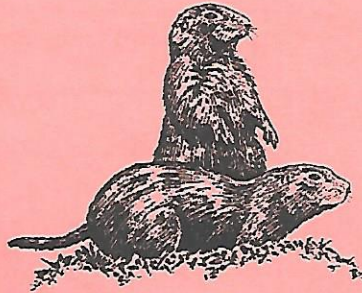


March 2010



Volume 3, Issue 2



5 W. Lakeshore Drive
Ransom Canyon, TX 79366

Notes From the President

An ancient of considerable wisdom once said that genius, unless it is properly directed and applied, produces very little. Now please hold that thought for a few sentences.

Every so often folks have taken the time to look at our Club and study its evolution. When that happens they marvel at the touches of genius that were applied along the way. I find it interesting that our Challenge Series is always highlighted. Why is that?

Consider the elements that make up the Challenge Series – ability, participation, and volunteering – all three are needed to keep you in the game. Ability is important but is more about personal fame and glory, only belongs to the fastest few, and does little to instill and support the broader camaraderie that comes from friendly competition. But the other two, participation and volunteering, are vital ingredients to a healthy running club.

Granted, not every one of us is into the Challenge Series thing, but enough are hooked on it to keep the Club running smoothly. About the only glitch is that many wait too long into the year to satisfy their volunteering requirement (and that is giving up only one race a year) and try to fulfill it in the last few events when the volunteering roster fills up the fastest.

Now for the sermon ... VOLUNTEER EARLY!!! Get it out of the way early and do the first ten RDs a favor. That will keep them from having to beg the same old faithfuls who seem always willing to sacrifice their personal running to keep the races serviced in our blue ribbon style ... AND it will insure that your accumulation of Challenge Series points do not die on the vine.

Thanks for anything you can do to help keep your Club strong again this year and in the years to come.
SYOTR, Ron

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

The WTRC monthly business meeting is on Thursday, March 2, 2010 @ 7:00 p.m. at Ron's office, 3309-67th St., All Members are welcome.

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Prairie Dog Town Races 2 and 4 Mile

March 13, 2010
Start at 9:00 AM

MacKenzie Park /
Broadway & Canyon
Lake Drive

Cody Miller,
Race Director,
806-773-8905

WTRC Officers

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

Internal Vice-President - ~~George Jurek~~ *James Co*
(W) ~~792-3294~~, (H) ~~792-1237~~
E-mail: rungwj@aol.com

External Vice-President
Vacant

Secretary– Wendy Anderson
E-mail: teachwa@yahoo.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) 773-1856
E-mail: rosehoeve@hotmail.com

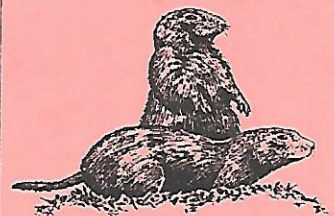
Internal Race Director
Randy Holloway
(H) 794-7512, (O) ~~774-0329~~
E-mail: randyholloway@sbcglobal.net

Equipment Director - ~~Tim Key~~ *George Jurek*
(Cell) 806-~~544-1235~~
E-mail: tim.key@gmail.com

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

Membership Director
Iris Rivero, 722-7026
Iris_rivero3@hotmail.com

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



Event: 38th Annual Cotton Patch Runs, Texas Boys Ranch, Feb 13th

of Participants: 229 (record attendance!), 175 Finishers, 28 Relay Teams and 6 TBR residents.

Weather: just a tad cold..(runners weather)

Volunteers: Suzan Caudle(Asst RD), Ron Lubowicz, Girlstown crews-Robert, Walt and Marla & their crew of 10 at 3 water stops, Tony Aleman, P.J.Mitchell, George Jury, Ray Major, Rose Hoeve, Larissa True, Laura Lappe, Jimmy Clark, Jon David Bruegel, Albert Burrier, Terry Dalton and Donna Dean. Thank you very much!!

Relay teams: 28 total/2 person and 4 person, from Honey Elementary, Bayless and 7 opens. Overall winning teams were dot dot dot Chocolate and Sole Sisters. Larissa True, Rose Hoeve and Donna Dean did a great job organizing these teams.

Individual Winners: Overall 4 mile winners were Lucas Morris and Amanda Boston. 14K winners were David Boston and Iris Rivero.

Photos: see our website for a link to 3 slideshows, courtesy of Suzan, David, Christine Young and Robert Marshall

Texas Boys Ranch is a very gracious host and has repeatedly expressed their appreciation to the WTRC and their presence at the ranch for this memorable event. We hope you will continue to support it and continue to spread the word to your friends.

David Higgins, Race Director

PERSEVERANCE

George W. Jury

Dick Beardsley now lives in Austin and has been writing articles for INSIDE TEXAS RUNNING MAGAZINE and in the most recent issue he wrote about having had a knee replacement in January 2009 and was planning to run the Half Marathon at the AUSTIN MARATHON in February 2010. Since my orthoped wants to replace my bad knee, this hit a nerve with me, because most orthopedic surgeons warn against running after a knee replacement. So, I contacted Dick to ask him about what his doctor said about running. His doctor had given him the same warning, but he ran anyway, unbelievably, 60 miles a week! And, in looking at the Austin Half Marathon results, I found that he had run 1:35:46! Now he not only is still running, but maintains his active lifestyle by adding biking and swimming to his routine. Since most of our members probably don't know of the exploits of the old-timers heroes of running I thought I'd give you a summary of his story of tragedy and triumph. If you would like to know more in detail you can "google" him. Or look at en.wikipedia.org/wiki/Dick_Beardsley

For a brief moment in the early '80s Dick Beardsley became the most famous runner in the world--by losing a race. In 1982, Alberto Salazar and Dick Beardsley ran the entire 26.2 miles of the Boston Marathon neck and neck, finishing within two seconds of each other. (2:08:53) Dick Beardsley, born March 21, 1956 in Minneapolis, Minnesota was raised in a small farming community just outside of Minneapolis. He grew up on his parents dairy farm. He is still the third fastest American born man in the marathon discipline. The world-class marathon competitor of the 1980s was a two-time Olympic qualifier runner and was joint winner of the first London Marathon in 2:11:48 (March 1981) together with Inge Simonsen (Norway). His finish time of 2:09:37 at the 1981 Grandma's Marathon is still the course record. Beardsley placed second (2:08:53) on the heels of Alberto Salazar in the 1982 Boston Marathon, which at the time, broke the Boston Marathon course record and the American record. Beardsley is one of the subjects of the 2006 book *Duel in the Sun* by John Brant. His memoir, *Staying the Course: A Runner's Toughest Race*, co-written with Maureen Anderson, was published in 2002 by the U. of Minnesota Press.

In November 1989, Beardsley was using an auger on the back of a truck to lift corn into a crib. Somehow he became entangled in the auger and it began to tear him apart. Before he lost consciousness, he managed to stop the machine. "To this day, I still don't remember how I did it," Beardsley recalls. "I busted all the ribs on my right side, my right arm, mangled my left leg, and beat up my head pretty badly. I was crawling on my belly toward the house when I was found. I was laid up for five months." Beardsley recuperated enough to continue working on the farm and even enough to go for an occasional run. Then, in July 1992 he was blind-sided by another driver, and Beardsley spent 15 days in the hospital with an injured back and neck. In January 1993, while on a run during a snowstorm in Fargo, Beardsley was hit by a truck, which put him back in the hospital for two weeks. A month later, again in a fierce snowstorm, he rolled his Bronco "a bunch of times." Again, he injured his back and neck. In January 1994, he underwent his first back operation. He was operated on again in March to remove some of the hardware the surgeons had installed and then had a third back operation in October. A year later he had knee surgery. With each hospital stay, Beardsley was prescribed pain medications. As his tolerance to the medications increased, he was prescribed more and more pain pills. In short he became addicted and finally was caught for forging prescriptions. "I knew I was addicted," Beardsley recalls. "But at the same time I was in denial." After a period of treatment, he emerged free of drugs in January 1997.

Since 1996, Beardsley has turned his life around. In spite of a series of accidents, Beardsley has managed to restart his running program. He ran the 2000 Napa Valley Marathon in 3:23:05, and he trained in 2001 to try to break 3:00 at Grandma's to celebrate the 20th anniversary of his breakthrough performance there. He succeeded, running a 2:55:39. Beardsley called this Grandma's his "biggest triumph." He completed five marathons in both 2002 and 2003. He also returned to Boston to run in 2002, celebrating the 20th anniversary of his "Duel in the Sun" with Alberto Salazar. In March 2004, Beardsley ran a 2:43:58 at Napa, his best times since before his farm accident. Up until the summer of 2008, Dick was still a very competitive masters runner, completing his marathons in less than 2:50:00.

Beardsley's Foundation educates people about the benefits of living an active and healthy lifestyle. Initially the Foundation focuses its efforts on children and young adults. It will reach these people by having speakers visit schools. As child obesity is becoming a larger problem, the Foundation believes it is important to educate children at an early age about the benefits of exercising. The Foundation's speakers will take under consideration the fact that different children have different needs and opportunities, but intends to focus a great deal of its resources and expertise on the benefits of running and being outdoors. dickbeardsleyfoundation.org

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
February 13,2010

OVERALL RESULTS

Place Name	Town	St Div Div	Ag S C 4	Pace
1 Lucas Morris	LUBBOCK	TX	1 M1619 17 M N	25:23 6:21
2 TIMOTHY PEIKERT	LUBBOCK	TX	2 M1619 16 M N	26:32 6:38
3 BRETT PEIKERT	LUBBOCK	TX	1 M4044 42 M N	27:20 6:50
4 Epi Aguirre	LUBBOCK	TX	1 M5054 51 M N	27:30 6:53
5 Amanda Boston	LUBBOCK	TX	1 F2529 25 F N	27:31 6:53
6 JERRY DWYER	LUBBOCK	TX	2 M5054 50 M N	27:35 6:54
7 Shannon Anderson	LUBBOCK	TX	1 M3539 38 M N	27:42 6:56
8 PHILPPE DENTINO	LUBBOCK	TX	3 M1619 18 M N	28:40 7:10
9 Eddy Morelock	LUBBOCK	TX	2 M3539 38 M N	29:15 7:19
10 JOSIAH SCULLY	LUBBOCK	TX	1 M2024 22 M N	29:17 7:20
11 David Doyle	LUBBOCK	TX	3 M5054 51 M N	31:52 7:58
12 Devyn Pratt	LUBBOCK	TX	4 M1619 16 M N	31:56 7:59
13 SEAN SCHWARZENTRAB	LUBBOCK	TX	2 M4044 42 M N	31:59 8:00
14 JOHN JAMESON	LUBBOCK	TX	3 M3539 36 M N	32:21 8:06
15 Michaela Jansen	LUBBOCK	TX	1 F3539 37 F N	32:27 8:07
16 JACOB THOMAS	LUBBOCK	TX	1 M0112 12 M N	32:30 8:08
17 ROBERT BALDREE	LUBBOCK	TX	1 M3034 34 M N	32:34 8:09
18 RUSSEL CARTER	LUBBOCK	TX	4 M3539 39 M N	32:54 8:14
19 DARROL SAWYER	LUBBOCK	TX	1 M2529 25 M N	32:59 8:15
20 Ben Boston	LUBBOCK	TX	2 M2529 25 M N	33:26 8:22
21 DAQUAN FRAZIER	LUBBOCK	TX	2 M0112 7 M N	33:37 8:25
22 Petar Grozdanov	LUBBOCK	TX	2 M3034 32 M N	33:47 8:27
23 Shaun Fant	LUBBOCK	TX	TX CLYDE 41 M Y	33:47 8:27
24 Gilbert Davila	FRIONA	TX	CLYDE 41 M Y	33:53 8:29
25 DOTDOTCHOCOLT	LUBBOCK	TX	12PERS F 2	34:07 8:32
26 LUIS CARDENAS	LUBBOCK	TX	1 M5559 58 M N	34:12 8:33
27 ROAD RIPPERS	LUBBOCK	TX	2 2PERS M 2	34:23 8:36
28 TEAM MARTIN	LUBBOCK	TX	3 2PERS F 2	34:43 8:41
29 David Weaver	LUBBOCK	TX	2 M5559 58 M N	34:57 8:45
30 CRISTINA EL CHARIF	LUBBOCK	TX	2 F2529 25 F N	35:25 8:52
31 Fred Weber	GRAND JNCTN	CO	3 M5559 58 M N	35:27 8:52
32 DAMON PROVENCE	SUDAN	TX	CLYDE 59 M Y	35:30 8:53
33 YADDA YADDA	LUBBOCK	TX	4 2PERS M 2	35:52 8:58
34 AMY MCALEXANDER	LUBBOCK	TX	3 F2529 29 F N	36:00 9:00
35 CHRIS ABERES	LUBBOCK	TX	5 M3539 35 M N	36:02 9:01
36 ROBERT LAIN	LUBBOCK	TX	3 M2529 29 M N	36:03 9:01
37 Lee Handlin	LUBBOCK	TX	1 F4044 40 F N	36:09 9:03
38 RED RAIDERS	LUBBOCK	TX	5 2PERS M 2	36:13 9:04
39 Debby Rogers	LUBBOCK	TX	1 F1619 16 F N	36:25 9:07
40 SOLE SISTERS	LUBBOCK	TX	1 4PERS F 4	36:34 9:09
41 GORDEN JENKINS	AMARILLO	TX	1 M6569 69 M N	36:44 9:11
42 Bryan Abercrombie	LUBBOCK	TX	CLYDE 43 M Y	37:16 9:19
43 ANGRY SCOTS	LUBBOCK	TX	2 4PERS M 4	37:18 9:20
44 Dan Hilario	LUBBOCK	TX	5 M5559 59 M N	37:36 9:24
45 Paige Anderson	LUBBOCK	TX	1 F2024 22 F N	37:52 9:28
46 TEAM AUSTIN	LUBBOCK	TX	1 4PERS M 4	38:06 9:32
47 Melody Evans	LUBBOCK	TX	1 F3034 30 F N	38:09 9:33
48 Andrew Husband	LUBBOCK	TX	2 M2024 24 M N	38:13 9:34
49 MALINDA COLWELL	LUBBOCK	TX	2 F3539 36 F N	38:15 9:34
50 PINK TIGERS	LUBBOCK	TX	3 4PERS F 4	38:21 9:36
51 MUTT & JEFF	LUBBOCK	TX	6 2PERS F 2	38:22 9:36
52 KELLEY WEIL	LUBBOCK	TX	2 F3034 33 F N	38:35 9:39
53 Bill Felton	LUBBOCK	TX	1 M7099 75 M N	38:52 9:43
54 Mikasa Sullivan	LUBBOCK	TX	4 F2529 28 F N	38:54 9:44
55 Troy Pratt	LUBBOCK	TX	6 M4044 43 M N	38:55 9:44
56 TEAM DEAN	LUBBOCK	TX	2 4PERS M 4	38:59 9:45
57 CP SQUAD	LUBBOCK	TX	4 4PERS M 4	39:00 9:45
58 MONSTERS	LUBBOCK	TX	7 2PERS F 2	39:23 9:51
59 BLAZING K'S	LUBBOCK	TX	8 2PERS M 2	39:24 9:51

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
February 13,2010

OVERALL RESULTS

Place Name	Town	St Div Div	Ag S C 4	Pace
60 Brandon Berkshire	LUBBOCK	TX	4 M2529 26 M N	39:32 9:53
61 EMILY JENKINS	LUBBOCK	TX	2 F2024 22 F N	39:34 9:54
62 Valerie Boston	LUBBOCK	TX	5 F2529 28 F N	39:54 9:59
63 MARK SMITH	LUBBOCK	TX	1 M4549 45 M N	39:58 10:00
64 RUNNIN RAIDRS	LUBBOCK	TX	5 4PERS M 4	40:07 10:02
65 ROMAN1 NATHAN R	LUBBOCK	TX	1 2PERS M 2	40:57 10:15
66 JUSTHAVINFUN	LUBBOCK	TX	9 2PERS F 2	41:59 10:30
67 Lesley Montandon	LUBBOCK	TX	6 F2529 28 F N	42:04 10:31
68 JIM HARRIS	HOBBS	NM	2 M6569 67 M N	42:12 10:33
69 SILVR LIGHTNG	LUBBOCK	TX	6 4PERS M 4	42:17 10:35
70 GATORS GABBY M.	LUBBOCK	TX	7 4PERS F 4	42:19 10:35
71 HONEY BUNS	LUBBOCK	TX	8 4PERS F 4	42:34 10:39
72 LIGHTNING	LUBBOCK	TX	9 4PERS M 4	42:35 10:39
73 Cheryl Weber	GRAND JNCTN	CO	1 F5559 57 F N	42:37 10:40
74 Jacob Clark	LUBBOCK	TX	CLYDE 26 M Y	42:52 10:43
75 JAMES PREISS	LUBBOCK	TX	2 M4549 49 M N	43:01 10:46
76 Wayne Sullivan	LUBBOCK	TX	6 M5559 59 M N	43:20 10:50
77 WEWANT S'MOR	LUBBOCK	TX	10 2PERS M 2	43:26 10:52
78 Christy Hurst	IDALOU	TX	1 F5054 53 F N	43:41 10:56
79 MASKED RUNRS	LUBBOCK	TX	10 4PERS M 4	44:07 11:02
80 HANNAH LAYMAN	HERFORD	TX	2 F1619 17 F N	44:21 11:06
81 DING DONG BROS	LUBBOCK	TX	11 2PERS M 2	44:24 11:06
82 Karen Husband	LUBBOCK	TX	7 F2529 25 F N	45:53 11:29
83 CHARGERS	LUBBOCK	TX	12 2PERS M 2	47:45 11:57
84 LANETTE WINDHAM	LUBBOCK	TX	2 F4044 42 F N	48:22 12:06
85 JAIMIE HEBISON	LOVINGTON	NM	3 F3034 30 F N	48:22 12:06
86 Jay Dulin	SHALLOWATER	TX	CLYDE 35 M Y	49:35 12:16
86 SPEED ANGELS	LUBBOCK	TX	11 4PERS F 4	49:43 12:26
87 ROMAN2	LUBBOCK	TX	2 2PERS M 2	50:04 12:31
88 DEVIN COBBS	LUBBOCK	TX	3 M0112 10 M N	50:07 12:32
89 LITNGLIZARDS	LUBBOCK	TX	13 2PERS M 2	50:12 12:33
90 BEN MILLER	LUBBOCK	TX	4 M0112 11 M N	50:17 12:35
91 ZANESSA DODD	LUBBOCK	TX	3 F2024 21 F N	50:18 12:35
92 TANDIE LAYMAN	HEREFORD	TX	3 F4044 41 F N	50:33 12:39
93 JAMES LAYMAN	HERFORD	TX	7 M4044 43 M N	50:34 12:39
94 Gabriela Saldana	LUBBOCK	TX	ATHEN 46 F Y	52:07 13:02
95 ZACH GARZA	LUBBOCK	TX	5 M0112 9 M N	52:58 13:15
96 MALACHI PEPPERS	LUBBOCK	TX	6 M0112 9 M N	54:17 13:35
97 Rick Lampe	LUBBOCK	TX	3 M6569 65 M N	54:20 13:35
98 Josie Aleman	LUBBOCK	TX	2 F5559 58 F N	54:35 13:39
99 ANTHONY GONZALEZ	LUBBOCK	TX	7 M0112 11 M N	54:36 13:39
100 JORDON MOSS	LUBBOCK	TX	1 M1315 13 M N	54:45 13:42

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
February 13,2010
2 PERSON RELAY RESULTS

Place Name	Ag Town	St 4
1 ...CHOCOLATE	LUBBOCK	TX 34:07
2 ROAD RIPPERS	LUBBOCK	TX 34:23
3 TEAM MARTIN	LUBBOCK	TX 34:43
4 YADDA YADDA YADDA	LUBBOCK	TX 35:52
5 RED RAIDERS	LUBBOCK	TX 36:13
6 MUTT & JEFF	LUBBOCK	TX 38:22
7 MONSTERS	LUBBOCK	TX 39:23
8 BLAZING K'S	LUBBOCK	TX 39:24
9 ROMAN1	LUBBOCK	TX 40:57
10 JUST HAVIN FUN	LUBBOCK	TX 41:59
11 WE WANT S'MOR	LUBBOCK	TX 43:26
12 DING DONG BROS	LUBBOCK	TX 44:24
13 CHARGERS	LUBBOCK	TX 47:45
14 ROMAN2	LUBBOCK	TX 50:04
15 LIGHTNG LIZARDS	LUBBOCK	TX 50:12

WEST TEXAS RUNNING CLUB
8.4MI COTTON PATCH RUN
February 13, 2010

OVERALL RESULTS

Place Name	Town	St Div	Div	Ag	S	C	8	Pace
1 DAVID BOSTON	LUBBOCK	TX	1	M2024	22	M	N	48:40 5:48
2 John Keith	LUBBOCK	TX	2	M2024	21	M	N	48:51 5:49
3 CHASE WADE	LUBBOCK	TX	3	M2024	23	M	N	50:20 6:00
4 ANDREW GOLDSTEIN	HOUSTON	TX	1	M1619	18	M	N	50:25 6:01
5 MARTIN MONTALVO	PLAINVIEW	TX	1	M4549	45	M	N	51:01 6:05
6 NICK REEVES	LUBBOCK	TX	1	M3034	31	M	N	54:14 6:28
7 MATTHEW GORDILLO	PORTALES	NM	1	M3539	36	M	N	54:35 6:30
8 Trent Early	SNYDER	TX	4	M2024	21	M	N	55:13 6:35
9 David Rogowski	LUBBOCK	TX	1	M4044	42	M	N	58:12 6:56
10 Michael Berry	LUBBOCK	TX	2	M3034	34	M	N	58:40 7:00
11 CODY MILLER	LUBBOCK	TX	2	M4044	44	M	N	1:00:03 7:09
12 Jeff Hancock	LUBBOCK	TX	3	M3034	32	M	N	1:03:53 7:37
13 Paul Pare	LUBBOCK	TX	2	M4549	47	M	N	1:04:27 7:41
14 IRIS RIVERO	LUBBOCK	TX	1	F3034	34	F	N	1:04:44 7:43
15 Greg Hogan	LUBBOCK	TX	1	M5054	50	M	N	1:04:47 7:43
16 Ricky Ferkel	LUBBOCK	TX	1	M2529	29	M	N	1:04:59 7:45
17 RANDY HOLLOWAY	LUBBOCK	TX	2	M5054	53	M	N	1:05:04 7:45
18 STEPHEN ROMERO	LUBBOCK	TX	2	M2529	28	M	N	1:05:27 7:48
19 Rod Burgett	SHALLOWATER	TX	3	M4549	45	M	N	1:05:33 7:49
20 Becky Rogers	LUBBOCK	TX	1	F1619	19	F	N	1:05:46 7:50
21 Jim Higgins	LUBBOCK	TX	4	M4549	49	M	N	1:06:40 7:57
22 Farrell Martin	SHALLOWATER	TX	CLYDE	43	M	Y		1:07:06 8:00
23 EVAN CRUCE	LUBBOCK	TX	3	M2529	28	M	N	1:08:10 8:07
24 David Slayton	LUBBOCK	TX	4	M3034	31	M	N	1:08:23 8:09
25 Leesa Price	LUBBOCK	TX	1	F5054	53	F	N	1:08:26 8:09
26 Russ Horn	LUBBOCK	TX	3	M3539	35	M	N	1:10:16 8:22
27 Daniel Hall	LUBBOCK	TX	4	M3539	35	M	N	1:11:19 8:30
28 Scott Burris	LUBBOCK	TX	4	M4044	40	M	N	1:11:36 8:32
29 SEAN GRASS	LUBBOCK	TX	5	M3539	39	M	N	1:11:55 8:34
30 Renae Smith	LUBBOCK	TX	1	F3539	37	F	N	1:12:08 8:36
31 Andrew Huff	LUBBOCK	TX	4	M2529	28	M	N	1:12:16 8:37
32 RICHARD GALE	LUBBOCK	TX	1	M6064	60	M	N	1:12:20 8:37
33 AMY AYRE	CLOVIS	NM	2	F3034	33	F	N	1:12:28 8:38
34 TAMMY MORIEARTY	LUBBOCK	TX	2	F3539	36	F	N	1:12:45 8:40
35 Jennifer Haddock	LUBBOCK	TX	1	F2529	29	F	N	1:12:56 8:41
36 Deborah Gelber	LUBBOCK	TX	1	F4044	41	F	N	1:13:03 8:42
37 Hedge Martin	LUBBOCK	TX	CLYDE	34	M	Y		1:13:17 8:44
38 Gary Evans	LUBBOCK	TX	5	M2529	29	M	N	1:13:39 8:47
39 ALFRED MORENO	LUBBOCK	TX	6	M2529	28	M	N	1:15:40 9:01
40 Ed Price	LUBBOCK	TX	3	M5054	53	M	N	1:16:05 9:04
41 Alison Blalock	LUBBOCK	TX	1	F2024	23	F	N	1:16:29 9:07
42 Tom Weis	LUBBOCK	TX	1	M5559	58	M	N	1:16:44 9:09
43 Fredrick Ramirez	LUBBOCK	TX	6	M3034	30	M	N	1:17:39 9:15
44 Wendy Anderson	LUBBOCK	TX	3	F3539	39	F	N	1:17:58 9:17
45 Alison Carey	MIDLAND	TX	2	F2529	26	F	N	1:19:22 9:27
46 Amy Slayton	LUBBOCK	TX	3	F3034	32	F	N	1:19:53 9:31
47 Ken Spain	LUBBOCK	TX	2	M5559	56	M	N	1:20:08 9:33
48 Tina Ramirez	LUBBOCK	TX	4	F3034	31	F	N	1:20:53 9:38
49 Sherry Hobbs	LUBBOCK	TX	4	F3539	38	F	N	1:21:39 9:44
50 Jennifer Gray	LUBBOCK	TX	5	F3034	34	F	N	1:21:58 9:46
51 CATHY PADEN	SLATON	TX	5	F3539	39	F	N	1:22:23 9:49
52 Milt Brownfield	LUBBOCK	TX	CLYDE	52	M	Y		1:22:54 9:53
53 TIFFANY KUBENA	LUBBOCK	TX	2	F2024	24	F	N	1:23:18 9:55
54 Mandy Poklikuha	LUBBOCK	TX	6	F3034	32	F	N	1:23:55 10:00
55 Mick Stamm	ABILENE	TX	5	M5054	54	M	N	1:24:05 10:01
56 CRAIG PETERSON	HOBBS	NM	CLYDE	53	M	Y		1:24:34 10:05
57 Tabitha Carthel	FLOYDADA	TX	3	F2529	25	F	N	1:24:38 10:05
58 Jason Hancock	LUBBOCK	TX	CLYDE	28	M	Y		1:24:50 10:06
59 Tayler Huckaby	LUBBOCK	TX	3	F2024	23	F	N	1:24:59 10:08
60 Tracy Brown	LUBBOCK	TX	5	M2024	23	M	N	1:25:17 10:10

OVERALL RESULTS

Place Name	Town	St Div	Div	Ag	S	C	8	Pace
61 LAURA DALE	LUBBOCK	TX	4	F2024	22	F	N	1:26:15 10:17
62 Deborah Bahme	LUBBOCK	TX	6	F3539	38	F	N	1:26:23 10:18
63 GREG VANGINALT	LUBBOCK	TX	5	M4044	41	M	N	1:26:54 10:21
64 Kristena Goen	LUBBOCK	TX	7	F3034	30	F	N	1:27:25 10:25
65 Kristen Quinn	LUBBOCK	TX	8	F3034	31	F	N	1:27:55 10:28
66 Kali Drachenberg	LUBBOCK	TX	5	F2024	23	F	N	1:27:56 10:29
67 James Livermore	LUBBOCK	TX	2	M6064	62	M	N	1:28:33 10:33
68 Rene Vargas	LUBBOCK	TX	CLYDE	35	M	Y		1:29:35 10:40
69 Jerry Adams	LUBBOCK	TX	CLYDE	34	M	Y		1:30:39 10:48
70 Erin Dulin	SHALLOWATER	TX	ATHEN	31	F	Y		1:30:51 10:49
71 AMY HANCOCK	LUBBOCK	TX	4	F2529	27	F	N	1:32:54 11:04
72 Mike Kelley	LUBBOCK	TX	3	M6064	61	M	N	1:33:01 11:05
73 Brooke Holland	MIDLAND	TX	5	F2529	29	F	N	1:37:29 11:37
74 Ginger Hall	LUBBOCK	TX	ATHEN	33	F	Y		1:52:44 13:26

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
February 13, 2010

2 PERSON RELAY RESULTS

Place Name	Ag	Town	St	4
1 ...CHOCOLATE		LUBBOCK	TX	34:07
2 ROAD RIPPERS		LUBBOCK	TX	34:23
3 TEAM MARTIN		LUBBOCK	TX	34:43
4 YADDA YADDA YADDA		LUBBOCK	TX	35:52
5 RED RAIDERS		LUBBOCK	TX	36:13
6 MUTT & JEFF		LUBBOCK	TX	38:22
7 MONSTERS		LUBBOCK	TX	39:23
8 BLAZING K'S		LUBBOCK	TX	39:24
9 ROMAN1		LUBBOCK	TX	40:57
10 JUST HAVIN FUN		LUBBOCK	TX	41:59
11 WE WANT S'MOR		LUBBOCK	TX	43:26
12 DING DONG BROS		LUBBOCK	TX	44:24
13 CHARGERS		LUBBOCK	TX	47:45
14 ROMAN2		LUBBOCK	TX	50:04
15 LIGHTNG LIZARDS		LUBBOCK	TX	50:12

Congratulations to all the
Austin Marathon Finishers

Ignacio Vasquez	3:55:49
Mont McClendon	4:17:26
Alyx Shultz	5:12:16
Etta Mayer	5:47:25
Susan Wilcox	6:29:58

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 rosehoeve@hotmail.com

**W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS**

MALE

YTD TOTALS						YTD TOTALS					
6 - 12 MALE						45 - 49 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Brandon Vanetta	11	10	2	1		Martin Montalvo	45	20	13.4	2	
Patrick Irish	7	8	2	1		Rod Burgett	45	17	13.4	2	
Zayven Constancio	9	7	2	1		Paul Pare	47	9	8.4	1	
Beau Miller	8	6	2	1		Jim Higgins	49	7	8.4	1	
David Pyle	10	0	5	1	*	Ray Major	49	0	8.4	1	
13-15 MALE						50 - 54 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Koby Lovett	14	10	2	1		David Doyle	51	18	6	2	
						Jerry Dwyer	50	18	9	2	
16-19 MALE						55 - 59 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Lucas Morris	17	22	6	2		Randy Holloway	53	17	13.4	2	
Timothy Peikert	16	20	9	2		Ed Price	53	15	13.4	2	
K.T. Manis	16	10	5	1		Epi Aguirre	51	10	9	2	
Jon David Bruegel	17	0	13.4	2	*	Bob Jackson	51	10	5	1	
						Greg Hogan	50	10	8.4	1	
20-24 MALE						60-64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
John Keith	21	20	13.4	2		Joe Frank Martin	50	8	2	1	
Andrew Husband	24	9	4	1		Gonzalo Ramirez	53	6	5	1	
Tyler Livermore	20	0	5	1	*	David Allison	53	5	5	1	
						Randy Bunyard	51	4	5	1	
						Terry Dalton	54	0	8.4	1	
25 - 29 MALE						65-69 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Ben Boston	25	19	6	2		Luis Cardenas	58	20	6	2	
Stephen Romero	28	16	13.4	2		Ken Spain	56	19	13.4	2	
Andrew Huff	28	12	13.4	2		Dan Hilario	59	16	9	2	
Zack Manning	28	9	5	1		Tom Weis	58	10	8.4	1	
Brandon Berkshire	26	7	9	2	*	Antonio Roman	57	9	2	1	
Gary Evans	29	6	8.4	1		David Weaver	58	9	4	1	
						Wayne Sullivan	59	6	9	2	
30-34 MALE						70-99 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jeff Hancock	32	17	13.4	2		David Higgins	57	0	21.8	2	
Michael Berry	34	9	8.4	1		Jimmy Clark	56	0	18.4	2	
Michael Berry	34	9	8.4	1							
Petar Grozdanov	32	9	4	1		60-64 MALE					
Chad Wilcox	34	8	2	1		AGE	PTS	MILES	EVT	VOL	
David Slayton	31	7	8.4	1		Ricard Gale	60	20	13.4	2	
						James Livermore	62	18	13.4	2	
35 - 39 MALE						65-69 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Matthew Gordillo	36	20	13.4	2		Jim Harris	67	19	6	2	
Shannon Anderson	38	18	9	2		Gorden Jenkins	69	10	4	1	
Sean Grass	39	12	13.4	2		Rick Lampe	65	8	9	2	
Lee Cohen	37	9	5	1		Ron Lubowicz	66	0	13.4	2	
Eddy Morelock	38	9	9	2	*						
Russ Horn	35	9	8.4	1		70-99 MALE					
Daniel Hall	35	8	8.4	1		AGE	PTS	MILES	EVT	VOL	
Chris Toelle	36	6	5	1		Bill Felton	75	10	9	2	
Tommie Farrell	39	4	5	1		Albert Burrier	76	10	13.4	2	
Louis Hilliard	35	2	5	1		Mike Greer	70	9	5	1	
						George Jury	73	0	13.4	2	
40 - 44 MALE						CLYDESDALE - age graded					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Scott Burris	40	18	10.4	2		Damon Provence	59	20	6	2	
Brett Peikert	42	18	9	2		Farrell Martin	43	19	13.4	2	
Troy Pratt	43	17	6	2		Milt Brownfield	52	16	10.4	2	
James Layman	43	15	6	2		James Priess	49	13	6	2	
David Guinn	43	10	5	1		Craig Peterson	53	13	13.4	2	
David Rogowski	42	10	8.4	4		Hedge, Martin	34	11	13.4	2	
Cody Miller	44	9	13.4	2	*						
Heath Pennell	42	9	5	1		Jay Dulin	35	10	8.4	1	
Sean Schwarzentraub	42	9	4	1		Shaun Fant	41	9	9	2	
						Leo Lovett	42	6	2	1	
						Jason Hancock	28	5	8.4	1	
						Rene Vargas	35	4	8.4	4	
						Jerry Adams	34	3	8.4	1	

** = RACE Director

* = VOLUNTEER

**W.T.R.C. 2010 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
FEMALE**

YTD TOTALS						YTD TOTALS					
6 - 12 FEMALE						35 - 39 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Surayah Constancio	11	10	2	1		Tammy Moriearty	36	19	13.4	2	
Lauren Irish	11	9	2	1		Michaela Jansen	37	19	9	2	
19-19 FEMALE						40 - 44 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Hannah Layman	17	17	6	2		Lee Handlin	40	20	9	2	
Amanda Morris	17	10	2	1		Tandy Layman	42	18	6	2	
Becky Rogers	19	10	8.4	1		Deborah Gelber	41	10	8.4	1	
Debby Rogers	16	10	4	1		Holly Snodgrass	40	9	5	1	
20-24 FEMALE						45-49 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Emily Jenkins	22	18	6	2		Penne Richards	46	10	5	1	
Amy Martin	20	10	2	1		50-54 FEMALE					
Alison Blalock	23	10	8.4	1		AGE	PTS	MILES	EVT	VOL	
Taylor Huckaby	23	8	8.4	1		Lessa Price	53	20	13.4	2	
25-29 FEMALE						55 - 59 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Amanda Boston	25	22	6	2		Josie Aleman	58	19	6	2	
Amy McAlexander	29	19	6	2		Sarah Gaxiola	57	10	5	1	
Valarie Boston	28	13	9	2		Suzan Caudle	56	0	13.4	2	*
Mikasa Sullivan	28	12	9	2		Donna Dean	54	0	8.4	1	*
Jennifer Haddock	29	10	8.4	1		60 - 99 FEMALE					
Amy Hancock	27	10	13.4	2		AGE	PTS	MILES	EVT	VOL	
Ashlee Vanetta	25	9	2	1		P. J. Mitchell	64	10	10.4	2	*
Laura Sefcik	28	8	5	1		Etta Mayer	60	9	5	1	
Alyx Schultz	27	7	5	1		Carol Felton	66				
Karen Husband	25	7	9	2		ATHENA-age graded					
Leslie Montadon	28	6	4	1		AGE	PTS	MILES	EVT	VOL	
30-34 FEMALE						Erin Dulin	31	10	8.4	1	
AGE	PTS	MILES	EVT	VOL		Gabriela Saldana	46	10	4	1	
Iris Rivero	34	21	13.4	2		Ginger Hall	33	9	8.4	1	
Many Poklikuha	32	13	13.4	2							
Amy Ayre	33	10	8.4	2							
Sara Miller	34	10	2	1							
Amy Lovett	31	9	2	1							
Angie Sonnenberg	30	9	5	1							
Amy Slayton	32	9	8.4	1							
Jennifer Gray	34	7	8.4	1							
Susan Wilcox	31	6	5	1							
Kristena Goen	30	5	8.4	1							

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)

**=RACE DIRECTOR

* =VOLUNTEER

Prairie Dog Run 4 Mile
Since 1983
EVENT RECORDS
USA T&F Certified, #TX97108ETM

AGE	NAME	TOWN	AGE	TIME	YEAR
MEN					
0-12	Ben Stewart	Lubbock	12	28:56	1999
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997
20-29	Bob Jackson	Portales, NM	24	20:53	*1983
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
45-49	Robert Guagardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
55-59	George Jury	Lubbock	55	24:22	1992
60-64	Jim Harris	Hobbs, NM	61	29:59	2004
65-69	Don Sanderson	Tulia	66	28:47	1996
70+	Bill Felton	Lubbock	71	33:23	2006
Clydes	Kevin Lair	Lubbock	38	26:13	2000
WOMEN					
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	*1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Marjory Stewart	Lubbock	40	28:57	1999
45-49	Martha Martinez	Colorado City	45	30:58	2001
50-54	Madonne Miner	Lubbock	50	31:26	2003
55-59	P.J. Mitchell	Lubbock	57	36:13	2003
60+	P.J. Mitchell	Lubbock	60	38:15	2005
Athens	Eddie Abel	Lubbock	39	35:48	2006

* Overall Event Record
 + Noteworthy times

WEST TEXAS RUNNING CLUB'S ANNUAL
PRAIRE DOG TOWN RACES
4 MILE & 2 MILE & 1 MILE KIDS CAFÉ

EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, MARCH 13, 2010

Register online at <http://wtrc.tripod.com>

See Enclosed Mail in Form for Information

On Site Registration: 8:00 to 8:45 A.M

Prairie Dog Town Races 2 & 4 Miles Start at 9:00 A.M.

WHERE: Broadway & Canyon Lake Road

AID STATIONS: Approximately Every Two Miles

WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles
 All Proceeds Benefit the South Plains Food Bank Kids Café Program

AGE DIVISIONS:

MEN: 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: 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.

AWARDS: A Unique Prairie Dog Medal will be awarded To at least the first three finishers in each age group in the 2 and 4 mile and up to 50% of each group.

Entry Fee: W.T.R.C. Members \$5.00, Non Members \$10.00

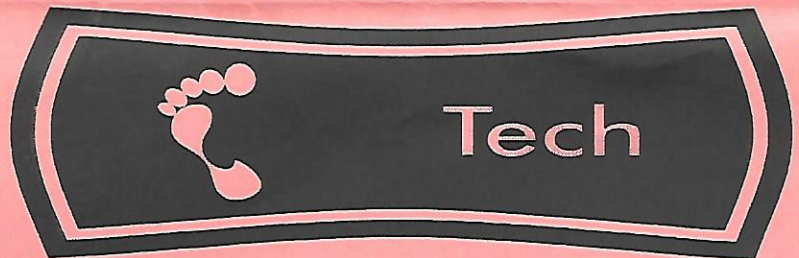
Race day \$15.00 Everyone

RACE DIRECTOR: Cody Miller, 806-773-8905

WTRC RACE DIRECTOR: Randy Holloway 806-789-1547

HAPPY BIRTHDAY

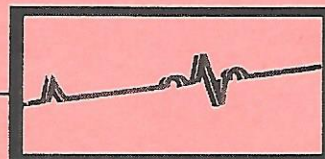
Andrew Husband	25	on (03-02)
Laura Romero	23	on (03-03)
Laci Richardson	35	on (03-04)
Garrett Pharr	15	on (03-07)
Beau Miller	09	on (03-07)
Chad Joplin	41	on (03-10)
Jennifer Adling	39	on (03-11)
Jolie Martin	26	on (03-12)
Brittney Dean	14	on (03-13)
Kristina Dean	14	on (03-13)
Julie O'Neal	27	on (03-14)
Etta Mayer	61	on (03-15)
Dakota Hernandez	10	on (03-15)
Mitch Monroe	50	on (03-18)
Logan Vargas	07	on (03-19)
Todd Abell	47	on (03-22)
Larry Bird	69	on (03-22)
Diane Daniel	30	on (03-25)
Jason Fellers	30	on (03-26)
Michelle Cohen	35	on (03-27)
Chris Daniel	39	on (03-29)
Brian Evans	47	on (03-30)
Josh Knapp	16	on (03-30)
Barbara Millet	36	on (03-30)
Iris Rivero	35	on (03-31)



Lubbock's Running & Comfort Shoe Store

Your Lubbock home for foot Technology.

Our Knowledgeable staff will be capable of offering specialized service to all ages and foot types ranging from diabetics to athletes. Foot Tech features brand name shoes such as Brooks, Saucony, Mizuno they also offer a full range of socks and compression wear, orthotics and other foot health accessories are available. All WTRC members receive a 20% discount, please visit us at 3407 34th St next door to Caprock Cafe, phone # 806-799-1122



Pj Mitchell, C.C.T., LMT

- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940

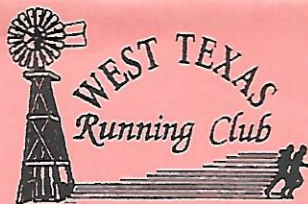
West Texas Running Club Event Calendar

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

- MAR 02 WTRC Board meeting: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231
- MAR 06 Beef O'Brady's St Patrick: 7K, 10:00am, Amarillo, TX
Mike at 467-9194
- * MAR 13 PRAIRIE DOG TOWN RUNS: 4M/2M, 9:00AM, MacKenzie Park,
Cesar Chavez Dr & E. Broadway, Cody Miller, RD,
806-773-8905
- MAR 20 Women's Health: 5K, Karie at 359-5438, Amarillo, TX.
- MAR 27 The Great H.O.G.G. Race: Marathon/Half Marathon/10K/5K
9:00am, <http://www.comerstonelamesa.org/HOGGRace.html>
- MAR 27 The Bloodgusher: 10K/5K/1K, Midland, TX, 9:00am
<http://pbrunningclub.tripod.com>
- APR 10 "Speak Up for Kids" Casa 5K: 9:00am,
<http://www.lubbockcasa.org/zSpeakUpForKids5K2010.htm>
- APR 11 Big D Marathon: Marathon/Half Marathon/5K, 8:00am,
Dallas, TX <http://www.texasmarathon.com>
- APR 11 Capital 10,000: www.statesman.com/sports/content/cap10k
- * APR 17 RUN FOR THE ARTS: 15K/2M/1M, 8:00am, Lubbock Memorial
Civic Ctr, Mac Davis Lane, Suzan Caudle, RD, 806-799-3813
Suzieq5279407@yahoo.com
- APR 24 2nd Annual Meadow Mile: 5K/1M, 9:00am, www.meadowisd.net
- APR 24 Texas Roundup 10K: 10K/5K, Austin, TX,
<http://www.texasroundup.org>
- * MAY 08 HUGH HAYNES MEMORIAL HSB CANYON RUNS: 11M/6M/2M,
8:00am, Horseshoe Bend Canyon, CR3600 & E.CR7300,
Randy Holloway, RD, 806-794-7512.
- MAY 16 Buffman & Squeaky Triathlon:
<http://www.buffalcspringslaketriathlon.com/home.php>
- * JUN 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: 8:00AM, 10K/2M
Texas Dome, South Plains College, Levelland, TX,
Bill Roger, RD, 806-894-7911.
- * JUL 03 41ST ANNUAL FIRECRACKER RUNS: 10M/3M/1M, 7:40am, Terry
Co. Park, Brownfield, TX, Jim Hamis, RD, 575-370-4034.
- * AUG 14 HOT DAM RUNS: 5M/2M., 8:00am, Canyon Lake #6, Etta Mayer
RD, 806-792-1471

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

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



5 W. Lakeshore Drive
Ransom Canyon, TX 79366
February 2010

