



August 2013



2 AND 5 MILES  
USA Track & Field Certified

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P. O. Box 2921  
Lubbock, TX 79408

## Race Director's Report

I have been the race director for the Firecracker Run for several years now, having run the race many other times, and the 2013 version of the Brownfield event has to be the best one I can remember.

We had much more support from the town this year. In fact, I don't think we would have had enough volunteers if it had not been for the fifteen or more non-WTRC Brownfield residents who assisted with water stops, the finish line, and the giving of awards. Special thanks to Scott Jackson of Brownfield Parks and Recreation and Lorena Valencia of the Chamber of Commerce.

In addition to the regular WTRC volunteers, Suzan, Tony, David, Randy, and George, these club members volunteered on July 4: David Provence, Michaela Jansen, Gabriela Saldana, Lydia Turner, David Lighter, Scott Beller, and Paul Gaschen.

Also much thanks to my wife Mary who has helped with the Firecracker Run each of the years I have been director.

Jim

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W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, August 06 , 2013 @ 7:00 p.m. at 3309 67th Street, all members are welcome.

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### Hot Dam Runs

Saturday, August 10, 2013

Canyon Lake #6  
22nd & MLK BLVD,  
Lubbock, Texas  
2 & 5 Miles,

Race Starts @ 8:00 am

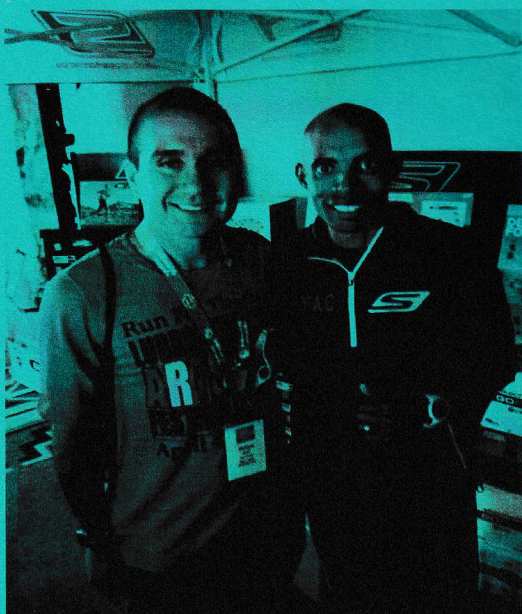
Race Director:  
Shannon Anderson  
806-544-5966

## Greetings from the Board

This May 1, along with board Secretary Wendy Anderson had the pleasure of representing the WTRC at the RRCA National Convention in Albuquerque, NM. Thanks to the close proximity, this was the first convention WTRC was able to attend in many years. The conference gave us the opportunity to attend some great seminars, learn about RRCA programs, and meet national and state RRCA representatives. I also had the chance to meet Meb Keflezighi, who was honored as the RRCA Male Runner of the Year. Besides coming away with a lot of ideas, the best part of the conference was meeting other club representatives from across the country. In speaking with these reps I learned that there are numerous ways to operate a running club, but that each club shares the same purpose – to foster running in our community and promote its benefits. It was really inspiring to see other board members who like us, were looking for ways to improve their clubs. While the accents in the rooms varied, this united mindset really made the conference special. Overall, I came away from the conference with a lot of ideas on how we could make our club even better and safer. Hopefully, we'll be able to implement some of these ideas and continue to improve as a club.

Happy Running,

Josh Leyva & the WTRC Board



A few weather concerns couldn't stop one Fourth of July local tradition.

The West Texas Running Club's 44th annual Firecracker Run brought approximately 275 patriotic pavement-pounders to Coleman Park Thursday to survive some chilly showers and a tough three or 10 miles. The final move across the finish line, though, justified every shiver and step.

Rain drenched through the start-off area as participants signed in and collected their T-shirts in the park's Party House, but stopped in place of some sun by the time the buzzer called the runners on their journeys.

"We definitely had some concerns when it was pouring in Lubbock, but luckily it slowed down," said finish line scorer and race treasurer David Higgins.

WTRC recently donated \$1,000 to the Boys and Girls Club of Brownfield, who in turn spent the morning providing water, coffee and donuts to race participants.

"We wanted to come out and support the runners," said club chapter President Sheryl Vaughan. "We were pleased with the turnout. I think it's a great thing for Brownfield."

A few local faces could be spotted throughout the crowd of runners, but most came from Lubbock and other surrounding towns.

Belo, Horizonte, Brazil resident Greg Kitten easily earned the title of farthest-traveled racer. While visiting the South Plains to attend his parents' 65th wedding anniversary and his brother Patrick's wedding and play disc golf, Kitten also reminisced about the race **had evolved** since he ran it regularly in the 1970s.

"It was a great race," he said. "I was a little worried about the rain, but this was perfect. It was very well-organized."

Race Director Jim Harris noted that after more than four decades of racing every July 4th, the Firecracker Run has earned its spot among the Lone Star State's most-recognized running events.

"This is a special race, (and) not only because it's historic," he said. "This race is in the Texas Running Hall of Fame because it's the oldest, continuously-run race in the state of Texas."

Harris added that the Firecracker Run - and all other WTRC events, for that matter - help fulfill the organization's mission of making fitness fun. "One of the things the club is about is encouraging people to get healthy, and running is a good way to do that," he said. "It's a way to have people together - it's a community activity. Running is not necessarily a lonely activity."

Thirty-two young runners also competed in a one-mile kids' race. For results of the Firecracker Run, see [www.wtrunning.com](http://www.wtrunning.com).

(by Josie Musico. She ran the 3Mi)

**FIRECRACKER RUN**  
**Age Graded Results, July 04, 2013**  
**10M CLYDES/ATHENA**

**Female Finishers**

Place	Name	City	Age	SEX	Actual	Net Time
1	Kristal Hillis	Garland TX	35	F	2:10.5	2:09.43

**Male Finishers**

Place	Name	City	Age	SEX	Actual	Net Time
1	Nathan Paden	Slaton TX	45	M	1:21:0	1:14:17
2	Al Gardner	Levelland TX	57	M	1:37:1	1:20:34
3	Damon West	Lubbock TX	33	M	1:24:2	1:23:59
4	Jeremy Dickson	Lubbock TX	37	M	1:30:1	1:27:53
5	Tommy Johnson	Buffalo Springs Lk	53	M	1:42:4	1:28:10
6	Robert Bloodworth	Lubbock TX	48	M	1:42:0	1:31:13
7	Jerry Adams	Lubbock TX	37	M	1:36:3	1:34:09
8	Nathan Kizer	Lubbock TX	37	M	1:44:3	1:41:54

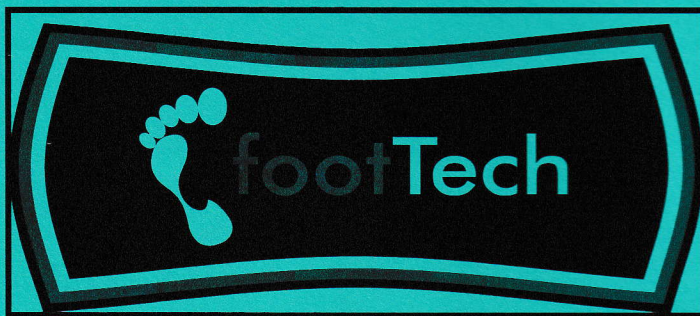
**FIRECRACKER RUN - 3 MILE OVERALL**  
**July 04, 2013**

Place	Name	City	Age	AG Place	TIME	PACE
1	David Boston	Lubbock TX	25	1 3M OA	17:23	5:48/M
2	Chris Thomas Sr	Amarillo TX	34	1 M 30-34	18:33	6:11/M
3	Brody Sumpter	Levelland TX	17	1 M 16-19	19:11	6:24/M
4	Alexander Chamales	Lubbock TX	15	1 M 13-15	19:16	6:25/M
5	Matt Snowden	Lubbock TX	26	1 M 25-29	19:49	6:36/M
6	Amanda Boston	Lubbock TX	29	1 3M Fem	19:58	6:39/M
7	Christopher Gaschen	Lubbock TX	16	2 M 16-19	21:04	7:01/M
8	Cody Miller	Lubbock TX	47	1 M 45-49	21:08	7:03/M
9	Stephen Romero	Lubbock TX	32	2 M 30-34	21:16	7:05/M
10	Sam Wyatt	Lubbock TX	26	2 M 25-29	21:22	7:07/M
11	Ben Boston	Lubbock TX	28	3 M 25-29	21:34	7:11/M
12	Mont McClendon	Lubbock TX	41	1 M 40-44	21:48	7:16/M
13	Shannon Anderson	Lubbock TX	41	2 M 40-44	21:52	7:17/M
14	Robert Findley	Odessa TX	25	4 M 25-29	22:02	7:21/M
15	Kevin Romero	Lubbock TX	30	3 M 30-34	22:08	7:23/M
16	Bryan Timpe	Lubbock TX	45	2 M 45-49	22:09	7:23/M
17	Juan Herrera	Sundown TX	43	3 M 40-44	22:11	7:24/M
18	Anthony Torres	Slaton TX	14	2 M 13-15	22:17	7:26/M
19	Cliff Lewallen	Lubbock TX	49	3 M 45-49	22:20	7:27/M
20	Rod Burgett	Shallowater TX	48	4 M 45-49	22:23	7:28/M
21	Ishmael Galindo	Brownfield TX	17	3 M 16-19	22:31	7:30/M
22	Journee Cotton	Littlefield TX	17	1 F 16-19	22:31	7:30/M
23	Gabriel Walton	Dimmitt TX	15	3 M 13-15	22:39	7:33/M
24	Joshua Crowder	Lubbock TX	12	1 M 10-12	22:40	7:33/M
25	Keenan Harris	Lubbock TX	22	1 M 20-24	22:48	7:36/M
26	Katie Pakizer	Lubbock TX	22	1 F 20-24	22:52	7:37/M
27	Victoria Ramirez	Lubbock TX	13	1 F 13-15	22:54	7:38/M
28	Jeter Cotton	Littlefield TX	20	2 M 20-24	23:06	7:42/M
29	Gary Fleishman	Lubbock TX	51	1 M 50-54	23:23	7:48/M
30	Jorie Fleishman	Lubbock TX	13	2 F 13-15	23:23	7:48/M
31	Jerry Morris	Lubbock TX	62	1 M 60-64	23:25	7:48/M
32	Adam Puckett	Lubbock TX	42	4 M 40-44	23:31	7:50/M
33	Blake Perez	Lubbock TX	27	5 M 25-29	23:37	7:52/M
34	Ragan Holder	Sundown TX	14	3 F 13-15	23:39	7:53/M
35	Anthony Garza	Lubbock TX	34	4 M 30-34	23:42	7:54/M
36	Debbie Gelber	Lubbock TX	44	1 F 40-44	23:46	7:55/M
37	Zachary Tieman	Lubbock TX	13	4 M 13-15	23:51	7:57/M
38	Gonzalo Ramirez	Lubbock TX	57	1 M 55-59	23:55	7:58/M
39	Reagan Mendoza	Earth TX	15	4 F 13-15	23:55	7:58/M
40	Jerry McPhail	Lubbock TX	35	1 M 35-39	24:12	8:04/M
41	Tara Bearden	Lubbock TX	29	1 F 25-29	24:18	8:06/M
42	Tom Conklin	Lubbock TX	27	6 M 25-29	24:24	8:08/M
43	David Doyle	Lubbock TX	54	2 M 50-54	24:31	8:10/M
44	Brandon Sims	Lubbock TX	18	4 M 16-19	24:52	8:17/M
45	Caleb Crowder	Lubbock TX	16	5 M 16-19	25:06	8:22/M
46	Lacy Rosburg	Lubbock TX	23	2 F 20-24	25:09	8:23/M
47	Whitney Brown	Lubbock TX	24	3 F 20-24	25:11	8:24/M
48	Brian Coker	Levelland TX	35	2 M 35-39	25:11	8:24/M
49	Meagan Matthews	Lubbock TX	15	5 F 13-15	25:15	8:25/M
50	Stan Osborne	Lubbock TX	61	2 M 60-64	25:29	8:30/M
51	Ethan Walton	Dimmitt TX	10	2 M 10-12	25:32	8:31/M
52	Anselm Bradley	Lubbock TX	18	6 M 16-19	25:35	8:32/M
53	Tess Bruffey	Lubbock TX	18	2 F 16-19	25:35	8:32/M
54	Josie Musico	Brownfield TX	31	1 F 30-34	25:40	8:33/M
55	Luis Cardenas	Lubbock TX	61	3 M 60-64	25:40	8:35/M
56	Maria Cuevas	Lubbock TX	50	1 F 50-54	25:46	8:35/M
57	Jennifer Elliott	Rancho Cucamonga CA	42	2 F 40-44	25:48	8:36/M
58	Emma Crowder	Lubbock TX	13	6 F 13-15	25:54	8:38/M
59	Les Kinman	Lubbock TX	48	5 M 45-49	26:11	8:44/M
60	Chad Okamoto	Dimmitt TX	39	3 M 35-39	26:18	8:46/M
61	Karen Howell	Lubbock TX	43	3 F 40-44	26:21	8:47/M
62	William Pendleton	Lubbock TX	33	5 M 30-34	26:30	8:50/M
63	Kent Moore	Arlington TX	25	7 M 25-29	26:39	8:53/M
64	Amy Paiva	Brownfield TX	41	4 F 40-44	26:43	8:54/M
65	Hedge Martin	Lubbock TX	37	4 M 35-39	26:47	8:56/M
66	Claire Bruffey	Lubbock TX	20	4 F 20-24	26:53	8:58/M
67	Melissa Chamales	Lubbock TX	44	5 F 40-44	27:01	9:00/M
68	Brenda Askew	Lubbock TX	58	1 F 55-59	27:08	9:03/M
69	Frank Mendoza	Earth TX	46	6 M 45-49	27:15	9:05/M
70	Ronnie Prigg	Lubbock TX	62	4 M 60-64	27:20	9:07/M
71	Kelsey Moore	Arlington TX	24	5 F 20-24	27:20	9:07/M
72	Carina Velasquez	Lubbock TX	11	1 F 10-12	27:22	9:07/M
73	Maddie Ward	Lubbock TX	16	3 F 16-19	27:25	9:08/M
74	Michelle Richardson	Andrews TX	47	1 F 45-49	27:53	9:18/M
75	John Barrientos	Lubbock TX	39	5 M 35-39	27:57	9:19/M
76	Seth Wilbour	Amar TX	21	3 M 20-24	28:08	9:23/M
77	Glenna Beyer	Lubbock TX	55	2 F 55-59	28:12	9:24/M
78	Jubilee Cotton	Littlefield TX	13	7 F 13-15	28:15	9:25/M
79	Tim Cotton	Littlefield TX	52	3 M 50-54	28:20	9:27/M
80	Janet Cotton	Littlefield TX	52	2 F 50-54	28:21	9:27/M
81	Taylor Griffin	Lubbock TX	26	2 F 25-29	28:24	9:28/M
82	Reagan Calk	Denver City TX	13	8 F 13-15	28:29	9:30/M
83	Jack Bearden	Lubbock TX	66	1 M 65-69	28:32	9:31/M
84	Jancee Harris	Lubbock TX	22	6 F 20-24	28:41	9:34/M
85	Kaci Cechan	Lubbock TX	29	3 F 25-29	28:46	9:35/M
86	David Crowder	Lubbock TX	52	4 M 50-54	28:53	9:38/M
87	Marc Williamson	Hobbs NM	54	5 M 50-54	28:55	9:38/M
88	Cole Martin	Lubbock TX	22	4 M 20-24	28:59	9:40/M
89	Angelica Okamoto	Dimmitt TX	37	1 F 35-39	29:14	9:45/M
90	Amy Martin	Lubbock TX	24	7 F 20-24	29:18	9:46/M
91	Kadi Larpenter	Lubbock TX	20	8 F 20-24	29:24	9:48/M
92	Kylar Wilson	Lubbock TX	18	4 F 16-19	29:24	9:48/M
93	Tina Penner	Lubbock TX	25	4 F 25-29	29:27	9:49/M
94	Daniel Cervantez	Lubbock TX	36	6 M 35-39	29:29	9:50/M
95	Sarah Montgomery	Lubbock TX	23	9 F 20-24	29:30	9:50/M
96	Madison Ellis	Brownfield TX	18	5 F 16-19	29:39	9:53/M
97	Tyler Perez	Tahoka TX	17	7 M 16-19	29:43	9:54/M
98	Russell McGuire	Lubbock TX	36	7 M 35-39	29:43	9:54/M
99	Abbie Gibson	Lubbock TX	25	5 F 25-29	29:45	9:55/M
100	Fred Constancio	Lubbock TX	60	5 M 60-64	29:46	9:55/M
101	Jaree Conklin	Lubbock TX	27	6 F 25-29	29:48	9:56/M
102	Justin Holcombe	Brownfield TX	25	8 M 25-29	29:48	9:56/M
103	Joe Martin	Lubbock TX	53	6 M 50-54	29:50	9:57/M
104	Jordan Simmons	Lubbock TX	24	5 M 20-24	29:56	9:59/M
105	Wendy Anderson	Lubbock TX	43	6 F 40-44	30:02	10:01/M
106	Marty Adcock	Anton TX	52	3 F 50-54	30:06	10:02/M
107	Melissa Stansell	Lubbock TX	23	10 F 20-24	30:16	10:05/M
108	Maricarmen Solis	Levelland TX	40	7 F 40-44	30:17	10:06/M
109	Cody Stansell	Lubbock TX	23	6 M 20-24	30:18	10:06/M
110	Gorden Jenkins	Amarillo TX	72	1 M 70-99	30:22	10:07/M
111	John Griffin	Lubbock TX	31	6 M 30-34	30:24	10:08/M
112	Spencer Ward	Lubbock TX	10	3 M 10-12	30:26	10:09/M
113	Owen Sears	Lubbock TX	59	2 M 55-59	30:36	10:12/M
114	Lyndol Askew	Lubbock TX	67	2 M 65-69	30:39	10:13/M
115	Melissa Askew	Norman OK	42	8 F 40-44	30:39	10:13/M
116	Lance Ward	Lubbock TX	45	7 M 45-49	30:42	10:14/M
117	Rosa Sales	Brownfield TX	53	4 F 50-54	31:10	10:23/M
118	Jeremiah Denning	Lubbock TX	30	7 M 30-34	31:16	10:25/M
119	Stacy Cain	Lubbock TX	40	9 F 40-44	31:17	10:26/M
120	Joe Hillis	Garland TX	47	8 M 45-49	31:18	10:26/M
121	Denise Boynton	Blackwell TX	42	10 F 40-44	31:30	10:30/M
122	Mike Kelley	Lubbock TX	64	6 M 60-64	31:34	10:31/M
123	Lesia Davis	Amarillo TX	50	5 F 50-54	31:37	10:32/M
124	Bill Felton	Lubbock TX	78	2 M 70-99	31:40	10:33/M
125	Keely McArthur	Lubbock TX	16	6 F 16-19	32:22	10:47/M
126	Seth Turner	Lubbock TX	13	5 M 13-15	32:33	10:51/M
127	Carmen Cervantez	Lubbock TX	10	2 F 10-12	32:41	10:54/M

Place	Name	City	Age	AG Place	TIME	PACE
128	Janna Blue	Lubbock TX	34	2 F 30-34	32:46	10:55/M
129	James Livermore	Lubbock TX	66	3 M 65-69	32:51	10:57/M
130	Matthew Tieman	Lubbock TX	11	4 M 10-12	32:59	11:00/M
131	Brooke Rushing	Lubbock TX	37	2 F 35-39	33:21	11:07/M
132	Virginia Bevers	Post TX	53	6 F 50-54	33:43	11:14/M
133	Michael Hudson	Wolforth TX	50	7 M 50-54	33:47	11:16/M
134	Veronica Davy	Frienswood TX	36	3 F 35-39	33:48	11:16/M
135	Austin Beaudoin	Lubbock TX	13	6 M 13-15	33:55	11:18/M
136	Stephanie Lambert	Lubbock TX	31	3 F 30-34	33:55	11:18/M
137	Briana Turner	Lubbock TX	12	3 F 10-12	33:55	11:18/M
138	Dylan Whitworth	Lubbock TX	12	5 M 10-12	33:57	11:19/M
139	Cathy Hudson	Wolforth TX	46	2 F 45-49	34:12	11:24/M
140	Scott Miller	Lubbock TX	48	9 M 45-49	34:25	11:28/M
141	Belinda Martinez	Lubbock TX	56	3 F 55-59	34:25	11:28/M
142	Stella Luera	Olton TX	55	4 F 55-59	34:34	11:31/M
143	Allison Talley	Shallowater TX	22	11 F 20-24	34:39	11:33/M
144	Gamer Bradley	Lubbock TX	59	3 M 55-59	34:53	11:38/M
145	Lydia Turner	Levelland TX	59	5 F 55-59	35:16	11:45/M
146	Rebecca Turner	Lubbock TX	40	11 F 40-44	36:14	12:05/M
147	Henrik Wilms	ansom Canyon TX	42	5 M 40-44	36:21	12:07/M
148	Donna Fleishman	Lubbock TX	44	12 F 40-44	36:32	12:11/M
149	Doug Sims	Lubbock TX	50	8 M 50-54	36:33	12:11/M
150	Juanita Vordenberg	Springboro OH	48	3 F 45-49	36:43	12:14/M
151	Laura Romero	Lubbock TX	26	7 F 25-29	37:22	12:27/M
152	Ellen Collins	Brownfield TX	49	4 F 45-49	37:31	12:30/M
153	Joye Hudson	Wolforth TX	24	12 F 20-24	37:46	12:35/M
154	Rebecca Wilbourn	Amarillo TX	15	9 F 13-15	38:08	12:43/M
155	Breckin Fleishman	Lubbock TX	15	10 F 13-15	38:08	12:43/M
156	Mayela Guardiola	Lubbock TX	37	4 F 35-39	38:31	12:50/M
157	Jessica Ramirezcervant	Lubbock TX	30	4 F 30-34	39:33	13:11/M
158	Ben McClendon	Lubbock TX	10	6 M 10-12	39:43	13:14/M
159	Yvette Perez	Tahoka TX	34	5 F 30-34	41:07	13:42/M
160	Frank Vallie	Denver City TX	59	4 M 55-59	41:35	13:52/M
161	Carol Denning	Mt.vernon WA	54	7 F 50-54	42:58	14:19/M
162	Josie Aleman	Lubbock TX	62	1 F 60-99	43:04	14:21/M
163	Jenny Lemley	Lubbock TX	28	8 F 25-29	43:32	14:31/M
164	Danee' Davis	Amarillo TX	26	9 F 25-29	43:32	14:31/M
165	Kitty Tannery	Lubbock TX	16	7 F 16-19	44:02	14:41/M
166	Shelly Sanford	Lubbock TX	39	5 F 35-39	44:03	14:41/M
167	Leif Ellingson	Lubbock TX	28	9 M 25-29	45:55	15:18/M
168	Michael Martinez	Brownfield TX	35	8 M 35-39	46:11	15:24/M
169	Genoveva Mata	Brownfield TX	46	5 F 45-49	46:11	15:24/M
170	Kyle Williamson	Hobbs NM	25	10 M 25-29	47:15	15:45/M
171	Mark Wilbourn	Amarillo TX	52	9 M 50-54	47:51	15:57/M
172	Danna Wilbourn	Amarillo TX	48	6 F 45-49	47:51	15:57/M
173	Katie Williamson	Hobbs NM	55	6 F 55-59	51:59	17:20/M
174	Angi Black	Pleasanton TX	46	7 F 45-49	52:50	17:37/M
175	Carol Felton	Lubbock TX	70	2 F 60-99	54:14	18:05/M

**FIRECRACKER RUN, 10 MILE OVERALL**  
July 04, 2013

Place	Name	City	Age	AG Place	TIME	PACE
1	Yidong Chen	Lubbock TX	22	1 10M OA	1:03:03	6:18/M
2	Quent Bearden	Lubbock TX	38	1 M 35-39	1:06:54	6:41/M
3	Justin Hesse	Brownfield TX	32	1 M 30-34	1:07:08	6:43/M
4	Trent Early	Lubbock TX	24	1 M 20-24	1:07:57	6:48/M
5	Nicholas Reeves	Lubbock TX	34	2 M 30-34	1:09:41	6:58/M
6	Dale Cheatwood	Lubbock TX	34	3 M 30-34	1:10:16	7:02/M
7	Doyen Brinker	Lubbock TX	52	1 M 50-54	1:10:47	7:05/M
8	Keith Kimbrough	Midland TX	28	1 M 25-29	1:11:40	7:10/M
9	Joshua Leyva	Lubbock TX	33	4 M 30-34	1:11:57	7:12/M
10	Martin Montalvo	Plainview TX	48	1 M 45-49	1:12:45	7:17/M
11	Kyle Beran	Midland TX	46	2 M 45-49	1:13:26	7:21/M
12	Glen Mullins	Lubbock TX	39	2 M 35-39	1:14:05	7:25/M
13	Andrew Allison	Lubbock TX	32	5 M 30-34	1:14:19	7:26/M
14	Jerry Dwyer	Lubbock TX	53	2 M 50-54	1:14:40	7:28/M
15	Lee Cohen	Lubbock TX	41	1 M 40-44	1:14:40	7:28/M
16	Kevin Kimbrough	Pasadena TX	18	1 M 16-19	1:18:02	7:48/M
17	Greg Kitten	Belo Horizonte, Bra	61	1 M 60-64	1:18:39	7:52/M
18	David Swinconos	Lubbock TX	29	2 M 25-29	1:20:52	8:05/M
19	Nathan Paden	Slaton TX	45	3 M 45-49	1:21:05	8:07/M
20	Alex Guzman	Wellman TX	26	3 M 25-29	1:21:19	8:08/M
21	Christine Steen	Lubbock TX	34	1 10M FEM	1:21:35	8:10/M
22	Laura Sefcik	Lubbock TX	31	1 F 30-34	1:22:10	8:13/M
23	Paul Darden	Sundown TX	53	3 M 50-54	1:22:21	8:14/M
24	Jonna Byars	Lubbock TX	39	1 F 35-39	1:22:34	8:15/M
25	Adam Barron	Lubbock TX	50	4 M 50-54	1:22:50	8:17/M
26	Craig Cox	Lubbock TX	38	3 M 35-39	1:23:45	8:23/M
27	Damon West	Lubbock TX	33	6 M 30-34	1:24:26	8:27/M
28	Alex Onischuk	Lubbock TX	37	4 M 35-39	1:24:32	8:27/M
29	Ronnie Adams	Lubbock TX	38	5 M 35-39	1:24:59	8:30/M
30	Jennifer Haddock	Lubbock TX	32	2 F 30-34	1:25:03	8:30/M
31	Jeremy Sigle	Tarzan TX	28	4 M 25-29	1:25:17	8:32/M
32	Brooks Boynton	Blackwell TX	52	5 M 50-54	1:26:10	8:37/M
33	Emily Rowin	Lubbock TX	31	3 F 30-34	1:26:17	8:38/M
34	Jim Deaver	Lubbock TX	55	1 M 55-59	1:26:33	8:39/M
35	Deloras Shubert	Midland TX	45	1 F 45-49	1:29:35	8:58/M
36	Ron Appling	Plainview TX	41	2 M 40-44	1:29:51	8:59/M
37	Jeremy Dickson	Lubbock TX	37	6 M 35-39	1:30:11	9:01/M
38	Blithe McPhail	Lubbock TX	35	2 F 35-39	1:30:26	9:03/M
39	Scott Cain	Lubbock TX	51	6 M 50-54	1:30:49	9:05/M
40	Mandy Poklikuha	Lubbock TX	35	3 F 35-39	1:31:48	9:11/M
41	Jameson Grant	Midland TX	31	7 M 30-34	1:32:30	9:15/M
42	Ivan Navarro	Lubbock TX	29	5 M 25-29	1:32:43	9:16/M
43	John Moesch	Midland TX	48	4 M 45-49	1:32:47	9:17/M
44	Richard Gale	Lubbock TX	64	2 M 60-64	1:33:02	9:18/M
45	Terry Dalton	Lubbock TX	58	2 M 55-59	1:34:58	9:30/M
46	Edward Quitevis	Lubbock TX	61	3 M 60-64	1:35:18	9:32/M
47	Steve German	Lubbock TX	56	3 M 55-59	1:35:24	9:32/M
48	Jerry Adams	Lubbock TX	37	7 M 35-39	1:36:36	9:40/M
49	Tom Weis	Lubbock TX	61	4 M 60-64	1:36:53	9:41/M
50	Al Gardner	Levelland TX	57	4 M 55-59	1:37:15	9:44/M
51	Justin Brown	Lubbock TX	26	6 M 25-29	1:37:15	9:44/M
52	Sharla Kinman	Lubbock TX	45	2 F 45-49	1:37:32	9:45/M
53	PJ Sullivan	Lubbock TX	67	1 F 60-99	1:38:36	9:52/M
54	Crystal Salazar	Lubbock TX	33	4 F 30-34	1:41:43	10:10/M
55	Robert Bloodworth	Lubbock TX	48	5 M 45-49	1:42:00	10:12/M
56	Carol Swinconos	Lubbock TX	55	1 F 55-59	1:42:08	10:13/M
57	Tommy Johnson	Buffalo Springs Lk	53	7 M 50-54	1:42:48	10:17/M
58	Heath Halford	Lubbock TX	34	8 M 30-34	1:43:12	10:19/M
59	Nathan Kizer	Lubbock TX	37	8 M 35-39	1:44:33	10:27/M
60	Rickey Evans	Lorenzo TX	63	5 M 60-64	1:45:00	10:30/M
61	Michelle Garcia	Lubbock TX	37	4 F 35-39	1:47:11	10:43/M
62	Steve Vordenberg	Springboro OH	46	6 M 45-49	1:47:43	10:46/M
63	Jim Thompson	Plainview TX	58	5 M 55-59	1:51:10	11:07/M
64	Hilary Halford	Lubbock TX	37	5 F 35-39	1:55:07	11:31/M
65	Sarah Gaxiola	Lubbock TX	60	2 F 60-99	1:56:18	11:38/M
66	Terri Evans	Lorenzo TX	54	1 F 50-54	1:58:43	11:52/M
67	Ruby Smith	Lubbock TX	38	6 F 35-39	1:58:44	11:52/M
68	Etta Mayer	Lubbock TX	64	3 F 60-99	2:02:30	12:15/M
69	Audrie Palmer	Midland TX	30	5 F 30-34	2:05:51	12:35/M
70	Ann Hodges	Lubbock TX	56	2 F 55-59	2:07:55	12:48/M
71	Kristal Hillis	Garland TX	35	7 F 35-39	2:10:59	13:06/M
72	Mars Bennett	Lubbock TX	49	3 F 45-49	2:11:00	



**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





"HOT DAM RUN" 5 & 2 MILE WEST TEXAS RUNNING CLUB'S  
5 MILE EVENT RECORDS (Since 1988) USA T&F CERTIFIED, #TX93059ETM

5 MILE MEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
7-12	Drew Soucy	Lubbock	12	37:27 2000
13-15	Gary Lackey, Jr.	Brownfield	15	28:51 2002
16-19	Chris Truitt	Lovington	19	27:09 1994
20-24	James Bungei	Lubbock	22	24:13 * 1991
25-29	Jesse Williams	Lubbock	25	26:24 2003
30-34	Wilson Kigen	Plainveiw	30	26:38 1988
35-39	Bob Jackson	Hobbs	37	27:20 1996
40-44	Bob Jackson	Hobbs	43	27:57 2002
45-49	Bob Jackson	Hobbs,NM	48	28:58 2007
50-54	George W. Jury	Lubbock	53	30:18 1989
55-59	George W. Jury	Lubbock	55	31:37 1991
60-64	George W. Jury	Lubbock	60	34:00 1996
65-69	Don Sanderson	Tulia	66	36:04 1996
70+	Don Sanderson	Tulia	71	39:55 2001
Clydes	Farrell Martin	Lubbock	37	32:48 2003

WOMEN				
AGE GRP	NAME	TOWN	AGE	TIME YEAR
7-12	Madison Kauffman	Lubbock	12	35:42 2007
13-15	Christina Vasquez	Lubbock	15	34:37 1989
16-19	Josie Martinez	Petersburg	19	32:53 1996
20-24	Rosa Ibarra	Plainview	22	30:08 * 1993
25-29	Briseida Ramos	Lubbock	28	32:28 2011
30-34	Marjory Stewart	Lubbock	32	30:12 1991
35-39	Marjory Stewart	Lubbock	35	30:30 1994
40-44	Diane Calhoun	Idalou	41	37:38 2000
45-49	Mary Branscome	Lubbock	45	38:46 2005
50-54	P.J. Mitchell	Lubbock	50	40:55 1995
55-59	Leesa Price	Lubbock	56	41:34 2012
60+	Deb Hendley	Lubbock	61	43:45 2010
Athena	Carmen Hazelbaker	Louisville KY	44	47:22 2011

\* OVERALL COURSE RECORDS

\*Note: ages 7-12 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 4 miles.

2 MILE RECORDS- SINCE 2007 (MEN)

AGE	NAME	TOWN	AGE	TIME YEAR
7-9	Ross Cohen	Lubbock	9	18:00 2012
10-12	Jake Brownfield	Lubbock	12	13:28 2010
13-15	Lucas Morris	Lubbock	15	11:39 2007
16-19	Lucas Morris	Lubbock	16	11:16 2008
20-24	Randal Guinn	Lubbock	22	10:52 * 2011
25-29	Chris Ramirez	Lubbock	26	12:06 2008
30-34	Oscar Lopez	Olton Tx	34	14:04 2012
35-39	Ricky Martinez	Spur	39	12:00 2007
40-44	Lee Cohen	Lubbock	40	12:02 2012
45-49	Martin Montalvo	Plainview	47	12:07 2012
50-54	Jackie Cannon	Amarillo	51	12:09 2007
55-59	Jackie Cannon	Amarillo	55	14:15 2011
60-64	Jerry Morris	Lubbock	61	15:02 2012
65-69	Joe Gomez	Lubbock	66	17:00 2010
70+	Bill Felton	Lubbock	72	17:41 2007
CLYDES	Stephen Seitz	Clovis NM	22	13:00 2012

WOMEN

AGE	NAME	TOWN	AGE	TIME YEAR
7-9	Lindsey Spruell	Shallowater	9	16:15 2008
10-12	Open			
13-15	Turner Adams	Wall	13	14:15 2008
16-19	Tamra Jernigan	Shamrock	17	13:12 * 2008
20-24	Lindsey Lamontagne	Lubbock	22	15:29 2009
25-29	Amanda Boston	Lubbock	26	13:30 2010
30-34	Rebecca Cooper	Lubbock	31	15:33 2012
35-39	Iris Rivero	Lubbock	36	13:32 2011
40-44	Sandra Torres	Lubbock	44	17:05 2012
45-49	Valeri Gatlin	Lubbock	45	17:04 2012
50-54	Susan Tomlinson	Lubbock	50	17:50 2007
55-59	Debbie Roman	LUBBOCK	55	20:53 2011
60+	Julie Sellick	Lubbock	61	23:26 2011
Athena	Shawndelle Kreger	Lubbock	35	19:29 2009

\* OVERALL COURSE RECORDS

WEST TEXAS RUNNING CLUB'S ANNUAL

Hot Dam Runs  
2 & 5 Mile Races

EVENT # 8 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, August 10, 2013 Register online at <http://wtrunning.com> Race Starts at 8:00am

WHERE: Martin Luther King, Jr. Memorial Area (Near water fall on Canyon Lake 6) East of MLK Blvd. at 22nd Street, Lubbock, TX

COURSE: Five mile and Two mile, out and back on asphalt, two short steep hills.

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

AGE DIVISIONS

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: 7-12

Clydesdale and Athena group in both races.

AWARDS: Awards given to the first 3 in each age group and up to 50 percent in each age group, 5 Maximum

Entry Fee: W.T.R.C. Members and age 7-12 \$5.00, Non Members \$15.00

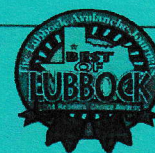
NO RACE DAY REGISTRATION!!

RACE DIRECTOR:

Shannon Anderson, 806-544-5966



Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940



## West Texas Running Club Event Calendar

\* Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

AUG 03 Sundown Roughneck Road Race: 8am, 1M/5K, Sundown, TX  
Emily Terry, 806-229-3163

AUG 04 Prude Ranch Races: Ft Davis, TX,  
<http://www.fitnesscamp.org/ranchrace.html>

**AUG 06 WTRC Board meeting:** Tuesday, 7:00pm  
Ron's office, 3309-67<sup>th</sup> St, 806-781-0231

\*AUG 10 **HOT DAM RUN:** 2M/5M, 8:00am, Canyon Lake #6,  
22<sup>nd</sup> and MLK Jr Blvd, Shannon Anderson, RD.

AUG 17 Run or Dye: 5K, Abilene, TX,  
<http://www.runordye.com/locations/Abilene-2013>

AUG 24 Red Shoe Run 2013: Midland College, Midland, TX,  
Charity-Ronald McDonald House,  
[http://www.rmhcsouthwest.com/Red\\_Shoe\\_Run.aspx](http://www.rmhcsouthwest.com/Red_Shoe_Run.aspx)

\*SEP 14 **SHALLOWATER STAMPEDE:** 10K/2M, 8:00am., Shallowater High School,  
Shallowater, TX, Rod Burgett, RD, 806-548-1796

SEP 20 Denison Red River Rampage Triathlon: Denison, TX,  
<http://www.playtri.com/denisonendure>

SEP 21 Cotton Country Sprint Triathlon: 9:00 am,  
<http://www.southplainscollege.edu/information-for/community-business/fitnesscomplex/triathlon10.php>

SEP 29 Panhandle Marathon: Lubbock, TX  
<http://www.panhandlemarathon.com/index.html>

OCT 05 Race for The Cure: Lubbock, TX, [komenlubbock.org](http://komenlubbock.org)

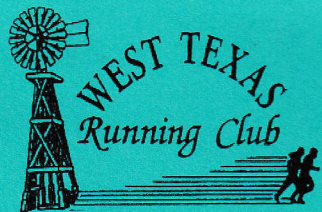
\*OCT 12 **RED RAIDER ROAD RACE:** 7:30AM, 5K/10K, Rec Center Texas Tech campus,  
Race Directors, Tammy Moriearty [rrwtrc@gmail.com](mailto:rrwtrc@gmail.com) and Valeri Gatlin  
[rrwtrc@gmail.com](mailto:rrwtrc@gmail.com)

OCT 19 Kerens Cotton Row Run: 8:00am, 1K/5K, Main Street, Kerens, TX, Tresa Darby,  
903-654-8138, [tresa@airmail.net](mailto:tresa@airmail.net) <http://sdrv.ms/1bdlvDz>

OCT 19 Color Me Rad 5K: Lubbock, TX,  
<http://www.colormerad.com/race.i?raceid=140&t=Lubbock>

OCT 26 Freedom Run: 5K, David Brown-Dawson, 916.501.5421,  
[david.brown-dawson@ttu.edu](mailto:david.brown-dawson@ttu.edu)  
<http://www.eventbrite.com/event/5640338404>

WTRC site: <http://wtrunning.com> Newsletter, Cal, Photos, signup/Membership



P. O. Box 2921  
Lubbock, TX 79408

