

September 2008

Volume 1, Issue 8

David, hope things are going well for you. I am still running well and competing in and around Austin. I just thought you and the members that know my parents would keep them in your prayers. As of late Friday night the 22nd and early Saturday morning 23rd my parents house caught on fire. It was electrical. They lost everything inside of the house. It was a house my parents built over 20 years ago. My parents have always been very proud of this house being 3 stories and everything done by there own hands. If you could share this in the next WTRC book to let friends know about them.

They are very lucky to be alive I was told by my mother. She said if she would have not wake up to smell something burning they would left me. Hard summer for my parents in July loss of my Grandfather, my fathers Dad. Now this. Something he lost will be his plaques from the WTRC challenge series, medals from the races and other awards from races in other states. But they are alive. That I am thankful of. I just wanted to pass this sad news along to members of the WTRC that know both my parents.

Thanks, Hawk Harris

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Wednesday, Sept. 3, 2008 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

In This Issue

- Director's Report.....2
- 21st Annual "Hot Dam Run" Results.....3
- Member's Birthdays.....4
- Runner's World Injury Prevention.....4
- CS Standings.....5...&...6
- Shallowater Stampede Event Reords.....7
- Shallowater Stampede Race Information.....7
- WTRC Calendar.....8

2008 20th Annual
Shallowater Stampede
Saturday, September 13,
2008
Race Starts @ 8:00 a.m.
10K & 2 Miles
Shallowater High School
Russel Martin,
Race Director
(806) 832-5615

WTRC Officers

President – Ron Lubowicz
(H) 784-1855, (O) 632- 4926
E-mail: ronlubo@aol.com

Internal Vice-President - Eric Ford
(H) 368 - 9989
E-mail: eric.ford@ttu.edu

External Vice-President
(Position Needs a volunteer)

Secretary– Iris Rivero
(H) 722-7026
E-mail: iris_rivero3@hotmail.com

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail: d_higgins69@hotmail.com

Past President - Mike Kelley
(H) 765-0441
E-mail: mkelleyrun@yahoo.com

Directors

Newsletter Director - Rose Hoeve
(H) 829-2381, (O) 766-1968
E-mail: rhoeve@lubbockisd.org

Internal Race Director
Randy Holloway
(H) 794-7512, (O) 771- 0329
E-mail: randyholloway@sbcglobal.net

Equipment Director
(Position Needs Volunteer)

Race Calendar Director
Suzan Caudle
(H) 799-3813
E-mail: suzieq5279407@yahoo.com

Membership Director -
Debbie Wilson
E-mail: debwilsonmt06@sbcglobal.net

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

Race Directors Report Hot Dam Runs, 2008

Another West Texas scorcher faced the 113 runners who braved the 2008 Hot Dam road race. Several records were set/broken, in the 2 mile run (see websitelink), impressive times were clocked in by many of our participants. Overall male winners were Logan Culotti (28:46) in the 5 mile event and Lucas Morris (11:16) in the 2 miler. Female overall winners were Kayla Hendrix (34:15) in the 5 mile race and Tamra Jernigan (13:12) in the 2.

We do apologize for the delay in getting out our final results and any inconvenience this may have caused our runners and volunteers. Results are now posted on our website, <http://wtrc.tripod.com>. Please do check your ranking in your division. If you did not receive a medal and should have, I will bring extra medals to our next few club races and award one to you there. If that will not work for you, feel free to contact me at (806) 787-3643 (c) for alternate arrangements to pick up your medal.

A big thank you to our volunteers who did a superb job of sustaining our runners before, during and after the race. My appreciation for the efforts of Robert and Teresa Bloodworth, Cheryl Weber, Sarah Gaxiola, Britney Dean, Debbie Wilson, George Jury, James Layman and Hannah Layman, Mike Greer, Marsha Bennett, Shannon Anderson, Ronnie Trollinger, Elizabeth Linder, PJ Mitchell, Larry Byrd, Tony Aleman, John Bruegel, David Higgins, Kendall Higgins, Randy Holloway, Ron Lubowicz and Myriam Guardiola for their tireless and valient efforts. My sincere apologies to anyone whose name I either misspelled or inadvertently omitted from this list. I am deeply grateful to all of you who gave up one of their weekend mornings to get this event off the ground.

A very, very special thank you to PJ Mitchell for providing colorful t-shirts to our first-place division winners in the 5 mile race. These were in addition to the door prizes she has been bringing out to this race for many, many years. PJ, you are awesome. We so do appreciate the generous support and encouragement you continue to give to our local runners.

Finally, I want to express my admiration to all of the runners who came out Saturday morning to run under the hot, sultry August sun. Whether you won an award or not, you are all heroes.

Looking forward to seeing everyone next year!

Etta Mayer

We need your help with the Red Raider Road Race, volunteers are needed to help with Friday, October 10th packet pick up and late registration and a lot are needed for race day. Some that are going to run could sure be used at the early Saturday morning race day packet pick up and late registration, and then still be able to run the race. If you would like to help us please contact Jill Haukos at HAUKOS@aol.com, by phone @ 797-2012 or 894-9611, Ext. #2308

New Members, Welcome to the West Texas Running Club!

If you would like to receive your newsletter via email rather than regular mail, please e-mail Rose Hoeve, WTRC newsletter editor at rhoeve@lubbockisd.org



RUNNER'S

Injury Prevention: Injury Prevention

Cold Therapy

Ice baths are one of the most effective ways to offset the damage done on a run.

By Nikki Kimball

Nikki Kimball, a physical therapist in Bozeman, Montana, was named USATF's Ultra-runner of the Year in 2004, 2006, and 2007.

Long runs are essential to the training distance runners because they enable the body to adapt to running greater distances safely and efficiently. Unfortunately, long runs also increase the runner's risk of injury, which can result in unplanned—and unwelcome—time off. One simple way to offset the risks inherent to long bouts of running is cold-water immersion, known to many runners as the ice bath.

Cryotherapy ("cold therapy") constricts blood vessels and decreases metabolic activity, which reduces swelling and tissue breakdown. Once the skin is no longer in contact with the cold source, the underlying tissues warm up, causing a return of faster blood flow, which helps return the byproducts of cellular breakdown to the lymph system for efficient recycling by the body. "Ice baths don't only suppress inflammation, but help to flush harmful metabolic debris out of your muscles," says David Terry, M.D., an ultrarunner who has finished both the Western States 100-Mile Endurance Run and the Wasatch Front 100-Mile Endurance Run 10 consecutive times.

Though you could use individual ice packs, cold-water immersion generally produces a greater and longer lasting change in deep tissues and is more a more efficient means of cooling large groups of muscles simultaneously. The discomfort associated with sitting in a tub full of ice water scares off some athletes. I admit that after my long runs I'd rather reward myself with a hot shower and a big plate of scrambled eggs than an ice bath. However, I have been running ultra-marathons for nearly 10 years without any significant injuries, and I credit my ritual of post-workout ice baths for much of my orthopedic health.

Over those years, I've discovered tricks to make the ice bath experience more tolerable. First, I fill my tub with two to three bags of crushed ice. Then I add cold water to a height that will cover me nearly to my waist when I sit in the tub. Before getting in, I put on a down jacket and a hat and neoprene booties, make myself a cup of hot tea, and collect some entertaining reading material to help the next 15 to 20 minutes pass quickly.

Though scientific research exists to support the use of ice baths to promote recovery, no exact protocol has been proven better than others. In general, water temperatures should be between 50 to 59 degrees Fahrenheit, and immersion time should range from 10 to 20 minutes. Among top runners, I see ice bath techniques that vary within and on either side of these ranges. My favorite method is the post-race soak in a cold river or lake with fellow competitors.

Laurie Kelso	47 on (09-01)
Tim Key	41 on (09-01)
Cynthia Sorrensen	45 on (09-01)
Shannon Anderson	37 on (09-03)
Kurbin Martinez	11 on (09-03)
Andres Pedroza	27 on (09-06)
Linda Jama	44 on (09-07)
Rebecca Castillo	37 on (09-08)
Eddie Morelock	37 on (09-08)
Randy Holloway	52 on (09-09)
Epi Aguirre	50 on (09-12)
Samuel Ayers	46 on (09-12)
Andrew Azab	43 on (09-12)
Stephanie Lockwood	36 on (09-14)
Jimmy Clark	57 on (09-18)
Randy Egenbacher	53 on (09-18)
Bill Felton	74 on (09-18)
Tom Clemmons	55 on (09-21)
Terry Dalton	54 on (09-21)
Juan Lourdes	42 on (09-22)
Karen Sanderson	65 on (09-23)
Marti Greer	50 on (09-24)
Greg Hoeve	44 on (09-24)
Amanda Keys	32 on (09-24)
Tamra Jernigan	18 on (09-25)
David Mangold	60 on (09-26)
Steve Dillard	51 on (09-28)
Renee Prince	26 on (09-28)
Summer Gattis	28 on (09-30)
Greg Milford	39 on (09-30)

WTRC Challenge Series through August 2008

<u>Male Age Group 1 (12 & Under)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Tyler Dean	15.2	44
Walker Adams	16.2	39
Jake Brownfield	6	29
Thomas Pittman	4	19
Zachary Smith	6	18
David Pyle *	10	14
Nick Hoeve	4	7
Joshua Brownfield	4	7
Joshua Hoeve*	11.32	3

<u>Male Age Group 2 (13-15)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Luke Samarron	15	61
Kendall Higgins*	20	48
Daniel J. Gonzales#	6	27
Bobby Cunningham	2	10
Jordon Quinton	2	9
Austin Martin	2	8
Jon Key	2	6
Tyler Schovanec	9.32	0

<u>Male Age Group 3 (16-19)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Lucas Morris*	23	71
Jon D. Bruegel *	46.72	55
Victor Ramirez	8	35
John Keith	4	10
Aaron St. Clair #	5	8

<u>Male Age Group 4 (20-24)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
David Boston	9	21
Clayton Kelso*	10	8

<u>Male Age Group 5 (25-29)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Brett Hart	22	58
Aaron Self	24.32	42
Richard Robbins	36.52	38
Jarred Hurst	4	10
Jon Paul Gonzales	4	9
Andres Pedroza	9.32	9
Jason Fellers	4	9
Caleb Prince	2	8
Matt Weis	2	7

<u>Male Age Group 6 (30-34)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Chris Gallarneau*	43.72	52
Jason Burley	27.2	33
John Barrientos*	13.32	20
Chris Toelle	10.2	19
Joseph Hernandez	9.32	9
Michael Harlien	5	6

<u>Male Age Group 7 (35-39)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Lee Cohen*	58.52	70
Shannon Anderson*	56.52	63
Chris Milford # *	43.52	42
Eddy Morelock *	34.2	35
Greg Milford	33.52	31
Glen Poklikuha	15.32	30
Mark Smith	14.2	15
Ram Iyer *	13	8
Jon M. Bruegel*	25.32	0

<u>Male Age Group 8 (40-44)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Martin Montalvo	42.32	57
Brian Alger	10	45
Eric Ford	42.52	40
Tim Key	23.2	37
James Layman	21	36
Daniel Gonzales	6	27
Cliff Lewallen	11	21
Ricky Martinez	8.2	19

<u>Male Age Group 8 (40-44)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Noe Vales	8.2	18
Brad Ewing	20.32	17
Sean Schwarzentraub	13	13
Jeffrey Haag *	8	0

<u>Male Age Group 9 (45-49)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Paul Paré	53.52	58
Adam Barron *	49.72	56
Ronnie Trollinger	24.2	45
Jerry Dwyer	49.52	43
Jim Higgins	28	41
Edson Pinto	42.52	41
David Doyle	9	38
Brent Lowrey	28	34
Edwin Young # *	53.52	24
Epi Aguirre	18	19
Wade Wilson	17.2	13
Bob Jackson	8	10
Mike Lawson	2	8
Chris Lonngren	11	5

<u>Male Age Group 10 (50-54)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Jackie Cannon	10	40
Gonzalo Ramirez	10	36
Russel Martin	25.52	28
Jimmy Samarron	15	27
Randy Bunyard	17.32	23
Randy Holloway *	83.52	10
Frank Sumpter *	8	9
Lorenzo Padilla	4	8
Randy Egenbacker	4	7
Tom Clemmons	2	7
Terry Dalton *	26.32	0

<u>Male Age Group 11 (55-59)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Lawrence Schovanec	43.52	49
Richard Gale	39.2	46
Fred Weber	47.52	45
Mike Kelley	43.32	39
Ken Jernigan	7	30
Tom Wise	39.32	29
Jimmy Clark	12.4	20
David Higgins *	52.32	19
Tom Griffin *	31.52	17
Jimmy Waechter	2	10
Tony Aleman *	44.52	7
Jim Wilhelm *	5	0

<u>Male Age Group 12 (60-64)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
James Livermore	17.4	30
Darrel McMillen	7	30
Ronnie Nugent *	5	0

<u>Male Age Group 13 (65-69)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Gorden Jenkins	44.52	68
Jim Harris	30	50
Ron Lubowicz *	33.52	40
Mike Greer *	17	18
Bill Roger, Sr.	22	10
Larry Byrd *	58.52	0

<u>Male Age Group 14 (70+)</u>	<u>Total Miles</u>	<u>Point Series Total</u>
Bill Felton*	26.2	59
Ralph Wolf	27.4	58
Gene Adams	14.2	26
George Jury *	58.52	0

WTRC Challenge Series through July 2008

12
2
14
28
x3
84

Male Clydesdale

	<u>Total Miles</u>	<u>Point Series Total</u>
Craig Peterson	23.2	55
Larry Bloskas *	21	44
Robert Bloodworth	42.32	39
Ferrell Martin	23.32	37
Steve Odorizzi	19.32	28
Jim Beck	30.52	20
Milt Brownfield	13.32	20
Preston Smith	10.2	18
Chad Wilcox	19.52	18
Shaun Fant	5	7
David Ortiz	2	7

Female Age Group 7 (35-39)

	<u>Total Miles</u>	<u>Point Series Total</u>
Lee Handlin	37.72	66
Stephanie Wehmeier	34.32	43
Kippi Buchanan	24.52	37
Michelle Eckstein	17	26
Wendy Anderson	10	25
Gloria Quinton	13.32	10
Susan Alger	2	10
Lou Anna Arterburn	8	8

Female Age Group 8 (40-44)

	<u>Total Miles</u>	<u>Point Series Total</u>
Angie Hines	22	70
Marsha Bennett	53.52	54
Karen Pyle *	32.52	34
Rose Hoeve *	30.52	25
Irma Valles	6	24
Laura Lappe	8.2	19
Holley Martinez	4	19
Kimberly Terry	9	18
Deana Martin	4	17
Jill Haukos	7	16
Cynthia Sorrensen	8	10
Susan Lewallen	2	10
Lourdes Juan	2	10
Deanne Milford	2	9

Female Age Group 9 (45-49)

	<u>Total Miles</u>	<u>Point Series Total</u>
Kammy Philbrick	20.32	39
Mary Branscome	20.32	20
Cynthia Dillard	4	18
Brenda Campbell *	21	9
Barbara Slaton	4	9
Debbie Wilson *	24	0
Marti Greer	4	0

Female Age Group 10 (50-54)

	<u>Total Miles</u>	<u>Point Series Total</u>
Glenna Beyer	15	60
Leesa Price	33.32	40
Deborah Ford #	2	10
Martha Arandia	3	9
Susan Tomlinson	5	8
Elizabeth Linder *	33.32	0

Female Age Group 11 (55-60)

	<u>Total Miles</u>	<u>Point Series Total</u>
Josie Aleman	19	78
Etta Mayer	54.52	55
Cheryl Weber #	38.72	50
Susan Caudle *	27.32	45
Sara Gaxiola	30.52	25
Sherill Easterling	9.32	10
Janis Waechter	2	10

Female Age Group 12 (60+)

	<u>Total Miles</u>	<u>Point Series Total</u>
P. J. Mitchell	56.72	20

Athena

	<u>Total Miles</u>	<u>Point Series Total</u>
Donna Dean	15.2	37
Lyndsey Dean	6	26

* Indicates Volunteer

Indicates that there has been an adjustment to race day scoring to place the contestant in their appropriate age group per the WTRC's new Challenge Series policy (see Web-site).

Please Note: "If you have not paid your 2008 membership dues your challenge series points and miles to-date are not listed. If you have been erroneously omitted please contact Eric Ford at eric.ford@ttu.edu and he will seek to rectify the mistake."

Female Age Group 1 (12 & Under)

	<u>Total Miles</u>	<u>Point Series Total</u>
Turner Adams	10	30
Kristina Dean	9	27
Catherine Cannon	4	19
Allyson Martin	4	18
Peyton Lewallen	2	10
Brittney Dean	9	8
Camille Ford	2	8
Alexis Cortez	11.32	6

Female Age Group 2 (13-15)

	<u>Total Miles</u>	<u>Point Series Total</u>
Hannah Layman	18	46
Colleen Adams	26.2	42
Lindsey Lewallen	9	32
Mariah Dillard	4	19
Lyndsey Dean	4	16
Victoria Anderson	2	10

Female Age Group 3 (16-19)

	<u>Total Miles</u>	<u>Point Series Total</u>
Tamra Anderson	7	33
Allison Pyle *	25.32	28
Glenna Beyer	6	20
Kayla Hendrix	10	20
Kristie Whipple	4	11

Female Age Group 4 (20-24)

	<u>Total Miles</u>	<u>Point Series Total</u>
Amanda Boston *	44.2	48
Jamie Wheeler	30.32	25
Sarah Livingston	13	20
Therese Haiduk	6.2	10
Channing Alba	2	10
Allison Higgins	2	10
Amy Montalvo	4	8
Kelsey Kelso *	12	5

Female Age Group 5 (25-29)

	<u>Total Miles</u>	<u>Point Series Total</u>
Susan Wilcox	34.72	48
Emily Wyatt	21.2	47
Amy McAlexander	21.4	35
Jennifer Farris	6	21
Ginny McMinn	9	19
Kara Richardson	4	18
Corinne Weis	2	7
Renee Prince	2	6

Female Age Group 6 (30-34)

	<u>Total Miles</u>	<u>Point Series Total</u>
Mandy Poklikuha #	19	74
Tammy Moriearty	21	64
Iris Rivero	43	62
Sara Skelton	26.32	38
Malinda Colwell	21.2	27
Sara Miller	8	26
Amy Harlien	5	7
Michelle Cohen	2	7
Amanda Keys	8	6
Myriam Guardiola	32.52	0

SHALLOWATER STAMPEDE 10k & 2 MILE
WEST TEXAS RUNNING CLUB'S
EVENT RECORDS (Since 1988)
USAT&F CERTIFIED, TX07090ETM



WEST TEXAS RUNNING CLUB'S
20th Annual "Shallowater Stampede"
(10K and 2 Mile Runs)

EVENT # 9 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, September 13, 2008
Race Day Registration: 7:00-7:45 a.m.
Races start: 8:00 a.m.

WHERE: Shallowater High School in Shallowater, TX

COURSE: Flat, out and back on asphalt.

ENTRY FEE: Pre-Registration
\$5.00 for WTRC Members and \$10.00
for non-Members, Race Day
Registration is \$15.00

Long sleeve t-shirt available for \$10 extra. Proceeds
benefit Shallowater H.S. Senior Safe Graduation
event.

ON-LINE REGISTRATION DEADLINE: Please check
Web-site at <http://wtrc.tripod.com>

10K					
MEN					
DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpster, Jr.	Lamesa	15	38:37	1990
16-19	Cody Turner	Shallowater	16	37:20	2000
20-24	Andy Stewart	Lubbock	21	35:02	1993
25-29	Jessie Williams	Lubbock	25	34:06	2003
30-34	Martin Leodgard	Lubbock	30	32:23	*1995
35-39	Michael Zinno	Lubbock	36	35:54	2003
40-44	Frank Sumpster	Lamesa	40	38:18	1994
45-49	Jim Leser	Lubbock	47	37:33	1994
50-54	Robert Guajardo	Levelland	51	40:47	1994
55-59	George Jury	Lubbock	56	39:43	1992
60-64	Don Sanderson	Tulia	64	43:29	1994
65-69	Ralph Wolf	Lubbock	67	50:24	2004
70 Plus	Don Sanderson	Tulia	73	54:31	2003
Clydes	Farrell Martin	Lubbock	39	41:05	2005

WOMEN					
06-12	Hope Jimenz	Lamesa	12	45:44	1996
13-15	Jade Booker	Shallowater	15	53:45	2000
16-19	Jade Booker	Shallowater	16	57:02	2001
20-24	Neil Rafalovich	Lubbock	24	43:23	2004
25-29	Janda Ibbetson	Lubbock	29	43:10	1999
30-34	Janda Ibbetson	Lubbock	30	42:30	2000
35-39	Marjory Stewart	Lubbock	35	37:48	*1994
40-44	Laura Baay	Amarillo	44	44:43	2007
45-49	Shirley Wigley	Lubbock	46	50:32	2000
50-54	Madonne Miner	Lubbock	50	47:30	2003
55-59	Sherrill Easterling	Snyder	56	52:14	2005
60 Plus	P.J. Mitchell	Lubbock	62	53:31	2007
Athena	Christine Zingerman	Lubbock	33	1:04:11	2007

2 Mile Records

Men					
06-12	Tobias Sultin	Shallowater	12	12:46	2006
13-15	Gary Lackey	Brownfield	15	10:33	2002
16-19	Frank Sumpster, Jr.	Lamesa	12	11:38	*2007
20-24	Morgan McClarty	Lubbock	24	9:56	*1993
25-29	Frank Haist	Lubbock	29	11:01	1993
30-34	Rene Gonzalez	Levelland	30	11:08	1997
	(Tie) Ken Mayo	Midland	30	11:08	2004
35-39	Frank Sumpster	Lamesa	39	11:20	1993
40-44	Frank Sumpster	Lamesa	43	11:24	1997
45-49	Jim Lesser	Lubbock	45	11:29	1992
50-54	Robert Guajardo	Levelland	53	12:48	1996
55-59	George W. Jury	Lubbock	55	12:15	1991
60-64	Jim Harris	Hobbs	60	14:25	2003
65-69	Bill Felton	Lubbock	67	16:33	2002
70 +	Ralph Wolf	Lubbock	70	16:43	2007
Clydes	Dean Diersing	Lubbock	24	15:21	2005

Women					
06-12	Rebecca Spruell	Shallowater	12	14:08	2006
13-15	Brittney Scaff	Shallowater	13	12:22	*2005
16-19	Sarah De Los Santos	Shallowater	17	12:31	2006
20-24	Hope Jimenez	Lamesa	20	13:17	2004
25-29	Iris Rivero	Lubbock	29	14:10	2004
30-34	Iris Rivero	Lubbock	32	13:41	2007
35-39	Josie Aleman	Lubbock	39	15:15	1990
40-44	Cheryl Weber	Lubbock	41	14:04	1994
45-49	Debbie Martin	Shallowater	49	16:07	2000
50-54	Madonne Miner	Lubbock	52	16:36	2005
55-59	Estella Galvan	Brownfield	57	20:07	2000
60 +	Estella Galvan	Brownfield	62	18:09	2004
Athena	Jill McCall	Hereford	32	20:25	2006

**Note: ages 1-12 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 4 miles.

AGE DIVISIONS:
(5 Mile/ 2 Mile)

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 age division for 2 Mile: 6-12
AWARDS: At least 3 "Stampede" Medallions will
be awarded in each category and up to 50 percent
in each age division will receive awards,
5 Maximum

**Volunteers needed; call or email Russel
Martin, Race Director (806) 832-5615**

Lyossage
Body contouring & cellulite treatments
that deliver healthy measurable results!

P. J. Mitchell, C.C.T., LMT
Certified Lyossage Practitioner
& Massage Therapist

PAGER 806.742.9940



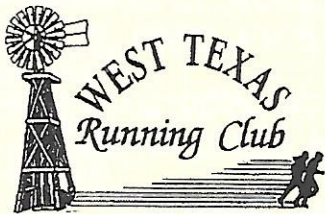
WTRC Calendar

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

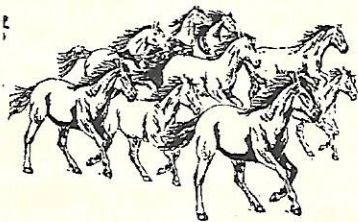
- SEP 03 W.T.R.C. Business Meeting: Wednesday, 7:00pm
Wade Wilson's Office, 8215 Nashville
- *SEP 13 SHALLOWATER STAMPEDE: 10K, 2MI, 8:00am,
Shallowater High School, Race Dir: Russel Martin,
806-832-5615
- SEP 27 ST ANN'S "5K TO THE FAIR": 10K/5K, 8:00am,
St Ann's School, Midland, Tx.
- SEP 27 4TH ANNUAL PIONEER ROAD RACE: 5K, 8:30. Wayland
Baptist University, corner of Vernon & 7th, Plainview, TX,
Brian Whitlock, RD, 806-291-1143 or whitlockb@wbu.edu
- OCT 04 RACE FOR THE CURE: 5K/1M, 9:00am, Lubbock
Memorial Civic Center
- OCT 04 4TH ANNUAL WHITE BUFFALO STAMPEDE: 5K,
8:30am, 1K, 8:15am, Courthouse Square(Bus. 180 & Hwy
350) www.whitebuffalostampe.com or Sherrill Easterling,
seasterling@wtc.edu
- OCT 04 2008 Crossroads Marathon: Boston Qualifier, Between
Midland and Odessa, www.crossroadsmarathon.com
- * OCT 11 RED RAIDER ROAD RACE: 10k/5k, TTU campus, Jill
Haukos, RD., haukos@aol.com
- OCT 18 Marathon2Marathon: Marathon/Relay/10K, 8:00am,
www.marathon2marathon.net
- OCT 25 Lubbock ISD - Red Ribbon Run 5K & 1 Mile Fun Run
Buddy Holly Park, North University & Canyon Lake Run
Lubbock, TX Race Director: Rose Hoeve, call
806-766-1968
- OCT 25 D-FY-IT RED RIBBON RUN: 10K/5K/1K run/walk, 9:00am,
Greentree CC, Midland, TX, FMI call 432-685-3645
- NOV 08 BUFFALO WALLOW RACES: Half Marathon, 2MI,
9:00am, Buffalo Springs Lake, Mike Kelley, RD 806-
765-0441
- NOV 27 WTRC TURKEY TROT: 12K, 2MI, 9:00am, MacKenzie
Park Outdoor Center, contact Ron, 806-632-4926
- *DEC 13 Redline/Toys4Tots: 4 MI, 10:00am, Mae Simmons Park,
Tom Griffin, RD, 806-787-4295.
- DEC 14 Dallas White Rock Marathon: Dallas, TX
www.runtherock.com
- JAN 10 Lope The Lake: 5MI, 2MI, 10:00am, Buddy Holly
Recreation Area, Jimmy Clark, RD
- FEB 28 Cowtown Marathon: FT. Worth, TX
www.cowtownmarathon.org

Calendar, Photos, Online registration, Membership, etc.

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



5 W. Lakeshore Drive
Ransom Canyon, TX 79366



Mike Kelley
26A Comanche
Lubbock, TX 79404



West Texas Running Club's
 20th Annual "Shallowater Stampede"
 10K and Two Mile Runs
 Event #9 of the W.T.R.C Challenge Series

Shallowater Stampede—September 13th, 2008

Mail Registration Thru Sept 8th	\$5.00 WTRC members, \$10.00 non-members, \$15 Race Day Make Checks payable to: WTRC Mail checks & entry forms to: David Higgins 3401 Alcove Ave Lubbock, TX 79407	Races start promptly at 8:00 A.M. Shallowater High School Shallowater, Texas Russel Martin, Race Director (806) 832-5615
---------------------------------------	--	--

\$10.00 Extra For T Shirt (Long Sleeve) Circle Size S M L XL

Entry Fee for Students 12 years old and under is \$5.00

WAIVER OF LIABILITY

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, **FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS, IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.** 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) Distance (circle one) 2 mile 10 k _____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

City _____ State _____ Phone Number _____

School Affiliation _____



4TH ANNUAL PIONEER ROAD RACE

Wayland Baptist University



5K Race
Saturday, September 27, 2008
8:30 am

Wayland Baptist University Campus—
Hutcherson Center (Corner of Vernon and 7th St.)

Entry Fee: \$12 (if received by September 23rd)
\$15 (after Sept. 23rd)

\$10 (WBU student or employee)

All entry fees include t-shirt

Make checks payable to: Wayland Athletic Special

Awards presented to the
Overall Male and Female Winners
and to top three finishers in 13 age divisions

12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Please send registration by mail through September 23, 2008 to:
Wayland Athletics, 1900 W. 7th, Box 321, Plainview, TX 79072
For more information: contact Brian Whitlock at (806) 291-1143
or email whitlockb@wbu.edu

----- cut here and mail -----

Name _____ Phone (____) _____

Address, City, State, Zip _____

Age: (as of 9/23/08) _____ Gender: M F

Shirt Size: S M L XL XXL

Make checks payable to: Wayland Athletic Special
Mail completed entry forms to: Wayland Athletics, 1900 W. 7th, Box 321, Plainview, TX 79072

Waiver: (Must be signed and submitted with entry). In consideration of this registration entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in the race, or while I am on the premises of this event from any and all injury or damage, whether it be caused by negligence of the sponsors, promoters, or other persons or entities associated with the event, or otherwise. Further, I hereby grant full permission to any and all the foregoing to use any photographs or any other records of this event.

Signature of participant _____ Date: _____
or guardian for minor: _____

27th Annual Red Raider Road Race

Date: Saturday, October 11, 2008 **Starting Time:** 8:00 a.m.

Registration: Save \$ - Enter Early! Until October 6, 2008 - \$15* Entry fee payable to the West Texas Running Club.
*Please add \$2 if you want an XXL T-shirt – (limited to the first 12 who sign up) **Mail-in before Sept. 28th!**

On-line Registration: WTRC Web address: <http://wtrc.tripod.com>. No on-line registration will be accepted after 12 noon on October 6, 2008.

Late Registration & Packet Pick-Up: \$20 – Friday, October 10th, 10 a.m. – 6 p.m. at the **Student Recreation Ctr.** Main & Hartford, TTU Campus

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

Divisions:

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

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

Special Divisions: Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +
5K only – 12 & under; 13-15; 16-19

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

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

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

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

NOTICE: If kick-off for the homecoming football game is changed to the early afternoon, the race will be moved to Mackenzie Park at the Outdoor Center off East Broadway. Parking available at the nearby Joyland parking lot. Do not park along the road.

Please make checks payable to the West Texas Running Club.
For more info call: Jill Haukos, 797-2012 (h), 894-9611 x2308 (o), 786-7899 (c) e-mail Haukos@aol.com

Detach & Return to: **3508 91st St., Lubbock, TX 79423**

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

WAIVER OF LIABILITY

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, my own health conditions, whether known or unknown to me, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I, **FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE WEST TEXAS RUNNING CLUB AND ALL SPONSORS, THEIR REPRESENTATIVES AND SUCCESSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE RACE OR THE CLUB'S ACTIVITIES, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE OR CARELESSNESS. IN PART OR WHOLE, OF THE WEST TEXAS RUNNING CLUB OR OTHER SPONSORS REFERENCED ABOVE.** This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years old. RRCA rules prohibit, skates, strollers, dogs, etc. on the course.

Signature of Entrant _____

Signature of Guardian (minors) _____