year. My fear is that there is a draft version in the works for a water and Gatorade permit.

Please let me know your feelings and ideas on these matters. SYOTR Ron

## THE FLIGHT LINE RACES 2 MILE, 10K AND HALF MARATHON APRIL 12, 2003 REESE CENTER, LUBBOCK, TEXAS OVERALL RESULTS HALF MARATHON

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	MICHAEL LINNO	LUBBOCK	TX	35	M	1	M3539	1:25:53	6:34
2	KEVIN SWEENEY	CLOVIS	NM	33	M	1	M3034	1:29:05	6:48
3	SAM BURGESSON	LAMESA	TX	38	M	2	M3539	1:29:36	6:51
#	4 FARRELL MARTIN	LUBBOCK	TX	36	M	1	MCLYD	1:32:09	7:02
*	5 JOHN TROMPLER	LUBBOCK	TX	55	M	1	M5559	1:35:36	7:18
	6 JAY KEITH	LUBBOCK	TX	45	M	1	M4549	1:36:34	7:22
	7 BOB BLAKE	LUBBOCK	TX	38	M	4	M3539	1:37:21	7:26
	8 JERRED HURST	LUBBOCK	TX	23	M	1	M2024	1:37:57	7:29
#	9 ADAM PUCKETT	LUBBOCK	TX	31	M	2	MCLYD	1:44:47	8:00
	10 RANDY HOLLOWAY	LUBBOCK	TX	46	M	2	M4549	1:47:27	8:12
#	11 HANK IVEY	SLATON	TX	34	M	3	MCLYD	1:48:32	8:17
	12 CHRIS HEBERT	LUBBOCK	TX	27	M	1	M2529	1:50:40	8:27
	13 SONNY ROBERSON	HELOTES	TX	54	M	1	M5054	1:51:10	8:29
	14 RON NUGENT	LUBBOCK	TX	56	M	2	M5559	1:52:46	8:37
	15 JUDY LAWLEY	LUBBOCK	TX	38	F	1	F3539	1:53:10	8:38
	16 CALEB BECK	LUBBOCK	TX	19	M	1	M1619	1:53:34	8:40
	17 JENNY CONOLY	LUBBOCK	TX	23	F	1	F2024	1:54:47	8:46
	18 GORDEN JENKINS	AMARILLO	TX	62	M	1	M6064	1:56:06	8:52
	19 LARRY BYRD	SHALLOWATER	TX	62	M	2	M6064	1:58:08	9:01
	20 JANET LEWIS	SLATON	TX	48	F	1	F4549	2:00:02	9:10
*	21 P.J. MITCHELL	LUBBOCK	TX	57	F	1	F5599	2:02:20	9:20
	22 MELLISSA WAYLAND	LUBBOCK	TX	31	F	1	F3034	2:05:34	9:35
	23 AMBER BURGESS	LUBBOCK	TX	23	F	2	F2024	2:05:35	9:35
	24 ARLAN PATTON	LUBBOCK	TX	48	M	3	M4549	2:06:26	9:39
	25 LANCE DOCKREY	LAMESA	TX	24	M	2	M2024	2:07:14	9:43
	26 JIM WILHELM	LUBBOCK	TX	52	M	2	M5054	2:07:26	9:44
	27 MIKE KELLEY	LUBBOCK	TX	54	M	3	M5054	2:08:17	9:48
#	28 JIM BECK	LUBBOCK	TX	43	M	4	MCLYD	2:10:58	10:00
	29 MARSHA BENNETT	LUBBOCK	TX	38	F	2	F3539	2:12:48	10:08
	30 RENEE RODGERS	LUBBOCK	TX	20	F	3	F2024	2:14:35	10:16
	31 NATHAN BECK	LUBBOCK	TX	16	M	2	M1619	2:21:08	10:46
	32 LORI FRITZ	LUBBOCK	TX	26	F	1	F2529	2:22:35	10:53
	33 JEFF KEY	LUBBOCK	TX	39	M	5	M3539	2:23:25	10:57
	34 ETTA MAYER	LUBBOCK	TX	54	F	1	F5054	2:25:58	11:09

\* = New Division Record # = Clydesdales

### RACE DIRECTORS NEEDED

All club race directors are repeating in 2003, several after many years of service. These volunteer positions were never meant to be a "til death do us part" deal, so we need some new "blood" to step up and help continue the fine traditions of our club. Ron Hewett has been director for Horseshoe Bend for several years and we need someone to take over for him next year. It would be really great if we had an assistant director this year to learn the "ropes" of this particular race. If anyone would be interested in this or any other race production, please contact George W. Jury, Internal Race Director at 792-3291 (d) 792-1237 (n) or e-mail, rungwj@aol.com

### HORSESHOE BEND PARKING

Last year a deputy sheriff threatened to run us off because too many cars were parked too close to the pavement and especially too close to the bridge over the Yellowhouse River. This will be the 31st year we have run out there and it would be a shame to lose this venue, as it is a unique course with scenery and is a safe place to run. Early arrivals please park as far off the pavement as you can along the north/south road and the road west of the intersection. We need to leave the roadway east of the intersection completely free of cars to allow the wide farm equipment room to get by our finish area.

### TRAIN DELAY

Another problem HSB participants in the past have experienced is to find a freight train blocking the "Golf Course Road" in Slaton. Another reason to leave home plenty early! At 6am it takes about 30-35 minutes to get there from 50th and Slide in Lubbock.

THE FLIGHT LINE RACES  
OVERALL RESULTS 10K RACE

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 10K, including names like Jessie Williams, Tim Key, and others.

OVERALL RESULTS 2 MILE

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race results for 2 MILE, including names like Ryan Lackey, Drew Soucy, and others.

W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS

Large table showing standings for 10K and 2 MILE races, categorized by age groups (0-12, 13-16, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59). Includes columns for YTD Totals (Age, Pts, Miles, EVT, Vol) and lists of names.

\* = New Age Group Records # = Clydesdales

W.I.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 4 EVENTS

MALE (continued)

YTD TOTALS		65 - 99 MALE					YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
Gorden Jenkins	62	39	30.1	4	*	Ralph Wolf	65	40	23.2	4	
Ron Lubowicz	60	30	19.2	4	*	Bill Felton	68	10	6	2	
Jim Burleson	60	26	15.2	3	*	John Stalcup	69	9	4	1	
Larry Byrd	61	26	30.1	4	*	George Jury	65	0	30.1	4	
Bob Bernero	61	23	14.2	3	*	<b>CLYDESDALE - age graded</b>					
Bill Roger	63	21	17	3	**	Farrell Martin	36	30	26.1	3	
Jim Harris	60	19	22.1	3	**	Adam Puckett	31	27	26.1	3	
James Bone	63	17	6	2	*	Jim Beck	43	24	35.1	4	
Mike Greer	64	6	5	1	*	Todd Davis	37	17	9	2	
Bob Broselow	62	5	5	1	*	Wayne Ivey	34	16	21.1	2	
						David Baldner	43	10	6.2	1	
						Rick Lampe	58	9	4	1	
						Mel Osbourne	64	8	4	1	
<b>70 - 99 MALE</b>	<b>76</b>	<b>10</b>	<b>4</b>	<b>1</b>							

FEMALE

YTD TOTALS		40 - 44 FEMALE					50 - 54 FEMALE					55 - 59 FEMALE					60 - 99 FEMALE				
	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
Colleen Adams	10	31	13	3	*	Denise Bray	41	21	17	3	47	38	15	4		50	41	23.2	4		
Turner Adams	7	28	13	3	*	Canda Faddoul	44	19	13	2	Shirley Wigley	49	30	15.2	3	54	37	30.1	4		
Hanna Layman	10	10	2	1	*	Ida Sumpter	44	0	5	1	Ann Hodges	45	22	26.1	4	51	17	13	3	*	
						Debbie Wilson	42	0	13.1	1	Karen Jackson	45	8	5	1	Madeline Taylor	51	17	9	2	*
											Connie Berlinger	49	8	17.1	2	Mary Harris	54	0	13.1	1	*
											Pauline Devos	45	7	4	1						
<b>13 - 15 FEMALE</b>	<b>13</b>	<b>19</b>	<b>7</b>	<b>2</b>												<b>55 - 59 FEMALE</b>	<b>57</b>	<b>30</b>	<b>30.1</b>	<b>4</b>	<b>*</b>
Jessica Tedford	14	10	13	2	*						Martha Martinez	47	38	15	4	P.J. Mitchell	57	30	30.1	4	*
Devin Deloe	14	10	13	2	*	Shirley Wigley	49	30	15.2	3	Elita Mayer	54	37	30.1	4						
						Christine Williams	19	21	9	2	Ann Hodges	45	22	26.1	4	Josie Aleman	51	17	13	3	*
						Alyssa McMennamy	18	20	8	2	Karen Jackson	45	8	5	1	Madeline Taylor	51	17	9	2	*
						Jamie Slaybaugh	16	9	5	1	Connie Berlinger	49	8	17.1	2	Mary Harris	54	0	13.1	1	*
											Pauline Devos	45	7	4	1						
<b>25 - 29 FEMALE</b>	<b>25</b>	<b>39</b>	<b>19.2</b>	<b>4</b>												<b>50 - 54 FEMALE</b>	<b>50</b>	<b>41</b>	<b>23.2</b>	<b>4</b>	
Angela Franco	25	10	4	1	*	Martha Martinez	47	38	15	4	Shirley Wigley	49	30	15.2	3	Elita Mayer	54	37	30.1	4	
Carrie Badillo	25	10	4	1	*	Shirley Wigley	49	30	15.2	3	Ann Hodges	45	22	26.1	4	Josie Aleman	51	17	13	3	*
Malinda Colwell	28	10	10	2	*	Ann Hodges	45	22	26.1	4	Karen Jackson	45	8	5	1	Madeline Taylor	51	17	9	2	*
						Christine Williams	19	21	9	2	Karen Jackson	45	8	5	1	Madeline Taylor	51	17	9	2	*
						Alyssa McMennamy	18	20	8	2	Connie Berlinger	49	8	17.1	2	Mary Harris	54	0	13.1	1	*
						Jamie Slaybaugh	16	9	5	1	Pauline Devos	45	7	4	1						
<b>30 - 34 FEMALE</b>	<b>33</b>	<b>20</b>	<b>8</b>	<b>2</b>												<b>55 - 59 FEMALE</b>	<b>57</b>	<b>30</b>	<b>30.1</b>	<b>4</b>	<b>*</b>
Louanna Arterburn	32	10	5	1	*						Madonne Miner	50	41	23.2	4	P.J. Mitchell	57	30	30.1	4	*
Cathy Paden	30	9	4	1	*	Elita Mayer	54	37	30.1	4	Ann Hodges	45	22	26.1	4	Josie Aleman	51	17	13	3	*
Brandy Key	30	9	4	1	*	Josie Aleman	51	17	13	3	Karen Jackson	45	8	5	1	Madeline Taylor	51	17	9	2	*
Rebecca Puckett	33	0	26.1	3	*	Madeline Taylor	51	17	9	2	Connie Berlinger	49	8	17.1	2	Mary Harris	54	0	13.1	1	*
						Mary Harris	54	0	13.1	1	Pauline Devos	45	7	4	1						
<b>35 - 39 FEMALE</b>	<b>39</b>	<b>35</b>	<b>30.1</b>	<b>4</b>												<b>60 - 99 FEMALE</b>	<b>60</b>	<b>40</b>	<b>15</b>	<b>4</b>	
Marsha Bennett	35	29	14.2	3	*						Estrella Galvan	60	40	15	4						
Natalie Steadman	37	21	17.1	2	*											** = RACE DIRECTOR					
Judy Lawley	37	10	8	1	*											* = VOLUNTEER					
Maira Ridley	38	9	4	1	*											CORRECTIONS OR COMMENTS?					
Cindy Johnson	38	9	4	1	*											CONTACT Shirley Wigley 797-4201					
																wigley@nts-online.net					

Flight Line Race Director's Report

Remember the old expression that the race is not to the swift? That may be true for certain kinds of races, but it surely doesn't apply to this year's Flight Line Races. On a beautiful April morning, we had more records set than even the computer and George could keep up with. Records are made to be broken, and they were shattered at our annual trip to the old Reese Air Force Base, now the Reese Technology Center.

Here are the swift record setters. In the 2 mile race: Ryan Lackey, under 15, 12:19; Gary Lackey, 16-19, 10:13; Estrella Galvan, F50+, 17:41. In the 10K: Jessie Williams set a new overall record, 33:07; Tim Key, 35-39, 37:50; Ron Lubowicz, 60-64, 44:48; Ralph Wolf, 65-69, 52:31; Madonne Miner, F50-54, 49:24. In the Half: John Trompler, 55-59, 1:35:36; P.J. Mitchell, F50+ 2:02:20; and Farrell Martin, Clydesdale, 1:32:08.

Congratulations to each of the 11 record setters. And a hearty thanks to all of the volunteers who made the race run smoothly, despite the fact that the 94 finishers had to negotiate a concrete curb in both the going and the coming of the three out-and-back races. Pat these folks on the back the next time you see these volunteers: Mary Harris, George Jury, Rebecca Puckett, Connie Berlinger, Lawrence Schovanel, David Malone, Dwayne Oakeley, Jennifer Trevino, Ann Hodges, Lindsay Weaver, Bob Russell, and Carol Levine.

I should have acknowledged at the races that we had Senja Collins and the Leukemia Society's Team in Training members running the Flight Line. Thanks to all of them for running this year, and we hope to see them at more of our races.

As many of you are aware, we have had obstacles in the way of running the races at Reese in the last few years. Next year, the perimeter road that makes up most of our course may be leased to some company that will want to make the place secure, which means we make not be able to get permission to run there. We came very close to not being able to run there this year. In addition, part of the course is through the golf course, which is now private property. Now is the time for all club members to express their feelings about where next year's Flight Line Races should be held. I would like to have them run in Hobbs, but from the response I received from the runners just before the races, that's not going to happen. Please let the club board members know how you feel, and please offer your suggestions about where we should gather next April.

Two weeks before this year's Flight Line Races, my son Hawk and I ran the Capitol 10,000 in Austin. There were over 14,000 runners, and through the streets of Austin there were bands playing, musicians singing, spectators clapping, and birds chirping below beautiful blue skies. The folks who put on the Cap 10K put on one of the great races in Texas, but Lubbock has the greatest running club in the state. The WTRC is one classy organization, and I am proud to have been a member over the last decade.

I have really enjoyed serving as race director for the last few years, and in the afternoon following the races I felt as Wordsworth did in one of his poems set at the end of the day: "Another race hath been, and other palms are won." --Jim Harris

## WTRC/TTU SCHOLARSHIP

## NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is now \$500 per semester for two semesters.

The scholarship selection committee to be named, will make the selection of recipients by August 15, 2003.

## RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- > 2) Must have letter of recommendation by a W.T.R.C. Member

- 3) Applicants will submit a standardized form approved by the selection committee

- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls

- 5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period

- 6) Major Area of study can be any

- 7) Full time student status; at least 12 hours undergrad

- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 2003

## WEIGHTED CRITERIA:

Extra Curricular Activities

School Activities

Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Dick Baker, W.T.R.C  
5711 62nd St.  
Lubbock, Texas 79424

Application forms are available for Students: Call Dick Baker 794-1230(h) or 472-7562(w) for information.

## MEMBER NEWS

## BOSTON MARATHON

This year's Boston marked the 20<sup>th</sup> anniversary of the last Boston Marathon to be won by Americans. In 1983 Greg Meyer (2:09) and Joan Benoit (2:24) completed a US sweep at Boston. The 2003 marathon featured wins by Robert Cheryuiot of Kenya in 2:10, and Svetlana Zhakharaova of Russia in 2:25. Guess we will have to wait for an American to lead the way at Boston, but we did have three WTRC members complete the course on a day that was too warm at the race's start (70 degrees) and perhaps a bit too breezy on the last part of the run. Mary Branscome, 4:10:40; Madonne Miner, 3:41:15; and David Streadman, 3:29:11 all represented our Club in fine fashion.

## AUSTIN AMERICAN-STATESMAN CAPITOL 10K

Over 14,000 participants gathered for this year's Capitol 10K on March 30. Those thousands of runners included Club members Hawk Harris (now living in Elgin, Texas) 36:56; Jim Harris, 46:29 (5<sup>th</sup> 60-64 age group); Jay Keith, 47:44; John Keith, 48:27; and Hank Ivey, 47:58. A couple of West Texas runners who have raced WTRC races in years past made their mark at the Capitol 10K, including Ed Craighead of Dahlhart, 42:36 (1<sup>st</sup> in 60-64 age group); Gary Schmidt of Alpine won the 65-69 age group in 44:38.

## STRIDERS DUATHLON

Several Club members made the trip to San Angelo for the April 19, 2003 Striders Duathlon. Only Wade Wilson, however, took on the long course of 10K run, 74K bike, 10K run. Wade finished 10<sup>th</sup> overall and third in the 40-44 age group in a time of 3:56:03. Wade, by the way, recently received a certificate from USA Triathlon designating his All-American status for 2002, an honor based on his being in the top 10% of the 2002 USA Triathlon National Rankings. The short course was an event featuring 5K, 30Kb, 5K, and was the event of choice for most WTRC members. Among the finishers were Caleb Beck (1<sup>st</sup>, 16-19), 1:45:22; Nathan Beck (2d 16-19), 1:57:41; Jim Beck (1<sup>st</sup> Clydesdale, 40 & over), 2:02:48; Thomas Bowser (1<sup>st</sup> 75-79), 2:21:10; Larry Byrd (3d 60-64), 2:11:21; PJ Mitchell (1<sup>st</sup> female 55-59), 2:18:19; and Chance Payton (3d 25-29), 1:30:40.

## BOB BLAKE'S EXCELLENT 5K ADVENTURE

Bob Blake shared the following amusing running experience: "I was at the Spring National Meeting of the American Chemical Society in New Orleans. The Younger Chemist's Committee sponsored a 5K race on Monday morning at 6:30 AM. My time in the race was 14:58. Some speculations as to my really fast time are: (1) my training has really paid off and I am now running 5:00 miles; or (2) the route might have been shorter than 5K. The first place finisher had a time under 12 minutes, so I'd be big bags of money that the course was short. Otherwise, the 5K world record might be set by a chemist in the near future."

## CHANGES FOR THE FIRECRACKER RACES BEING PLANNED

A decision was made at the last Board meeting to make this July 4<sup>th</sup> event a fundraiser with money raised to go to a Scholarship Fund already established locally in honor of astronaut/runner, and Lubbock Coronado graduate, Willie McCool. While details are still under discussion, we will provide further information regarding entry fees, possible T-shirts, sponsorships etc. in a future newsletter.

HORSESHOE BEND CANYON SPRING FROLIC RUNS  
SINCE 1973

EVENT RECORDS  
2 MILE  
MEN

NAME	TOWN	AGE	TIME	YEAR
0-19	Carlos Ybarra	17	9:59	1980
20-24	Quinn Smith	21	9:50	1981
25-29	Cliff McCurdy	25	9:33	1979
30-34	John Bednarski	30	9:32 *	1979
35-39	Brent Tidwell	38	11:14	1996
40-44	Bobby Cunningham	43	10:32	1983
45-49	Jim Leser	49	11:46	1996
50-54	George Jury	51	11:25	1988
55-59	Jim Harris	57	13:24	2000
60 +	John Stalcup	60	15:07	1993

WOMEN

0-19	Mindy Mayfield	17	12:29 *	1979
20-29	Judy Partin	25	13:13	1987
30-34	Pat Dolan	30	14:09	1980
35-39	Josie Aleman	37	13:58	1989
40-44	Ann Gordhammer	41	14:03	1984
45-49	Cheryl Weber	46	14:49	1999
50+	Estella Galvan	59	20:17	2002

11 MILE (1985) (12 Mile Originally)

MEN

0-19	Brian Brashears	18	1:08:15	1989
20-24	Rodney Hendrix	23	1:00:49 *	1989
25-29	Case Shay	26	1:02:09	2001
30-34	Tim Key	30	1:07:38	1998
35-39	Joe Post	38	1:09:29	1987
40-44	Joe Post	40	1:12:22	1989
45-49	Bobby Cunningham	47	1:11:59	1987
50-54	George Jury	52	1:10:10	1989
55-59	George Jury	58	1:20:25	1995
60 +	Tom Bowser	62	1:29:59	1989

WOMEN

0-19	Leigh Daniel	22	1:11:04 *	2001
30-34	Marjory Stewart	34	1:12:22	1993
35-39	Marjory Stewart	35	1:13:16	1994
40-44	Diane Calhoun	41	1:25:57	2000
45-49	P.J. Mitchell	47	1:37:30	1992
50+	Etta Mayer	51	1:49:28	2000

6 MILE (1989)

MEN

0-19	Danny Hernandez	16	35:40	1993
20-29	Theo Kurgat (UCU)	20	34:19 *	1993
30-39	David Sumrell	30	34:36	1993
35-39	Brent Tidwell	39	36:11	1997
40-44	Jimmy Samarron	42	37:53	1997
45-49	Bobby Cunningham	49	37:00	1989
50-54	Jim Leser	51	37:49	1998
55-59	Ed Craighead	56	40:13	1999
60 +	John Stalcup	62	43:25	1995

WOMEN

0-19	Hope Jimenez	13	44:39 *	1997
20-29	Laurie Welch	29	46:46	1992
30-34	Janda Ibbetson	30	44:22	2000
35-39	Denise Bray	38	45:15	2000
40-44	Martha Martinez	44	51:26	2000
45-49	Shirley Wigley	48	55:29	2002

\* Overall Event Records

WEST TEXAS RUNNING CLUB'S

31st Annual HORSESHOE BEND CANYON SPRING FROLIC  
11 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN:

SATURDAY, May 10, 2003

REGISTRATION: 7:00 to 7:45 A.M., On Site

RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-3291 (d) or 792-1237 by 7pm, Friday the 9th, then pay fee race day  
Please have exact change if paying race day

WHERE:

HORSESHOE BEND CANYON; North of Slaton, TX, From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE:

11 Mile; Loop, One long hill between mile 1 & 2  
6 Mile; Out & Back, long hill about mile 1 to 2  
2 Mile; Out & Back,

AID STATIONS: At least, every 2.5 Miles

AGE DIVISIONS: 11 Mile

MEN: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60 Plus

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

Clydesdales and Athena, 1st Three, Age Graded

AWARDS: Engraved Medallions to the overall winners & medals to first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group (5 max)

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

RACE DIRECTOR: Ron Hewett, 748-6017 (Volunteers needed, call George Jury at 792-3291(d), 792-1237(n))

# HORSESHOE BEND CANYON SPRING FROLIC RUNS

May 10, 2003

Mail  
Registration  
thru May 9th

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

George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race start at 8 am, Horseshoe Bend  
Canyon, North of Slaton  
Race Director, Ron Hewett  
748-6017

Telephone registration  
by 7 p.m. May 9

792-1237(n) 792-3291(d) E-Mail, [rungwj@aol.com](mailto:rungwj@aol.com), before 3pm Friday the 9th

## 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 Horseshoe Bend Canyon Spring Frolic 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 \_\_\_\_\_ 2 mi. \_\_\_\_\_ 6 mi. \_\_\_\_\_ 11 mi.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_