

February 2009



Volume 2, Issue 1



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

Notes From the President

Yesterday, after another gentle nudge from Rose Hoeve (our Newsletter Director) to get my blurb in on time, I sat down at my computer but could not decide whether to write about the Club's gallant efforts to reverse global warming or our offer to send WTRC footsoldiers into Afghanistan. Frustrated, I walked away hoping that other inspiration would come to me before Rose's deadline. A few hours later I enjoyed the evening with many of you at the Club's annual awards banquet.

Then it happened ... inspiration! After an overnight of "soaking in" time, another dimension of our club lit up for me. Excited, I spoke with my wife about my revelation and she agreed ... she too had observed the very same thing.

YOU PEOPLE ACTUALLY LIKE EACH OTHER!!!

Just another element that helps make the WTRC the best running club in the world. Thanks to all of you for being the way you are.

SYOTR, Ron

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

The WTRC monthly business meeting is on Tuesday, February 3, 2009 @ 7:00 p.m. at BSGM, 8215 Nashville (East of the Veteran's War Memorial). All Members are welcome.

In This Issue

- Loop the Lake RD Report.....2
- 18th Annual Loop the Lake3
2 Mile & 5 Mile Overall Results
- Kids on The Run.....5
- Challenge Series Awards.....6
- W.T. R.C. Member Birthdays.....6
- Cotton Patch Run Event Records.....7
- Cotton patch Run Event Information.....7

Cotton Patch Runs

8M, 4M, & 4M Relay
10:00 AM, Saturday, February 14, 2009
Texas Boys Ranch
4810 N. CR 2800, Lubbock, TX
David Higgins, RD
H(806) 785-8562, Cell (806) 535-7788

Directions to Texas Boys Ranch

From Lubbock: Take Hwy 62/82 (Idalou Highway) North to FM2641, turn west for 2 miles then North for 1/2 mile on CR 2800

Or:

Take MLK Blvd north from Loop 289, then right on FM 2641, proceed 2 miles to CR 2800, turn left for 1/2 mile. Look for the large white gate with TBR sign.

WTRC Officers

President - Ron Lubowicz
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E-mail: ronlubo@aol.com

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Directors

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Internal Race Director
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Race Calendar Director
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Membership Director
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Club Historian - James Livermore
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E-mail: jlmore@nts-online.net

Loop the Lake 2009 Race Director's Report

On January 10, 2009 there were 151 brave souls who dared the 27 degree weather to force them to remain in the nice, warm confines of their homes. This number is up over 30% from last year's finishers. They dared to run either the 2-mile or 5-mile, setting five new records in the 5-mile and sixteen new records in the 2-mile run. Obviously, our crew must love to run in the cold!! In order for the runners to accomplish these great feats, there had to be a great crew of over 20 volunteers (most of which also had to endure the cold). From George Jury getting the signs put out at the crack of dawn to young David Pyle helping deliver water to the longer-distance runners, this group did an outstanding job!! They include Tony and Josie Aleman, Edwin Young, Chris Milford, David Higgins, Warner Alexander, Jim Wilhelm, Ronnie Nugent, Ralph Wolf, Jon Bruegel, Rod Burgett, Rob Perkins, Elizabeth Linder, Shannon Anderson, Cody Miller, Lee Cohen, Debbie Wilson, Myriam Guardiola and the Pyle family, David, Sr., Karen and Allison. Also, at his usual station was Larry Bird with PJ Mitchell, selling club shirts and jackets. Even though there were some minor challenges with the placings, the times were exceptional as evidenced by the following new records:

Distance Sex Age Name Time

5 Mile Male 13-15 K.T. Manis, Hobbs 29:05
 5 Mile Female 13-15 Colleen Adams, Wall 34:07
 5 Mile Female 25-29 Briseida Ramos, Lubbock 36:49
 5 Mile Female 45-49 Melanie McVey, Sundown 40:49
 5 Mile Female 60+ P.J. Mitchell, Lubbock 48:28

2 Mile Male 1-12 Walker Adams, Wall 14:09
 2 Mile Male 13-15 Scotty Vasquez, Lubbock 12:20
 2 Mile Male 16-19 Lucas Morris, Lubbock 11:36**
 2 Mile Male 25-29 Stephen Romero, Lubbock 14:11
 2 Mile Male 65-69 Jim Harris, Hobbs 18:30
 2 Mile Male 70+ Bill Felton, Lubbock 17:54
 2 Mile Clyde all Milt Brownfield, Lubbock 16:23

2 Mile Female 1-12 Kathleen Adams, Wall 17:06
 2 Mile Female 13-15 Turner Adams, Wall 14:44**
 2 Mile Female 16-19 Amanda Morris, Lubbock 17:19
 2 Mile Female 20-24 Ashley Keffler, Lubbock 18:26
 2 Mile Female 35-39 Tammy Moriearty, Wolforth 15:47
 2 Mile Female 40-44 Angie Hines, Sundown 18:32
 2 Mile Female 45-49 Kammy Philbrick, Lubbock 17:41
 2 Mile Female 50-54 Glenna Beyer, Lubbock 20:20
 2 Mile Athena all Nikki Roa, Lubbock 20:50

THANK YOU to everyone who came out that morning. Congratulations to all the new record setters!! This was definitely a memorable event, and I wish all of you the best of health and safety throughout the remainder of the year. Remember, next month's race will be in a new location. Please check the website and newsletter for a map to the new location, northeast of the Preston Smith International Airport.

Until next year, May God Bless you all!!

Jimmy N Clark, Race Director

The WTRC CHALLENGE SERIES continues for 2009, as a 12 month series of 13 races culminating in year-end AWARDS and recognition for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed on the website and in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize NON- RUNNING volunteers.

All members desiring to participate in the Challenge Series must volunteer to serve as a non-running worker at ONE Challenge Series event as an entry requirement. (There will be no duplication of awards) The Challenge Series features these categories:

1. 66 MILE CLUB ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.

2. MILEAGE AWARD ** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.

3. PARTICIPATION AWARD ** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.

4. VOLUNTEER OF THE YEAR ** Up to three awards will be given to those Non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.

5. VICTOR'S RANKINGS **** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include:

MALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99.

FEMALE AGE GROUPS

06-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-99

CLYDESDALE CATEGORY

Men over 190 pounds (Age Graded Scoring)

ATHENA CATEGORY

Women over 150 pounds (Age Graded Scoring)

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place, 9 points, 3rd place, 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 13 years of age must run in the shortest race)

C. For each race, the runner's age division will be determined by their age on race day. Challenge Series division will be determined by the runner's age at the end of each year. All points earned during the year will be credited in the Challenge Series division at the end of the year. For example, a runner might compete in 5 events at 39 years of age; then have a birthday and compete in 3 events at age 40. For Challenge Series awards, that runner would be considered as 40 for the entire year, with all points earned during the year being credited for awards consideration in the 40-44 division.

D. Awards will be presented to a minimum of 3 and up to 5 of the top point scorers in each division. AWARDS will be presented at a year end (January) club social/membership meeting.

E. To win a "Points" award a member must have RUN in at least 3 events and volunteered for at least ONE other.

F. Monthly Challenge Series Statistical Updates will appear in the newsletter and on the website.

**"If your actions inspire others to dream more, learn more,
do more and become more, you are a leader."**

--John Quincy Adams

On March 8th, 2008, 168 kids crossed the finish line at the 1st Annual Kids Café Fun Run in Mackenzie Park. A shiny finisher's medal was put around the neck of every kid who crossed the finish line that cold morning. It was easy to tell which kids were members of Team Kids Café. They wore a bright lime green finisher's t-shirt, brand new running shoes and had the biggest smiles on their faces. Their smiles were so big because they were so proud of their accomplishment - crossing the finish line. The magic of the finish line did not end that day. Many kids wore their finisher t-shirts and medals to bed that night, to church the next day, and to school the following week.

I can still see their smiling faces at the finish line. That image will forever be burned into my memory. I believe the same holds true for all who were there to witness the magic of the finish line, especially the coaches of Team Kids Café that made it all happen. As volunteer coaches, your actions inspired the kids of Team Kids Café to dream more, learn more, do more, and become more. You are a leader!

The 2nd Annual Kids Café Fun Run is scheduled for March 14th, 2009.

Volunteer coaches are needed again to inspire the kids of Team Kids Café!

Team Kids Cafe is a coordinated training program to promote running and fitness to children of the South Plains Food Bank's Kids Café after-school program. The main objective of the Team Kids Café program is to raise awareness of childhood obesity and achieve positive changes in the long term health of children by encouraging active and healthy lifestyles through running. Research shows that running can help children do better in school, manage stress, and reduce childhood obesity. Volunteer running coaches will develop Team Kids Café running teams at each of the Kids Café locations. The coaches will instruct the participants in correct running form and technique, safety, and injury prevention. The running teams will meet for one hour, two days a week. The Team Kids Café training program will begin the week of 2/2/09 and culminate with the opportunity for the children to participate in the Kids Café Fun Run on Saturday, March 14th, 2009.

A Train the Trainer meeting for all volunteer coaches will be held on Saturday, January 31st, at the South Plains Food Bank. There will be two sessions: 1 - 3 pm and 3 - 5 pm. The South Plains Food Bank is located at 4612 Locust Ave. in Lubbock.

No coaching experience is necessary - just the desire to inspire!

Please reply to this email or call me at 777-1456.

Thank you in advance for your time,

Terry Dalton

W.T.R.C. 2008 CS Award List Male & Female

<u>0 - 12 MALE</u>	AGE	PTS	MILES	EVT	VOL
Tyler Dean	11	38	19.6	6	*
Joshua Hoeve	10	9	15.3	4	*
<u>13-15 MALE</u>					
Lucas Samarron	15	80	23	9	*
Kendall Higgins	14	49	42.2	12	*
Austin Martin	13	24	14	6	*
<u>16-19 MALE</u>					
Lucas Morris	16	108	37.3	12	*
Jon David Bruegel	16	93	83.3	13	*
<u>25 - 29 MALE</u>					
Brett Hart	29	79	29.1	10	*
<u>30 - 34 MALE</u>					
Chris Gallarneau	32	68	61	9	*
Jason Burley	32	39	33.4	6	*
<u>35 - 39 MALE</u>					
Lee Cohen	36	107	91.5	12	*
Shannon Anderson	37	85	83	13	*
Eddy Morelock	37	60	50.6	8	*
Greg Milford	39	60	69	12	*
<u>40 - 44 MALE</u>					
Martin Montalvo	43	85	71.8	10	*
Tim Key	41	55	39.4	7	*
James Layman	42	53	29	9	*
<u>45 - 49 MALE</u>					
Adam Barron	46	94	78.5	12	*
Paul Pare	46	82	77.4	10	*
Jerry Dwyer	49	75	72.4	10	*
<u>50 - 54 MALE</u>					
Jackie Cannon	52	80	23.1	9	*
Jimmy Samarron	53	75	23	9	*
Epi Aguirre	50	30	31.7	5	*
<u>55 - 59 MALE</u>					
Lawrence Schovanec	55	87	76.4	11	*
Fred Weber	57	84	45.3	11	*
Richard Gale	59	79	71	9	*
Tom Weis	57	48	58.9	5	**
<u>60 - 64 MALE</u>					
James Livermore	61	59	35.6	7	*
Rick Lampe	64	46	30.3	7	*
<u>65 - 69 MALE</u>					
Gorden Jenkins	68	108	81.5	12	*
Jim Harris	66	50	37.1	9	**
Ron Lubowicz	65	40	52.3	7	**
<u>70 - 99 MALE</u>					
Bill Felton	74	88	36.4	9	*
Ralph Wolf	71	57	37.5	7	*
<u>CLYDESDALE - age graded</u>					
Craig Peterson	51	89	46.1	12	*
Milt Brownfield	50	70	24.4	8	*
Farrell Martin	42	68	54.1	8	*
Larry Boskas	47	56	29.2	8	*
<u>SERVICE AWARDS (Participation & Mileage)</u>					
Jon Bruegel					
Randy Holloway					
Tony Aleman					
Larry Byrd					
David Higgins					

Dear Club Members;

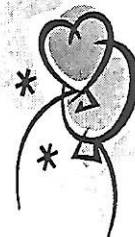
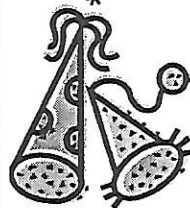
Please keep in mind that in order to be eligible to participate in the Challenge Series one must have volunteered at least once and must have run in at least 3 races to be eligible for a "Points" award. If you have any questions or concerns please feel free to contact George Jury using the information listed below.

George W. Jury rungwj@aol.com
792-3291 (d), 792-1237 (n)

**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

<u>0 - 12 FEMALE</u>	AGE	PTS	MILES	EVT	VOL
Kristina Dean	12	31	17.2	6	*
Allyson Martin	11	27	12	5	*
Brittney Dean	12	11	24.1	6	*
<u>13-15 FEMALE</u>					
Lyndsey Dean	14	24	15.6	5	*
<u>16-19 FEMALE</u>					
Hannah Layman	16	72	26	9	*
Allison Pyle	16	36	27.3	5	*
<u>20 - 24 FEMALE</u>					
Amanda Boston	24	76	67.5	9	*
<u>25 - 29 FEMALE</u>					
Amy McAlexander	28	67	48.1	10	*
Emily Wyatt	28	47	34.9	7	*
<u>30 - 34 FEMALE</u>					
Mandy Poklikuha	30	111	35.2	13	*
Iris Rivero	33	81	67.6	9	*
Susan Wilcox	30	68	76	12	*
<u>35 - 39 FEMALE</u>					
Tammy Moriearty	35	94	48.7	11	*
Lee Handlin	39	86	50.1	10	*
Stephanie Wehmeier	39	65	62.8	9	*
<u>40 - 44 FEMALE</u>					
Jill Haukos	44	51	34.9	8	**
Laura Lappe	42	45	25.3	7	*
Karen Pyle	40	44	40	6	*
<u>45 - 49 FEMALE</u>					
Marsha Bennett	45	70	70.6	9	*
Kammy Philbrick	47	57	43.8	7	*
Brenda Campbell	49	24	25	5	*
<u>50 - 54 FEMALE</u>					
Glenna Beyer	50	90	35.2	10	*
Leesa Price	52	50	43.5	6	*
<u>55 - 59 FEMALE</u>					
Josie Aleman	57	113	32.1	13	**
Etta Meyer	59	94	91.5	11	**
Cheryl Weber	55	80	45.6	11	*
<u>60 + FEMALE</u>					
P. J. Mitchell	62	40	66	12	*
<u>ATHENA FEMALE</u>					
Donna Dean	52	44	18.3	6	*
<u>SERVICE AWARDS (Participation & Mileage)</u>					
Elizabeth Linder					
<u>Volunteer Of The Year</u>					
P.J. Mitchell					



HAPPY BIRTHDAY

Arlyne Ragon	73	on (02-01)
John Kieth	20	on (02-01)
Laura Adams	42	on (02-04)
Kathleen Adams	08	on (02-05)
Nicole McNew	21	on (02-08)
Cody Miller	43	on (02-08)
Mandy Poklikuha	31	on (02-08)
Thomas Bowser	82	on (02-09)
Jon M. Bruegel	39	on (02-10)
Jenna Elliot	21	on (02-12)
Preston Smith	63	on (02-13)
Cheryl Weber	56	on (02-13)
D. J. Gonzales	14	on (02-16)
Matt Lindgren	42	on (02-17)
Deanna Martin	41	on (02-23)
Robin Nixon	44	on (02-25)
Terry Richardson	60	on (02-26)
Kayelyn Fant	11	on (02-27)

COTTON PATCH RUNS Since 1973
EVENT RECORDS

8 MILE (MEN)

	NAME	TOWN	AGE	TIME	YEAR
13-15**	Carlos Ybarra	Lamesa	15	42:54	1981
16-19	Don Wise	Lubbock	16	47:37	1981
20-24	Sam Sironik	Levelland	23	41:54 *	1981
25-29	Jesse Williams	Lubbock	25	43:23	2003
30-34	John Bednarski	Odessa	31	44:14	1981
35-39	Scott Brickerd	Lubbock	36	43:09	1989
40-44	Bob Jackson	Hobbs	40	43:46	1999
45-49	Bobby Cunningham	Abernathy	46	48:14	1986
50-54	Don Webb	Coahoma	53	50:23	1981
55-59	George Jury	Lubbock	55	51:41	1992
60-64	Don Sanderson	Tulia	64	59:18	1994
65-69	David Lard	Amarillo	67	1:07:13	2005
70+	Don Sanderson	Tulia	71	1:06:11	2001
Clydes	Farrell Martin	Lubbock	36	55:37	2003

WOMEN

13-15**	Jamie Francis	Lubbock	15	1:01:27	2001
16-19	Hope Jimenez	Lamesa	16	59:01	2001
20-24	---	---	---	---	---
25-29	Sue Houle	Lubbock	28	54:36	1990
30-34	Marjory Stewart	Lubbock	32	49:01 *	1991
35-39	Marjory Stewart	Lubbock	35	50:37	1994
40-44	Marjory Stewart	Lubbock	41	55:55	2000
45-49	Mary Branscome	Lubbock	47	1:05:41	2007
50-54	Madonne Miner	Lubbock	50	1:07:08	2003
55-59	Sherill Easterling Snyder	---	55	1:11:18	2005
60+	---	---	---	---	---
Athena	---	---	---	---	---

* Overall Event Record

**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.

4 MILE (MEN)

	NAME	TOWN	AGE	TIME	YEAR
6-12	Trey Jernigan	Sundown	12	26:49	1990
13-15	Jacob Lozano	Hobbs	15	22:20	2007
16-19	Larry Millard	Lubbock	18	21:45	1986
20-24	Jose Montoya	Hobbs, NM	20	21:02 *	1985
25-29	Van Gunnell	Soda Sprgs, ID	27	22:50	2005
30-34	Quent Bearden	Lubbock	30	22:38	2006
35-39	John Bednarski	Odessa	37	21:26	1987
40-44	Frank Sumpter, Sr.	Lamesa	42	23:34	1996
45-49	Bobby Cunningham	Abernathy	45	22:48	1985
50-54	Jim Leser	Lubbock	53	25:10	2000
55-59	Jim Harris	Hobbs	58	27:51	2001
(TIE)	John Trompler	Lubbock	55	27:51	2003 (TIE)
60-64	Ron Lubowicz	Lubbock	60	27:57	2003
65-69	Don Sanderson	Tulia	66	28:17	1996
70+	Bill Felton	Lubbock	71	33:36	2006
Clydes	Kevin Lair	Lubbock	38	27:40	2000

WOMEN

6-12	Hope Jimenez	Lamesa	12	28:21	1997
13-15	Tara Jernigan	Hawley	15	28:31	1997
16-19	Laci Jackson	Hobbs	17	26:13 *	1999
20-24	---	---	---	---	---
25-29	Linda Northrup	Lubbock	26	29:00	2001
30-34	Moira Ridley	Lubbock	34	30:14	2000
35-39	Denise Bray	Lubbock	38	29:23	2000
40-44	Diane Calhoun	Idalou	41	28:37	2000
45-49	Martha Martinez	Lubbock	45	32:27	2001
(TIE)	Melanie McVey	Sundown	45	32:27	2007 (TIE)
50-54	Madonne Miner	Lubbock	51	32:37	2004
55-59	Estella Galvan	Brownfield	59	44:28	2002
60+	Estella Galvan	Brownfield	60	39:18	2003
Athena	Lee Handlin	Lubbock	37	37:02	2007

* Overall Event Record

WEST TEXAS RUNNING CLUB'S
Cotton Patch Runs
4 MILE & 8 MILE
4 MILE RELAY

EVENT # 2 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, February 14, 2009
Register online at <http://wtrc.tripod.com>
See enclosed mail in form for information.

On Site Registration: 9:00 to 9:45 A.M.
Race starts at 10:00 A. M.

WHERE: Texas Boys Ranch
4810 North CR 2800
Lubbock, TX

COURSE: Flat

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00, Race Day Registration \$15.00 Everyone.

AWARDS: Medals will be awarded to at least the first three finishers in each age group division and up to 50% of each group — 5 Maximum

WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

Please notice! Change of location for this race.

AGE DIVISIONS:

MEN: 12 & Under; 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 Plus

WOMEN: 12 & Under; 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

Clydesdale and Athena group in both races.

Two and Four Person Relay Teams in the Four Mile

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that deliver healthy measurable results!*

P. J. Mitchell, C.C.T., LMT

Certified Lypossage Practitioner
& Massage Therapist

PAGER 806.742.9940



West Texas Running Club Event Calendar

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

- FEB 03 W.T.R.C. Board Meeting: Tuesday, 7:00pm Wade Wilson's Office, 8215 Nashville
- FEB 14 COTTON PATCH RUNS: 14K/4MI/RELAY, 10:00am, Texas Boys Ranch, 4810 N. CR2800. David Higgins, RD 806-785-8562
- FEB 15 Austin Marathon: 7:00am, Austin, TX <http://youraustinmarathon.com>
- FEB 28 Cowtown Marathon: Ft.Worth, TX, www.cowtownmarathon.org
- MAR 07 T.N.T Trail Runs: 50K/20MI/10MI/KIDS K, WACO, TX, 8:00am, <http://www.runnerone.com>
- MAR 08 Law Enforcement Torch Run: 8K/2MI Run-Walk, 8:00am Stanton & Cincinnati, El Paso, TX, Barbara Crane, 432-684-5024, bcrane@sotx.org, www.sotx.org
- *MAR 14 PRAIRIE DOG TOWN RUNS: 4MI/2MI, 9:00am, MacKenzie Park, Lubbock, Mike Greer, RD, 806-535-1224.
- MAR 28 Race For The Kiddos: 5K/1mi run/walk, 9:00 am, TTU Rec. Center, Audra Smith, 806-747-2877, audra@wagnersupply.com, www.active.com
- MAR 28 The Great Hogg Race: cornerstonelamesa@gmail.com 806-872-0733.
- MAR 29 32nd Annual Statesman Capital 10,000: 10K, 8:30, Austin, TX, www.statesman.com

- APR 05 Big-D Texas Marathon: 8:00am, Fair Park, Dallas, Tx, www.texasmarathon.com
- *APR 18 RUN FOR THE ARTS: 15K/2MI, 8:00am, Lubbock Memorial Civic Ctr.
- APR 25 Texas Roundup 10K: Austin, Tx, www.texasroundup.org
- MAY 03 Ransom Canyon Sprint: For Details www.buffalospingslaketriathlon.com
- *MAY 09 HORSHOE BEND CANYON RUNS: 11MI/6MI/2MI, 8:00am, Horseshoe Bend Canyon N. of Slaton, CR3600 & E. CR7300, Randy Holloway, RD, 806-794-7512
- MAY 13 Buffman & Squeaky Triathlon: For details www.buffalospingslaketriathlon.com
- *JUN 13 LEVELLAND LOPE: 10k/2mi, 8:00AM, SPC, Texan Dome Levelland, TX, Bill roger, RD
- JUN 28 BSLT Half-Ironman: www.buffalospingslaketriathlon.com
<http://wtcr.tripod.com>
Calendar, Photos, Online registration, etc.

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



WEST TEXAS
Running Club

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