

CALENDAR

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

- JAN. 4 W.T.R.C. Business meeting, Tuesday, December 7, 2004 7pm, WEST TEXAS PETERBILLY, 45th and Ave. A
- * JAN. 8 LOOP THE LAKE 5 MILE: Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 16 HP/HOUSTON MARATHON: (713) 957-3453, www.hphoustonmarathon.com
- JAN. 30 3M HALF MARATHON: Austin, (512)984-7223 (www.3M.com/races)
- * FEB. 12 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 10am, 4 & 8 Miles, David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 13 FREESCALE/AUSTIN MARATHON: Austin, FMI, Call (877) 601-6686 www.freescaleaustinmarathon.com
- FEB. 26 FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2033 www.cowtownmarathon.org
- * MAR. 12 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR. 27 THE TEXAS MARATHON: Dallas, www.texasmarathon.com
- APR. 3 CAPITOL 10,000: Austin, www.statesman.com/cap10k
- APR. 16 RUN FOR THE ARTS: Lubbock, 15K and 2 Mile, details to follow Race Director Tom Weis, RD, 928-0482, tweis@unitedtexas.com
- MAY 14 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director, Randy Holloway, 794-7512(h), 789-1547(c) e-mail randyholloway@sbcglobal.net
- JUNE 4 GIRLSTOWN GALLOP: 5K, 10:00 AM, Whiteface, Steve Reynolds, 806-229-6361
- * JUNE 11 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Bill Roger, 894-7914
- JUNE 26 BSL HALF IRONMAN TRIATHLON: Greers, 796-8213, 829-2153 www.buffalospringstaketriathlon.com
- * JULY 4 36th ANNUAL FIRECRACKER RUN: Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Harris, Race Director, (505) 392-8945
- * AUG. 13 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- * SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 789-4473
- OCT. 8 RACE FOR THE CURE: 5K, TTU Campus, Lubbock, 8am, FMI 698-1900 www.komen-lubbock.org
- * OCT. 15 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K
- * NOV. 12 BUFFALO WALLOW RACES: Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call Mike Morris, 787-6837
- NOV. 13 SAN ANTONIO MARATHON: (210)246-9652, www.samarathon.org



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



John Trompler, Newsletter
5406 86th Street
Lubbock, TX 79424
January 2005



Loop The Lake 5 Mile Race
10 am, Saturday, January 8, 2004
Buddy Holly Park, Lubbock, TX
Details inside back cover

James Livermore
5707 2nd Place
Lubbock, TX 79416

BE AN EARLY BIRD!
RENEW NOW!

January 2005

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowicz
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Secretary - Tom Weis
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Treasurer - David Higgins
(H) 785-8562
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Immediate Past President - Mike Kelley
(H) 765-0441

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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, January 4, 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

From the desk of the Emperor (the title you get when nobody else wants the job)

I would like to begin this new year by both looking back and looking ahead. Your Club was very much alive during 2004. We enjoyed some fun races, bested a bunch of age group records, hit some high attendance marks at the Red Raider and Turkey Trot, and were blessed with great weather for most of our events. Your participation and the high draw of non-members helped us increase the number of scholarships we award in addition to picking up some much needed equipment. We also had a complete makeover of our website which has already helped us become more visible to the running public.

During this coming year we will try to fix some of the soft spots in our operation by focusing on the major complaints received in '04. The most common gripe is the almost non-existent media attention we receive, it looks like a couple of activists are surfacing who will not only work with the media, but also promote membership.

Another commonly heard dissatisfaction is the long wait between the end of a race and the posting of results. We are well into the process of converting our registration and race timing procedures to new equipment and software. Please be patient a little longer.

Still another major complaint has been the brazen display of upper body parts by some of our senior male runners. Know that we are seriously considering a minimum dress code (perhaps bow ties & spats) for males age 70 & over.

Another bright spot for this new year is the return of the Run for the Arts in April. Not only does this fill the void being created by the loss of the Flight Line Races, but it gives us the opportunity to add still another high energy, high attendance event to our calendar.

And finally, we need to sincerely thank the outgoing Board members for their years of faithful service and welcome the incoming Board who I know will work at least as hard to take good care of your Club during 2005.

Sy OTR, Ron

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT

WEST TEXAS RUNNING CLUB
12K & 2 MILE RACES
12K USAT&F CERTIFIED, #TX01099ETM
Lubbock, Texas November 25, 2004
12K

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
* 1	BRANDON JOHNSON	LUBBOCK	TX	16	M	1	M1619	44:26	5:58
* 2	ALAN HARRIS	HAUGHTON	CA	32	M	1	M3034	44:31	5:59
	BOB JACKSON	HOBBS	NM	46	M	1	M4549	45:36	6:08
	STEPHEN COUCH	AVON	CO	24	M	1	M2024	47:34	6:23
	HAFFIS BANIRE	LUBBOCK	TX	33	M	2	M3034	50:19	6:46
	DREW SOUCY	LUBBOCK	TX	16	M	2	M1619	51:05	6:52
	FARRELL MARTIN	LUBBOCK	TX	38	M	1	CLYDE	51:57	6:59
	LACI LOCKWOOD	LUBBOCK	NM	23	F	1	F2024	52:03	7:00
	JERRIED HURST	LUBBOCK	TX	25	M	1	M2529	52:13	7:01
	DANIEL HERMAN	HOBBS	NM	41	M	1	M4044	52:33	7:04
	R CRAIG FREEMAN	WALNUT SHADE	MO	39	M	2	M3539	52:54	7:06
	WADE SHELBY	ODESSA	TX	33	M	3	M3034	52:58	7:07
	DAVID STEADMAN	LUBBOCK	TX	35	M	3	M3539	53:20	7:10
	KYLE ASHLEY	RANSOM CANYON	TX	42	M	2	M4044	53:26	7:11
	FELICIA LEROY	SAN ANTONIO	TX	28	F	1	F2529	53:36	7:12
	JAY KEITH	LUBBOCK	TX	46	M	2	M4549	54:16	7:17
	JARED MASOOD	LUBBOCK	TX	25	M	2	M2529	54:24	7:18
	JAMES BAUMANN	LUBBOCK	TX	36	M	4	M3539	54:31	7:20
	CHRIS LONNGREN	LUBBOCK	TX	45	M	3	M4549	55:17	7:26
	GEORGE ROMO	LUBBOCK	TX	39	M	5	M3539	55:32	7:28
	LAWRENCE SCHOVANEC	LUBBOCK	TX	52	M	1	M5054	55:47	7:30
	WADE WILSON	LUBBOCK	TX	46	M	4	M4549	55:58	7:31
	SUZANNE COONEY	LUBBOCK	TX	21	F	2	F2024	56:35	7:36
	DANEEN MARSH	ODESSA	TX	37	F	1	F3539	56:51	7:38
	SCOTT WEBB	LUBBOCK	TX	21	M	2	M2024	56:58	7:39
	CHERISSE ROBISON	AUSTIN	TX	24	F	3	F2024	57:09	7:41
	JON MC GOUGH	FT WORTH	TX	31	M	4	M3034	57:24	7:43
	RANDY HOLLOWAY	LUBBOCK	TX	48	M	5	M4549	57:27	7:43
	NATE WILSON	LUBBOCK	TX	49	M	6	M4549	57:29	7:43
	JOSH SAVAGE	LUBBOCK	TX	29	M	3	M2529	57:37	7:44
	SONJA PIPPIN	LUBBOCK	TX	31	F	1	F3034	57:47	7:46
	CHRIS WINN	WOLFFORTH	TX	42	M	3	M4044	57:51	7:46
	SCOTT BAUGUESS	LUBBOCK	TX	34	M	5	M3034	58:28	7:51
	JULIE WALL	LUBBOCK	TX	22	F	4	F2024	58:33	7:52
	SHANA ARMSTRONG	LUBBOCK	TX	30	F	2	F3034	58:45	7:54
	MONICA ELIZONDO	TAYLOR	TX	39	F	2	F3539	58:50	7:54
	LISA HARRIS	HAUGHTON	CA	30	F	3	F3034	59:54	7:55
* 38	MARY BRANSOME	LUBBOCK	TX	45	F	1	F4549	59:32	8:00
	KEITH WEBB	LUBBOCK	TX	25	M	4	M2529	59:44	8:02
	IRIS RIVERO	LUBBOCK	TX	29	F	2	F2529	1:00:00	8:04
	VICK POPE	AUSTIN	TX	39	M	6	M3539	1:00:02	8:04
	STEPHANIE BIGHAM	LUBBOCK	TX	21	F	5	F2024	1:00:31	8:08
	CY CRIBBS	WHITEFACE	TX	21	M	3	M2024	1:01:31	8:16
	GARY METCALF	LUBBOCK	TX	26	M	5	M2529	1:01:35	8:16
	TOBY ROGERS	LUBBOCK	TX	32	M	5	CLYDE	1:01:55	8:19
	KENNETH STEPHENSON	LUBBOCK	TX	40	M	4	M4044	1:01:57	8:19

* = New Age Group Records

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
 WEST TEXAS RUNNING CLUB
 12K & 2 MILE RACES
12K USAT&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 25, 2004

12K

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
47	DAN POPE	LUBBOCK	TX	41	M	5	M4044	1:02:04	8:20
48	GREG LAYTON	LUBBOCK	TX	26	M	6	M2529	1:02:06	8:21
49	JOHN STEINMETZ	LUBBOCK	TX	26	M	7	M2529	1:02:48	8:26
50	DENNIS LEE	SPRING	TX	59	M	1	M5559	1:02:53	8:27
51	JENNY BECK	LUBBOCK	TX	24	F	6	F2024	1:03:04	8:28
52	STEVE ODORIZZI	LUBBOCK	TX	42	M	2	CLYDE	1:03:12	8:29
53	GENEVIEVE DURHAM	LUBBOCK	TX	29	F	3	F2529	1:03:14	8:30
54	MADONNE MINER	LUBBOCK	TX	52	F	1	F5054	1:03:21	8:31
55	DAVID MALONE	LUBBOCK	TX	47	M	7	M4549	1:03:21	8:31
56	L TYE ROGERS	LUBBOCK	TX	39	M	3	CLYDE	1:03:23	8:31
57	BILL ROGERS	LUBBOCK	TX	58	M	2	M5559	1:03:32	8:32
58	ROB CRUMPLER	MIDLAND	TX	35	M	8	M3539	1:04:00	8:36
59	KASEY HARDIN	POST	TX	24	F	7	F2024	1:04:03	8:36
60	MYCHAL MURRAY	HOUSTON	TX	26	M	7	CLYDE	1:04:09	8:37
61	WALT JONES	ARLINGTON	TX	34	M	7	M3034	1:04:12	8:37
62	MICHAEL ESTEP	SPRING	TX	53	M	2	M5054	1:04:15	8:38
63	GARDEN JENKINS	AMARILLO	TX	64	M	1	M6064	1:04:29	8:40
64	BRAD EWING	LUBBOCK	TX	44	M	7	M4044	1:05:00	8:44
65	MARC HOOD	LUBBOCK	TX	44	M	4	CLYDE	1:06:04	8:52
66	RICK LILES	BIG SPRING	TX	47	M	8	M4549	1:06:14	8:54
67	BEN HAYES	LUBBOCK	TX	19	M	3	M1619	1:06:17	8:54
68	PATRICK MURFEE	LUBBOCK	TX	20	M	4	M2024	1:06:18	8:54
69	MELISSA ARNOLD	HOUSTON	TX	28	F	4	F2529	1:06:32	8:56
70	CALEB BECK	LUBBOCK	TX	21	M	5	M2024	1:06:38	8:57
71	MARCUS BEDNARZ	GRANBURY	TX	38	M	9	M3539	1:06:42	8:58
72	ERIN BURT	TUSCON	AZ	25	F	5	F2529	1:07:01	9:00
73	MATTHEW JORDAN	LUBBOCK	TX	39	M	10	M3539	1:07:13	9:02
74	JIM BURLESON	LUBBOCK	TX	62	M	2	M6064	1:07:22	9:03
75	JEFF WISE	LUBBOCK	TX	41	M	6	CLYDE	1:07:26	9:04
76	MARSHA BENNETT	LUBBOCK	TX	41	F	1	F4044	1:07:47	9:06
77	DAVID MANGOLD	LUBBOCK	TX	56	M	3	M5559	1:08:24	9:11
78	HAL MOORE	LUBBOCK	TX	57	M	4	M5559	1:08:38	9:13
79	LEESA PRICE	LUBBOCK	TX	48	F	2	F4549	1:09:02	9:16
80	STACY CONNER	MULESHOE	TX	42	F	10	M4044	1:09:08	9:17
81	LESLIE DEGAN	PLANO	TX	37	F	3	F3539	1:09:21	9:19
82	REBECCA DAHLSTROM	LUBBOCK	TX	25	F	6	F2529	1:09:26	9:20
83	JANA STEPHENSON	LUBBOCK	TX	41	F	2	F4044	1:09:27	9:20
84	BARBARA SLATON	MIDLAND	TX	45	F	3	F4549	1:10:02	9:25
85	ANDREW EDMISTER	LUBBOCK	TX	36	M	11	M3539	1:10:31	9:28
86	ELISEO ELIZONDO	TAYLOR	TX	40	M	9	CLYDE	1:10:38	9:29
87	KIM HENDRICK	LUBBOCK	TX	29	F	7	F2529	1:10:49	9:31
88	DAHLIA HOOD	LUBBOCK	TX	45	F	4	F4549	1:10:50	9:31
89	KEN OREL	MIDLAND	TX	42	M	8	CLYDE	1:10:54	9:31
90	TERRY DALTON	LUBBOCK	TX	50	M	3	M5054	1:11:57	9:40
91	TOM CRIBBS	WHITEFACE	TX	45	M	9	M4549	1:12:21	9:43

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 WEST TEXAS RUNNING CLUB
 12K & 2 MILE RACES
12K USAT&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 25, 2004

12K

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
92	PHOEBE FREEMAN	WALNUT SHADE	MO	39	F	4	F3539	1:12:28	9:47
93	BILL ROGER	LEVELLAND	TX	65	M	1	M6569	1:12:31	9:47
94	AL GARDNER	LEVELLAND	TX	48	M	10	M4549	1:12:40	9:47
95	HANK IVEY	SLATON	TX	35	M	12	M3539	1:12:43	9:47
96	DENNIS BOEDEKER	PEARLAND	TX	47	M	11	M4549	1:13:12	9:50
97	MICHAEL SLEDGE	AUSTIN	TX	42	M	13	M4044	1:13:16	9:50
98	LAURA BURT	AUSTIN	TX	39	F	5	F3539	1:13:58	9:57
99	INGA SVENDSEN	CISCO	TX	27	F	8	F2529	1:13:59	9:57
100	MIKE GREER	RANSOM CANYON	TX	65	M	2	M6569	1:14:02	9:57
101	MARTI GREER	RANSOM CANYON	TX	46	F	5	F4549	1:14:12	9:57
102	SHIRLEY WIGLEY	LUBBOCK	TX	50	F	2	F5054	1:14:25	10:00
103	JILL CRIBBS	LUBBOCK	TX	46	F	6	F4549	1:14:37	10:00
104	JILL HAUROS	LUBBOCK	TX	40	F	3	F4044	1:14:39	10:02
105	ERIC WALKER	LUBBOCK	TX	28	M	9	M2529	1:14:45	10:02
106	JOEY CRIADO	LUBBOCK	TX	43	M	10	CLYDE	1:14:48	10:02
107	WENDY ROBERTS	LUBBOCK	TX	35	F	6	F3539	1:15:17	10:02
108	ANDY MENCHU	CEDAR PARK	TX	46	M	12	M4549	1:15:40	10:10
109	BOB BROSELOW	LUBBOCK	TX	64	M	3	M6064	1:15:43	10:10
110	GAIL MCCOY	LUBBOCK	TX	52	F	3	F5054	1:16:32	10:17
111	LOU ANN ARTERBURN	LUBBOCK	TX	35	F	7	F3539	1:16:37	10:17
112	MIKE MORRIS	LUBBOCK	TX	49	M	13	M4549	1:16:38	10:18
113	WENDY GILLEY	LUBBOCK	TX	29	F	9	F2529	1:16:41	10:18
114	LARA ADAIR	LUBBOCK	TX	28	F	8	F3539	1:16:53	10:20
115	BAMBI CRIBBS	LUBBOCK	TX	38	F	10	F2529	1:17:12	10:22
116	ETTA MAYER	WHITEFACE	TX	55	F	1	F5559	1:17:40	10:26
117	DWAYNE CAKLEY	LUBBOCK	TX	48	M	14	M4549	1:17:47	10:27
118	SAMUEL PROSE	LUBBOCK	TX	56	M	5	M5559	1:18:06	10:29
119	HOLLY EDMISTER	LUBBOCK	TX	35	F	9	F3539	1:18:14	10:30
120	JOANN PHILLIPS	LUBBOCK	TX	45	F	7	F4549	1:18:30	10:33
121	MEGAN NELSON	LUBBOCK	TX	32	F	4	F3034	1:18:33	10:33
122	TITA CHICO	LUBBOCK	TX	34	F	5	F3034	1:18:35	10:33
123	TIFFANY WINDSOR	LUBBOCK	TX	26	F	11	F2529	1:18:46	10:35
124	FERMIN ROMO	LUBBOCK	TX	50	M	11	CLYDE	1:19:19	10:39
125	TERESA ODORIZZI	LUBBOCK	TX	35	F	10	F3539	1:19:54	10:44
126	JAMES RIBORDY	LUBBOCK	TX	50	M	12	CLYDE	1:22:02	11:01
127	HEATH RIBORDY	LUBBOCK	TX	26	M	10	M2529	1:22:45	11:07
128	PETER McINNES	LITTLETON	CO	68	M	3	M6569	1:23:27	11:12
129	LEANNE HARRELL	LUBBOCK	TX	41	F	4	F4044	1:23:27	11:12
130	ELIZABETH HAUSE	LUBBOCK	TX	27	F	12	F2529	1:24:57	11:25
131	DUSTIN BURROWS	LUBBOCK	TX	24	M	6	M2024	1:24:58	11:25
132	LARRY BURELSMITH	LUBBOCK	TX	55	M	6	M5559	1:25:19	11:28
133	TERRI KNIGHT	ABERNATHY	TX	38	F	11	F3539	1:26:01	11:33
134	JIM FIELDS	MOUNTAIN VIEW	CA	16	M	4	M1619	1:27:29	11:45
135	DAVIS FIELDS	MOUNTAIN VIEW	CA	48	M	15	M4549	1:27:30	11:45
136	J DAVID WILSON	LUBBOCK	TX	53	M	6	M5054	1:27:32	11:45

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12K USAT&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 25, 2004
2 MILE
***** OVERALL RESULTS *****

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
1 STEVEN MORALES	LUBBOCK	TX	19	M	1	M1619	10:54	5:27
2 ANTHONY HERR	PLAINVIEW	TX	18	M	2	M1619	11:19	5:40
3 GREG JACKSON	HOBBS	NM	19	M	3	M1619	11:23	5:42
4 JOHN KEITH	LUBBOCK	TX	15	M	1	M1315	12:25	6:13
5 RENE GONZALES	LEVELLAND	TX	39	M	1	M3539	12:34	6:17
6 JAMES D. ESPINOZA	FLOYDADA	TX	13	M	2	M1315	12:38	6:19
7 RICHARD AKERS	LUBBOCK	TX	49	M	1	M4549	12:43	6:22
8 MARIO PINON	FLOYDADA	TX	42	M	1	M4044	13:03	6:32
9 JONATHAN SUAREZ	FLOYDADA	TX	14	M	3	M1315	13:25	6:43
10 KYRA SLOAN	CROSBYTON	TX	12	F	1	F0112	13:41	6:51
11 RUDY RAMIREZ	LUBBOCK	TX	40	M	2	M4044	13:44	6:52
12 ADAM BARRON	LUBBOCK	TX	42	M	3	M4044	13:55	6:58
13 CRAIG JACKSON	LUBBOCK	TX	40	M	4	M4044	14:00	7:00
14 BRYAN LISKA	LUBBOCK	TX	21	M	1	M2024	14:03	7:02
15 JORDAN PINON	FLOYDADA	TX	12	M	1	M0112	14:04	7:02
16 KRISTAL HUNT	LUBBOCK	TX	18	F	1	F1619	14:26	7:13
17 BRETT HART	LUBBOCK	TX	25	M	1	M2529	14:34	7:17
18 TIMOTHY RADKEY	LUBBOCK	TX	30	M	1	M3034	14:36	7:18
19 DANNY SLOAN	CROSBYTON	TX	39	M	2	M3539	14:47	7:24
20 TARA SHUTTLESWORTH	MC KINNEY	TX	19	F	1	F1619	14:58	7:29
21 FRED WEBER	LUBBOCK	TX	53	M	1	M5054	15:05	7:33
22 DANIEL GONZALES	LUBBOCK	TX	39	M	3	M3539	15:07	7:34
23 ROD BURGETT	SHALLOWATER	TX	39	M	4	M3539	15:12	7:36
24 JIM HARRIS	HOBBS	NM	62	M	1	M6064	15:14	7:37
25 J.R. MORALES	LUBBOCK	TX	41	M	5	M4044	15:28	7:44
26 JENNIFER SHUTTLESWORTH	ODESSA	TX	26	F	1	F2529	15:28	7:44
27 JEFFREY WILLIAMS	LUBBOCK	TX	20	M	2	M2024	15:40	7:50
28 LORENZO PADILLA	LUBBOCK	TX	50	M	2	M5054	15:40	7:50
29 JOE GOMEZ	LUBBOCK	TX	61	M	2	M6064	15:47	7:54
30 CODY MILLER	LUBBOCK	TX	38	M	5	M3539	15:55	7:58
31 MICHAEL GONZALEZ	LUBBOCK	TX	29	M	2	M2529	16:02	8:01
32 BREANN YBARRA	LUBBOCK	TX	17	F	3	F1619	16:03	8:02
33 RALPH GEMOETS	SHALLOWATER	TX	29	M	3	M2529	16:06	8:03
34 HAROLD ANDREWS	MONARCH BEACH	CA	40	M	6	M4044	16:09	8:05
35 AMBER GIERI	ALBUQUERQUE	NM	25	F	2	F2529	16:13	8:07
36 STEVE BIGHAM	LUBBOCK	TX	50	M	1	CLYDE	16:14	8:07
37 ALLISON HOGAN	LUBBOCK	TX	12	F	2	F0112	16:15	8:08
38 GREG HOGAN	LUBBOCK	TX	45	M	2	M4549	16:20	8:10
39 MIKE MORGAN	LUBBOCK	TX	45	M	3	M4549	16:21	8:11
40 WILL SCULL	LUBBOCK	TX	22	M	3	M2024	16:22	8:11
41 NOE VALLES	LUBBOCK	TX	38	M	6	M3539	16:23	8:12
42 DIANE DANIEL	LUBBOCK	TX	24	F	1	F2024	16:26	8:13
43 STEVEN COONEY	LUBBOCK	TX	12	M	2	M0112	16:31	8:16
44 GIAN GIERI	ALBUQUERQUE	NM	25	M	3	CLYDE	16:38	8:19
45 DON SANDERSON	TULIA	TX	75	M	1	M7099	16:41	8:21
46 CHERYL WEBER	LUBBOCK	TX	51	F	1	F5054	16:43	8:22
47 JOHN ZWACHER	LUBBOCK	TX	52	M	4	M5054	16:55	8:28
48 TARYN ANTHONY	LUBBOCK	TX	18	F	4	F1619	16:56	8:28

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
 WEST TEXAS RUNNING CLUB
 12K & 2 MILE RACES
12K USAT&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 25, 2004
2 MILE
***** OVERALL RESULTS *****

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
49 SHANE SHUTTLESWORTH	LUBBOCK	TX	25	M	5	M529	16:57	8:29
50 MANNING POPE	LUBBOCK	TX	9	M	3	M0112	16:58	8:29
51 CHRIS DANIEL	LUBBOCK	TX	33	M	2	M3034	16:59	8:30
52 NICOLE WAYLAND	LUBBOCK	TX	20	F	2	F2024	17:01	8:31
53 DEENA MORALES	SHALLOWATER	TX	29	F	3	F2529	17:06	8:33
54 AMY HARLIEN	LUBBOCK	TX	28	F	4	F529	17:11	8:36
55 JESSICA HOBBS	RANSOM CANYON	TX	18	F	5	F1619	17:21	8:41
56 KATHY MURPHY-LUBOWICZ	LUBBOCK	TX	34	F	3	F2024	17:22	8:41
57 ALBERT CANO	DALLAS	TX	20	M	3	M3034	17:25	8:43
58 JIM WILHELM	LUBBOCK	TX	54	M	5	M5054	17:26	8:43
59 TRISH MORRISON	LUBBOCK	TX	32	F	1	F3034	17:26	8:43
60 DANIEL J. GONZALES	LUBBOCK	TX	9	M	4	M0112	17:29	8:45
61 JIM STEPHENS	LUBBOCK	TX	41	M	4	CLYDE	17:37	8:49
62 TOM GRIFFIN	LUBBOCK	TX	55	M	1	M5559	17:46	8:53
63 PATRICK MORALES	LUBBOCK	TX	14	M	4	M1315	17:47	8:54
64 JASON HELTON	LUBBOCK	TX	32	M	4	M3034	17:52	8:56
65 DAVID BALDNER	LUBBOCK	TX	45	M	2	CLYDE	17:57	8:59
66 DANIEL GIBSON	LUBBOCK	TX	25	M	5	CLYDE	18:01	9:01
67 SAM MERCER	LUBBOCK	TX	17	M	4	M1619	18:06	9:08
68 JENNY MURPHY-LUBOWICZ	LUBBOCK	TX	18	F	6	F1619	18:16	9:08
69 RICK MADRIGAL	LEVELLAND	TX	27	M	7	M2529	18:33	9:17
70 MANDY CLEAVINGER	LUBBOCK	TX	26	F	5	F2529	18:35	9:18
71 WALTER JORDAN	LUBBOCK	TX	55	M	2	M5559	18:39	9:21
72 BRENDA CAMPBELL	LUBBOCK	TX	45	F	1	F4549	18:42	9:20
73 MICHAEL HUMPHREY	LUBBOCK	TX	38	M	7	M3539	18:44	9:22
74 REBEKAH MILLER	LUBBOCK	TX	27	F	6	F2529	18:45	9:23
75 JACK HUMPHREY	LUBBOCK	TX	8	M	5	M0112	18:46	9:23
76 ROBIN WALTERS	LUBBOCK	TX	16	M	5	M1619	18:46	9:23
77 KAREN JACKSON	HOBBS	NM	47	F	2	F4549	18:46	9:24
78 DANIELLA ROMO	LUBBOCK	TX	10	F	3	F0112	19:09	9:35
79 LYNN WALTERS	LUBBOCK	TX	43	F	1	F4044	19:14	9:37
80 SEAN BENTLEY	LUBBOCK	TX	10	M	6	M0112	19:15	9:38
81 HANNAH LAYMAN	HEREFORD	TX	12	F	4	F0112	19:16	9:38
82 JAMES LAYMAN	HEREFORD	TX	38	M	6	CLYDE	19:19	9:40
83 CARLOS VALLES	PLAINVIEW	TX	40	M	8	M4044	19:21	9:41
84 L.D. ANDRUS	LUBBOCK	TX	51	M	6	M5054	19:34	9:47
85 KATHY ANDRUS	LUBBOCK	TX	50	F	6	F5054	19:35	9:48
86 KENNETH COONEY	MIAMI	FL	40	M	9	M4044	19:36	9:48
87 ANNETTE BURENHEIDE	TAHOCA	TX	38	F	1	F3539	19:36	9:49
88 DIAN ALONZO	LUBBOCK	TX	41	F	2	F4044	19:39	9:50
89 KRISTIN COONEY	LUBBOCK	TX	17	F	7	F1619	19:40	9:50
90 TERRY WAYLAND	LUBBOCK	TX	40	M	10	M4044	19:44	9:52
91 PAULINE KUMLEY	LUBBOCK	TX	44	F	1	ATHEN	20:11	10:06
92 ESTELLA GALVAN	BROWNFIELD	TX	62	F	1	F6064	20:28	10:14
93 GENE WALTERS	LUBBOCK	TX	56	M	3	M5559	20:37	10:19
94 LISA GARNER-SANTA	LUBBOCK	TX	36	F	2	F3539	20:42	10:21
95 ANGELA FRANCO	MIDLAND	TX	27	F	7	F2529	20:45	10:23
96 AMBER CRUMPLER	MIDLAND	TX	26	F	8	F2529	20:50	10:25

SCHLOTZSKY'S THANKSGIVING DAY TURKEY TROT
 WEST TEXAS RUNNING CLUB
 12K & 2 MILE RACES
12K USA&F CERTIFIED, #TX01099ETM
 Lubbock, Texas November 25, 2004

**2 MILE
 *** OVERALL RESULTS *****

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
97	AMY PIERCE	LUBBOCK	TX	42	F	4	F4044	20:55	10:28
98	RYAN WALTERS	LUBBOCK	TX	17	M	6	M1619	21:00	10:30
99	KAYCEE PETERS	LUBBOCK	TX	25	F	9	F2529	21:23	10:42
100	ARLAN PATTON	LUBBOCK	TX	50	M	7	M5054	21:44	10:52
101	JOHN STALCUP	LUBBOCK	TX	71	M	2	M7099	21:47	10:54
102	VICKI JORDAN	LUBBOCK	TX	36	F	3	ATHEN	21:48	10:54
103	ELAINE CODDINGTON	LUBBOCK	TX	46	F	3	F4549	21:49	10:55
104	SCOTT SHANNON	LUBBOCK	TX	56	M	4	M5559	21:52	10:56
105	SUZAN CAUDLE	LUBBOCK	TX	51	F	4	ATHEN	21:52	10:56
106	MICHELLE TERRY	LUBBOCK	TX	22	F	4	F2024	21:53	10:57
107	LANDON TERRY	LUBBOCK	TX	25	M	8	M2529	21:58	10:59
108	MORGAN MERCER	LUBBOCK	TX	23	F	5	F2024	21:59	11:00
109	ASHLEY HOLLOWAY	LUBBOCK	TX	19	F	8	F1619	23:29	11:45
110	JANETTE WILLIAMS	LUBBOCK	TX	45	F	4	F4549	23:53	11:57
111	JOHN GRIFFIN	LUBBOCK	TX	22	M	4	M2024	23:54	11:57
112	MEGAN HOGAN	LUBBOCK	TX	11	F	5	F0112	24:53	12:27
113	TERRI HOGAN	LUBBOCK	TX	47	F	5	F4549	24:57	12:29
114	RON LUBOWICZ	LUBBOCK	TX	61	M	3	M6064	24:58	12:29
115	MATT CRAFT	LUBBOCK	TX	23	M	5	M2024	25:07	12:34
116	JORGE ROMO	LUBBOCK	TX	11	M	7	M0112	25:30	12:45
117	DIANE ROMO	LUBBOCK	TX	43	F	5	F4044	25:48	12:54
118	CYNTHIA BROWN	DALLAS	TX	52	F	4	F5054	26:05	13:03
119	SHAVONNE GOWENS	SAN ANGELO	TX	21	F	6	F2024	26:13	13:07
120	JENNIFER DOUGLASS	LUBBOCK	TX	32	F	6	F3034	26:33	13:17
121	ALLISON MC GOUGH	FT WORTH	TX	32	F	3	F3034	26:49	13:25
122	CHRISTINE BENTLEY	LUBBOCK	TX	38	F	4	F3539	26:49	13:25
123	AUSTIN MARTIN	LUBBOCK	TX	9	M	8	M0112	27:16	13:38
124	ALLYSON MARTIN	LUBBOCK	TX	7	F	6	F0112	27:50	13:55
125	DEANA MARTIN	LUBBOCK	TX	36	F	5	F3539	28:10	14:05
126	CATLYN BENTLEY	LUBBOCK	TX	10	F	7	F0112	28:13	14:07
127	JOHN BENTLEY	LUBBOCK	TX	38	M	9	M3539	28:29	14:15
128	HOLLY HOEL	AURORA	CO	27	F	10	F2529	28:29	14:15
129	DEVIN MANGOLD	LUBBOCK	TX	6	M	9	M0112	28:36	14:18
130	LISA MANGOLD	LUBBOCK	TX	37	F	6	F3539	30:08	15:04
131	ALMA RODRIGUEZ	BROWNFIELD	TX	40	F	4	ATHEN	30:09	15:05
132	ALEX RODRIGUEZ	BROWNFIELD	TX	8	M	10	M0112	31:27	15:44
133	ANGELA RODRIGUEZ	BROWNFIELD	TX	5	F	8	F0112	31:30	15:45
134	JAIME HENK	LUBBOCK	TX	9	F	9	F0112	31:52	15:56
135	LINDA HUFF	LUBBOCK	TX	55	F	1	F5559	33:52	16:56
136	RILEY EDMISTER	LUBBOCK	TX	7	F	10	F0112	38:25	19:13
137	RICHARD GORDON	LUBBOCK	TX	55	F	3	F5559	38:26	19:13
138	RYDER EDMISTER	COLORADO SPRING	CO	50	M	8	M5054	38:26	19:13
139	KATHY KING	LUBBOCK	TX	4	M	11	M0112	38:26	19:13
140	VADONNA ANTHONY	LUBBOCK	TX	55	F	5	ATHEN	39:25	19:43
141	ANN ZWIACHER	LUBBOCK	TX	55	F	3	F5559	39:29	19:45
142	LAURA THOLMANN	LUBBOCK	TX	52	F	5	F5054	39:34	19:47
143	BARBIE TREW	LUBBOCK	TX	18	F	9	F1619	39:35	19:48
144	STEPHANIE COLORADO	LUBBOCK	TX	18	F	10	F1619	43:31	21:46
						11	F1619	43:31	21:46

**WEST TEXAS RUNNING CLUB'S
 RED LINE 4 MILE CROSS COUNTRY RUN**
 Lubbock, Texas December 11, 2004

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PAGE
1	ANTHONY HERR	18	M	1	M1619	PLAINVIEW	TX	22:46	5:42
2	CHRIS LAYMAN	20	M	1	M2024	LAMESA	TX	23:10	5:48
3	STEPHANIE LOWE	18	F	1	F1619	LUBBOCK	TX	27:30	6:53
4	JARED MASOOD	25	M	1	M2529	LUBBOCK	TX	27:57	7:00
5	ROB NOLAND	39	M	1	M3539	HEREFORD	TX	27:59	7:00
6	GEORGE ROMO	39	M	2	M3539	LUBBOCK	TX	29:02	7:16
7	KEITH WEBB	25	M	2	M2529	LUBBOCK	TX	29:19	7:20
8	SCOTT WEBB	21	M	2	M2024	LUBBOCK	TX	29:20	7:20
9	HOPE JIMENEZ	20	F	1	F2024	LAMESA	TX	29:38	7:25
10	WADE WILSON	46	M	1	M4549	LUBBOCK	TX	29:47	7:27
11	LAWRENCE SCHOVANEC	51	M	1	M5054	LUBBOCK	TX	29:48	7:27
12	RUDY RAMIREZ	40	M	1	M4044	LUBBOCK	TX	29:58	7:30
13	JAY KEITH	46	M	2	M4549	LUBBOCK	TX	30:18	7:35
14	CHRIS FERGUSON	25	M	3	M2529	LUBBOCK	TX	30:41	7:41
15	TOM CUNNINGHAM	48	M	3	M4549	PLAINVIEW	TX	31:01	7:46
16	ADAM BARRON	42	M	2	M4044	LUBBOCK	TX	31:12	7:48
17	GREG LAYTON	26	M	4	M2529	LUBBOCK	TX	31:15	7:49
18	FRED WEBER	53	M	2	M5054	LUBBOCK	TX	32:13	8:04
19	STEVE ODORIZZI	42	M	1	CLYDE	LUBBOCK	TX	32:29	8:08
20	BRETT HART	25	M	5	M2529	LUBBOCK	TX	32:31	8:08
21	DAVID LARD	67	M	1	M6569	AMARILLO	TX	32:35	8:09
22	LANDON TERRY	25	M	3	CLYDE	LUBBOCK	TX	33:46	8:27
23	HAROLD TERRY	45	M	4	M4549	PORTALES	NM	33:58	8:30
24	DAVID HIGGINS	52	M	4	M5054	LUBBOCK	TX	34:19	8:35
25	DANIEL GONZALES	56	M	3	M3539	LUBBOCK	TX	34:24	8:36
26	DAVID MANGOLD	64	M	1	M5559	LUBBOCK	TX	34:46	8:42
27	GORDEN JENKINS	51	F	1	M6064	AMARILLO	TX	34:52	8:43
28	MADONNE MINER	47	M	1	F5054	LUBBOCK	TX	34:58	8:45
29	DAVID MALONE	41	M	5	M4549	LUBBOCK	TX	34:59	8:45
30	JEFF WISE	41	M	2	CLYDE	LUBBOCK	TX	35:00	8:45
31	STACY CONNER	42	M	5	M4044	MULESHOE	TX	35:17	8:50
32	JEFF WILLIAMS	20	M	3	M2024	LUBBOCK	TX	35:20	8:50
33	BILL FELTON	70	M	1	M7099	LUBBOCK	TX	35:22	8:51
34	RALPH WOLF	67	M	2	M6569	LUBBOCK	TX	36:30	8:53
35	MIKE KELLEY	55	M	2	M5559	LUBBOCK	TX	36:18	9:05
36	TYLER SCHOVANEC	10	M	2	M0112	LUBBOCK	TX	36:37	9:09
37	CORY SHANNON	56	M	2	M0112	LUBBOCK	TX	36:43	9:12
38	SCOTT SHANNON	51	F	3	M5559	LUBBOCK	TX	37:31	9:23
39	SHIRLEY WIGLEY	62	M	2	F5054	LUBBOCK	TX	37:47	9:27
40	JIM BURLESON	61	F	2	M6064	LUBBOCK	TX	38:13	9:34
41	MALINDA COLWELL	49	M	1	F3034	LUBBOCK	TX	39:09	9:48
42	MIKE MORRIS	32	M	6	M4549	LUBBOCK	TX	40:08	10:02
43	JASON HELTON	32	M	4	CLYDE	LUBBOCK	TX	40:42	10:11
44	JIM WILHELM	53	M	4	M5054	LUBBOCK	TX	42:06	10:32
45	MANDY CLEYINGER	26	F	4	F2529	LUBBOCK	TX	42:22	10:36
46	ETTA MAYER	55	F	1	F5559	LUBBOCK	TX	42:48	10:42
47	LISA GARNER-SANTA	36	F	1	F3539	LUBBOCK	TX	42:49	10:43
48	HANNAH LAYMAN	23	F	1	F0112	HEREFORD	TX	44:36	11:09
49	AUTUMN MOORE	12	F	2	F2024	CLOVIS	NM	44:38	11:10
50	JAMES LAYMAN	38	M	5	CLYDE	HEREFORD	TX	44:40	11:10
51	JOHN STALCUP	71	M	2	M7099	LUBBOCK	TX	46:19	11:35
52	SUZAN CAUDLE	51	F	1	ATHEN	LUBBOCK	TX	47:00	11:45

* New Division Standard

Turkey Trot Race Director's Report

YTD TOTALS

As though we didn't have enough to be thankful for, we had a near perfect day for running and about 300 runners to share it with. I especially enjoyed the atmosphere ... lots of chatter, plenty of kids and family supporters, bursts of hooting and cheering for the finishers and award recipients alike ... just a load of smiles and fun.

This year the overall best times were posted largely by youngsters. In the 12K race Brandon Johnson (16) and Laci Lockwood (23) of Hobbs took home the turkeys; and in the 2-mile run Stephen Morales (19) and Kyra Sloan (12) of Crosbyton took top honors. A few age group records fell to some strong running by Mary Branscome, Brandon Johnson and Bob Jackson. And this year our Fastest Family Foursome trophy went to Terri, Greg, Allison and Megan Hogan.

As race director I am especially thankful for the abundant, high quality volunteer support that I was given. Again, as in many past Turkey Trots, Pat & George Jury went beyond the call by registering all 301 entrants and handing out shirts and bibs at their office to those who registered during race week. A huge thanks also to my wife Barbara for helping out with much of the other behind-the-scenes efforts and for working with Vicki Bunting at the pre-registration table, to Sam Prose for helping set up the course, to our scholarship recipient Ashley Johnson, Steve Murphy, Arlan Patton, Tom Weis and Mike Morris for handling the hydration stations, to Jeff Jury for managing the turn-arounds and P.J. Mitchell who served as course monitor, to David Higgins for assisting with race day registration and race results, to Larry Byrd, John Trompler, Quent Beardon and Tony & Josie Aleman for working the finish line, and to Suzan Caudle, Elaine Coddington, Etta Mayer, my daughters Katy & Jenny, and several other Club members who just pitched in here and there with a helping hand when it was needed.

Special thanks go to Chris Lonngrren of Schlotzsky's for once again sponsoring this event and for providing prizes and bottled drinks, to United Supermarkets for donating the turkeys, bagels and donuts, to Culligan for our backup water supply, to State National Bank for the savings bonds, to RunTech for collecting race registrations and for providing merchandise prizes, to the Lubbock PD for providing security at the various street crossings, to Chris Winn and AM 950 for plugging this event, and to Walker Communications and Channel 13 for getting us on the evening news.

But the biggest thanks of all goes to all of you who came out and made this event really take off this year. Please, try to make it a yearly habit ... and see if you can hook other family and friends on it. As a reward, your race director solemnly vows to provide additional toilet facilities next year.

MALE

YTD TOTALS

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
0 - 12 MALE	9	14	11.1	4	45 - 49 MALE	46	91	52	11
Austin Martin				*	Jay Keith	47	76	101.2	11
					Randy Holloway	45	59	70.9	9
13 - 15 MALE	15	71	26.1	8	Jerry Dwyer	48	37	66.7	10
John Keith				*	Dwayne Oakley	48	26	76.2	10
Tony Rodriguez				*	Mike Morris				*
25 - 29 MALE	25	42	34.6	6	50 - 54 MALE	52	89	68.2	10
Greg Layton				*	Lawrence Schovanec	53	84	87.6	12
					Jim Wilhelm	52	76	72.3	12
30 - 34 MALE	31	60	23.1	8	David Higgins	50	31	58.2	8
David Moya				*	Arlan Patton	50	29	21.2	4
Kevin Sweeny				*	Frank Sumpter, Sr.	51	7	50.8	7
					Tom Weis	52	0	98.8	13
40 - 44 MALE	40	81	45.3	10	Tony Aleman				*
Craig Jackson				*					
					55 - 59 MALE	55	65	65.5	9
					Mike Kelley	57	50	65.1	10
					John Trompler	55	40	97.7	13
					Tom Griffin	56	36	47	7
					Sam Prose	57	25	45.5	6
					James Livermore	57	23	32.4	5
					Ron Nugent				*

MALE (continued)

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL
60 - 64 MALE	64	95	89.1	11	65 - 69 MALE	67	97	66.8	11
Gorden Jenkins				*	Ralph Wolf	65	42	36.9	6
Jim Burleson				*	Mike Greer	65	38	35.1	4
Jim Harris				*	Bill Roger	66	17	43.5	5
Ron Lubowicz				*	Jimmie Key	67	0	117.4	13
					George Jury				*
70 - 99 MALE	70	87	33.2	8	CLYDESDALE - age graded	41	95	78.1	12
Bill Felton				*	Jeff Wise	38	37	55	9
					James Layman	44	34	38.1	5
					Jim Beck	32	28	31	4
					Adam Puckett	59	27	25.2	5
					Rick Lampe				*

FEMALE

AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	
0 - 12 FEMALE	11	99	37	12	45 - 49 FEMALE	47	55	59.4	9	
Hanna Layman				*	Ann Hodges	48	30	11	4	
Alyson Martin				*	Martha Martinez	52	101	71.1	11	
					Madonne Miner	53	59	63.7	13	
20 - 24 FEMALE	23	47	40.6	8	Josie Aleman	50	56	53.1	8	
Autumn Moore				*	Shirley Wigley				*	
25 - 29 FEMALE	29	88	62.2	10	55 - 59 FEMALE	55	106	98.1	12	
Iris Rivero				*	Etta Mayer	60 - 99 FEMALE	61	60	16.1	7
Angela Franco				*	Estrella Galvan				*	
					Athena	51	109	39.1	12	
30 - 34 FEMALE	30	48	32.4	6	Suzan Caudle				*	
Malinda Colwell				*						
35 - 39 FEMALE	39	60	51.7	7						
Judy Lawley				*						
40 - 44 FEMALE	41	85	80.7	10						
Marsha Bennett				*						

** = RACE DIRECTOR
* = VOLUNTEER

Redline Race Report

The Redline race report usually starts out talking about how cold and miserable it was for the "heartly souls" who braved the elements to run..... Well, not this year! A pretty much perfect day for running greeted those runners who participated in the last club race of 2004. Anthony Herr from Plainview emerged the overall winner with a time of 22:46. Stephanie Lowe of Lubbock was first female at 27:30. Wade Wilson was the Male Masters winner at 29:47 and Madame Miner was Female Masters winner, finishing in 34:58. The runners having to avoid a soggy bog on the course might have affected times, as no records were set this year. The crew of volunteers who made the race possible included George Jury, Iris Rivero, John Trompler, Tony Aleman, Josie Aleman, Martha Martinez, Pete Torres, Jerry Dwyer, Ron Lubowicz, Marsha Bennett, David Moya, Austin Martin, Allyson Martin, and Tom Weis.

Check the final Challenge Series standings and you'll see that 17 runners have qualified for the "66 Mile Club" for 2004. You'll also see that a large number of runners didn't volunteer to help with a single race this year, and will not be eligible for awards. Special thanks to those who do volunteer, and make it possible for others to run.

Dallas Whiterock Marathon

This year's Whiterock Marathon on December 12th featured a record 9,400 plus runners competing in the marathon, half marathon, and five person relay team events. It also saw a new course record as Elly Rono, of Kenya, won the men's race with a time of 2:14:01. With total prizes amounting to \$50,000 dollars, the race featured a strong international contingent in both the men's and women's marathon, but San Antonio resident (originally from New Zealand) Liza Hunter-Galvan kept some of the prize money at home with her victory in 2:38:23. Hunter-Galvan is a school teacher in San Antonio who represented New Zealand in Athens with a 51st place finish in the women's Olympic Marathon.

As usual, there was solid representation of the West Texas Running Club in Dallas. On a day that began with cool, crisp temperatures, but warmed up too much for many runners, our marathon finishers included: Chance Payton, 3:03:14; Mike Greer, 5:10:01; Marti Greer, 5:23:27; Randy Holloway, 3:57:40; Richard Lombardini, 3:30:30; and David Steadman, 3:39:52. Congratulations to all of these folks on their fine efforts.

"The reward of a thing well done is to have done it."---Emerson

April Race Changes in the Works

The Club's Board recently agreed in principle to work with Lubbock Arts Festival organizers to revive the Run for the Arts on April 16, 2005. The race will replace our old Flight Line events which had, in recent years, become problematic for authorities at the Reese Technology Center. The Board agreed that the race would include the 15K and 2 mile races that were offered during the last Run for the Arts held some years ago. While final details are still being worked out, be advised this will be a T-shirt event with an entry fee higher than our typical April races. Tom Weis has volunteered to serve as race director. Further details on these events will be announced as they become available.

Reminders

The club's annual awards ceremony and social event will be held on Friday, January 14th at the Mahon Party House on 29th Street west of Chicago Ave (set back from the street on park land). This event will include presentation of the 2004 Challenge Series awards as well as other awards; and will provide the opportunity for fellowship with your club members. This will be a potluck supper. Each family should bring a vegetable or dessert dish. The club will provide meat and drinks.

Membership renewal forms are included in this month's newsletter and will continue to be inserted in the next few issues as well. If you have already renewed you need not worry—forms are automatically inserted in all issues. If you have not renewed yet, please do so soon. All memberships are due for renewal at the beginning of the calendar year. Each year a number of people forget to renew and we must either work through a cumbersome notification process or drop you from our membership list.

Arthur Lydiard Dies in Houston

Coaching legend Arthur Lydiard died at the age of 87 in a Houston hotel on December 13th in the middle of an American lecture tour he had begun in mid-October. Lydiard is famous for coaching two Olympic gold medal winners—Peter Snell and Murray Halberg—and for influencing a generation of New Zealand runners including Dick Taylor, Rod Dixon, Dick Quax and 1976 Olympic 1500 meter champion John Walker. Lydiard's approach to distance running was one of the first to emphasize a base period of high mileage aerobic running preceding subsequent phases of anaerobic development prior to an important competition. Even an 800 meter runner like Peter Snell spent months running long distances at a relatively relaxed pace before heading to the track for anaerobic development and sharpening.

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

EVENT RECORDS (Since 1992)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Drew Soucy	Lubbock	11	37:10	2000
13-15	Jay Truitt	Lovington, NM	15	29:43	1994
16-19	Trey Jernigan	Hawley	18	28:17	1997
20-24	Adolfo Carillo	Levelland	23	26:26 *	1994
25-29	Jackson Makene	Lebanon, IL	26	26:45	1998
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Tim Key	Lubbock	36	29:48	2004
40-44	Bob Jackson	Hobbs, NM	40	27:37	1999
45-49	Jim Leser	Lubbock	46	30:48	1993
50-54	Jim Leser	Lubbock	50	30:56	1997
55-59	George W. Jury	Lubbock	55	30:58	1992
60-64	Don Sanderson	Tulia	64	34:46	1994
65-69	Don Sanderson	Tulia	65	34:40	1995
70+	Don Sanderson	Tulia	70	39:33	2000
	Clydes Farrell Martin	Lubbock	36	33:11	2003

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Colleen Adams	San Angelo	9	38:39	2003
13-15	Angela Welsh	Tarzan	15	34:32	1995
16-19	Tara Jernigan	Hawley	16	34:48	1998
20-24	Julie Wall	Lubbock	21	34:42	2004
25-29	Iris Rivero	Lubbock	28	41:43	2004
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40 *	1994
40-44	Marjory Stewart	Lubbock	41	33:56	2000
45-49	Madonne Miner	Lubbock	49	40:55	2002
50-54	Madonne Miner	Lubbock	51	38:33	2004
55+	Estella Galvan	Brownfield	59	51:42	2002

* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE" 5 MILE RUN
14th Annual

Initial event of the 2005 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, JANUARY 8, 2005

REGISTRATION 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: BUDDY HOLLY PARK, Campfire Girls Bldg.

on Canyon Lake Road off University Ave.

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

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

OTHERS = \$ 6.00 Race Day \$ 10.00 Everyone

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

AGE DIVISIONS:

MEN 6-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & Over

WOMEN 6-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 & Over

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

PRE-REGISTRATION: Mail in form with regular fees or call
George to register by phone, then pay race day

792-3291 (d) 792-1237 (n) before 7pm, Fri. Jan 9th

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

We will meet Friday, January 14, 2005, 7pm at the Mahon Party House on 29th Street, west of Chicago Ave. to give the 2004 Challenge Series Awards and for a time of fellowship with your club members. This will be a potluck supper. The club will provide brisket, drinks and bread. Each family should bring a vegetable or dessert dish and if preferred an alternate meat choice. Please RSVP to Sam Prose at 794-0429 to predict how much meat to order.

Date
MM DD YY

WEST TEXAS RUNNING CLUB

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

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

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

(Please Print)

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

BENEFITS

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

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

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

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

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