

# CALENDAR

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

- SEPT 1 **TURTLE MARATHON:** Roswell, NM, FMI, Bob Edwards, (505)627-5507
- SEPT 2 **W.T.R.C. Business meeting,** Tuesday, September 2, 2003  
7pm, WEST TEXAS PETERBILT, 45th and Ave. A
- SEPT 7 **NEW MEXICO MARATHON:** Albuquerque, Charlie Otero, (505)345-4274  
[www.newmexicomarathon.org](http://www.newmexicomarathon.org)
- \* SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater  
High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 20 **RACE FOR THE CURE:** TTU Campus, Lubbock, 8am, FMI 698-1900
- SEPT 20 **MAYOR'S HALF MARATHON:** Amarillo, Jan Edwards, (806)378-9301  
[jan.edwards@ci.amarillo.tx.us](mailto:jan.edwards@ci.amarillo.tx.us)
- SEPT 27 **ARMYDILLO 10K:** San Angelo, 8am, FMI, Carson Edmundson,  
(915)654-3942, [ARMYDILLO@Goodfellow.af.mil](mailto:ARMYDILLO@Goodfellow.af.mil)
- 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)
- OCT. 18 **PALO DURO TRAIL RUNS:** Palo Duro Canyon, 50 Mile, 50K, 20K  
Red Spicer, (806) 353-3847, e-mail for entry, [wbrass@arn.net](mailto:wbrass@arn.net)
- OCT. 19 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414  
[www.dukecitymarathon.com](http://www.dukecitymarathon.com)
- \* 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. 9 **SAN ANTONIO MARATHON:** (210)246-9652, [www.samarathon.org](http://www.samarathon.org)
- NOV. 16 **OKLAHOMA MARATHON:** Tulsa, [www.oklahomamarathon.org](http://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](http://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 **COMPAG/HOUSTON MARATHON:** FMI, call (713)957-3453

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.



James Livermore  
5707 2nd Place  
Lubbock, TX 79416

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



September W.T.R.C. Races  
SHALLOWATER STAMPEDE  
Shallowater, TX 10K and 2 Miles  
8am, Saturday, Sept. 13, 2003  
Details Inside Back Cover



# WEST TEXAS RUNNING CLUB

## OFFICERS

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(H) 698-1503  
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Immediate Past President - Mike Kelley  
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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, September 2, 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

Most of us at least grin a little when a goof-up leads to something good. And I got lucky as a result of a somewhat awkward blurb in last month's newsletter.

In an attempt to encourage our membership to share training ideas, I clumsily picked on a very valuable resource to the running community, our personal trainers. Fortunately, this was pointed out to me in a very gentle way ... and with a twist that will be beneficial not only to me personally, but to those among you who are straddling the fence on the issue of using a personal trainer to assist in your development as a runner.

Tim Key, one of our members and one of Lubbock's top PTs, has offered me a provocative alternative to feeling terrible about what I said. Tim will take me on as a three-month client in exchange for a monthly commentary on the benefits I am reaping from his program. I think it will be fun and am looking forward to working with him and publishing the results of what we accomplish.

SVOTR, Ron

THE 16th ANNUAL HOT DAM 5 MILE RUN  
USA T&F CERTIFIED #TX93059ETM  
Lubbock, Texas August 9, 2003

| PLACE NAME            | AG | S | DIV | PLACE | TOWN       | SP | TIME  | PACE |
|-----------------------|----|---|-----|-------|------------|----|-------|------|
| 1 JESSE WILLIAMS      | 25 | M | 1   | M2529 | LUBBOCK    | TX | 26:24 | 5:17 |
| 2 QUENT BEARDEN       | 28 | M | 2   | M2529 | LUBBOCK    | TX | 28:13 | 5:39 |
| 3 BOB JACKSON         | 44 | M | 1   | M4044 | HOBBES     | NM | 28:18 | 5:40 |
| 4 MICHAEL ZINNO       | 36 | M | 1   | M3539 | LUBBOCK    | TX | 28:36 | 5:44 |
| 5 GARY LACKEY         | 16 | M | 1   | M1619 | BROWNFIELD | TX | 29:00 | 5:48 |
| 6 BURKE BINNING       | 26 | M | 3   | M2529 | LUBBOCK    | TX | 29:25 | 5:53 |
| 7 ED ROUP             | 17 | M | 2   | M1619 | LUBBOCK    | TX | 30:13 | 6:03 |
| 8 ANTHONY HERR        | 16 | M | 3   | M1619 | LUBBOCK    | TX | 30:37 | 6:08 |
| 9 LARRY LOVATO        | 17 | M | 4   | M1619 | LUBBOCK    | TX | 31:13 | 6:15 |
| 10 JORGE CORONA       | 33 | M | 1   | M3034 | BIG SPRING | TX | 32:09 | 6:26 |
| 11 GEORGE ODOM        | 25 | M | 4   | M2529 | LUBBOCK    | TX | 32:18 | 6:28 |
| 12 KEVIN SWEENEY      | 34 | M | 2   | M3034 | CLOVETS    | NM | 32:35 | 6:31 |
| 13 FARRELL MARTIN     | 37 | M | 1   | M3034 | CLOVETS    | NM | 32:48 | 6:34 |
| 14 MICHAEL MADISON    | 18 | M | 5   | M1619 | LUBBOCK    | TX | 33:23 | 6:41 |
| 15 ALBERT CASTRO      | 22 | M | 1   | M2024 | LUBBOCK    | TX | 33:26 | 6:42 |
| 16 RICHARD LOMBARDINI | 27 | M | 5   | M2529 | LUBBOCK    | TX | 33:41 | 6:45 |
| 17 MICHAEL GOMEZ      | 22 | M | 2   | M2024 | LUBBOCK    | TX | 34:04 | 6:49 |
| 18 JERRED HURST       | 24 | M | 3   | M2024 | LUBBOCK    | TX | 34:11 | 6:51 |
| 19 BUDDY HUTTO        | 42 | M | 2   | M4044 | LEVELLAND  | TX | 34:23 | 6:53 |
| 20 RYAN LACKEY        | 15 | M | 1   | M1315 | BROWNFIELD | TX | 34:31 | 6:55 |
| 21 BRETT PEIKERT      | 35 | M | 3   | M3539 | LUBBOCK    | TX | 34:43 | 6:57 |
| 22 JOHN KEITH         | 14 | M | 2   | M1315 | LUBBOCK    | TX | 34:59 | 7:00 |
| 23 JAY KEITH          | 45 | M | 1   | M4549 | LUBBOCK    | TX | 35:03 | 7:01 |
| 24 RON LUBOWICZ       | 60 | M | 1   | M6064 | LUBBOCK    | TX | 35:06 | 7:02 |
| 25 KYLE LUKERT        | 28 | M | 6   | M2529 | LUBBOCK    | TX | 35:17 | 7:04 |
| 26 JULIE WALL         | 20 | F | 1   | F2024 | LUBBOCK    | TX | 35:21 | 7:05 |
| 27 AL GARDNER         | 47 | M | 2   | M4549 | LEVELLAND  | TX | 35:41 | 7:09 |
| 28 HOPE JIMENEZ       | 19 | F | 1   | F1619 | LAMESA     | TX | 35:51 | 7:11 |
| 29 DANIEL KAAZ        | 34 | M | 3   | M3034 | LUBBOCK    | TX | 36:22 | 7:17 |
| 30 JOHN TROMPLER      | 56 | M | 1   | M5559 | LUBBOCK    | TX | 36:47 | 7:22 |
| 31 ANDY PIERCE        | 22 | M | 4   | M2024 | LUBBOCK    | TX | 36:52 | 7:23 |
| 32 BEN LOCKMILLER     | 25 | M | 7   | M2529 | LUBBOCK    | TX | 36:56 | 7:24 |
| 33 BOB BLAKE          | 38 | M | 4   | M3539 | LUBBOCK    | TX | 37:07 | 7:26 |
| 34 RONNIE PRIGG       | 52 | M | 1   | M5054 | LUBBOCK    | TX | 37:08 | 7:26 |
| 35 ADAM PUCKETT       | 32 | M | 2   | M2024 | LUBBOCK    | TX | 37:20 | 7:28 |
| 36 CALEB BECK         | 19 | M | 6   | M1619 | LUBBOCK    | TX | 37:26 | 7:30 |
| 37 STEPHANIE BIGHAM   | 20 | F | 2   | F2024 | LUBBOCK    | TX | 37:32 | 7:31 |
| 38 RANDY HOLLOWAY     | 46 | M | 3   | M4549 | LUBBOCK    | TX | 37:52 | 7:35 |
| 39 MARK ALBUS         | 46 | M | 4   | M4549 | LUBBOCK    | TX | 38:18 | 7:40 |
| 40 JOSH SAVAGE        | 28 | M | 8   | M2529 | LUBBOCK    | TX | 38:24 | 7:41 |
| 41 RICK SYPERT        | 47 | M | 5   | M4549 | LUBBOCK    | TX | 38:34 | 7:43 |
| 42 JIM HARRIS         | 60 | M | 2   | M6064 | HOBBES     | NM | 38:55 | 7:47 |
| 43 BROOKE CHARLES     | 25 | F | 1   | F2529 | LUBBOCK    | TX | 39:42 | 7:57 |
| 44 CHRIS WINN         | 41 | M | 3   | M3034 | LUBBOCK    | TX | 39:44 | 7:57 |
| 45 DAVID HIGGINS      | 51 | M | 2   | M5054 | LUBBOCK    | TX | 39:56 | 8:00 |
| 46 MARY BRANSCOME     | 43 | F | 1   | F4044 | LUBBOCK    | TX | 40:09 | 8:02 |
| 47 STACY CONNER       | 40 | M | 4   | M4044 | LUBBOCK    | TX | 40:43 | 8:09 |
| 48 RALPH WOLF         | 66 | M | 1   | M6569 | ABERNATHY  | TX | 40:46 | 8:10 |
| 49 KYRA SLOAN         | 11 | F | 1   | F0112 | CROSBYTON  | TX | 40:50 | 8:10 |
| 50 LARRY DELEON       | 42 | M | 5   | M4044 | LUBBOCK    | TX | 40:51 | 8:11 |
| 51 ALAN PAYNE         | 44 | M | 6   | M4044 | LUBBOCK    | TX | 40:52 | 8:11 |
| 52 TOM GRIFFIN        | 54 | M | 3   | M5054 | LUBBOCK    | TX | 41:18 | 8:16 |
| 53 JUDY LAWLEY        | 38 | F | 1   | F3539 | LUBBOCK    | TX | 41:29 | 8:18 |
| 54 TYLYNN LACKEY      | 17 | F | 2   | F1619 | BROWNFIELD | TX | 41:35 | 8:19 |
| 55 DAVID MARGOLD      | 34 | M | 4   | M5054 | LUBBOCK    | TX | 41:59 | 8:24 |
| 56 STACI TURNBOW      | 22 | F | 1   | M1619 | LUBBOCK    | TX | 42:08 | 8:26 |
| 57 GORDEN JENKINS     | 62 | M | 3   | M6064 | AMARILLO   | TX | 42:12 | 8:27 |
| 58 KEN MATTHEWS       | 54 | M | 5   | M5054 | LUBBOCK    | TX | 42:28 | 8:30 |
| 59 RONNIE RUGENT      | 56 | M | 2   | M5559 | LUBBOCK    | TX | 42:43 | 8:33 |
| 60 CATHY PADEN        | 33 | F | 1   | F3034 | SLATON     | TX | 42:52 | 8:35 |
| 61 TRAY PAYNE         | 29 | M | 4   | M3034 | LUBBOCK    | TX | 43:38 | 8:44 |
| 62 JEFFREY JURY       | 42 | M | 7   | M4044 | FOUNTAIN   | CO | 43:43 | 8:45 |
| 63 JAMES LIVERMORE    | 56 | M | 3   | M5559 | LUBBOCK    | TX | 44:06 | 8:50 |
| 64 GREG LAYTON        | 25 | M | 10  | M2529 | LUBBOCK    | TX | 44:31 | 8:55 |
| 65 SHIRLEY WIGLEY     | 49 | F | 1   | F4549 | LUBBOCK    | TX | 44:41 | 8:56 |
| 66 ARLAN PATTON       | 48 | M | 6   | M4549 | LUBBOCK    | TX | 45:08 | 9:02 |
| 67 JIM WILHELM        | 52 | M | 6   | M5054 | LUBBOCK    | TX | 45:19 | 9:04 |

\* New Division Record

THE 16th ANNUAL HOT DAM 5 MILE RUN

| PLACE NAME             | AG | S | DIV | PLACE | TOWN          | ST | TIME    | PACE  |
|------------------------|----|---|-----|-------|---------------|----|---------|-------|
| 68 ISELA GALINDO       | 29 | F | 2   | F2529 | LUBBOCK       | TX | 45:32   | 9:07  |
| 69 JAMES BONE          | 64 | M | 4   | M6064 | LUBBOCK       | TX | 45:52   | 9:11  |
| 70 WARNER ALEXANDER    | 43 | M | 8   | M4044 | LUBBOCK       | TX | 46:55   | 9:23  |
| 71 NATHAN BECK         | 17 | M | 7   | M1619 | LUBBOCK       | TX | 46:55   | 9:23  |
| 72 DWAYNE OAKLEY       | 47 | M | 7   | M4549 | LUBBOCK       | TX | 47:01   | 9:25  |
| 73 JAMES BURLSON       | 61 | M | 5   | M6064 | LUBBOCK       | TX | 47:07   | 9:26  |
| 74 MARYBETH GORGOLAKTS | 22 | F | 4   | F2024 | LUBBOCK       | TX | 47:34   | 9:31  |
| 75 CODY LACKEY         | 9  | M | 1   | M0112 | BROWNFIELD    | TX | 47:36   | 9:32  |
| 76 JIM BECK            | 44 | M | 5   | CLYDE | LUBBOCK       | TX | 47:40   | 9:32  |
| 77 THOMAS WORD         | 66 | M | 2   | M6569 | LUBBOCK       | TX | 47:59   | 9:36  |
| 78 SHAWN MARTIN        | 38 | F | 2   | F3539 | LAMESA        | TX | 48:25   | 9:41  |
| 79 STEVE BIGHAM        | 49 | M | 8   | M4549 | LUBBOCK       | TX | 48:35   | 9:43  |
| 80 CARRIE BADILLO      | 26 | F | 3   | F2529 | LUBBOCK       | TX | 49:27   | 9:54  |
| 81 GARY SHIPP          | 44 | M | 10  | M4044 | LUBBOCK       | TX | 49:31   | 9:55  |
| 82 MADELINE TAYLOR     | 51 | F | 1   | F5054 | RANSOM CANYON | TX | 52:09   | 10:26 |
| 83 JOHN STALCUP        | 70 | M | 1   | M7099 | LUBBOCK       | TX | 52:09   | 10:26 |
| 84 HANNAH LAYMAN       | 10 | F | 2   | F0112 | HEREFORD      | TX | 52:10   | 10:26 |
| 85 JAMES LAYMAN        | 37 | M | 5   | M3539 | HEREFORD      | TX | 52:11   | 10:27 |
| 86 DICK BAKER          | 58 | M | 4   | M5559 | LUBBOCK       | TX | 52:21   | 10:29 |
| 87 JIMMIE KEY          | 66 | M | 3   | M6569 | LUBBOCK       | TX | 53:23   | 10:41 |
| 88 ADAM ANDREWS        | 49 | M | 9   | M4549 | LUBBOCK       | TX | 53:51   | 10:47 |
| 89 DOROTHY TINKLER     | 39 | F | 2   | A7HEN | LUBBOCK       | TX | 54:38   | 10:56 |
| 90 SABRINA ROBBINS     | 36 | F | 3   | A7HEN | LUBBOCK       | TX | 1:00:49 | 12:10 |

RACE DIRECTOR'S REPORT

Although we were expecting the usual blistering August temperatures, this event was blessed with a near-perfect summers' day. Looks like we foiled the weather prognosticators once again! A good crowd participated in this race on a very pleasant Saturday morning.

On a personal note, I gotta tell ya that being a race director it's really a kick. Days and weeks before the event, people telephoned asking me for travel directions to the race site. This is to a person who gets lost walking around the block! How often does this happen? Go figure! Before, throughout and after the race, volunteers approached me asking what they should do, where they should go, what they would need. People looking to "MP" for guidance and leadership? Is this the near-ultimate ego-trip or what? Of course it's always fun to mix and mingle with runners and family/friends at the finish. I'm all about all things social. Best of all, the director gets to talk into 'The Microphone.' Even though I successfully resisted the impulse to do stand-up comedy, or sing my personal rendition of 'My Way', the temptation with that little electronic device in the palm of my hand was irrefutable. All of it was loads of fun and provided a nice little excursion, albeit temporary, into fifteen-minute-of-fame.

Most runners take races, and the people who work them, for granted. After all, the process seems to involve little more than handing out some pins and numbers, gathering up runners in front of a line drawn on the ground, and starting a timer when the gun goes off. But anyone who's ever volunteered at a race realizes that the countless race day activities are just the tip of an organizational iceberg that begins many weeks, even months, before the first runner crosses the finish line. Race day is the culmination of the 12 directors and 25-or-so volunteer's valiant efforts and dedicated hard work. Truthfully, being race director is fairly easy because all the volunteers know their job and execute it magnificently each and every year. It's sort of like being a conductor of an orchestra, making certain each musician performs his piece at a precise moment so the resulting composition emerges as a superb amalgam of synchronization and harmony.

I would like to express my appreciation to those devoted, gallant unsung heroes of the race, the volunteers. Without them each of our events would come to a grinding, screeching, inexorable halt. My thanks to Wade Wilson and George Jury for manning the computer; Tony Aleman for mashing the Chronomix; Debbie Wilson, Craig Jackson and Josie Aleman for working the finish line; Daniel Gonzales for setting out mile markers; Sam Prose for

(to page 7)

W.R.T.C. 2003 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS

MALE

YTD TOTALS

|                    | AGE | PTS | MILES | EVT | VOL |
|--------------------|-----|-----|-------|-----|-----|
| Tony Rodriguez     | 12  | 54  | 23    | 7   | *   |
| Cody Lackey        | 9   | 49  | 16    | 5   |     |
| 13 - 15 MALE       |     |     |       |     |     |
| John Keith         | 14  | 49  | 18    | 6   |     |
| Ryan Lackey        | 15  | 39  | 12    | 4   | *   |
| John Lackey        | 13  | 7   | 2     | 1   |     |
| Jasper DeVos       | 14  | 2   | 3     | 1   |     |
| 16-19 MALE         |     |     |       |     |     |
| Gary Lackey        | 16  | 43  | 12    | 4   | *   |
| Nathan Beck        | 16  | 23  | 27.1  | 4   | *   |
| Casey Sumpler      | 18  | 22  | 16.2  | 2   |     |
| Caleb Beck         | 19  | 15  | 14    | 3   | *   |
| 20 - 24 MALE       |     |     |       |     |     |
| Jerrold Hurst      | 23  | 48  | 41.1  | 5   |     |
| 25 - 29 MALE       |     |     |       |     |     |
| Richard Lombardini | 27  | 25  | 23    | 3   |     |
| Hawk Harris        | 26  | 20  | 9.2   | 2   |     |
| Chance Payton      | 29  | 19  | 16.2  | 2   |     |
| 30 - 34 MALE       |     |     |       |     |     |
| Kevin Sweeney      | 34  | 59  | 53.3  | 6   | *   |
| Pete Torres        | 31  | 47  | 22    | 6   | *   |
| Mike Trevino       | 34  | 45  | 45.4  | 6   | *   |
| Scott Mayfield     | 33  | 20  | 6     | 2   | *   |
| David Steadman     | 34  | 9   | 21    | 2   | *   |
| 35 - 39 MALE       |     |     |       |     |     |
| Craig Jackson      | 38  | 61  | 31.2  | 8   | *   |
| Tim Key            | 35  | 57  | 44.4  | 7   | *   |
| Bob Blake          | 38  | 37  | 46.1  | 6   | *   |
| James Layman       | 37  | 31  | 17    | 5   | *   |
| Daniel Gonzales    | 37  | 26  | 25.2  | 5   | *   |
| Jeremy Leggio      | 35  | 7   | 11    | 1   | *   |
| Rod Burgeit        | 38  | 3   | 5     | 1   | *   |
| 40 - 44 MALE       |     |     |       |     |     |
| Bob Jackson        | 44  | 41  | 19.2  | 4   | *   |
| Epi Aquire         | 44  | 39  | 31.2  | 5   | *   |
| Paul Pare'         | 40  | 25  | 17    | 3   | *   |
| Chris Loringren    | 43  | 20  | 19    | 2   | *   |
| Wade Wilson        | 44  | 19  | 30    | 4   | *   |
| Don Hood           | 40  | 10  | 10    | 1   | *   |
| Brent Lowrey       | 41  | 9   | 4     | 1   | *   |
| Edson Pinto        | 41  | 7   | 4     | 1   | **  |
| Ron Hewett         | 40  | 0   | 22    | 1   | **  |

YTD TOTALS

|                | AGE | PTS | MILES | EVT | VOL |
|----------------|-----|-----|-------|-----|-----|
| Jay Keith      | 45  | 77  | 62.3  | 8   | *   |
| Randy Holloway | 46  | 54  | 62.3  | 8   | *   |
| Randy Wolcott  | 47  | 45  | 30    | 5   | *   |
| Dwayne Oakeley | 47  | 36  | 50.3  | 8   | *   |
| Rick Sybert    | 47  | 34  | 24.2  | 4   | *   |
| Al Gardner     | 47  | 28  | 12    | 3   | *   |
| Gene Adams     | 46  | 24  | 27    | 4   | *   |
| Frank Sumpler  | 49  | 20  | 10    | 3   | *   |
| Adam Andrews   | 49  | 20  | 15    | 4   | *   |
| Jon McMenamy   | 48  | 13  | 8     | 2   | *   |
| David Malone   | 45  | 11  | 26.1  | 3   | *   |
| Damon Richards | 49  | 11  | 13    | 2   | *   |
| Jackie Cannon  | 47  | 10  | 2     | 1   | *   |
| Mike Morris    | 47  | 10  | 29.2  | 4   | *   |
| Tom Cunningham | 47  | 7   | 4     | 1   | *   |
| John DeVos     | 48  | 6   | 3     | 1   | *   |

50 - 54 MALE

|                     |    |    |      |   |    |
|---------------------|----|----|------|---|----|
| Ronnie Prigg        | 52 | 69 | 40.2 | 7 | ** |
| David Higgins       | 51 | 59 | 39   | 8 | *  |
| Jim Wilhelm         | 52 | 53 | 62.3 | 8 | *  |
| Mike Kelley         | 54 | 47 | 53.3 | 6 | *  |
| Tom Weis            | 51 | 35 | 29.2 | 5 | *  |
| Joe Post            | 54 | 28 | 30.2 | 5 | *  |
| Sam Prose           | 54 | 25 | 46.4 | 6 | *  |
| Lary Mills          | 50 | 15 | 6    | 2 | ** |
| Tom Griffin         | 54 | 15 | 38.2 | 6 | ** |
| David Mangold       | 54 | 12 | 10   | 2 | *  |
| Lawrence Schovaneac | 50 | 10 | 19.3 | 2 | *  |
| Ken Jernigan        | 51 | 3  | 3    | 1 | *  |
| Tony Aleman         | 52 | 0  | 49.2 | 7 | *  |

55 - 59 MALE

|                 |    |    |      |   |   |
|-----------------|----|----|------|---|---|
| John Trompler   | 56 | 69 | 54.3 | 7 | * |
| Ron Nugent      | 56 | 45 | 42.1 | 6 | * |
| James Livermore | 56 | 39 | 41.2 | 6 | * |
| Dick Baker      | 58 | 38 | 40.2 | 5 | * |
| Billie Walker   | 58 | 18 | 12   | 2 | * |
| Darrel McMillen | 56 | 17 | 9    | 2 | * |
| Dannry Galey    | 57 | 6  | 5    | 1 | * |

\*\* = RACE DIRECTOR \* = VOLUNTEER

NEWS  
HOFF DAM RACE DIRECTOR REPORT

(continued from page 4)  
handling registration; Martha Martinez, Pete Torres, Tim Key, Madame Miner, Marsha Bennett, Angela Franco, Estela Galvan, Tony Rodriguez, Jessica Tedford for providing water stop support, Doris Stalcup for cutting up bananas, Rebecca Puckett for operating the store. Running volunteers included Adam Puckett who brought water, Ken Matthews who brought bagels, Ron Lubowicz who brought bananas (btw - you left your cutting board and knife behind, I'm holding it for you). If I inadvertently left some folks off this list, kindly forgive my omission, I sincerely am grateful for everyone's extraordinary efforts.

Last, but not least, I want to express my appreciation to every runner who participated in this race. Although record setters are generally recognized and indeed praiseworthy, each of you did a wonderful job. Without runners of all ages and all ability levels our efforts would be for naught.

Hope to see everyone next year and thanks again for making this event a success.  
Etta

CONGRATULATIONS

To Caleb Beck and Jenny Conolly who were married August 1st.

RED RAIDER ROAD RACE

The 22nd RRRR is October 11, 2003. Kirk Thomas is Race Director, with Sam Prose as assistant. At "press" time the following sponsors have been confirmed: Cardinal's Sports, State National Bank (member, Kirk Thomas), Wound Care Center (member, Dr. Randy Wolcott), Center for Orthopedic Surgery (member, Dr. Nate Wilson), Lubbock National Bank, Stock Building Supply, Brunson Brick & Stone, Contractor's Alliance and BSL TRIAHLON. Many volunteers are needed both for race day and on Friday the 10th for late registration at the TTU student union. Call Sam to volunteer at 794-0429 or e-mail at [seprose@hotmail.com](mailto:seprose@hotmail.com).

Remember, WTRC members may pre-register before October 10th for \$12.00 instead of the regular early fee of \$15.00. Friday late registration is \$20.00 and Race Day it is \$25.00 for everyone. Entry forms are enclosed in this newsletter and will be in the October issue. For additional forms, make your own copies or call George for more. Remember for RRRR and Turkey Trot, entry forms with payment must be sent in, no telephone or e-mail registrations.

SUSAN G. KOHEN "RACE FOR THE CURE"

The WTRC is once again contracting to perform finish line management and timing/scoring for the race September 20, 2003. We need about 25 people to do this job. Call George or Pat at 792-3291 (d) or 792-1237 (n) to volunteer. A WTRC logo T shirt will be given to all member volunteers, so please give your T shirt size when volunteering. Thanks!

THE CHALLENGE SERIES

To be eligible for year end awards, a member must have served as a "non-running" volunteer at one of the 13 club races. Only those who volunteer or have asked to be added to the challenge series will be added this part of the year. To volunteer, call the race director. For any questions on the statistics, call Shirley Wigley at 797-4201 or e-mail [shirleywigley@nts-online.net](mailto:shirleywigley@nts-online.net)

SCHOLARSHIPS

The scholarship committee consisting of Madame Miner, Bob Blake and Marianne Miller have selected Aimee Johnson to continue receiving the \$1,000 WTRC/TTU scholarship and in addition selected her sister, Ashley as a first time recipient.

Tracy and Terry Baugh's son Brian, made the final 4 of the LUBBOCK AVALANCHE JOURNAL'S "Make Kids Count" scholarship contest in a drawing that started with 500 kids in the 9-12 year old category. He missed the second from last cut to be eligible for a \$10,000 college scholarship. He did win a \$1,000 savings bond.

W.R.T.C. 2003 CHALLENGE SERIES  
STANDINGS AFTER 8 EVENTS

| MALE (continued)               |                    | 65 - 69 MALE |     | AGE PTS |     | MILES |                       | EVT                     |     | VOL |       |     |     |
|--------------------------------|--------------------|--------------|-----|---------|-----|-------|-----------------------|-------------------------|-----|-----|-------|-----|-----|
|                                | Ralph Wolf         | 66           | 80  | 50.4    | 8   |       |                       |                         |     |     |       |     |     |
|                                | Jimmie Key         | 66           | 35  | 19.2    | 4   |       |                       |                         |     |     |       |     |     |
|                                | Bill Felton        | 68           | 10  | 6       | 2   |       |                       |                         |     |     |       |     |     |
|                                | George Jury        | 67           | 0   | 62.3    | 8   |       |                       |                         |     |     |       |     |     |
|                                | Hugh Haynes        | 71           | 0   | 11      | 1   |       |                       |                         |     |     |       |     |     |
|                                | Thomas Word        | 66           | 9   | 5       | 1   |       |                       |                         |     |     |       |     |     |
| <b>CLYDESDALE - age graded</b> |                    |              |     |         |     |       |                       |                         |     |     |       |     |     |
|                                | Farrell Martin     | 37           | 70  | 58.3    | 7   |       |                       |                         |     |     |       |     |     |
|                                | Adam Puckett       | 32           | 54  | 68.3    | 7   | **    |                       |                         |     |     |       |     |     |
|                                | Jim Beck           | 44           | 39  | 50.1    | 6   | **    |                       |                         |     |     |       |     |     |
|                                | Rick Lampe         | 58           | 26  | 16.2    | 3   |       |                       |                         |     |     |       |     |     |
|                                | Todd Davis         | 37           | 17  | 9       | 2   |       |                       |                         |     |     |       |     |     |
|                                | Wayne Ivey         | 34           | 16  | 21.1    | 2   |       |                       |                         |     |     |       |     |     |
|                                | David Baldwin      | 43           | 10  | 6.2     | 1   |       |                       |                         |     |     |       |     |     |
|                                | Mel Osburn         | 64           | 8   | 4       | 1   |       |                       |                         |     |     |       |     |     |
| <b>FEMALE</b>                  |                    |              |     |         |     |       |                       |                         |     |     |       |     |     |
| <b>0 - 12 FEMALE</b>           |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>40 - 44 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Colleen Adams      | 10           | 40  | 16      | 4   |       |                       | Denise Bray             | 41  | 52  | 44.2  | 6   | *   |
|                                | Hanna Layman       | 10           | 36  | 9       | 4   |       |                       | Mary Branscome          | 43  | 29  | 26    | 3   |     |
|                                | Turner Cannon      | 8            | 36  | 16      | 4   |       |                       | Canda Faddoul           | 44  | 19  | 13    | 2   |     |
|                                | Tamra Jernigan     | 12           | 10  | 3       | 1   |       |                       | Barbara Slaton          | 44  | 17  | 16.2  | 2   |     |
| <b>13 - 15 FEMALE</b>          |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>45 - 49 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Jessica Tedford    | 13           | 27  | 15      | 4   | *     |                       | Shirley Wigley          | 49  | 70  | 47.4  | 7   |     |
|                                | Devin DeLoe        | 14           | 20  | 19.2    | 3   | *     |                       | Martha Martinez         | 47  | 68  | 27    | 8   | *   |
| <b>16 - 19 FEMALE</b>          |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>50 - 54 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Christine Williams | 19           | 21  | 9       | 2   |       |                       | Elta Mayer              | 54  | 64  | 67.3  | 8   | **  |
|                                | Alyssa McMemamy    | 18           | 20  | 8       | 2   |       |                       | Madonne Miner           | 50  | 61  | 49.2  | 7   | *   |
|                                | Heather Cannon     | 17           | 10  | 2       | 1   |       |                       | Josie Aleman            | 52  | 46  | 29    | 7   | *   |
|                                | Jamie Slaybaugh    | 16           | 9   | 5       | 1   |       |                       | Madeline Taylor         | 51  | 46  | 23    | 5   | *   |
| <b>25 - 29 FEMALE</b>          |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>55 - 59 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Angela Franco      | 26           | 68  | 46.4    | 8   | *     |                       | Mary Harris             | 54  | 0   | 13.1  | 1   | *   |
|                                | Malinda Colwell    | 29           | 27  | 26.2    | 4   | *     |                       | P.J. Mitchell           | 58  | 40  | 51.1  | 6   | *   |
|                                | Carrie Badillo     | 26           | 27  | 15      | 3   |       |                       | <b>60 - 99 FEMALE</b>   |     |     |       |     |     |
| <b>30 - 34 FEMALE</b>          |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>65 - 69 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Cathy Paden        | 33           | 30  | 16      | 3   |       |                       | Estela Galvan           | 60  | 70  | 27    | 8   | *   |
|                                | Louanna Arterburn  | 34           | 28  | 14      | 3   |       |                       | Delores Key             | 61  | 0   | 10    | 1   | *   |
|                                | Marianne Miller    | 30           | 19  | 16.2    | 2   | *     |                       | <b>60 - 99 FEMALE</b>   |     |     |       |     |     |
|                                | Brandy Key         | 30           | 9   | 14      | 2   | *     |                       | <b>65 - 69 FEMALE</b>   |     |     |       |     |     |
|                                | Rebecca Puckett    | 33           | 0   | 52.1    | 6   | *     |                       | <b>70 - 74 FEMALE</b>   |     |     |       |     |     |
| <b>35 - 39 FEMALE</b>          |                    | AGE          | PTS | MILES   | EVT | VOL   | <b>75 - 79 FEMALE</b> |                         | AGE | PTS | MILES | EVT | VOL |
|                                | Marsha Bennett     | 39           | 61  | 62.3    | 8   | *     |                       | <b>80 - 84 FEMALE</b>   |     |     |       |     |     |
|                                | Judy Lawley        | 38           | 51  | 39.3    | 5   | *     |                       | <b>85 - 89 FEMALE</b>   |     |     |       |     |     |
|                                | Natalie Steadman   | 35           | 40  | 30.2    | 5   | *     |                       | <b>90 - 94 FEMALE</b>   |     |     |       |     |     |
|                                | Maira Ridley       | 37           | 10  | 8       | 1   | *     |                       | <b>95 - 99 FEMALE</b>   |     |     |       |     |     |
|                                | Rachel Hood        | 35           | 10  | 3       | 1   | *     |                       | <b>100 - 104 FEMALE</b> |     |     |       |     |     |

\*\* = RACE DIRECTOR  
\* = VOLUNTEER  
CORRECTIONS OR COMMENTS?  
CONTACT Shirley Wigley 797-4201  
[wigley@nts-online.net](mailto:wigley@nts-online.net)

## RECOVERING

David Higgins fell from a tree while pruning, on August 9th, resulting in 6 fractures. He had to have surgery on the left shoulder and forearm and because of 3 fractures on the left pelvis, he will be confined to a wheelchair until about the end of September. He went home from the hospital on August 20th.

Also, John Stalcup was hospitalized from Saturday, August 16th to the 21st after having a cardiac arrest soon after running an 800M race at the senior games. He is at home and "feeling fine" now.

## RACE DIRECTORS

Race directors for the first 6 months of 2004 have been confirmed with the exception of the April 10th race which we do not have a venue confirmed for. Randy Holloway will take over the Horseshoe Bend (May) Race and Bill Roger will direct the Levelland Lope. Jim Beck, David Higgins and John Trompler will continue for the first three months.

## CONDOLENCES

To Mike Kelley, whose 23 year old daughter finally succumbed to metastatic cancer which began in her arm as a youngster.

## BUFFALO SPRINGS LAKE HALF IRONMAN TRIATHLON

Mike and Marti Greer asked that we post a personal note of thanks to all the WTRC members who helped during this year's race on June 29. "Without the help of WTRC members the outstanding success of the event would be hindered. Knowing that experienced runners are on the course assisting the running portion of the half ironman is very critical and we appreciate it very much." The effort of club members is rewarded each year with a contribution from BSLT Triathlon Inc. (a non-profit organization) with a \$750.00 contribution to the club for the assistance we provide. Additionally, this year a \$250.00 contribution has been pledged by BSLT for the WTRC scholarship fund.

Next year's half ironman will be held on June 20. The continuing status of BSLT as a qualifier for the Ironman World Championship has been extended with a three year contract from the World Triathlon Corporation. That will keep the race a major draw for national and international triathlon competitors for at least another three years.

(Editors note: we tried to acknowledge the individual volunteers in last month's newsletter, but inadvertently left John and Doris Stalcup off the list. Our apologies are in order to the Stalcups and anyone else we may have missed. Be assured we do value the efforts of everyone who made this event a success.)

## MEMBER NEWS

### IRONMAN USA LAKE PLACID TRIATHLON

Club member David Steadman completed the Lake Placid, New York triathlon in 12 hours 17 minutes. Lubbock athlete Greg Hogan also finished the event in 12 hours 15 minutes. This was David's second Lake Placid finish.

### MEADOW CITY DUATHLON, LAS VEGAS, NEW MEXICO

Wade Wilson traveled to New Mexico for the Meadow City Duathlon and captured 1st in age group and 8th place overall in a time of 2 hrs 25 minutes for the 10K run, 40K bike, 5K run. Wade seems to be spending a lot of time traveling this year.

### WOOLMAN TRIATHLON, SAN ANGELO

The Woolman Triathlon held on August 10th was won by Tim Key this year, as Tim finished the 1500 meter swim/40K bike/10K run in a time of 2:03:58 which was over 7 minutes ahead of the next finisher. Other club members logging fine efforts were Wade Wilson, 2:22:03, 3rd age group, 14th overall; Rob Crumpler, 2:26:11, 4th age group, 17th overall; and Tom Bowser who won the 75 and over age division with a time of 3:51:58.

## RECOVERY (Continued)

By George W. Jury

Last month, I covered about 21 years of my running history up to 1999. As I ended last month, I mentioned how significant the year Y2K was to me, and then it extended on to the end of 2002. Following is a diary of events.

9-7-00 4:00 p.m. sharp acute abdominal pain, went to after hours clinic at 6:30 p.m., was referred to ER, elected to tough it out overnight  
9-8-00 5:00 a.m. ER, abdominal pain, fever, admitted to room after preliminary CT scan, blood work, and exam, subsequent ultra sound revealed no diagnosis

9-12-00 I requested exploratory surgery rather than have more tests  
9-13-00 Exploratory surgery revealed infected appendix, which appeared to have had previous repeated episodes (located low, in pelvis)

Retrospectively, I now believe the episode of GI problems beginning in 1991 may have been caused by the appendix instead of CROHN'S disease, because no biopsies the next 2 years ever showed the typical pathology!

Repeated abdominal abscesses which had to be drained, then 11-3-00 Admitted to hospital, another CT, surgeon "scooped out abscess" and adhesions, (major surgery!) dismissed 11-6-00 Continued to worsen, 11-8-00, admitted to hospital with fever and CT (oral contrast) revealed burst cecum; Emergency surgery removed cecum and some right colon;

Peritonitis was present and I was on as many as 5 antibiotic/antifungal /antiprotozoals at the same time. An abdominal drain was placed which caused a fistula to form on left colon, drainage to outside of abdomen; remained hospitalized til 12-21-00, Went home on TOTAL PARENTERAL NUTRITION (TPN), still on IV Vancomycin and metronidazole.

Many more trips to the ER for abscesses, then 2-15-01 to 3-6-01 hospitalized, Surgery on 2-23-01 to by-pass fistula, diverting colectomy, off TPN, (after 115 days) first solid food! This was to see if the fistulous tract would seal off if colon was empty  
9-19-01 Entered MICU for desensitization and completion of 2nd Remicade treatment which I had an allergic reaction to (3 treatments a month apart) (This drug has been known to cause fistulous tracts to heal up in Crohn's patients)

Fistulous tract failed to heal up, so in November 2001, Requested 2nd opinion on removing fistula from two well known and respected surgeons, Both gave a guarded prognosis and were reluctant to surgically remove it  
4-15-02 Consulted Dr. Griswold at UMC who agreed the fistula/abscesses was adversely affecting health and was not going to heal, so he would attempt to remove it after more CT scans, enemas, etc.  
4-19-02 Dr Griswold did colonoscopy, anesthesia, Biopsies, no abnormal findings

04-20-02 Pneumoperitoneum complications, ER  
05-10-02 Dr. Griswold removed fistula track during 6 1/2 hours of surgery  
Also removed gall bladder because of cholecystolith and cholecystitis  
After recovering from the surgery, felt o.k. for about 2 to 3 weeks, then pain in abdomen began again. Dr. Griswold felt like no evidence of Crohn's Disease

07-08-02 Diarrhea, pain and cramping began on 7-6, then aggravated by the cleanout prep for x ray studies to ascertain healing following the fistula removal surgery

07-10-02 To ER for about 7 hours, diarrhea worsening, fluids to get rehydrated, started on 5 days of Levagum, low grade fever, elevated WBC white count, surgery to be scheduled as soon as possible

## RECOVERY (continued)

07-19-02 Surgery to reverse colostomy. Dr. Griswold found 8-10 inches of diseased colon which had to be removed, so another incision in the midline. (7 hours in surgery) IV fluids, Levaquin and Metronidazole. Nothing by mouth. Diarrhea began 7-22, pretty sick! Pathology back on 7-25 revealed "evidence of ulcerative colitis" put back on IPN. IV solu-medrol started every 6 hours. After only 3 days on IPN doctors discontinued it because the steroids were causing blood sugar to fluctuate too much to be able to determine insulin dosing--very weak and can't eat much.  
Dismissed from hospital July 31st, Asacol 1600 mg 3 x daily for ulcerative colitis treatment, in addition to 40 mg Prednisone daily.

Overall, from September 7, 2000 to July 31, 2002, I spent 125 days in the hospital plus numerous trips to the ER for briefer stays. This included 6 big complicated surgeries, 5 in the middle with various length incisions and many smaller "minor" surgeries.

I missed 5 months of work at one stretch and was only sporadically able to work much of the rest of the time and missed about 8 months of work total.

This was a long slow recovery, but by the end of December 2002 I had built up my stamina, walking 4 to 8 miles most days, occasionally breaking into a jog, and doing 20 to 25 push ups and 30 "crunches" with my scarred belly from the 6 major non-routine abdominal surgeries.

I even went out on New Year's Day and jogged/walked about 5 miles with the week end running group! I wasn't able to keep that up however for a long time.

Now, August 2003, I feel better than I have since 1991, when I began to have obscure pain and an acute GI episode that was diagnosed as Crohn's and now I think may have been appendix related all along. My only residual problem is frequent intestinal upsets (Ulcerative colitis) having about 3 to 4 feet less colon than before and a missing gall bladder! I now walk 35 to 40 miles a week and three times a week I mingle in a little jogging for a two mile stretch! Bad left knee is my limitation, and painful back makes bike riding unpleasant.

Overall, I feel much better, don't have those muscle aches, spasms and joint pain or bursitis, and feel lucky to be alive. I know I will never race again, but I live vicariously through all of you who put in the extra effort to improve yourself!

In spite of all the complications that developed as a result of appendicitis, I am grateful for all the health care individuals who took care of me and especially to Dr. John Griswold who boldly took on the task of correcting the problems.

One thing that enabled me to come through this was being in very good physical condition before the acute attack. Many times early in my hospitalization, nurses would puzzle over why my heart rate was only 45-50!

Another and most important factor in my recovery was the prayers of many friends including many of you in the running club, and I am grateful for that!  
Thanks to all of you!

WEST TEXAS RUNNING CLUB'S  
15th ANNUAL "SHALLOWATER STAMPEDE"  
10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 13, 2003

REGISTRATION; 7:00 to 7:45 A.M., RACE DAY  
Pre-Registration is encouraged, please fill out  
and return form to get T-Shirt preference  
(T-Shirt size guaranteed to Pre-registered,  
and paid)

or call George before 7pm, Friday, Sept. 12th  
(e-mail registration to [rungwj@aol.com](mailto:rungwj@aol.com))

RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, TX

COURSE: FLAT, OUT and BACK ON ASPHALT, Some dirt

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6  
RACE DAY ENTRY; \$10

Long sleeved T-Shirt available for \$ 6 extra  
(for club members pre paid)

Proceeds benefit Shallowater H.S. Senior Safe  
Graduation event

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 2 Mile)

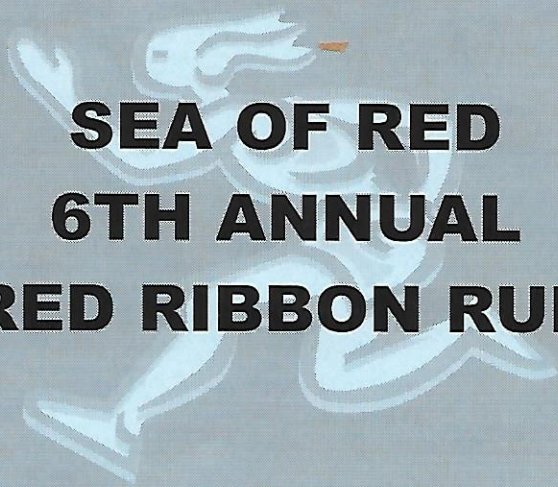
AT LEAST 3 "Stampede" Medallion AWARDS  
WILL BE GIVEN IN EACH CATEGORY and up to 50  
percent of each division will receive awards  
(Maximum of 5)

Volunteers needed; call Dwayne

RACE DIRECTOR: Dwayne Oakeley: 799-4473

Red Ribbon Run

# SEA OF RED 6TH ANNUAL RED RIBBON RUN



**Sponsored by: West Texas Running Club,  
Covenant Health System, and the Sea of Red Committee**

|                                  |                      |                                   |
|----------------------------------|----------------------|-----------------------------------|
| <b>Mail Pre-registrations to</b> | <b>When:</b>         | <b>Saturday, October 04, 2003</b> |
| <b>Rose Hoeve</b>                | <b>Registration:</b> | <b>8:00-8:45 a.m.</b>             |
| <b>5 W. Lakeshore Dr.</b>        | <b>Race Starts:</b>  | <b>9:00 a.m.</b>                  |
| <b>Ransom Canyon, TX 79366</b>   | <b>Where:</b>        | <b>Buddy Holly Park</b>           |
| <b>For questions call</b>        |                      | <b>N. University &amp;</b>        |
| <b>Rose Hoeve @ 725-6074</b>     |                      | <b>Canyon Lake Dr</b>             |

## Make checks payable to West Texas Institute

Entry Fee: Pre-registration \$10.00 if post marked by September 26, 2003. Late registration \$12.00, \$25.00 for school groups (including 2 sponsors). T-shirts will be given to the first 100 registrants. Age group awards will be given. Traveling trophy for the Elementary, Junior and Senior High Schools with the most entrants.



Waiver – All entrants must read and sign

The West Texas Running Club, Sea of Red Committee, agents, or representative of the run, or any volunteer 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, for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participants in the 2003 Red Ribbon Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators, and assigns. My signature hereto verifies that part 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 of age.

Signature of entrant \_\_\_\_\_

Signature of guardian (if minor) \_\_\_\_\_

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ Race Distance \_\_\_\_\_ 5K \_\_\_\_\_ 1ML \_\_\_\_\_ Fun Run/Walk

# SHALLOWATER STAMPEDE

September 13, 2003

**Mail** Pre-Registration, \$5.00 WTRC members, \$6.00 non members \$10.00 Race Day Entry for everyone  
**Registration** Make checks payable to the West Texas Running Club  
**thru September 11th** Mail checks & entry forms to: George W. Jury  
Telephone registration 5212 44<sup>th</sup> St.  
by 7 p.m. September 12th Lubbock, Texas 79414  
792-3291 (day) 792-1237 (night)

Race start at 8 am at the  
Shallowater High School,  
Shallowater, Texas

**\$ 6.00 Extra for long sleeve T Shirt** Circle Size **M L XL**

**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 for 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 Shallowater Stampede. 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.** \_\_\_\_\_ **10K**

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone** \_\_\_\_\_