



September 2009

Kelly Piner
1103 Smiley St.
Anna 79106



newsletter

Volume 2, Issue 8

Race Director's Report

What a race! We had close to 200 participants this year, compared with under-120 in 2008. I saw many of the familiar faces whom I've gotten to know over the years as well as a new crop of people who turned out in impressive numbers! It is always delightful and humbling to me to see so many dedicated and talented runners at Hot Dam.

We had several records broken in the 2 mile event: M6-12, Jake Brownfield, 11, 13:31; M40-44, Ricky Martinez, 40, 12:16 (Spur); M45-49, Sam Ayres, 46, 14:55; Clyde, Milt Brownfield, 51, 15:19; F20-24, Lindsey Lamontagne, 22, 15:29; F25-29, Ledah Welch, 27, 14:49. Congratulations to each of you for turning in such excellent times at a tough race with nasty inclines and hot, dry winds.

I would also like to express my appreciation to the volunteers, friends and families who donated their time and efforts to buttress this event. Thank you to Sarah Gaxiola, Kayelin Fant, George Jury, David Higgins, Edwin Young, Sean Fant, Albert Burrier, Tony Aleman, Cory Schovanec and his buddy Daniel, Fred Weber, Richard Gale, Edson Pinto, Chris Gallerneau, Kendall Higgins, Larry Byrd and anyone else who offered assistance. These folks did an absolutely superb job working water stops, turnarounds, timing, tag-pulling, patrolling, selling club merchandise, tabulating results and distributing medals.

I especially would like to thank PJ Mitchell for remaining a committed sponsor of this event by providing those great looking yellow t-shirts for the first 100 entrants. PJ, you are one wonderful, amazing lady. I cannot thank you enough for doing this for us; we all appreciate you tremendously.

Finally, I would like to recognize all of the runners on an excellent effort. Well done, guys!

I am grateful to everyone for being so positive, polite and patient; it made this year's event one of the best. I look forward to seeing you all in 2010!

Etta

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, September 1, 2009 @ 7:00 p.m. at 3309 67th Street, all members are welcome.

In This Issue

- Birthdays.....2
- Hot Dam 2 Mile Overall Results.....2
- Hot Dam 5 Mile Overall Results.....3
- Challenge Series.....4.&.5
- Shallowater Stampede
Event Records.....6
- Shallowater Stampede
Event Information.....6

Inserts

- Shallowater Stampede Registration Form
- Red Raider Road Race Registration Form

Shallowater Stampede

Saturday, September 12, 2009

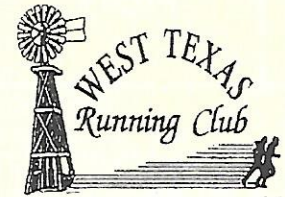
Shallowater High School
Shallowater, Texas

2 & 10K Miles,

Race Starts @ 8:00 am

Race Director: Rod Burgett

(806) 548-1796



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

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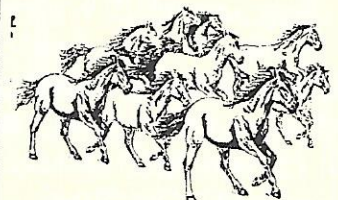
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WTRC Member Birthdays & 22nd Annual Hot Dam Overall Results

Happy Birthday

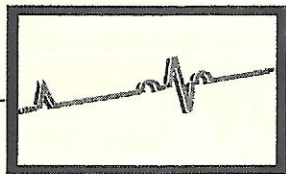
West Texas Running Club
22nd ANNUAL HOT DAM
2 Mile and 5 Mile Road Races
Lubbock, Texas August 8, 2009

2 MILE OVERALL RESULTS

Wade Wilson	51	on (09-01)
Tim Key	42	on (09-01)
Cynthia Sorreson	46	on (09-01)
Shannon Anderson	38	on (09-03)
Larry Bloskas	47	on (09-03)
Korbin Martinez	12	on (09-03)
Edgar Martinez	14	on (09-05)
Andres Pedroza	28	on (09-06)
Don Appling	51	on (09-07)
Rebecca Castillo	38	on (09-08)
Eddy Morelock	38	on (09-08)
Joe Frank	50	on (09-08)
Randy Holloway	53	on (09-09)
Samuel Ayers	47	on (09-12)
Epi Aguirre	51	on (09-12)
Kirby Nixon	12	on (09-12)
Kori Truby	29	on (09-13)
Marti Greer	51	on (09-14)
Jimmy Clark	58	on (09-18)
Bill Felton	75	on (09-18)
Michael McDonald	61	on (09-19)
Tom Clemmons	56	on (09-21)
Terry Dalton	55	on (09-21)
Madeline Taylor	58	on (09-23)
Wendy Royal	46	on (09-24)
Greg Hoeve	45	on (09-24)
Courtney Craig_Fakhreddine	33	on (09-25)
David Mangold	61	on (09-26)
Greg Milford	40	on (09-30)
Janis Waechter	58	on (09-30)

Place	Name	Town	St	Ag	S	Div	Div	2	Pace
1	VENTURA GONZALEZ	LEVELLAND	TX	16	M	1	M1619	11:49	5:55
2	RICKY MARTINEZ	SPUR	TX	41	M	1	M4044	12:16	6:08
3	NATHAN CONROY	LUBBOCK	TX	17	M	2	M1619	12:35	6:18
4	LUKE SAMARRON	LEVELLAND	TX	16	M	3	M1619	12:54	6:27
5	RENE GONZALEZ	LEVELLAND	TX	43	M	2	M4044	13:17	6:39
6	JAKE BROWNFIELD	LUBBOCK	TX	11	M	1	M0112	13:31	6:46
7	JAY WILLIAMS	WOLFFORTH	TX	40	M	3	M4044	13:42	6:51
8	JUAN HERRERA	LEVELLAND	TX	39	M	1	M3539	13:48	6:54
9	SHANNON ANDERSON	LUBBOCK	TX	37	M	2	M3539	13:53	6:57
10	JEREMY TORRES	SLATON	TX	29	M	1	M2529	14:19	7:10
11	JOHN DAVID BRUAGEL	LUBBOCK	TX	17	M	4	M1619	14:24	7:12
12	JOSHUA CASTRO	LUBBOCK	TX	13	M	1	M1315	14:34	7:17
13	JOEY PANTOJA	HART	TX	25	M	2	M2529	14:48	7:24
14	LEDAH WELCH	LUBBOCK	TX	27	F	1	F2529	14:49	7:25
15	MONT MCCLENDON	LUBBOCK	TX	37	M	3	M3539	14:50	7:25
16	SAM AYERS	LUBBOCK	TX	46	M	1	M4549	14:55	7:28
17	DAVID DOYLE	LUBBOCK	TX	50	M	1	M5054	15:00	7:30
18	BRANDON HAMILTON	LUBBOCK	TX	28	M	3	M2529	15:13	7:37
19	MILT BROWNFIELD	LUBBOCK	TX	51	M	2	M5054	15:19	7:40
20	LORENZO PADILLA	LUBBOCK	TX	55	M	1	M5559	15:25	7:43
21	LINDSAY LAMONTAGNE	LUBBOCK	TX	22	F	1	F2024	15:29	7:45
22	KATHARINE GLASHEEN	LUBBOCK	TX	18	F	1	F1619	16:12	8:06
23	CHRIS AYRE	CLOVIS	NM	33	M	1	M3034	16:32	8:16
24	DANIEL GONZALES	LUBBOCK	TX	43	M	4	M4044	16:54	8:27
25	AMY MARTIN	LUBBOCK	TX	20	F	2	F2024	16:58	8:29
26	AMANDA MORRIS	LUBBOCK	TX	17	F	2	F1619	16:59	8:30
27	DAMON PROVENCE	SUDAN	TX	58	M	2	M5559	17:05	8:33
28	EVAN GALLARNEAU	LUBBOCK	TX	10	M	2	M0112	17:09	8:35
29	DERRICK WADE	LUBBOCK	TX	27	M	4	M2529	17:10	8:35
30	AIMEE AYERS	LUBBOCK	TX	20	F	3	F2024	17:28	8:44
31	SAMUEL MITCHELL	LUBBOCK	TX	11	M	3	M0112	17:34	8:47
32	SUSANNE MOORE	LUBBOCK	TX	35	F	1	F3539	17:39	8:50
33	CHARLENE BAILEY	LUBBOCK	TX	20	F	4	F2024	17:44	8:52
34	JOE MARTIN	LUBBOCK	TX	49	M	2	M4549	17:49	8:55
35	MEGAN SMITH	MIDLAND	TX	24	F	5	F2024	18:01	9:01
36	CRAIG PETERSON	HOBBES	NM	52	M	3	M5054	18:03	9:02
37	TROY PRATT	LUBBOCK	TX	43	M	5	M4044	18:20	9:10
38	JASON HANCOCK	LUBBOCK	TX	28	M	5	M2529	18:30	9:15
39	JAY WYATT	LUBBOCK	TX	48	M	3	M4549	18:32	9:16
40	MAREK POTRATZ	LUBBOCK	TX	27	M	6	M2529	18:36	9:18
41	WENDY ROYAL	ABERNATHY	TX	45	F	1	F4549	18:44	9:22
42	JAY MCELLIGOTT	LUBBOCK	TX	39	M	4	M3539	18:48	9:24
43	SHANNON PATTERSON	MIDLAND	TX	25	F	2	F2529	18:54	9:27
44	LAURA DALE	LUBBOCK	TX	22	F	6	F2024	19:12	9:36
45	DAVID FLORES	LUBBOCK	TX	30	M	2	M3034	19:14	9:37
46	NATHAN ROMAN	LUBBOCK	TX	13	M	2	M1315	19:22	9:41
47	SHAWNELLE KREGER	WOLFFORTH	TX	35	F	2	F3539	19:29	9:45
48	JIM HARRIS	LUBBOCK	TX	66	M	1	M6559	19:37	9:49
49	CARTER SUTTLES	LUBBOCK	TX	10	M	4	M0112	20:04	10:02
50	DEBBIE VASQUEZ	LUBBOCK	TX	34	F	1	F3034	20:04	10:02
51	ZACHARY GALLARNEAU	LUBBOCK	TX	8	M	5	M0112	20:55	10:28
52	NICKOLAS ROMAN	LUBBOCK	TX	11	M	6	M0112	20:57	10:29
53	JULIAN HALL	LUBBOCK	TX	9	M	7	M0112	20:58	10:29
54	BILL ROGER, SR	LEVELLAND	TX	70	M	1	M7099	21:14	10:37
55	AMY HANCOCK	LUBBOCK	TX	27	F	3	F2529	21:29	10:45
56	LAUREN DRINKARD	GARDENDALE	TX	23	F	7	F2024	21:30	10:45
57	LAURA LAPPE	LUBBOCK	TX	43	F	1	F4044	21:47	10:54
58	DEBBIE ROMAN	LUBBOCK	TX	54	F	1	F5054	22:15	11:08
59	SHANA RICH	WOLFFORTH	TX	33	F	2	F3034	22:31	11:16
60	STEPHANIE MCELLIGOTT	AMARILLO	TX	29	F	4	F2529	23:31	11:46
61	ANTONIO ROMAN	LUBBOCK	TX	57	M	3	M5559	24:03	12:02
62	MONICA VIESEA	LUBBOCK	TX	23	F	8	F2024	24:14	12:07
63	BRADY DANIEL	LUBBOCK	TX	6	M	8	M0112	24:30	12:15
64	CHRIS DANIEL	LUBBOCK	TX	38	M	5	M3539	24:31	12:16
65	DIANE DANIEL	LUBBOCK	TX	29	F	5	F2529	24:32	12:16
66	JAMEY MCELLIGOTT	AMARILLO	TX	30	M	3	M3034	25:18	12:39
67	MEGGAN BAILEY	LUBBOCK	TX	35	F	3	F3539	25:57	12:59
68	JENNY SMOLA	LUBBOCK	TX	16	F	3	F1619	25:59	13:00
69	JOSIE ALEMAN	LUBBOCK	TX	58	F	1	F5559	26:27	13:14
70	RENEE SMOLA	LUBBOCK	TX	29	F	6	F2529	27:11	13:36
71	SETH STAGGS	LUBBOCK	TX	11	M	9	M0112	27:18	13:39
72	TARA FLORES	LUBBOCK	TX	27	F	7	F2529	27:54	13:57
73	CARA FREEMAN	LUBBOCK	TX	34	F	3	F3034	27:55	13:58
74	SUZAN CAUDLE	LUBBOCK	TX	56	F	2	F5559	31:14	15:37
75	CLAUDIA CHASE	MIDLAND	TX	52	F	2	F5054	34:22	17:11

Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940

West Texas Running Club
22nd ANNUAL HOT DAM
2 Mile and 5 Mile Road Races
Lubbock, Texas August 8, 2009

5 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	5	Pace
1	EDWIN SANG	LUBBOCK	TX	27	M	1	M2529	27:05	5:25
2	K.T. MANIS	HOBBS	NM	16	M	1	M1619	28:24	5:41
3	QUENT BEARDEN	LUBBOCK	TX	34	M	1	M3034	28:49	5:46
4	MICHAEL NJENGA	LUBBOCK	TX	37	M	1	M3539	29:17	5:52
5	NATHAN LEE	MIDLAND	TX	20	M	1	M2024	29:41	5:57
6	RANDAL GUINN	IDALOU	TX	20	M	2	M2024	29:56	6:00
7	KELLY THOMPSON	MIDLAND	TX	45	M	1	M4549	30:17	6:04
8	BENJAMIN TANUI	LUBBOCK	TX	33	M	2	M3034	30:19	6:04
9	STEVEN KING	LUBBOCK	TX	45	M	2	M4549	31:00	6:12
10	LUCAS MORRIS	LUBBOCK	TX	17	M	2	M1619	31:13	6:15
11	MARTIN MONTALVO	PLAINVIEW	TX	44	M	1	M4044	32:13	6:27
12	EMANUEL BARRON	HART	TX	25	M	2	M2529	32:47	6:34
13	JASON FELLERS	LUBBOCK	TX	29	M	3	M2529	33:28	6:42
14	POPCORN LEONARD	MIDLAND	TX	48	M	3	M4549	33:49	6:46
15	AARON KELLY	LUBBOCK	TX	26	M	4	M2529	33:56	6:48
16	TY McALISTER	MIDLAND	TX	30	M	3	M3034	34:07	6:50
17	LEE COHEN	LUBBOCK	TX	37	M	2	M3539	34:33	6:55
18	JOEL BARR	THE WOODLANDS	TX	57	M	1	M5559	35:02	7:01
19	CADET BRYANT	BIG SPRING	TX	35	M	3	M3539	35:30	7:06
20	PAUL PARE	LUBBOCK	TX	47	M	4	M4549	36:01	7:13
21	IRIS RIVERO	LUBBOCK	TX	34	F	1	F3034	36:08	7:14
22	IGNACIO VASQUEZ	LUBBOCK	TX	42	M	2	M4044	36:54	7:23
23	JOSEPH WILSON	LUBBOCK	TX	53	M	1	M5054	36:58	7:24
24	MATT LINDGREN	LUBBOCK	TX	42	M	3	M4044	37:05	7:25
25	CHRIS TOELLE	LUBBOCK	TX	35	M	4	M3539	37:13	7:27
26	ROBERT LEE	LUBBOCK	TX	52	M	2	M5054	37:16	7:28
27	RANDY HOLLOWAY	LUBBOCK	TX	53	M	3	M5054	37:25	7:29
28	STEPHEN ROMERO	LUBBOCK	TX	28	M	5	M2529	37:31	7:31
29	JIM HIGGINS	LUBBOCK	TX	48	M	5	M4549	37:51	7:35
30	LINO HERNANDEZ	MIDLAND	TX	52	M	4	M5054	38:16	7:40
31	AL GARDNER	LEVELLAND	TX	53	M	5	M5054	39:11	7:51
32	KYLE LUKERT	LUBBOCK	TX	34	M	4	M3034	39:29	7:54
33	JOHN REEDY	LUBBOCK	TX	25	M	6	M2529	40:18	8:04
34	JIMMY HOB DY	BIG SPRING	TX	35	M	5	M3539	40:31	8:07
35	ANNETTE BOLES	LUBBOCK	TX	34	F	2	F3034	40:43	8:09
36	TAMMY MORIEARTY	LUBBOCK	TX	35	F	1	F3539	40:53	8:11
37	FARREL MARTIN	SHALLOWATER	TX	43	M	4	M4044	40:58	8:12
38	JENNIFER HADDOCK	LUBBOCK	TX	28	F	1	F2529	41:05	8:13
39	JIM ARCHER	LUBBOCK	TX	32	M	5	M3034	41:23	8:17
40	RONNIE PRIGG	LUBBOCK	TX	58	M	2	M5559	41:37	8:20
41	SEAN SCHWARZENTRAUB	LUBBOCK	TX	42	M	5	M4044	41:47	8:22
42	JEFFREY JURY	FOUNTAIN	CO	48	M	6	M4549	40:18	8:22
43	DANIEL HALL	LUBBOCK	TX	34	M	6	M3034	41:57	8:24
44	BECKY ROGERS	LUBBOCK	TX	18	F	1	F1619	42:02	8:25
45	TAYLOR MAEKER	LUBBOCK	TX	18	F	2	F1619	42:03	8:25
46	SEAN GRASS	LUBBOCK	TX	38	M	6	M3539	42:15	8:27
47	TONY CUEVAS	LUBBOCK	TX	27	M	7	M2529	42:31	8:31
48	JENNIFER SENAD	LUBBOCK	TX	39	F	2	F3539	42:40	8:32
49	LAURA SEFCIK	LUBBOCK	TX	27	F	2	F2529	42:48	8:34
50	JONAS ACEVEDO	LEVELLAND	TX	18	M	3	M1619	43:08	8:38
51	AMY AYRE	CLOVIS	NM	32	F	3	F3034	43:08	8:38
52	ADAM PUCKETT	LUBBOCK	TX	38	M	7	M3539	43:14	8:39
53	BRADY COOK	LUBBOCK	TX	27	M	8	M2529	43:16	8:40
54	RACHA CHAPMAN	LUBBOCK	TX	27	F	3	F2529	43:23	8:41
55	KEN SPAIN	LUBBOCK	TX	55	M	3	M5559	43:24	8:41
56	ANN CRUCE-ROBERTS	LUBBOCK	TX	33	F	4	F3034	43:31	8:43
57	JEFFREY HAAG	LUBBOCK	TX	40	M	6	M4044	43:34	8:43
58	DEBORAH GELBER	LUBBOCK	TX	40	F	1	F4044	43:35	8:43
59	RUSSELL CARTER	LUBBOCK	TX	38	M	8	M3539	43:44	8:45
60	ANGIE SONNENBERG	LUBBOCK	TX	30	F	5	F3034	43:50	8:46
61	KRIS LAMM	LUBBOCK	TX	29	M	9	M2529	43:53	8:47
62	CHRISTOPHER TOLBERT	LUBBOCK	TX	28	M	10	M2529	44:00	8:48
63	LESLIE STAIN	MIDLAND	TX	52	F	1	F5054	44:01	8:49
64	ANTHONY GARZA	LUBBOCK	TX	30	M	7	M3034	44:09	8:50
65	HAYNES JOHNNY	LUBBOCK	TX	20	M	3	M2024	44:12	8:51
66	BRENT LONGWAY	LUBBOCK	TX	22	M	4	M2024	44:14	8:51
67	OLIVIA HARRIS	LUBBOCK	TX	33	F	6	F3034	44:15	8:51
68	MARCIA WOODINGS	LUBBOCK	TX	21	F	1	F2024	44:20	8:52
69	JARROD GRIMM	DEXTER	NM	39	M	9	M3539	44:34	8:55
70	GONZALO RAMIREZ	LUBBOCK	TX	53	M	6	M5054	44:37	8:56
71	DEB HENDLEY	LUBBOCK	TX	60	F	1	F6099	44:42	8:57
72	RENAE SMITH	LUBBOCK	TX	37	F	3	F3539	45:12	9:03
73	HEDGE MARTIN	LUBBOCK	TX	34	M	8	M3034	45:19	9:04
74	RALPH WOLF	LUBBOCK	TX	72	M	1	M7099	45:25	9:05
75	CHUCK LAMPE	DALLAS	TX	36	M	10	M3539	45:37	9:08

5 MILE OVERALL RESULTS

Place	Name	Town	St	Ag	S	Div	Div	5	Pace
76	MARK SMITH	LUBBOCK	TX	45	M	7	M4549	45:50	9:10
77	GORDEN JENKINS	AMARILLO	TX	68	M	1	M6569	45:55	9:11
78	CYNTHIA SORRENSEN	LUBBOCK	TX	45	F	1	F4549	46:08	9:14
79	P.J. MITCHELL	LUBBOCK	TX	63	F	2	F6099	46:23	9:17
80	TRACI PAYNE	LUBBOCK	TX	36	F	4	F3539	46:44	9:21
81	SARAH LAMAR	LUBBOCK	TX	32	F	7	F3034	46:58	9:24
82	ALISON BLALOCK	LUBBOCK	TX	23	F	2	F2024	47:16	9:28
83	KAMMY PHILBRICK	LUBBOCK	TX	48	F	2	F4549	47:27	9:30
84	KELLEY WEIL	LUBBOCK	TX	33	F	8	F3034	47:35	9:31
85	AMY MCALEXANDER	LUBBOCK	TX	28	F	4	F2529	47:50	9:34
86	SHANNON ELIASSON	LUBBOCK	TX	23	F	3	F2024	47:59	9:36
87	CHERYL WEBER	LUBBOCK	TX	56	F	1	F5559	48:12	9:39
88	JILL HAUROS	LUBBOCK	TX	45	F	3	F4549	48:19	9:40
89	HALEY RICHARDS	LUBBOCK	TX	23	F	4	F2024	48:20	9:40
90	JAMES WALLACE	LUBBOCK	TX	59	M	4	M5559	48:30	9:42
91	JERRY ADAMS	LUBBOCK	TX	33	M	9	M3034	48:36	9:44
92	LANETTE WINDHAM	LUBBOCK	TX	41	F	2	F4044	48:38	9:44
93	HOLLY SNOGRASS	LUBBOCK	TX	39	F	5	F3539	48:46	9:46
94	RONNIE ADAMS	LUBBOCK	TX	34	M	10	M3034	48:50	9:46
95	WENDY ANDERSON	LUBBOCK	TX	39	F	6	F3539	48:52	9:47
96	LEE HARTMANN	MIDLAND	TX	52	F	2	F5054	49:02	9:49
97	MARIO JIMENEZ	LUBBOCK	TX	48	M	8	M4549	49:20	9:52
98	SHARON SIMMONS	MIDLAND	TX	40	F	3	F4044	49:50	9:58
99	DANIEL GRAYSON	LUBBOCK	TX	49	M	9	M4549	50:01	10:01
100	JUSTIN SMITH	MIDLAND	TX	27	M	11	M2529	50:32	10:07
101	BARBARA SLATON	MIDLAND	TX	50	F	3	F5054	50:52	10:11
102	AARON McCARTHY	LUBBOCK	TX	33	M	11	M3034	50:55	10:11
103	SUSAN WILCOX	LUBBOCK	TX	31	F	9	F3034	51:56	10:23
104	JAMES LIVERMORE	LUBBOCK	TX	62	M	1	M6064	52:23	10:29
105	TIM CHASE	MIDLAND	TX	52	M	7	M5054	52:35	10:31
106	MICHAEL MCDONALD	LUBBOCK	TX	60	M	2	M6064	53:03	10:37
107	AMY SUTTLES	LUBBOCK	TX	36	F	7	F3539	53:46	10:46
108	EMILY CARTER	LUBBOCK	TX	34	F	10	F3034	53:58	10:48
109	MEAGAN WHITE	LUBBOCK	TX	24	F	5	F2024	54:09	10:50
110	KRISTEN LAMPE	DALLAS	TX	36	F	8	F3539	55:06	11:02
111	SHEILA GRIMM	DEXTER	NM	37	F	9	F3539	55:33	11:07
112	MADELEINE TAYLOR	RANSOM CANYON	TX	58	F	2	F5559	56:27	11:18
113	SHANNON SHUTTLESWORTH	LUBBOCK	TX	25	F	5	F2529	56:34	11:19
114	R Z	LUBBOCK	TX	27	F	6	F2529	57:06	11:26
115	SARAH TILFORD	LUBBOCK	TX	23	F	6	F2024	58:11	11:39
116	MIKE MALONE	WOLFFORTH	TX	52	M	8	M5054	59:24	11:53
117	MEKIVA CALLAHAN	LUBBOCK	TX	35	F	10	F3539	59:38	11:56
118	ROSE HOEVE	RANSOM CANYON	TX	41	F	4	F4044	1:01:20	12:16
119	GINGER HALL	LUBBOCK	TX	33	F	11	F3034	1:02:38	12:32
120	ALYSSA SIMMONS	MIDLAND	TX	18	F	3	F1619	1:04:50	12:58
121	RICHARD LAMPE	LUBBOCK	TX	65	M	2	M6569	1:07:16	13:28
122	ELIZABETH CASON	RANSOM CANYON	TX	48	F	4	F4549	1:09:21	13:53

Our main purpose ...

is to promote distance running as an aid to physical fitness and longevity and if need be, an alternative "Positive Addiction". We also wish to unite runners of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area runners. Our monthly club races are primarily designed to offer each member a yardstick for measuring personal accomplishments and not necessarily competition against each other. We offer encouragement to all runners, regardless of age and ability. Our club is the only Running Club west of the metroplex and north of Austin which conducts at least one race per month.

**W.T.R.C. 2009 Challenge Series
Standings After 7 Events (Male)**

	YTD TOTALS						YTD TOTALS				
	AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL
0 - 12 MALE											
Jake Brownfield	11	49	11	5		40-44 MEN	41	19	11	2	
Walker Adams	11	39	10	4		Tim Key	43	17	11.2	3	
Evan Gallameau	10	24	8	4		Noe Valles	43	17	4	2	
Julian Hall	9	8	4	2		Daniel Gonzales	44	16	29.9	4	*
Dakota Hernandez	9	7	4	2		Todd Smith	42	15	15	2	
Nick Hoeve	11	3	8.2	2	*	Matt Lindgren	43	9	9	2	*
William Pyle	7	0	5	1	*	David Pyle	42	8	2	1	
David Pyle	9	0	5	1	*	James Layman					
Joshua Hoeve	10	0	6.2	1	*	45-49 MEN					
13-15 MEN						Joe Frank Martin	49	64	17	7	
Lucas Samarron	16	57	15	6		Jim Higgins	48	42	22.2	5	
Kendall Higgins	15	32	23.7	7	*	Paul Pare	47	43	30.1	5	
Austin Martin	14	19	7	3		Jerry Dwyer	49	40	34.7	4	
Joshua Brownfield	12	10	4	2		Brent Lowery	47	34	28.4	4	
Edgar Martinez	13	9	2	1		Ronald Trollinger	49	26	9	3	
16-19 MEN						Richard Shaw	47	25	16.2	3	
Lucas Morris	17	77	22	8		J. Edson Pinto	47	22	23.9	4	*
Jon David Bruegel	17	57	38.1	7	*	Ray Major	48	19	9	2	
K.T. Manis	16	40	19.2	4		Adam Barron	46	16	18.7	2	
Nathan Conroy	17	36	13	5		Todd Smith	45	16	29.9	4	*
Matthew Rodriguez	16	20	15.2	3		Gabriel Martinez	47	9	2	1	
20-24 MEN						Duane Jones	48	5	6.2	1	
Ben Boston	24	38	37.4	6		Edwin Young	45	0	41.2	6	*
Jon Keith	20	29	13.2	3		50 - 54 MEN					
25-29 MEN						Randy Holloway	53	50	64.1	4	**
Stephen Romero	28	41	25.2	5		Epi Aguirre	50	48	33.9	5	
Brandon Berkshire	25	29	32.4	5	*	David Doyle	50	47	19.2	6	*
Andrew Huff	27	28	23.7	4		Nate Wilson	53	38	20.2	4	
Andres Pedroza	27	27	17.7	3		Jackie Cannon	53	30	8	3	
Jason Fellers	29	19	11.2	2		Randy Bunyard	51	30	26.2	4	
Jarred Hurst	29	11	11	1		Gene Adams	51	30	25.9	4	
John Griffin	27	8	20	3	*	Jimmy Samarron	54	28	9	3	
Aaron Self	28	8	4	1		Gonzalo Ramirez	53	20	15.7	3	
David Fraga	29	7	6.2	1		Terry Dalton	54	12	17.7	3	*
Tony Moreno	29	6	6.2	1		Greg Hogan	50	10	11	1	
Jason Hancock	27	3	14.9	2	*	Bob Jackson	50	10	6.2	1	
30-34 MEN						Wade Wilson	50	9	8.7	1	
Chad Wilcox	33	46	25	6	*	55 - 59 MEN					
Chris Gallameau	33	44	25.2	6	*	Lorenzo Padilla	55	55	13	6	
Joey Hernandez	32	30	17.7	3		James Wallace	59	52	33.2	7	
Bryan Duncan	31	26	25.9	3		Richard Gale	59	43	37.1	5	
Wesley Scholz	32	23	25.9	3		Lawrence Schovanec	56	40	19.7	4	
Chris Truitt	33	20	4	2		Fred Weber	57	36	15	5	*
Daniel Hall	33	18	17.2	3		David Weaver	57	35	34.9	5	*
35-39 MEN						Ken Spain	55	33	20.2	4	
Lee Cohen	37	70	40.7	8	*	Tom Weis	57	30	27.2	3	
Shannon Anderson	37	67	36.4	8	*	Dan Hilario	58	29	31.4	5	*
Mont McClendon	37	37	22.2	5		Antonio Roman	57	26	6	3	
Marin Hernandez	38	34	12	4		Larry Burelsmith	59	10	2	1	
Eddy Morelock	37	29	17.7	3		David Higgins	55	8	60.6	8	**
Chris Toelle	35	22	22.2	3		Jimmy Clark	56	0	10	1	**
Kirk Pittman	36	17	15	2		Tony Aleman	59	0	56.1	8	*
Sean Grass	38	15	15	2		Jim Wilhelm	57	0	5	1	*
Tyge Payne	37	14	14.9	2		Jerry Morris	58	0	8.7	1	*
Greg Milford	39	11	9	2		Wayne Sullivan	58	0	40.1	6	*
Alan Williams	36	8	11	1		60-64 MEN					
Tommie Farrell	38	6	10	1		Mike Kelley	60	61	39.1	7	
Jon Bruegel	38	0	26.1	4	*	Richard Gale	60	53	52.1	7	*
40-44 MEN						Rick Lampe	64	46	21.2	5	
Martin Montalvo	44	67	52.1	7		James Livermore	62	35	19.2	4	
Jay Williams	40	64	44.1	8		Douglass Sanford	60	19	9	2	
Cody Miller	43	42	35.4	6	*	Michael McDonald	60	17	11.2	2	
Rod Burgett	44	36	44.1	7	*	Ron Nugent	62	10	7	2	*
Ignacio Vasquez	42	36	36.2	5		65-69 MEN					
Heath Pennell	41	32	32.4	5	*	Gorden Jenkins	68	68	35.4	7	
David Rogowski	41	29	19.9	3		Rick Lampe	65	64	29.2	7	
Ricky Martinez	41	27	14.2	3		Ron Lubowicz	65	40	42.4	6	*
Troy Pratt	43	21	8	4		Jim Harris	66	40	28	5	**
						Larry Byrd	65	0	49.9	7	*

**W.T.R.C. 2009 Challenge Series
Standings After 7 Events (Female)**

Continue Males						YTD TOTALS					
70-99 MEN	AGE	PTS	MILES	EVT	VOL	30-34 FEMALE	AGE	PTS	MILES	EVT	VOL
Bill Felton	74	70	31.4	7		Mandy Poklikuha	31	40	18	5	*
Bill Roger	70	48	33.1	7	**	Susan Wilcox	31	40	42.4	7	*
Ralph Wolf	72	47	30.4	6	*	Brooke Pittman	31	31	13.2	3	
Mike Greer	70	10	19	2	**	Iris Rivero	34	31	20	3	
George Jury	73	0	56.1	8	*	Erica Weitman	30	12	16.2	2	
Albert Burrier	75	0	5	1	*	Lela Hughes	33	10	8.7	1	
CLYDESDALE - Age Graded						Jennifer Payne	31	9	6.2	1	
Craig Peterson	52	60	35.2	8	*	Courtney Fakhreddine	32	8	8.7	1	
Milt Brownfield	51	59	21.7	7	*	35-39 FEMALE					
Ferrell Martin	43	50	42.4	6	*	Tammy Moriearty	35	60	27	6	
Shaun Fant	41	43	41.2	6	*	Malinda Colwell	35	53	15	6	
Larry Bloskas	47	27	6	3		Wendy Anderson	38	40	45.4	6	*
Damon Provence	58	26	7	3		Meggan Bailey	35	40	12	5	
Brandon Hughes	35	15	10.2	2		Susan Duncan	36	28	25.9	3	
Jason Hancock	27	13	19.9	4	*	Traci Payne	36	22	18.7	3	
Anthony Catherall	24	12	9	2		Michaela Jansen	36	10	5	1	
Isacc Munoz, Sr.	53	9	4	1		Mindy Harlien	35	7	2	1	
Eric Pittman	32	6	3	1		LouAnna Arterburn	39	6	5	1	
Jim Beck	48	5	4	1		40-44 FEMALE					
Preston Smith	63	2	3	1		Lee Handlin	40	48	19.2	5	
Warner Alexander	48	0	5	1	*	Angie Hines	43	40	12	4	
Ed Dabrowski	50	0	10	1	*	Laura Lappe	43	29	8	3	
YTD TOTALS						Hollye Martinez	41	18	8	2	
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	Rose Hoeve	41	15	28.4	3	**
Catherine Cannon	9	39	8	4		Laura Adams	41	9	2	1	
Cherokee Hernandez	11	33	10	4		Deana Martin	40	8	3	1	
Kayelin Fant	11	25	12	4	*	Karen Pyle	40	0	5	1	*
Kathleen Adams	8	20	6	2		45-49 FEMALE					
Alexis Cortez	12	8	8.2	2	*	Marsha Bennett	45	64	46.9	7	
Allison Martin	11	8	3	1		Jill Haukos	45	64	37.9	7	
Karsen Harlien	8	6	2	1		Kammy Philbrick	48	39	15	4	
13-15 FEMALE						Tami Miller	49	20	10.2	3	*
Turner Adams	14	44	14	4		Kathy Brownfield	46	16	4	2	
Lindsey Smith	14	37	32.9	5	*	Melanie McVey	47	10	5	1	
Guadalupe Martinez	15	10	2	1		Mary Branscome	49	10	11	1	
16-19 FEMALE						Irma Valles	46	10	2	1	
Becky Rogers	18	47	33.4	5		Penne Richards	45	9	2	1	
Taylor Maeker	18	46	33.4	5		Lorenda Spain	49	9	4	1	
Amanda Morris	17	46	11	5		Brenda Campbell	49	8	2	1	
Colleen Adams	16	42	21.9	4		Debbie Wilson	49	0	19.9	3	*
Katie Haukos	18	15	4	2	*	50-54 FEMALE					
Allison Pyle	16	10	4	2	*	Debbie Roman	54	39	8	4	
Hannah Layman	16	8	2	1		Glenna Beyer	51	29	7	3	
20-24 FEMALE						Barbara Slaton	50	28	16.2	3	
Amy Martin	20	58	13	6		Christy Hurst	52	18	10	2	*
Taylor Huckaby	22	26	6	3		Leesa Price	52	0	4	1	*
Ashley Keffler	23	19	6	2		Marti Greer	50	0	4	1	*
Taber Black	24	10	2	1		55-59 FEMALE					
Nicole McNew	20	8	2	1		Josie Aleman	58	68	24	8	*
25-29 FEMALE						Sara Gaxiola	56	56	51.1	7	
Amanda Boston	25	49	51.1	7	*	Cheryl Weber	56	50	23.2	5	
Amy McAlexander	28	49	32	6		Susan Caudle	56	46	34.9	8	*
Jennifer Haddock	28	42	38.4	5		Madeleine Taylor	57	36	21.7	4	
Ledah Welch	26	29	15.7	3		60-99 FEMALE					
Briseida Ramos	26	21	15	2		P. J. Mitchell	63	69	49.1	8	*
B.J. Carlile	27	20	24.7	3		Etta Mayer	60	48	41.4	6	**
Tara Loan	26	20	9	2		Carol Felton	66	8	3	1	
Christina Truitt	29	20	4	2		ATHENA - Age Graded					
Stephanie Webb	25	16	9	2		Amy Hancock	27	66	37.1	8	*
Kori Truby	28	9	16	2		Ginger Hall	32	17	22.2	3	*
Alice Fraga	26	5	6.2	1		Nikki Roa	24	10	2	1	
Dana Boltz	25	4	6.2	1		Andi Gibberson	43	9	2	1	
Ashley Catherall	25	2	5	1		Donna Dean	52	0	8.7	1	*
Heather Barron	28	0	8.7	1	*	Elizabeth Linder	52	0	16	2	*

** = Race Director
* = Volunteer

SHALLOWATER STAMPEDE 10K & 2 MILE
EVENT RECORDS (Since 1988)
USA T&F CERTIFIED, #TX07090ETM 10K

MEN					
AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Frank Sumpter, 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 Sumpter	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+	Don Sanderson	Tulia	74	51:01	2004
Clydes	Farrell Martin	Lubbock	39	41:05	2005

WOMEN					
AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Hope Jimenez	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	Nell 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	Sherill Easterling	Snyder	56	52:14	2005
60+	P.J. Mitchell	Lubbock	62	53:31	2007
Athena	Christie Zingerman	Lubbock	33	1:04:11	2007

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.

2 MILE

MEN					
AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	Tobias Sultan	Shallowater	12	12:46	2006
13-15	Gary Lackey	Brownfield	15	10:33	2002
16-19	Lucas Morris	Lubbock	16	11:29	2008
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 Sumpter	Lamesa	39	11:20	1993
40-44	Frank Sumpter	Lamesa	43	11:24	1997
45-49	Jim Leser	Lubbock	45	11:29	1992
50-54	Jackie Cannon	Amarillo	52	12:13	2008
55-59	George W. Jury	Lubbock	55	12:15	1991
60-64	Jim Harris	Hobbs, NM	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					
AGE	NAME	TOWN	AGE	TIME	YEAR
1-12	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+	P.J. Mitchell	Lubbock	62	17:39	2008
Athena	Amy Hancock	Lubbock	26	19:24	2008

* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S ANNUAL
21st Annual Shallowater Stampede
2 Mile & 10K Races

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

WHEN: SATURDAY, September 12, 2009
Register online at <http://wtrc.tripod.com>
See Enclosed Mail in Form for Information On Site
Registration: 7:00 to 7:40am Race Starts at 8:00am

WHERE: Shallowater High School, Shallowater, TX

ENTRY FEE: WTRC Members \$5.00, Non-Members \$10.00,
Race Day Registration \$15.00 for everyone.
Entry fee for students 12 years old and under \$5.00

COURSE: Flat, out and back on asphalt.

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

AGE DIVISIONS, 10 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

Clydesdale and Athena group in both races.

AWARDS: At least 3 "Stampede" Medallion Awards will be given in each category and up to 50 percent of each division will receive awards.

Volunteers needed; call Rod Burgett, Race Director
(806) 548-1796

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 (relays will not be counted towards these three 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)

West Texas Running Club Event Calendar

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

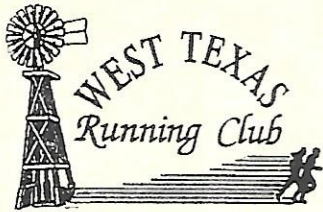
- SEP 1 **WTRC Board meeting:** Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-632-4926
- AUG 29 **Blankets & Bears:** 5K, 8:30am, Botanical Gardens,
Amarillo, TX, Tori Durst, 806-676-5332
- * SEP 12 **SHALLOWATER STAMPEDE:** 10K/2MI, 8am, Shallowater High
School, RD: Rod Burgett, 548-1796
- SEP 17 **SPC Cotton Country Sprint:** 204 N College Ave,
Levelland, TX, Dee Dee Odorizzi, 806-894-9611
Ext. 2236, dodorizzi@southplainscollege.edu
- SEP 19 **St Helena Church 8th Annual Family Fair:** 5k/2M,
7:30am, Hobbs, NM, Contact Daniel Herman
575-392-9049
- SEP 26 **Junktique 5K:** 5K/1M, 8:00am, Colorado City,
Contact Jincy 325-280-7857
- OCT 3 **Race for the Cure:** www.komenlubbock.org
- OCT 3 **White Buffalo Stampede:** 5K/1K 8:15am, Snyder, Tx
Sherrill Easterling, 325-574-7685, seasterling@wtc.edu
- * OCT 10 **RED RAIDER ROAD RACE:** 10K/5K, 8am, Texas Tech Rec Ctr,
RD: Jill Haukos, haukos@aol.com
- OCT 17 **M2M Marathon:** www.marathon2marathon.net
- OCT 17 **3rd Annual Ski Run Road Challenge:** Ruidoso, NM,
www.skirunroadchallenge.com

- OCT 17 **Palo Duro Trail Run:** 50M/50K/20K, 7:00am, Palo Duro
Canyon State Park, Contact Bill Ross 806-602-8197,
pdtrun@wildblue.net
- OCT 18 **Denver Marathon:** www.denvermarathon.com
- OCT 31 **Lubbock Heart Walk(dress up for Halloween):** 1 mile
track from 8:00am-12:00pm, TTU, Urbanovsky Park,
Tiffany Woody, 806-748-2502 or t-tiffany.woody@heart.org
- OCT 31 **The Great Urban Race Hits:** Dallas, TX,
www.athlinks.com
- * NOV 14 **BUFFALO WALLOW RUNS:** Half Marathon/2Mi, 9am, Buffalo
Springs Lake, RD: Mike Kelley, 765-0441
- * NOV 26 **TURKEY TROT:** 12K/2Mi, 9am, MacKenzie Park-Lubb,
Contact: Terry Dalton, 806-777-1456
- * DEC 12 **REDLINE/TOYS4TOTS CC:** 4Mi, 10:00am, Mae Simmons Park,
2302 Oak Ave, Lubbock, RD: Irma Sanchez 806-783-9974
or 806-743-2347
- DEC 13 **Whiterock Marathon:** www.runtherock.com
- * JAN 9 **LOOP THE LAKE:** 5M/2M, 10:00AM, Buddy Holly Rec
Area-N. University, RD: Jimmy Clark 799-2592

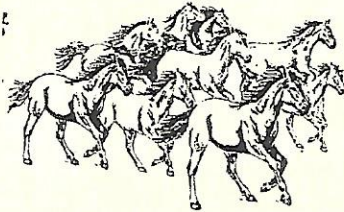
<http://wtcr.tripod.com>
Calendar, Photos, Online registration, Membership, etc.

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

September 2009



5 W. Lakeshore Drive
Ransom Canyon, TX 79366



Mike Kelley
26A Comanche
Lubbock, TX 79404



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 10, 2009

T-Shirts for all
Registrants.

Online registration available
<http://wtrc.tripod.com>
and
<http://active.com>

5K & 10K

Sanctioned by the
West Texas Running Club/
Course USA T&F Certified

Sponsored by:

New Home Creations	United Supermarkets	Stock Building Supply	Brunson Brick & Stone
Texas Tech Alumni Association	Cardinal's Sport Centers	Center for Orthopedic Surgery	
Southwest Regional Wound Care Center	West Texas Running Club		

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race 2009

Jill Haukos
3508 91st St.
Lubbock, TX 79423

28th Annual Red Raider Road Race

Date: Saturday, October 10, 2009 **Starting Time:** 8:00 a.m.

Registration: Save \$ - Enter Early! Until October 8, 2009 - \$15 (WTRC Members) or \$20 (Non-members)
Entry fee payable to the West Texas Running Club. **Mail-in before Oct. 6th!**

On-line Registration: WTRC Web address: <http://wtrc.tripod.com> or active.com. No on-line registration will be accepted after 12 noon on October 8, 2009.

Late Registration & Packet Pick-Up: \$25 – Friday, October 9th, 9 a.m. – 6 p.m. at the TTU Student Recreation Ctr. Main & Hartford, TTU Campus

Race Day Packet Pick-Up: Saturday, October 10th, 6:30 a.m. – 7:30 a.m. **NO REGISTRATION ON RACE DAY**
Inside the TTU 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: TTU 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)
<input type="text"/>				
City	State	Zip code	Make checks payable to: West Texas Running Club	
<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) _____

Shallowater Stampede—September 12th, 2009

Mail
Registration
Thru Sept 9th

\$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
Rod Burgett, Race Director
(806) 548-1796

\$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

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Signature of entrant _____ Signature of guardian (minors) _____

Age _____ (on race day) Distance (Circle ONE): 2 MILE 10K

_____ Male _____ Clydesdale (190 lbs or more)

_____ Female _____ Athena (150 lbs or more)

Name _____

City _____ State _____ Phone Number _____

Emergency Contact Name _____ Emergency Contact Number _____

School Affiliation _____