

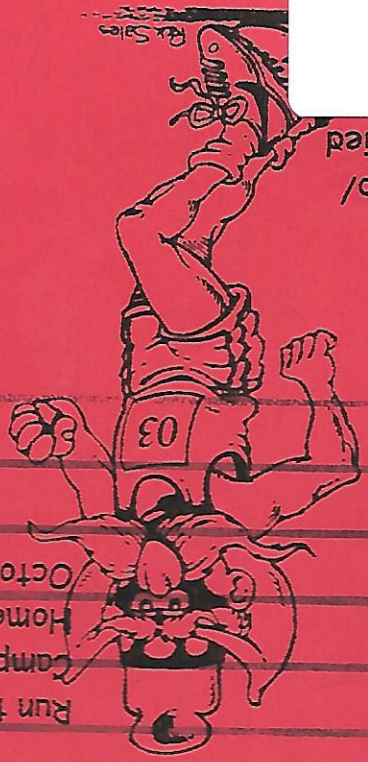
# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 4 **RED RIBBON RUN: 5K, BUDDY HOLLY PARK, Rose Hoeve, 725-6074**
- OCT. 6 **W.T.R.C. Business meeting, Monday, October 6, 2003 7pm, WEST TEXAS PETERBILT, 45th and Ave. "A"**
- \* OCT. 11 **RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K Race Director, Kirk Thomas, 797-7734 (m), 749-1850 (d)**
- OCT. 18 **PALO DURO TRAIL RUNS: Palo Duro Canyon, 50 Mile, 50K, call Red Spicer, (806) 353-3847**
- OCT. 19 **DUKE CITY MARATHON: Albuquerque, John Bennett, (505)880-1414 www.dukecitymarathon.com**
- OCT. 25 **MIDLAND'S HEART RUN 5K: Midland 8:30am, Greg Larson, (915) 620-6124, get entry form at <http://pbrunningclub.tripod.com/heart-page.html>**
- \* NOV. 8 **BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (m)**
- NOV. 9 **SAN ANTONIO MARATHON: (210)246-9652, www.samarathon.org**
- NOV. 16 **OKLAHOMA MARATHON: Tulsa, www.oklahomamarathon.org**
- \* 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. 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, 698-1503 (h) 747-2579 (w)**
- DEC. 14 **WHITEROCK MARATHON: Dallas, www.runtherock.com**
- JAN. 10 **LOOP THE LAKE 5 MILE: Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)**
- JAN. 18 **COMPAQ/HOUSTON MARATHON: FMI, call (713)957-3453**
- JAN. 25 **3M HALF MARATHON: Austin, (512)984-7223 (www.3M.com/races)**
- \* FEB. 14 **COTTON PATCH RUNS: FRENKSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 795-5823(w), 785-8562(h)**
- FEB. 15 **MOTOROLA/AUSTIN MARATHON: Austin, FMI, Call (877) 601-6686 e-mail, [info@motorolanarathon.com](mailto:info@motorolanarathon.com)**
- FEB. 28 **FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2033 e-mail, [cowntownmarathon@hsc.unt.edu](mailto:cowntownmarathon@hsc.unt.edu)**
- \* MAR. 13 **PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359**
- \* APR. 10 **FLIGHT LINE RACES: Reese Center, Lubbock, 8am, 2 Mi 10K, Half Marathon, Jim Harris, Race Director, (505) 392-6945**

October 2003



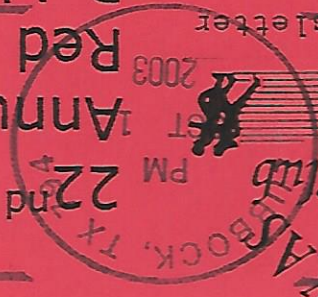
Run the Texas Tech Campus as part of Homecoming Week October 11, 2003



Sanctioned by the West Texas Running Club/ Course USA T&F Certified  
 Joe Post  
 4630 Detroit Ave.  
 Lubbock, TX 79413

5K & 10K Road Race

Annual Red Raider Road Race



John Trompler, 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: tomgrwp@hotmail.com

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

WTRC Web Address:  
<http://wtrc.tripod.com>

## DIRECTORS

Newsletter Director - John Trompler  
(H) 794-1359  
E-mail: trompler@eudora.com

External Race Director - Kirk Thomas  
(H) 797-7732 (O) 749-1850  
E-mail: kthomas@staterationalbank.com

Equipment Director - Wayne Oakeley  
(H) 799-4473  
E-mail: dsaoakeley@nts-online.net

Race Calendar Director - Adam Puckett  
(H) 535-1747 (O) 775-1236  
E-mail: imuntheforiam@msn.com

Membership Director - Sam Prose  
(H) 794-0429  
E-mail: soprose@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 Monday, October 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

In the June newsletter I wrote about once again sacrificing what little there is left of my body to yet another pseudoscientific experiment. In summary, I had entered into a diet based on a book whose thesis is that each blood type has foods that are beneficial as well as foods that are harmful to digestion, the immune system, the aging process, energy levels, etc. In that June article I also promised you an update on this diet's effects on me.

Since I began, I have carefully logged in the effects of this diet on my general condition and on my running. And in mid-November I will be having bloodwork done to compare the six-month results with the earlier tests.

I have no way of observing any changes in my immune system or on my aging, but I cannot get over the tremendous differences in my energy level, sleep requirements, and digestive processes. Whereas several months ago I would be quite pooped after runs as short as 45 minutes, I now recover almost instantly after runs of an hour or more. And after only 5 or 6 hours sleep I feel more rested than I did when I needed to sleep 7 - 8 hours. As for my digestion issues, the constant reflux sensation is totally gone and my gaseousness is largely a thing of the past (except when I break the diet which usually happens on out-of-town trips). Also, I have observed a "bonus" by way of considerable relief from a chronic prostate condition.

I hope this is helpful info to some of you.

SYOTR, Ron

## THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS SEPTEMBER 13, 2003 Shallowater, Texas

### 10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
1	JESSE WILLIAMS	LUBBOCK	TX	25	M	1	M2529	34:06	5:30
2	MICHAEL ZINNO	LUBBOCK	TX	36	M	1	M3539	35:54	5:47
3	KEITH RIEGER	LUBBOCK	TX	35	M	2	M3539	36:36	5:54
4	MICHAEL SANG	LEVELL	TX	25	M	2	M2529	37:30	6:03
5	TIM KEY	LUBBOCK	TX	36	M	3	M3539	40:01	6:32
6	KEVIN SWEENEY	GLOVIS	NM	34	M	1	M3034	40:29	6:27
7	FARRELL MARTIN	LUBBOCK	TX	37	M	1	MCLYD	41:18	6:39
8	BECKY ROWLEY	GLOVIS	NM	39	F	1	F3539	42:34	6:52
9	JAY KEITH	LUBBOCK	TX	45	M	1	M4549	43:15	6:58
10	DANIEL KAATZ	LUBBOCK	TX	34	M	2	M3034	43:40	7:02
11	RON LUBOWICZ	LUBBOCK	TX	60	M	1	M6064	45:14	7:17
12	DENISE BRAY	LUBBOCK	TX	41	F	1	F4044	45:57	7:24
13	RUSSEL MARTIN	SHALLOWATER	TX	45	M	2	M4549	46:34	7:30
14	SHANNA ARMSTRONG	LUBBOCK	TX	29	F	1	F2529	46:49	7:33
15	RONNIE PRIGG	LUBBOCK	TX	52	M	1	M5054	47:06	7:35
16	MADONNE MINER	LUBBOCK	TX	50	F	1	F5054	47:30	7:39
17	JOHN TROMPLER	LUBBOCK	TX	56	M	1	M5559	47:33	7:40
18	STEVE NIEMAN	SHALLOWATER	TX	48	M	3	M4549	47:37	7:40
19	KENNETH SEAL	LUBBOCK	TX	25	M	3	M2529	47:55	7:43
20	ERIC KERCHHOFER	LUBBOCK	TX	31	M	3	M3034	48:57	7:53
21	ROBERT ORTEGA	PLAINVIEW	TX	39	M	5	M3539	50:49	8:11
22	RALPH WOLF	ABERNATHY	TX	66	M	1	M6569	51:34	8:19
23	RANDY HOLLOWAY	LUBBOCK	TX	47	M	4	M4549	51:53	8:22
24	ROD BURGETT	SHALLOWATER	TX	38	M	6	M3539	52:27	8:27
25	TOM GRIFFIN	LUBBOCK	TX	54	M	2	M5054	52:49	8:31
26	JOHN CAGLE	LUBBOCK	TX	47	M	5	M4549	54:00	8:42
27	DON SANDERSON	TULIA	TX	73	M	1	M7099	54:31	8:47
28	RICK LILES	BIG SPRING	TX	46	M	6	M4549	54:37	8:48
29	DANIEL GONZALES	LUBBOCK	TX	37	M	7	M3539	55:00	8:52
30	JAMES BURLESON	LUBBOCK	TX	61	M	2	M6064	55:15	8:54
31	MIKE KELLEY	LUBBOCK	TX	54	M	3	M5054	56:10	9:03
32	SHIRLEY WIGLEY	LUBBOCK	TX	49	F	1	F4549	56:25	9:05
33	JIM WILHELM	LUBBOCK	TX	52	M	4	M5054	56:36	9:07
34	STEVEN POWELL	LUBBOCK	TX	20	M	1	M2024	56:51	9:10
35	ARLAN PATTON	LUBBOCK	TX	48	M	7	M4549	57:12	9:13
36	JAMES LIVERMORE	LUBBOCK	TX	56	M	2	M5559	57:17	9:14
37	AARON SELF	LUBBOCK	TX	24	M	2	M2024	58:36	9:27
38	P. J. MITCHELL	LUBBOCK	TX	58	F	1	F5559	58:41	9:27
39	RICHARD THOMAS	LUBBOCK	TX	47	M	8	M4549	59:04	9:31
40	BRANDY KEY	LUBBOCK	TX	31	F	1	F3034	1:00:07	9:41
41	ANGELA FRANCO	MIDLAND	TX	26	F	2	F2529	1:00:16	9:43
42	MARSHA BENNETT	LUBBOCK	TX	40	F	2	F4044	1:00:17	9:43
43	THOMAS B. WORD	LUBBOCK	TX	66	M	2	M6569	1:00:41	9:47
44	MALINDA COLWELL	LUBBOCK	TX	30	F	2	F3034	1:01:43	9:57
45	ETTA MAYER	LUBBOCK	TX	54	F	2	F5054	1:04:32	10:24
46	HANNAH LAYMAN	HEREFORD	TX	10	F	1	F0112	1:06:48	10:46
47	JAMES LAYMAN	HEREFORD	TX	37	M	8	M3539	1:06:49	10:46
48	MADELEINE TAYLOR	RANSOM CANYON	TX	51	F	3	F5054	1:07:52	10:56



W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS

2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE	YTD TOTALS	AGE	PTS	MILES	EVT	VOL	MALE	YTD TOTALS	AGE	PTS	MILES	EVT	VOL
1	BUDDY HUTTO	LEVELLAND	TX	42	M	1	M4044	12:29	6:15								45	87	68.5	9	*	
2	JOHN KEITH	LUBBOCK	TX	14	M	1	M1315	13:04	6:32								47	61	68.5	9	*	
3	MICAH VASQUEZ	SHALLOWATER	TX	16	M	1	M1619	13:15	6:38								47	45	60.7	5	**	
4	JIMMIE SAMARRON	LEVELLAND	TX	48	M	1	M4549	13:27	6:44								47	36	62.7	9	**	
5	RUDY RAMIREZ	LUBBOCK	TX	39	M	1	M3539	13:29	6:45								47	34	24.2	4	*	
6	ROBERT GOMEZ	LUBBOCK	TX	47	M	2	M4549	13:31	6:46								46	24	27	4	*	
7	SARAH DE LOS SANTOS	SHALLOWATER	TX	14	F	1	F1315	13:41	6:51								49	20	10	3	*	
8	JACKIE CANNON	AMARILLO	TX	47	M	3	M4549	13:42	6:51								49	20	15	4	*	
9	CRAIG JACKSON	RANSOM CANYON	TX	38	M	2	M3539	13:45	6:53								48	13	8	2	2	
10	RANDALL WISEMAN	SHALLOWATER	TX	15	M	2	M1315	14:04	7:02								45	11	26.1	3	*	
11	ADAM PUCKETT	SHALLOWATER	TX	32	M	1	MGLYD	14:18	7:09								49	11	13	2	*	
12	JIM HARRIS	HOBSB	NM	60	M	1	M6084	14:24	7:12								47	7	4	1	1	
13	JENNA BURTON	SHALLOWATER	TX	18	F	2	F1619	14:35	7:18								48	6	3	1	1	
14	JULIE ELLIS	SHALLOWATER	TX	14	F	2	F1315	14:38	7:19								47	3	6.2	1	1	
15	KIMBERLY HARRISON	SHALLOWATER	TX	15	F	3	F1315	15:04	7:32								47	3	6.2	1	1	
16	JACK BENHAM	SHALLOWATER	TX	48	M	4	M4549	15:20	7:40								48	13	8	2	2	
17	CODY LACEY	MULESHOE	TX	9	M	1	M0112	15:23	7:42								49	11	13	2	*	
18	ANNIE COX	BROWNFIELD	TX	17	F	2	F1619	15:42	7:51								47	7	4	1	1	
19	KAYCEE GORMAN	SHALLOWATER	TX	16	F	3	F1619	15:54	7:57								48	6	3	1	1	
20	BOBBIE NUGENT	MULESHOE	TX	21	F	1	F2024	16:00	8:00								47	6	6.2	1	1	
21	RONNIE NUGENT	LUBBOCK	TX	56	M	1	M5559	16:12	8:06								47	6	6.2	1	1	
22	JARED JOHNSON	SHALLOWATER	TX	15	M	3	M1315	16:31	8:16								47	3	6.2	1	1	
23	ELIZABETH MARRBURGER	SHALLOWATER	TX	15	F	4	F1315	16:32	8:16								47	3	6.2	1	1	
24	STEVE BIGHAM	LUBBOCK	TX	49	M	5	M4549	16:41	8:21								47	3	6.2	1	1	
25	CARRIE BADILLO	LUBBOCK	TX	26	F	1	F2529	17:04	8:32								27	25	23	3	3	
26	CANDICE BERRY	SHALLOWATER	TX	14	F	5	F1315	17:04	8:32								26	20	9.2	2	2	
27	BRITTANI LARA	SHALLOWATER	TX	15	F	6	F1315	17:34	8:47								29	19	16.2	2	2	
28	BRITTNEY BIXLER	SHALLOWATER	TX	15	F	7	F1315	17:35	8:48								34	59	53.3	6	6	
29	CODY SCOTT	LUBBOCK	TX	36	M	3	M3539	17:42	8:51								32	57	24	7	*	
30	ASHLEE GARCIA	SHALLOWATER	TX	16	F	4	F1619	17:45	8:53								34	45	45.4	6	*	
31	DEBBIE MARTIN	SHALLOWATER	TX	52	F	1	F5054	18:08	9:05								34	45	45.4	6	**	
32	BILL FELTON	WOLFFORTH	TX	68	M	1	M6569	18:09	9:05								33	20	6	2	*	
33	PETE TORRES	COLORADO CITY	TX	32	M	2	M3034	18:26	9:13								34	9	21	2	2	
34	KAITLIN LEE	SHALLOWATER	TX	15	F	8	F1315	18:30	9:15								38	70	33.2	9	*	
35	MARTHA MARTINEZ	SHALLOWATER	TX	48	F	5	F4549	18:31	9:16								36	65	50.6	8	*	
36	NATALIE RIOJAS	SHALLOWATER	TX	17	F	5	F1619	18:38	9:19								38	37	46.1	6	*	
37	BRITNEY TOWNSEND	SHALLOWATER	TX	17	F	6	F1619	18:39	9:20								37	35	23.2	6	*	
38	LAURA KEY	LUBBOCK	TX	26	F	2	F2529	18:43	9:22								37	31	31.4	6	*	
39	JIMMY KEY	LUBBOCK	TX	66	M	2	M6569	18:44	9:22								38	9	4.2	2	*	
40	ESTELA GALVAN	BROWNFIELD	TX	61	F	1	F6099	18:51	9:26								35	7	11	1	1	
41	JENNIFER THRELFALL	LUBBOCK	TX	28	F	3	F2529	19:00	9:30								44	41	19.2	4	4	
42	KALLI KITCHENS	SHALLOWATER	TX	14	F	9	F1315	19:16	9:38								44	39	31.2	5	5	
43	KAMERON CATES	SHALLOWATER	TX	16	F	7	F1619	19:18	9:39								40	25	17	3	3	
44	AARON ALVARADO	IDALOU	TX	15	M	4	M1315	19:24	9:42								43	20	19	2	2	
45	FRANK RODRIGUEZ	BROWNFIELD	TX	35	M	2	MCLYD	19:25	9:43								44	19	30	4	4	
46	SHELBI RICHARDSON	SHALLOWATER	TX	15	F	10	F1315	19:26	9:43								40	25	17	3	3	
47	KASSIE WRIGHT	SHALLOWATER	TX	14	F	11	F1315	19:27	9:44								43	20	19	2	2	
48	ANNETTE BURENHEIDE	TAHOKA	TX	37	F	1	F3539	19:35	9:48								44	10	10	1	1	
49	JAMES BONE	LUBBOCK	TX	64	M	1	M6064	20:10	10:05								41	9	4	1	1	
50	MOE DOZIER	SHALLOWATER	TX	50	M	1	M5054	20:11	10:06								41	7	4	1	1	
51	EMILY BREEDLOVE	SHALLOWATER	TX	14	F	12	F1315	20:27	10:14								40	0	22	1	**	
52	SHELLY TARTER	SHALLOWATER	TX	14	F	13	F1315	20:28	10:14								44	0	22	1	**	
53	HEIDI PAYNE	LUBBOCK	TX	29	F	4	F2529	21:00	10:30								44	41	19.2	4	4	
54	TRACI PAYNE	LUBBOCK	TX	30	F	1	F3034	21:01	10:31								44	39	31.2	5	5	
55	HEATHER CANNON	AMARILLO	TX	17	F	8	F1619	21:17	10:39								40	25	17	3	3	
56	THERESA MAREZ	ABERNATHY	TX	53	F	2	F5054	21:31	10:46								43	20	19	2	2	
57	ANN HODGES	LUBBOCK	TX	46	F	2	F4549	21:51	10:56								44	10	10	1	1	
58	LAURA LAPPE	LUBBOCK	TX	37	F	2	F3539	22:24	11:12								41	7	4	1	1	
59	ALMA RODRIGUEZ	BROWNFIELD	TX	39	F	3	F3539	30:52	15:26								40	0	22	1	**	

\*\* = RACE DIRECTOR  
\* = VOLUNTEER



W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 9 EVENTS

Member News

MALE (continued)

60 - 64 MALE		AGE	PTS	MILES	EVT	VOL	65 - 69 MALE		AGE	PTS	MILES	EVT	VOL
Jim Burleson	61	69	48.6	8			Ralph Wolf	66	80	50.4	8		
Jim Harris	60	68	49.2	8	**		Jimmie Key	66	44	21.2	5	*	
Gorden Jenkins	62	65	57.5	8	*		Bill Felton	68	20	8	3	*	
Ron Lubowicz	60	60	40.4	7	*		Thomas Word	66	18	11.2	2	*	
James Bone	64	50	25.2	6	*		George Jury	67	0	88.5	9	*	
Larry Byrd	62	43	57.3	7	*		Hugh Haynes	71	0	11	1	*	
Bob Bennero	61	32	28.2	5	*		CLYDESDALE - age graded						
Bill Roger	63	21	29.4	4	**		Farrell Martin	37	81	64.5	8	**	
Mike Greer	64	12	15	2			Adam Puckett	32	65	70.3	8	**	
Bob Broselow	62	5	5	1			Jim Beck	44	39	50.1	6	**	
70 - 99 MALE							Rick Lampe	58	26	16.2	3		
John Stalcup	70	38	14	4			Todd Davis	37	17	9	2		
Tom Bowser	76	10	4	1			Wayne Ivey	34	16	21.1	2		
							David Baldwin	43	10	6.2	1		
							Mel Osburn	64	8	8	4	1	

FEMALE

0 - 12 FEMALE		AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE		AGE	PTS	MILES	EVT	VOL
Hanna Layman	10	55	20.2	6			Marsha Bennett	40	70	68.5	9	*	
Colleen Adams	10	40	16	4			Denise Bray	41	52	44.2	6	*	
Turner Adams	8	36	16	4			Mary Branscome	43	29	26	3		
Tamra Jemigan	12	10	3	1			Canda Faddout	44	19	13	2		
13 - 15 FEMALE							Barbara Slaton	44	17	16.2	2		
Jessica Tedford	13	27	15	4	*		Marti Greer	44	9	3	1		
Devin DeLoe	14	20	19.2	3	*		Ida Sumpter	44	0	21.2	3	*	
Alyssa Preston	15	9	6.2	1			Debbie Wilson	42	0	28.1	3	*	
16 - 19 FEMALE							45 - 49 FEMALE						
Christine Williams	19	21	9	2			Shirley Wigley	49	80	53.6	8		
Alyssa McMennamy	18	20	8	2			Martha Martinez	48	78	29	9	*	
Heather Cannon	17	13	4	2			Ann Hodges	46	36	31.1	6	*	
Jamie Slaybaugh	16	9	5	1			Cornie Berlinger	49	32	24.1	5	*	
25 - 29 FEMALE							Karen Jackson	48	26	10	3		
Angela Franco	26	77	52.6	9	*		Pauline Devos	45	13	7	2		
Carrie Badillo	26	37	17	4			50 - 54 FEMALE						
							Etta Mayer	54	73	73.5	9	**	
							Madonne Miner	50	71	55.4	8	*	
							Madeleine Taylor	51	54	29.2	6		
							Josie Alerman	52	46	29	7	*	
							Mary Harris	54	0	13.1	1	*	
30 - 34 FEMALE							55 - 59 FEMALE						
Malinda Colwell	30	36	32.4	5	*		P.J. Mitchell	58	50	57.3	7	*	
Cathy Paden	33	30	16	3			60 - 99 FEMALE						
Louanna Arterburn	34	28	14	3			Estella Galvan	61	80	29	9	*	
Marianne Miller	30	19	16.2	2			Delores Key	61	0	10	1	*	
Brandy Key	31	19	20.2	3	*		** = RACE DIRECTOR						
Rebecca Puckett	33	0	52.1	6	*		* = VOLUNTEER						
35 - 39 FEMALE							CORRECTIONS OR COMMENTS?						
Judy Lawley	38	51	39.3	5			CONTACT Shirley Wigley 797-4201						
Becky Rowley	39	44	30.4	4			wigley@nts-online.net						
Natalie Steadman	35	40	30.2	5	*								
Molra Ridley	37	10	8	1									
Rachel Hood	35	10	3	1									

Inside Texas 10K and Marathon Rankings

The September issue of Inside Texas Running included their rankings of runners competing in Texas 10K races. It is actually a restricted segment of all the 10Ks run in Texas thus far in 2003, but it does include results from the Levelland Lope last June, so a fair number of our members made the rankings. Ranking 8<sup>th</sup> in the male 15-19 group was Casey Sumpter (35:16); 10<sup>th</sup> in the 40-44 group was Bob Jackson (35:33); 23d among those 60-64 was Jim Harris (46:45 at the Capitol 10K); Ralph Wolf was listed at tenth in the 65-69 age category (50:16); Devin DeLoe, 11<sup>th</sup> in the female 14 and under (48:30); Becky Rowley (41:51) was listed as the 5<sup>th</sup> best time amongst women in the 35-39 group; Lubbock resident and RunTech employee, Julie Wall also made the list as the 25<sup>th</sup> fastest in the 20-24 age group.

The marathon rankings included San Antonio, Dallas White Rock, HP Houston Marathon, Fort Worth Cowtown, and Austin Motorola Marathons. The only current club member on the list was John Trompler in the 55-59 age group at 8<sup>th</sup> (3:14:09), and 9<sup>th</sup> (3:14:23). Former Midland resident and occasional competitor in WTRC events, Christie Lammers had the 1<sup>st</sup> and 3d fastest female age 45-49 time with runs of 3:03:45 and 3:05:04.

RunTech Opens Second Store

September 27<sup>th</sup> marked the grand opening of the second RunTech store in Lubbock. The store features state of the art running shoes, apparel, and equipment. Runner/triathlete Quent Bearden has been hired to manage this location at 2409 Broadway.

High School Running Notes

Gary Lackey won the West Texas Micrographics Invitational in an early season meet at Mae Simmons Park with an outstanding time of 15:38. I have heard Gary had an unfortunate fall during the more recent Lubbock Invitational. Hopefully, any injuries he may have suffered are minor—I really just don't know.

Devin DeLoe captured 5<sup>th</sup> overall at the Tulia Invitational at McKenzie Park with a time of 12:30.47. Calvin Day, running for Levelland, finished 9<sup>th</sup> in the boy's race of that same meet. Fairly new member Kurtis Limmer of Cooper High School, won the boys division of a meet in Abernathy with a 5K time of 17:42. At the Lubbock Invitational, one of our newest members, Brooke Shephard of Canyon, won the 3A girls race with a time of 11:55 (35 seconds ahead of her closest competitor!)



## Shallowater Stampede Director's Report

The 15<sup>th</sup> Annual Shallowater Stampede took place on Saturday, September 13, 2003. Probably the only person glad to be in the midst of a drought is a race director whose race is routed along dirt roads! Thankfully, the weather remained dry (and so did the roads!) Attendance was down a bit this year (due in part to several conflicts around the South Plains area). The 10 K had 46 runners and another 56 joined in for the 2 mile segment. Our overall winners this year were: Jessie Williams, 10 K-Male, with a time of 34:06; Becky Rowley, 10-K Female, with a time of 42:34; Buddy Hutton, 2-Mile Male, with a time of 12:39; and Sara DeLosSantos, 2-Mile Female, with a time of 13:41.

Special thanks to the many volunteers who assisted with the race. As always, it couldn't be done without you. It was great to see David Higgins "back at the races" - thanks David for volunteering. Other volunteers from the WRTC included: Gordon Jenkins, George Jury, Tony Aleman, and Larry Bird. Etta Mayer and Ron Lubowicz arrived with water, bagels and bananas. Additional volunteers on the course were senior parents of the Shallowater High School Class of 2004. We are always grateful for their support of our race. The Stampede is their biggest fundraiser for the Substance-free Graduation Party, sponsored by these parents each year. Thanks also to Sheri Oakeley and Dustin Oakeley. See you next year! - Dwayne

### RED RAIDER ROAD RACE

Volunteers are still needed, both for Friday October 10th during the day and Race Day. Call George to work on Friday or Kirk Thomas to volunteer for race day, 797-7734 (n) or 749-1850 (d) Remember, club members may Pre-register for \$12 prior to October 10th. Friday late registration is \$20 and Race Day it is \$25 for everyone. For this race and the Turkey Trot, entry forms must be mailed or turned in with payment to register, no phone or e-mail registration.

Packet pick up will be at the TTU student recreation center at Main and Hartford on Friday the 10th, but if you wish you could pick it up early, Tuesday through Thursday at 4808 50<sup>th</sup> Street.

### BUFFALO WALLOW HALF MARATHON

The race is November 8th. Volunteers are needed. Also, this will be my last year as race director. I've been serving since 1990. If someone would be interested in taking this over, call me at 792-3291 (d), 792-1237 (n). It would help to volunteer this year and learn the "ropes"!  
George W. Jury

### RACE FOR THE CURE VOLUNTEERS

I would like to thank the following club members who helped corral the 1,200 people running through the chutes in a short amount of time. David Higgins, Tom Griffin, Wade Wilson, Dwayne Oakeley, Etta Mayer, Ron Lubowicz, Adam Puckett, Sam Prose, Jim Wilhelm, Joe Post, John Trompler, Pauline DeVos, James Bone, P.J. Mitchell, Richard Thomas, Arlon Patton, Tony Aleman, Pete Torres, Larry Byrd, Randy Holloway, Dustin Oakeley and Jay Keith.  
George Jury

### LUBBOCK INVITATIONAL CROSS-COUNTRY MEET

I had the opportunity to view a portion of this year's Lubbock Invitational. There were dozens of schools representing all of the different divisions from 1A to 5A. It is quite a colorful site and includes both athletes and enthusiastic friends and family. If you've never been out to

watch one of these meets at Mae Simmons take the time to do so. You just might run into people you know. I was there to see if I could catch the 4A Boys run where my neighbor, Ed Roup, would be competing for Friendship High School. As I walked among the crowd of spectators, I heard a voice call out "hey Trompler". I looked towards the voice, and there was one of the Club's "legends" from years past. It was Bobby Cunningham waiting for his granddaughter Courtney to run her race for Cooper High School. If you don't remember Bobby Cunningham, you can read some of his exploits listed in various WTRC course records. Bobby is still trim and fit ("just 5 pounds over his old racing weight") and justifiably proud that Courtney has been blessed with a few of granddad's genes. Ronnie Prigg and Epi Aguirre were there too, as well as several of our young club members competing. It was a very enjoyable outing.

### Running On Empty

By  
Kevin Sweeney

I currently live in the "high desert plains." To be honest, have no idea what that really means. I guess someone, a long time ago, rather than saying "I live in a wide expanse of land, high above the sea level, with lots of wind and with more dust and dirt than the law should allow," came up with the idea. He forgot to mention the weather extremes, but no one is perfect. As I look at it now, I guess in some ways I am lucky to be a runner where I live. We all are, no matter where we live. We get to see it all. Here in the aforementioned "high desert plains," the roads are long, winding and dusty; lots of hills, a windmill or two, heat like you can't imagine, cold like you can image and every type of precipitation imaginable.

Despite all of this, I have to admit that I love to run outside. I am sure most of you feel the same as I do. Sure, I know how a treadmill can be your best friend on some days, but it is always great to head out the door and see what is going on in the world. Maybe you have to wear gloves and a jacket, or maybe you get to take off your singlet and put on a hat, but running outside is great fun!

Maybe there is something about the "fresh air" that appeals to me. Perhaps it is the fact that you never really know what you might see while you are out there running. I am sure most of us can recall three or four stories about strange occurrences we have witnessed while out on our daily training runs.

Mostly though, I enjoy seeing what Mother Nature has decided to challenge me with on any given day. From 10 degrees below zero windchill to a 106 degree bake, to a magnificent down pour (don't see many of those in the "high desert plains,") or a beautiful hailstorm which blows out of nowhere; the challenges we overcome on our training runs make it all worthwhile and memorable. These are the days that are easy to recall as I plunder through old log books.

I have never understood how some people run outside with a walkman! Are you kidding me?? Personally, I love to hear my lungs screaming in agony, my heart beating out of my chest and the rhythm of my feet hitting the ground! Besides, Mother Nature has many other surprises in store for us runner's- be it birds, cows, prairie dogs, snakes, thunder in the distance, the crashing of the waves or a car horn blaring...ok, that is a different kind of mother, but you get the idea.

Or maybe, for just a few minutes I get to pretend I have no responsibilities, no deadlines, no problems, just me and the miles in front of me. If I want to, I can think of good things, bad things, things to come, things that have already been, or imagine myself winning the Boston Marathon. All I have to do is just tighten up my laces, throw on my sunglasses and run.

And pray for a rainstorm.



RED RAIDER ROAD RACE  
10K EVENT RECORDS  
Since 1982

NAME	TOWN	AGE	TIME	YEAR
0-19 Veronica Cavazos	Lubbock	18	38:48	1982
20-24 Idalia Castano	Lubbock	23	41:22	1991
25-29 Beverly Watkins	Amarillo	28	37:52	1983
30-34 Marjory Stewart	Lubbock	34	36:43	1993
35-39 Marjory Stewart	Lubbock	35	37:41	1994
40-44 Bobby Jester	Amarillo	40	44:41	1994
45-49 Colleen Isdale	Belton	45	46:45	1996
50+ Colleen Isdale	Belton	50	46:52	2001
Athena Rebekah Lee	Lubbock	23	1:02:34	2000

NAME	TOWN	AGE	TIME	YEAR
0-19 Richard Oropeza	Lubbock	19	33:04	1988
20-24 Red Cloud	Lubbock	23	31:29	1984
25-29 Michael Njenga	Lubbock	26	30:57	1998
30-34 James Mays	Lubbock	32	33:01	1991
35-39 Scott Brickerd	Lubbock	35	32:19	1988
40-44 Bobby Cunningham	Abernathy	42	34:52	1988
45-49 Ron Lubowicz	Lubbock	45	35:33	1982
50-54 George W. Jury	Lubbock	50	37:23	1986
55-59 George W. Jury	Lubbock	56	39:15	1992
60-64 Don Sanderson	Tulja	64	43:46	1994
65-69 Don Sanderson	Tulja	69	51:33	1999
70+ Don Sanderson	Tulja	71	48:26	2001
Clyde Greg Larson	Midland	43	43:38	2002

5K EVENT RECORDS  
(Since 1988)

NAME	TOWN	AGE	TIME	YEAR
0-15 Hope Jimenez	Lamesa	12	20:40	1996
16-19 Bridonne Yosten	Lubbock	19	18:25	2002
20-24 Bridget Tidwell	Lubbock	20	17:44	2002
25-29 Brenda Lauten	Houston	29	19:52	1994
30-34 Kay Schmidt	Alpine	34	20:39	1992
35-39 Brenda Lauten	Houston	37	21:09	2002
40-44 Caylene Caddle	Lubbock	43	20:54	1995
45-49 Caylene Caddle	Lubbock	45	21:45	1997
50+ Caylene Caddle	Lubbock	50	22:28	2002
Athena Rebecca Zacharias	Lubbock	29	28:19	2001

NAME	TOWN	AGE	TIME	YEAR
0-15 Ryan Maney	Tulja	15	17:21	2001
16-19 Kyle Atwood	Lubbock	18	16:15	2002
20-24 Dwayne Benoit	Lubbock	20	15:52	2002
25-29 Tim Green	Lubbock	26	16:20	1991
30-34 Martin Leodgard	Lubbock	31	15:44	1995
35-39 Bob Finn	Big Spring	39	16:57	1994
40-44 Tony Collins	Pittsburg	44	17:43	1994
45-49 James Leser	Lubbock	47	17:54	1993
50-54 Ed Craighead	Dalhart	52	18:41	1995
55-59 Gary Schmidt	Alpine	55	18:48	1992
60-64 Don Sanderson	Tulja	63	21:11	1993
65-69 Don Sanderson	Tulja	68	23:06	1998
Clyde Douglas Gardner	Lubbock	30	19:58	1995

\* Overall Men's and Women's event records

WEST TEXAS RUNNING CLUB'S  
22nd ANNUAL RED RAIDER ROAD RACE  
10K and 5K RUNS  
USA T&F CERTIFIED  
10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 11, 2003  
RACE START; 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx  
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt  
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in  
at S W Animal Clinic, 4808 50th to Oct. 9th, \$15  
(WTRC members pre register for \$12 to Oct. 9th)  
(May pick up packets/T Shirts Oct. 6th to 9th at  
4808 50th also)

Late Reg; Friday, Oct. 10th, TTU Student  
Recreation Center, lobby, \$20 (everyone)

Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;  
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;  
45-49, 50-54; 55-59; 60 Plus  
(Additional 6-12, 13-15 & 16-19 age  
groups in the 5K)

AWARDS: 1st Place Male and Female as well as 1st  
Master(Age Graded) each race receive a special  
Plaque. 1st 3 in each Age Group receive medals  
Clydesdales, 1st 3 male and female (Age Graded)  
Long sleeved T Shirts to all entrants

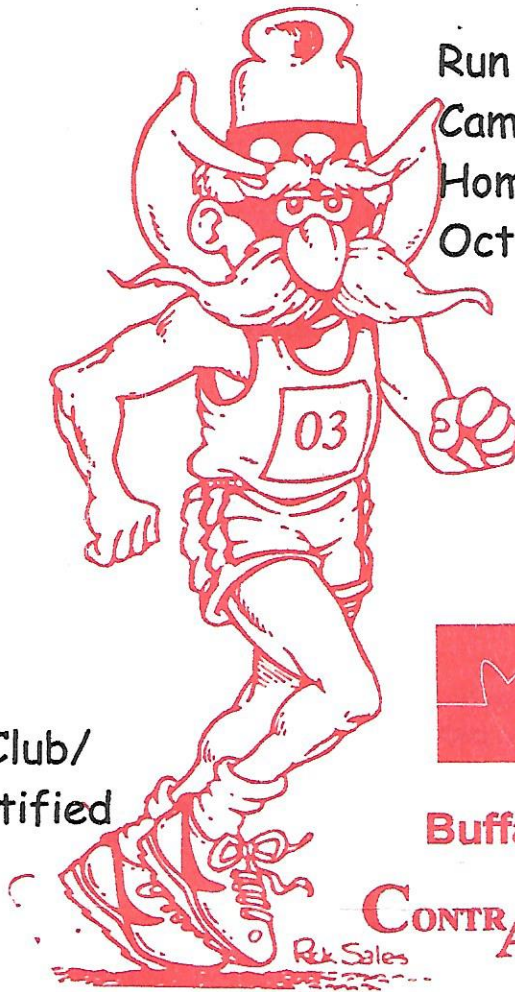
VOLUNTEERS: Are needed, Call Kirk Thomas

RACE DIRECTOR: Kirk Thomas, 797-7732(n) 749-1850(d)



# 22<sup>nd</sup> Annual Red Raider Road Race

5K & 10K  
Road Race



Run the Texas Tech  
Campus as part of Tech's  
Homecoming Weekend!  
October 11, 2003

T-Shirts  
Awarded  
To All  
Registrants.



Sanctioned by the  
West Texas Running Club/  
Course USA T&F Certified



Buffalo Springs Lake Triathlon

Sponsored by:



TEXAS TECH ALUMNI  
ASSOCIATION



CONTRACTORS  
ALLIANCE  
Rkt Sales



Center for  
Orthopedic Surgery

West Texas Running Club

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

## Red Raider Road Race 2003

Texas Tech Alumni Association  
W.T.R.C.  
5212 44<sup>th</sup> Street  
Lubbock, TX 79414

# 22<sup>nd</sup> Annual Red Raider Road Race

**Date:** Saturday, October 11, 2003      **Starting Time:** 8:00 a.m.

**New Location for Late Registration and Packet Pick-Up!!**

**Student Rec Center Entry Way**

**Registration:** Until October 9, 2003 - \$15\* Entry fee payable to the West Texas Running Club.  
\*Please add \$2 if you want an XXL T-shirt - (for the first 12 who sign up)

**Walk In Registration:** 8 a.m. -12 p.m. & 1 p.m.- 5 p.m. Weekdays at the Market Alumni Association building and At SOUTHWEST ANIMAL CLINIC, 4808 50<sup>th</sup> ST, 8 a.m. - 5 p.m.

**Late Registration & Packet Pick-Up:** \$20 - Friday, October 10, 8 a.m.- 7 p.m. North side of the Student Union Lobby



**Race Day Registration & Packet Pick-Up:** \$25 - Saturday, October 11, 6:30 a.m.-7:30 a.m. ONLY!  
At Race site, inside Student Recreation Center (Main & Hartford)

## Divisions:

**Men:** 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

**Women:** 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

**Special Divisions:** Clydesdales, both races: Men 190 lbs. +; Women 150 lbs. +  
5K - 12 & under; 13-15; 16-19

**Start/Finish:** Student Recreation Center      **Aid Stations:** At 2, 3 & 5 mile marks      **Split Times:** at 1 mile  
Main and Hartford

**Course:** Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included in registration packet.

**Awards:** 1<sup>st</sup> Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

**Award Ceremony:** Presentation at 9:30 a.m. at the Finish Line

**Prize Drawings:** Pre-registrants only. Must be present to win.

**Corporate Sponsors:** Cardinal's Sports Centers, Center for Orthopedic Surgery, STATE NATIONAL BANK, LUBBOCK NATIONAL BANK, WOUND CARE CENTER, STOCK BUILDING SUPPLY, BRUNSON BRICK & STONE, Contractor's Alliance

*Please make checks payable to the West Texas Running Club.*

For more info call: Dr. George W. Jury @ 806/792-3291 (d) or 792-1237 (n) e-mail, rungwj@aol.com

Detach & Return to: RRRR/WTRC, % George W. Jury, 5212 44<sup>th</sup> St., Lubbock, TX 79414

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M F
Address			S M L XL XXL	
<input type="text"/>			T-shirt Size (adult) Add \$2 for XXL	
City	State	Zip code	Circle Size and Gender	
<input type="text"/>	<input type="text"/>	<input type="text"/>	Make checks payable to: <b>West Texas Running Club</b>	
Area Code	Daytime Phone Number	Entered Event	<input type="text"/>	
<input type="text"/>	<input type="text"/>	5K 10K Clydesdale		
<b>FOR OFFICIAL USE ONLY</b>				

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, 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 damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my 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. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant \_\_\_\_\_

Signature of Guardian (minors) \_\_\_\_\_