

# CALENDAR

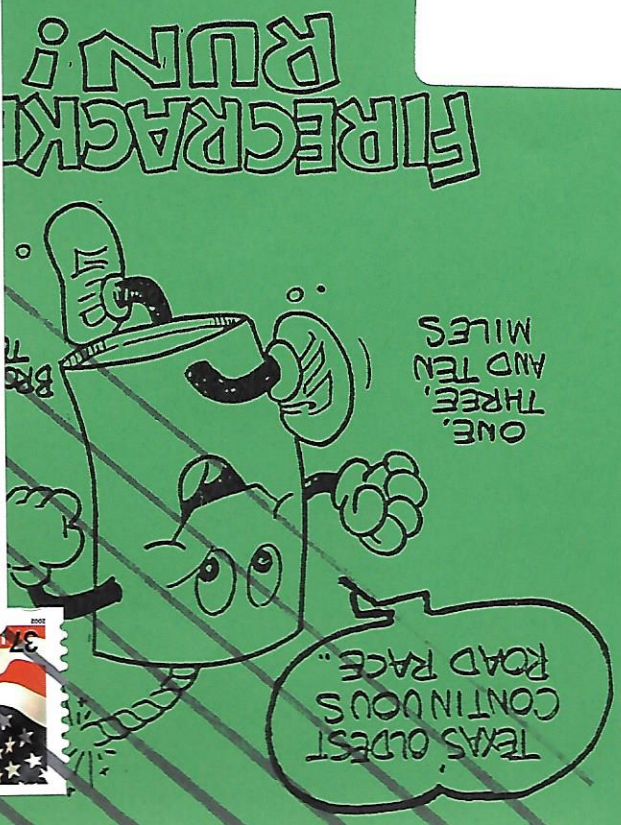
\* indicates W.T.R.C Monthly Race and CHALLENGE SERIES EVENT

- JUNE 1 **WTRC Business meeting**, Tuesday, June 1, 7 pm, West Texas Peterbilt, at 45<sup>th</sup> and Ave. A.
- JUNE 5 **GIRLSTOWN GALLOP**: 5K, 10:00 am, Whiteface, Steve Reynolds, (806) 229-6361
- \* JUNE 12 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**: Levelland, 8am 10K and 2 mile, Race Director Bill Roger, 894-7911
- JUNE 20 **BSL HALF IRONMAN TRIATHLON**: FMI, Marti Greer, 796-8213 e-mail: martigreer@aol.com
- \* JULY 3 **35<sup>th</sup> ANNUAL FIRECRACKER RUN**: Brownfield, 8 am; 10 mile and 3 mile, kids 1 mile, Adam Phokett, RD, 535-1747 (c), 775-1236 (d)
- JULY 13 **LUNAR LOPE**: TTU Recreation Center, 5K/1Mile Fun Run, 10 pm. FMI, Janda Jaeson, 742-3828, or www.reesports.ttu.edu.
- \* AUG 14 **HOT DAM 5 MILER**: Canyon Lake 6, Lubbock, 8 am, Etta Mayer, Race Director, 742-6000 x230 (d), email etta.mayer@ttu.edu
- \* SEPT. 11 **SHALLOWATER STAMPEDE**: 10k and 2 mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT. 12 **TTU REC TRIATHLON**: TTU Recreation Center, FMI, Janda Jackson, 742-3838, or www.reesports.ttu.edu.
- OCT. 2 **RACE FOR THE CURE**: details to be announced later, check for updated information and online entry at www.komen-libbock.org
- \* OCT. 9 **RED RAIDER ROAD RACE**: TTU Campus, Lubbock, 8:00 am, 10k and 5k Race Director, Kirk Thomas, 797-7734 (m), 749-1850 (d)
- \* NOV. 13 **BUFFALO WALLOW RACES**: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jany, 792-3291 (d), 792-1237 (m)
- NOV. 14 **SAN ANTONIO MARATHON**: (210) 246-9652, www.samarathon.org.
- \* NOV. 25 **WTRC TURKEY TROT**: Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955(d), 748-1855 (m)

<http://wtrc.tripod.com>

For Membership, Calendar, Race Results, etc.

JUNE 2004



ONE, THREE, AND TEN MILES

TEXAS OLDEST CONTINUOUS ROAD RACE

FIRECRACKER RUN!



James Livermore  
5707 2nd Place  
Lubbock, TX 79416

LEVELLAND LOPE  
8am, June 12, 2004  
10 K and 2 Miles  
Details inside back cover



John Trompler, Newsletter  
5406 86<sup>th</sup> Street  
Lubbock, TX 79424  
JUNE 2004





# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Ron Lubowicz  
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Internal Vice-President - Madonne Miner  
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Secretary - Tom Weiss  
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Immediate Past President - Mike Kelley  
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E-mail: mkelleyrun@yahoo.com

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

## DIRECTORS

Newsletter Director - John Trompler  
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External Race Director - Jay Keith  
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Equipment Director - Dwayne Oakeley  
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Race Calendar Director - Adam Puckett  
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Membership Director - Sam Prose  
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Internal Race Director - Tom Griffin  
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Club Historian - James Livermore  
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E-mail: jlmore@nts-online.net

**HORSESHOE BEND CANYON SPRING FROLIC RACES**  
2 Mile, 6 Mile and 11 Mile  
Road Races  
Slaton, Texas May 8, 2004

## 11 MILES

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	GERRY BEARDEN	LUBBOCK	TX	1	M2529	29	M	1:11:50	6:32
2	JERRY DWYER	LUBBOCK	TX	1	M4044	44	M	1:14:22	6:46
3	MIKE DOTSON	SAN ANGELO	TX	1	M3539	38	M	1:14:32	6:47
4	RICHARD LOMBARDINI	LUBBOCK	TX	2	M2529	28	M	1:20:20	7:19
5	MATTHEW JORDAN	LUBBOCK	TX	3	M4549	49	M	1:22:27	7:30
6	RICHARD AKERS	LUBBOCK	TX	1	M4549	49	M	1:22:51	7:32
7	DAVID STEADMAN	LUBBOCK	TX	2	M3339	35	M	1:23:49	7:38
8	JOHN TROMPLER	LUBBOCK	TX	1	M5559	56	M	1:24:13	7:40
9	CHRIS LONGREN	LUBBOCK	TX	2	M4044	44	M	1:25:31	7:47
10	LAWRENCE SCHOVANEC	LUBBOCK	TX	1	M5054	51	M	1:27:04	7:55
11	MADONNE MINER	LUBBOCK	TX	1	F5054	51	F	1:32:02	8:22
12	WAYNE IVEY	SLATON	TX	1	CLYDE	35	M	1:36:58	8:49
13	HEATHER SZOSTAK	WOLFFORTH	TX	1	F3034	33	F	1:37:27	8:52
14	DON SANDERSON	TULIA	TX	1	M7039	74	M	1:38:26	8:57
15	GORDEN JENKINS	AMARILLO	TX	1	M6064	63	M	1:41:56	9:16
16	MARSHA BENNETT	LUBBOCK	TX	1	F4044	40	F	1:44:49	9:32
17	ARLAN PATTON	LUBBOCK	TX	2	M4549	49	M	1:46:56	9:44
18	SHAUNA PAULK	LUBBOCK	TX	2	F2024	22	F	1:49:55	10:00
19	JIM WILHELM	LUBBOCK	TX	2	M5054	53	M	1:50:47	10:05
20	JAMES LIVERMORE	LUBBOCK	TX	2	M5559	56	M	1:51:03	10:06
21	STACY CONNER	MULESHOE	TX	3	M4044	41	M	1:55:30	10:30
22	MIKE MORRIS	LUBBOCK	TX	3	M4549	48	M	1:56:55	10:38
23	ETTA MAYER	LUBBOCK	TX	1	F5559	55	F	2:06:04	11:28

## 2 MILE

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	RENE GONZALES	LEVELLAND	TX	1	M3539	39	M	12:26	6:13
2	FRANK SUMPTER, JR.	LAMESA	TX	1	M2529	29	M	12:31	6:16
3	NICK ESPINOZA	FLOYDADA	TX	1	M1315	15	M	12:35	6:18
4	ALYSSA PRESTON	LUBBOCK	TX	1	F1619	16	F	13:46	6:53
5	GREG LAYTON	LUBBOCK	TX	2	M2529	25	M	14:06	7:03
6	DAVID MOYA	LUBBOCK	TX	1	M3034	31	M	14:15	7:08
7	JIM HARRIS	HOBBS	NM	1	M6064	61	M	14:48	7:24
8	ARTURO REYES	WOLFFORTH	TX	1	M4044	42	M	15:49	7:55
9	CHARLE LONGANECKER	WOLFFORTH	TX	1	M4549	48	M	15:50	7:55
10	JENNIFER ESPINOZA	FLOYDADA	TX	1	F1315	13	F	16:08	8:04
11	HERMINIA ORTEGA	PLAINVIEW	TX	1	F3539	36	F	16:26	8:13
12	TOM GRIFFIN	LUBBOCK	TX	1	M5559	55	M	16:35	8:18
13	CALEB CONNER	MULESHOE	TX	1	M0112	12	M	17:05	8:33
14	RODRIGO GARCIA	LUBBOCK	TX	2	M3034	30	M	18:00	9:00
15	HANNAH LAYMAN	HEREFORD	TX	1	F0112	11	F	18:06	9:03
16	PETE TORRES	COLORADO CITY	TX	3	M3034	32	M	18:24	9:12
17	MARTHA MARTINEZ	COLORADO CITY	TX	1	F4549	48	F	18:50	9:25
18	AUSTIN MARTIN	LUBBOCK	TX	2	M0112	9	M	20:17	10:09
19	JOSIE ALEMAN	LUBBOCK	TX	1	F5054	52	F	20:34	10:17
20	ESTELA GALVAN	BROWNFELD	TX	1	F6039	61	F	21:02	10:31
21	ALLYSON MARTIN	LUBBOCK	TX	2	F0112	7	F	24:12	12:06
22	FARRELL MARTIN	LUBBOCK	TX	1	CLYDE	37	M	24:12	12:06
23	SUZAN CAUDLE	LUBBOCK	TX	1	ATHEN	51	F	24:50	12:25

\* = New Age Group Standard

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

The WTRC monthly business meeting is on Tuesday, June 1, 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

Although many of you are triathletes, I suspect that a large part of our membership has, at best, only an intellectual understanding of our sister sport. And many of you who can be classified as triathletes probably can only imagine what goes on inside those who cross the finish line at Buffalo Springs.

I doubt that I will ever wear the badge or experience the pain and ecstasy of a triathlete ... but I continue to enjoy the wonder, and even the vicarious thrill, of this spectacular competition, year after year.

My addition to this event started only a few years ago when George Jury asked me to help out at one of the aid stations. Admittedly, I was not too excited about giving up a perfectly good Sunday to stand out in the 90+ sunshine passing out water to a bunch of crazies, but a promise is a promise. And although I joked about it for several days (I dared not let any of my sane friends know the truth), my awe for this event and my respect for the passion of its players continued to haunt me.

Today I am considered a "regular" at one of the aid stations, know many of the athletes by name, and hoot & cheer louder and longer than I thought possible.

The point of all this is an invitation ... an invitation to anyone who has not yet been a Buffalo Springs spectator ... to join other Club members this June 20 and volunteer at one of the aid stations. I guarantee you will not only be impressed with the athletes and the superb organization of this massive undertaking, but also with the excitement, energy and camaraderie of your fellow volunteers. AND you will get a free jersey plus all the ice you can eat.

SYOTR, Ron



HORSESHOE BEND CANYON SPRING FROLIC RACES  
6 MILES

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 KEVIN SWEENEY	CLOVIS	NM	1	M3034	34	M	40:04	6:41
2 JASON FISHMAN	DALLAS	TX	1	M2529	28	M	41:21	6:54
3 JAY KEITH	LUBBOCK	TX	1	M4549	46	M	43:48	7:18
4 CRAIG JACKSON	RANSOM CANYON	TX	1	M3539	39	M	44:13	7:23
5 RICK SPYERT	LUBBOCK	TX	2	M4549	48	M	45:05	7:31
6 BRENT LOWREY	LUBBOCK	TX	1	M4044	42	M	45:14	7:33
7 BRENT TIDWELL	LUBBOCK	TX	3	M4549	46	M	45:57	7:40
8 LUIS NEVAREZ	LUBBOCK	TX	2	M3539	38	M	46:35	7:46
9 ROBERT ORTEGA	PLAINVIEW	TX	3	M3539	35	M	46:43	7:48
10 JOSEPH LITTLE	LUBBOCK	TX	1	M1619	18	M	47:04	7:51
11 RONNIE PRIGG	LUBBOCK	TX	1	M5054	53	M	49:17	8:13
12 STEVE MOORE	LUBBOCK	TX	4	M3539	37	M	49:25	8:15
13 DAVID HIGGINS	LUBBOCK	TX	2	M5054	51	M	49:48	8:18
14 MELANIE McVEY	SUNDOWN	TX	1	F4044	42	F	50:01	8:21
15 ROBERT BACON	LUBBOCK	TX	5	M3539	38	M	50:31	8:26
16 JOHN DUPRE	LEVELLAND	TX	1	M6064	64	M	50:56	8:30
17 AMBER BARHAM	LUBBOCK	TX	1	F2529	28	F	51:31	8:36
18 JAY JACOBUS	LUBBOCK	TX	2	CLYDE	41	M	51:40	8:37
19 LARRY DELEON	LUBBOCK	TX	2	M4044	43	M	52:45	8:48
20 RALPH WOLF	ABERNATHY	TX	1	M6569	67	M	52:52	8:49
21 JOEY CRIADO	LUBBOCK	TX	1	CLYDE	42	M	54:14	9:03
22 SHIRLEY WIGLEY	LUBBOCK	TX	1	F3054	50	F	54:58	9:10
23 JEFF WISE	LUBBOCK	TX	3	CLYDE	41	M	55:20	9:14
24 PAM GASCHEN	LUBBOCK	TX	1	F3539	39	F	55:31	9:16
25 JAMES BONE	LUBBOCK	TX	2	M6064	64	M	56:40	9:27
26 DWAYNE OAKELEY	LUBBOCK	TX	4	M4549	47	M	57:43	9:38
27 ANGELA FRANCO	MIDLAND	TX	2	F2529	26	F	59:45	9:58
28 KELLEY RODGERS	LUBBOCK	TX	1	F3034	30	F	1:00:26	10:05
29 JILL JACOBUS	LUBBOCK	TX	2	F3034	30	F	1:00:27	10:05
30 KACEE PETERS	LUBBOCK	TX	3	F2529	25	F	1:08:23	11:24
31 AUTUMN MOORE	CLOVIS	NM	1	F2024	23	F	1:10:30	11:45
32 ANN HODGES	LUBBOCK	TX	1	F4549	46	F	1:15:11	12:32
33 RICK LAMPE	LUBBOCK	TX	4	CLYDE	59	M	1:23:45	13:58

HORSESHOE BEND CANYON SPRING FROLIC RACE REPORT

The 32nd Annual Horseshoe Bend Canyon welcomed 79 finishers and a new Race Director. I want to thank all of those who guided me through my first experience. As a somewhat new member of the club it was certainly revealing to me the amount of work that a core group of people puts in to have a good, safe race. In spite of the new director, all three races were successful.

The weather this year, although somewhat humid and windy on certain parts of the course, was possibly the best ever with cool temperatures at the start of the race. We had five records set at this year's race with Madonna Miner resetting her 50-54F, 11 mile record down to 1:32:02 and Don Sanderson became the first racer over 70 to complete the 11 mile effort and with a 1:38:26 at that. Joste Aleman is now the record holder for the 50-54F in the 2 mile event at 20:34 and two new 6 mile records were set by Ralph Wolf, 65-69M in 52:52 and Shirley Wigley, 50+F in 54:58.

Thanks to the volunteers, Jimmie Key, Cathy Paden, Hugh Haynes, Tony Aleman, Mike Kelley, Ashley Holloway, Jeff Williams, and the group of Tom Griffin, David Higgins, Ron Lubowicz, Mike Morris, and George Jury. I encourage everyone to enter early for all races and volunteer when you can. If you have any comments on improving the race please let me know. I look forward to seeing you next year.

Randy Holloway, Race Director

W.R.T.C. 2004 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS

MALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
<b>0 - 12 MALE</b>				<b>45 - 49 MALE</b>			
Austin Martin	9	9	2	Randy Holloway	47	34	52.1
<b>13 - 15 MALE</b>				<b>50 - 54 MALE</b>			
John Keith	15	21	11	Lawrence Schovaneec	51	39	26.2
Drew Jones	14	20	10	Jim Wilhelm	53	34	41.1
Tony Rodriguez	13	0	0	Ronnie Prigg	53	26	15
<b>16-19 MALE</b>				<b>55 - 59 MALE</b>			
Aubrey Thomas	17	5	5	Mike Kelley	55	20	45.2
Nathan Beck	16	0	0	Tom Griffin	55	20	45.2
<b>20 - 24 MALE</b>				<b>60 - 64 MALE</b>			
Brian Doss	21	9	4	John Trompler	56	20	20
Jerred Hurst	24	0	0	James Livermore	56	17	20
<b>25 - 29 MALE</b>				<b>65 - 69 MALE</b>			
Richard Lombardini	27	20	24.1	Sam Prose	55	14	22.1
Matthew Jordan	25	18	24.1	Ron Nugent	57	6	18.1
Chance Payton	29	11	6.2	Dick Baker	59	6	5
Greg Layton	25	9	2	Ron Hillis	58	0	0
Hawk Harris	26	0	0	David Mangold	55	0	0
<b>30 - 34 MALE</b>				<b>70 - 74 MALE</b>			
Kevin Sweeney	34	31	28.1	Darrel McMillan	56	0	0
David Moya	31	20	4	Danny Galey	57	0	0
Mike Trevino	34	8	2	<b>** = RACE DIRECTOR</b>			
Pete Torres	33	8	2	<b>* = VOLUNTEER</b>			
David Steadman	34	0	0				
<b>35 - 39 MALE</b>							
Tim Key	36	42	26.1				
Craig Jackson	39	30	16.2				
Mike Dolsen	38	20	19				
Robert Ortega	35	17	10				
Bob Blake	39	16	18.1				
Cody Scott	37	15	11.2				
David Steadman	35	9	11				
Daniel Gonzales	38	7	5				
Andrew Broselow	35	0	0				
<b>40 - 44 MALE</b>							
Stacy Conner	41	41	34.2				
Jerry Dwyer	44	30	25.2				
Brent Lowrey	41	10	6				
Chris Longren	44	9	11				
Paul Pare'	40	9	6.2				
Alan Payne	44	8	4				
Don Hood	40	0	0				
Edson Pinto	41	0	0				
Ron Hewitt	40	0	0				

\*\* = RACE DIRECTOR  
\* = VOLUNTEER







## WTRC/TTU SCHOLARSHIP

## NOMINATIONS DUE

Several club members ran the 5k race held in conjunction with the Amarillo Paper Chase Marathon and Relay Race. Winning their respective age divisions were Jackie Cannon (45-49), 22:21; Gordon Jenkins (60-65), 25:58; Don Sanderson (70-75), 25:59. I didn't notice any club members among the marathon finishers.

The May/ June issue of Inside Texas Running published their annual Texas Marathon Rankings. The list includes the best times by age group produced at the San Antonio Marathon, Dallas White Rock Marathon, Motorola Austin Marathon, Fort Worth Marathon, and the Dallas Trails Marathon. The lists go 25 deep in each age category. The lists are based on actual times, rather than chip times. WTRC members making the list were John Trompler with the sixth and ninth fastest times in the 55-59 age group and Don Sanderson with the tenth fastest time in the 70-74 group.

## THE AGING RUNNER

All of us slow down as we get beyond our prime running years. That age when most of us begin our ultimate decline usually arrives at about 35 years of age. The process continues steadily until about 50 and then accelerates. Further, athletes between 60 and 70, suffer performance losses twice as great as between 35 and 60. Aging isn't linear and, from the perspective of an older runner, certainly isn't fair. Thankfully, we do have age group competition, and on occasion, age-graded competition. The WTRC award for best master at the Red Raider Road Race is an age-graded award. Also, thanks to the World Association of Veteran Athletes (WAVA), you can look up your performance and find the equivalent time for someone still in an unadjusted age category. Your editor ran a 3:10:53 marathon at the age of 56 which calculates to an equivalent of a 2:45:48. For those of you thinking the tables are too generous, consider that I actually ran a 2:41:31 as a 32 year old. Either the calculator tables are too tough, or I simply have not come as close to my ultimate performance potential as I did years ago. In either case, it is fair to say the data cannot perfectly predict or grade performance—there are simply too many variables. What they can do for an older runner is to provide a rough guide to what is reasonable to expect from ourselves, and to give us an enhanced sense of our current accomplishments, rather than being forced only to compare our performance to what we did 25 years ago. If you want to take a look at some of the available information and tools on masters running, a good place to start might be [www.nationalmastersnews.com](http://www.nationalmastersnews.com). It has a wealth of information and lots of links to other useful online sites.

John Trompler

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, 2004.

## 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, 2004

## 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:

Madonne Miner, W.T.R.C  
3213 27th St.  
Lubbock, Texas 79410

Application forms are available for Students: Call Madone Miner, 742-2501(w) or 797-7383(h) for information.



## West Texas Running Club

proudly presents

# 35th ANNUAL FIRECRACKER RUNS

Saturday, July 3rd, 2004

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am

3 & 10 mile - 8:00 am

Please Pre-Register

Send in form or call before 7 pm, July 2<sup>nd</sup>

George W. Jury, 792-3291(d), 792-1237(n)

e-mail, [rungrvj@aol.com](mailto:rungrvj@aol.com) before 3pm on the 2<sup>nd</sup>

Terry County Park, Brownfield, Texas

From Lubbock on Hwy. 62, go to the  
stoplight at Buckley St. & turn left on to Old Lamesa Rd.,  
turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC  
Members and \$6.00 for non-members, Pre-Registration  
Race Day Registration \$10.00 (3 & 10 Mile) for everyone

Special and unique commemorative medallions. Awards given to the first 3 in each  
age group and up to 5 of the contestants in each age group as listed below.  
Awards will be presented at 8:05 am (Kids Run), 8:35 am (3 mi.), and 10 am (10 mi.).

Age Groups 10 Mile Run

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

Female; 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

3 Mile Run

Male; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70+

Female; 7-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60+

*Clydesdale and Athena divisions age graded as above in both running events.*

Children's 1 mile run: grades pre-school through 6th, special commemorative medals for  
first place boy and girl Overall. Finish ribbons for the remainder.  
Grade as of Fall, 2004.

Contact: Race Director Adam Puckett (806) 535-1747 (N), 775-1236 (D)

## WEST TEXAS RUNNING CLUB'S

25th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 12, 2004

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 792-1237 by 7pm,  
Friday the 11th, then pay fee race day

WHERE: TEXAN DOME, South Plains College, Levelland Texas

From Lubbock, take Highway 114 West, turn left (South)  
on Sherman, drive two blocks south of the College Track

COURSE: Flat, both Races out and back on City Streets

AID STATIONS: At least, every 2 Miles  
Splits at 1 Mile

AGE DIVISIONS: 10K

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

WOMEN: 13-15; 16-19; 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 Mille)

Clydesdales and Athena Age Graded

AWARDS: New Medallions to at least the first three finishers  
in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to  
50% of each group (Maximum of 5)

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

OTHERS \$6.00

Race Day entry \$10  
for all

RACE DIRECTOR: Bill Roger, 894-7911 (h),



# Bobby Birdsong Memorial Levelland Lope

June 12, 2004

**Mail Registration thru June 10th** Pre-Registration, \$5.00 WTRC members, \$6.00 non members, \$10.00 Race Day for everyone  
**Telephone registration** Make checks payable to the West Texas Running Club Race Starts 8 am  
by 7 p.m. June 11th Mail checks & entry forms to: George Jury at South Plains College  
792-1237(n) 792-3291(d), E-mail [rungwj@aol.com](mailto:rungwj@aol.com) before 3pm Friday the 11th 5212 44<sup>th</sup> Street Bill Roger, Race Director  
Lubbock, Texas 79414 894-7911  
Levelland, Texas

## 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 Levelland Lope Races. 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) Select Event: \_\_\_ 2 mile \_\_\_ 10K \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)  
E-mail \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## 35<sup>th</sup> ANNUAL FIRECRACKER RUNS REGISTRATION

**July 3, 2004** Pre-Registration, \$5 WTRC members, \$6 non members, Race Day, \$10, Children's 1 mile run \$1.00  
**Mail Registration thru July 1** Make checks payable to the West Texas Running Club  
**Telephone registration** Mail checks & entry forms to: George Jury 3 & 10 mile race start at 8 am.  
by 7 p.m. July 2 5212 44<sup>th</sup> Street Kids 1 mile at 7:40 am at Terry  
792-1237(n) 792-3291(d) Lubbock, Texas 79414 County Park in Brownfield, Texas

## 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 Annual Firecracker 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 of age.

Signature of entrant \_\_\_\_\_ Signature of guardian(minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Street Address \_\_\_\_\_ Race Distance: \_\_\_ 1 mi. kids \_\_\_ 3 mi. \_\_\_ 10 mi.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Grade (Fall of 2004) \_\_\_\_\_ (for kids run)

Phone Number \_\_\_\_\_ E-mail \_\_\_\_\_ Children's race, Kindergarten through 6<sup>th</sup> Grade only