



March 2013



Volume 6 Issue 2



P. O. Box 2921
Lubbock, TX 79408

Join the Fight Against Childhood Obesity!

The West Texas Running Club and the South Plains Food Bank are joining forces to fight childhood obesity through the 6th Annual Kids Cafe Fun Run and Team Kids Cafe.

Team Kids Cafe is a training program designed to encourage healthy lifestyles through diet and exercise and focuses on the benefits of running. The program is for the children of Kids Cafe, an after school feeding program designed to provide kids from low-income families a healthy and nutritious meal and a safe place to go after school. Kids Cafe is an element of the South Plains Food Bank.

Volunteer coaches are needed to develop running teams at each participating Kids Cafe location. The coaches will use a curriculum that presents running as a fun activity. The kids will participate in running games, drills, relays and group activities and attend special training clinics on running form and technique, running safety, injury prevention and nutrition. You will meet with your Team for one hour two days a week. Days and times will vary by location, but the training will occur in the 3:30 – 6:30 p.m. window. Prior coaching experience is not required. You will attend a special Train the Trainer Coach's Clinic to learn the curriculum of Team Kids Cafe. The Clinic will be on Saturday, February 23rd, from 1:00 – 3:00 p.m. at the South Plains Food Bank.

The Team Kids Cafe six week training program will begin the week of March 4th, 2013, at each of the Kids Cafe locations, and culminates with the opportunity for the kids to participate for Free in the Kids Cafe Fun Run on Saturday, April 13th, held in conjunction with the Run for the Arts.

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

The WTRC monthly business meeting is on Wednesday, March 05, 2013 @ 7:00 p.m. at Ron's office, 3309-67th St., All Members are welcome.

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**Saturday,
March 9, 2013
9:00am 1Mi**

**9:20 14K/4Mi/4M Relay
Texas Boys Ranch
4810 North CR2800**

**Lubbock
RD: David Higgins
806.785-8562**

WTRC Officers

President – Ron Lubowicz
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PRAIRIE DOG TOWN 4 MILE OVERALL February 09, 2013

Place	Name	City	Age	AG PLACE	TIME	PACE	Place	Name	City	Age	AG PLACE	TIME	PACE
1	Nick Cordes	Lubbock TX	33	1 OA	21:58	5:30/M	71	Mandy Poklikuha	Lubbock TX	35	3 F 35-39	35:31	8:53/M
2	Yidong Chen	Lubbock TX	22	1 M 20-24	23:26	5:52/M	72	Ronnie Trollinger	Lubbock TX	53	7 M 50-54	35:37	8:54/M
3	John Corelis	Lubbock TX	47	1 M 45-49	24:39	6:10/M	73	Mildred Tanquary	Lubbock TX	20	1 F 20-24	35:45	8:56/M
4	Shane Purser	Plano TX	20	2 M 20-24	25:23	6:21/M	74	Travis Chaney	Lubbock TX	39	8 M 35-39	35:58	9:00/M
5	David Rogowski	Lubbock TX	45	2 M 45-49	25:29	6:22/M	75	Chris Abers	Lubbock TX	38	9 M 35-39	35:58	9:00/M
6	Caitlin Napoleoni	Lubbock TX	23	1 OA	26:31	6:38/M	76	Margaret Woodfin	Lubbock TX	48	3 F 45-49	35:59	9:00/M
7	Ben Miller	Lubbock TX	24	3 M 20-24	27:03	6:46/M	77	Emily Castro	Sundown TX	30	5 F 30-34	36:00	9:00/M
8	Scott Beller	Lubbock TX	36	1 M 35-39	27:06	6:47/M	78	Holly Vinson	Lubbock TX	38	4 F 35-39	36:06	9:02/M
9	Jerry Dwyer	Lubbock TX	53	1 M 50-54	27:11	6:48/M	79	Chad Okamoto	Dimmitt TX	38	10 M 35-39	36:14	9:04/M
10	Chris Toelle	Lubbock TX	39	2 M 35-39	27:20	6:50/M	80	Korey Garza	Lubbock TX	28	4 F 25-29	36:15	9:04/M
11	Martin Montalvo	Plainview TX	48	3 M 45-49	27:25	6:51/M	81	Michael Tullis	Lubbock TX	48	7 M 45-49	36:16	9:04/M
12	Doyen Brinker	Lubbock TX	51	2 M 50-54	27:55	6:59/M	82	Sharla Kinman	Lubbock TX	44	3 F 40-44	36:23	9:06/M
13	Dale Ganus	Lubbock TX	39	3 M 35-39	27:57	6:59/M	83	Abraham Montalvo	Plainview TX	14	1 M 13-15	36:29	9:07/M
14	Andrew Allison	Lubbock TX	31	1 M 30-34	28:05	7:01/M	84	Jessica Olivias	Lubbock TX	27	5 F 25-29	36:36	9:09/M
15	Amanda Boston	Lubbock TX	28	1 F 25-29	28:27	7:07/M	85	Jerry Adams	Lubbock TX	37	4 M 10-99	36:37	9:09/M
16	Glen Mullins	Lubbock TX	39	4 M 35-39	28:29	7:07/M	86	Janie Fryar	Levelland TX	36	5 F 35-39	36:45	9:11/M
17	Jessica McGill	Wolfforth TX	15	1 F 13-15	29:07	7:17/M	87	Gregory Gonzales	Lubbock TX	29	8 M 25-29	37:01	9:15/M
18	Shannon Anderson	Lubbock TX	41	1 M 40-44	29:18	7:20/M	88	Randy Mulsow	Lubbock TX	56	4 M 55-59	37:01	9:15/M
19	Ben Boston	Lubbock TX	28	1 M 25-29	29:19	7:20/M	89	Bryan Abercrombie	Lubbock TX	46	5 M 10-99	37:04	9:16/M
20	Mike Humphrey	Lubbock TX	46	4 M 45-49	29:20	7:20/M	90	William Hepburn	Lubbock TX	57	5 M 55-59	37:06	9:17/M
21	Megan Taylor	Lubbock TX	16	1 F 16-19	29:20	7:20/M	91	Ed Price	Lubbock TX	56	6 M 55-59	37:15	9:19/M
22	Mont McClendon	Lubbock TX	41	2 M 40-44	29:35	7:24/M	92	Dana Krikov	Lubbock TX	10	1 F 10-12	37:23	9:21/M
23	Ruben Lopez-Cardozo	Lubbock TX	49	5 M 45-49	29:40	7:25/M	93	Yelena Tyo	Lubbock TX	22	2 F 20-24	37:32	9:23/M
24	Michaela Jansen	Lubbock TX	40	1 F 40-44	29:49	7:27/M	94	Tommy Johnson	Buffalo Springs Lake	52	6 M 10-99	37:39	9:25/M
25	Tammy Moriearty	Lubbock TX	39	1 F 35-39	30:06	7:32/M	95	Theresa Daniel	Lubbock TX	45	4 F 45-49	37:53	9:28/M
26	David Swinonos	Lubbock TX	29	2 M 25-29	30:22	7:36/M	96	Gorden Jenkins	Amarillo TX	72	1 M 70-99	38:08	9:32/M
27	Epi Aguirre	Lubbock TX	54	3 M 50-54	30:25	7:36/M	97	Maritza Gamboa	Lubbock TX	35	6 F 35-39	38:16	9:34/M
28	Jana Redwine	Lubbock TX	32	1 F 30-34	30:30	7:38/M	98	Taylor Griffin	Lubbock TX	26	6 F 25-29	38:26	9:37/M
29	Mark Woodfin	Lubbock TX	50	4 M 50-54	30:33	7:38/M	99	Callie Jones	Lubbock TX	24	3 F 20-24	38:27	9:37/M
30	Leana Moreno	Lubbock TX	32	2 F 30-34	30:35	7:39/M	100	Wayne Sullivan	Lubbock TX	61	6 M 60-64	38:54	9:44/M
31	Adam Puckett	Lubbock TX	42	1 M 10-99	30:38	7:40/M	101	PJ Sullivan	Lubbock TX	67	1 F 60-99	38:54	9:44/M
32	Angie Sonnenberg	Lubbock TX	33	3 F 30-34	30:43	7:41/M	102	Celesta Garcia	Denver City TX	29	7 F 25-29	38:57	9:44/M
33	Farrell Martin	Lubbock TX	46	2 M 10-99	30:54	7:44/M	103	Mancarmen Solis	Levelland TX	40	4 F 40-44	39:00	9:45/M
34	Paul Pare	Lubbock TX	50	5 M 50-54	31:01	7:45/M	104	Karen Howell	Lubbock TX	43	5 F 40-44	39:03	9:46/M
35	Ronnie Adams	Lubbock TX	38	5 M 35-39	31:06	7:47/M	105	Kyla Daniel	Lubbock TX	16	2 F 16-19	39:11	9:48/M
36	Tyler Trammel	Lubbock TX	33	2 M 30-34	31:08	7:47/M	106	Gwen Lappley	Lubbock TX	50	1 F 50-54	39:22	9:51/M
37	Corby White	Farwell TX	34	3 M 30-34	31:09	7:47/M	107	Teresa Jourden	Whitharral TX	29	8 F 25-29	39:28	9:52/M
38	Justin Brown	Lubbock TX	26	3 M 25-29	31:10	7:48/M	108	Sarah Montgomery	Lubbock TX	23	4 F 20-24	39:30	9:53/M
39	Jonna Byars	Lubbock TX	39	2 F 35-39	31:18	7:50/M	109	Shannon Crawford	Lubbock TX	34	6 F 30-34	39:34	9:54/M
40	Laura Sefcik	Lubbock TX	31	4 F 30-34	31:23	7:51/M	110	Joe Martin	Lubbock TX	53	8 M 50-54	39:38	9:55/M
41	Chris Blazek	Wolfforth TX	36	6 M 35-39	31:24	7:51/M	111	Erin Dulin	Shallowater TX	34	7 F 30-34	39:40	9:55/M
42	David Weaver	Lubbock TX	61	1 M 60-64	31:25	7:51/M	112	Heather Williams	Lubbock TX	47	5 F 45-49	39:41	9:55/M
43	Blake Perez	Lubbock TX	27	4 M 25-29	31:56	7:59/M	113	Sandra Torres	Lubbock TX	45	6 F 45-49	39:43	9:56/M
44	Stephanie Jimenez	Lubbock TX	26	2 F 25-29	32:00	8:00/M	114	Julie Polk	Levelland TX	48	7 F 45-49	40:08	10:02/M
45	Jojit Coronel	Lubbock TX	41	3 M 40-44	32:01	8:00/M	115	Bekah Gray	Lubbock TX	20	5 F 20-24	40:10	10:03/M
46	Scott Burris	Lubbock TX	43	4 M 40-44	32:14	8:04/M	116	Kimber Adcock	Lubbock TX	20	6 F 20-24	40:10	10:03/M
47	Brad Stewart	Lubbock TX	41	5 M 40-44	32:31	8:08/M	117	Bill Felton	Lubbock TX	78	2 M 70-99	40:36	10:09/M
48	Sam Wyatt	Lubbock TX	26	5 M 25-29	32:36	8:09/M	118	Adam Hixson	Lubbock TX	34	5 M 30-34	40:36	10:09/M
49	Keefe Gallagher	Lubbock TX	17	1 M 16-19	32:59	8:15/M	119	Jenni Covington	Lubbock TX	28	9 F 25-29	40:51	10:13/M
50	Scott Cain	Lubbock TX	50	6 M 50-54	33:03	8:16/M	120	April Nichols	Lubbock TX	34	8 F 30-34	41:15	10:19/M
51	Cynthia Sorrensen	Lubbock TX	49	1 F 45-49	33:08	8:17/M	121	Kelly Hankey	Lubbock TX	25	2 F 10-99	41:17	10:19/M
52	Russell Carter	Lubbock TX	42	6 M 40-44	33:12	8:18/M	122	Rod Smith	Hobbs NM	61	7 M 60-64	41:22	10:21/M
53	Deloras Shubert	Midland TX	45	2 F 45-49	33:13	8:18/M	123	Jim Thompson	Plainview TX	58	7 M 55-59	41:25	10:21/M
54	Brian Coker	Levelland TX	35	3 M 10-99	33:18	8:20/M	124	Christina Gallant	Lubbock TX	26	10 F 25-29	41:37	10:24/M
55	Cody Weathersby	Lubbock TX	27	6 M 25-29	33:25	8:21/M	125	Keely Gnagy	Lubbock TX	34	9 F 30-34	42:00	10:30/M
56	Aimee Ruel	Lubbock TX	40	2 F 40-44	33:29	8:22/M	126	Kelly Hixson	Lubbock TX	33	10 F 30-34	42:02	10:31/M
57	Brian Ancell	Lubbock TX	37	7 M 35-39	33:29	8:22/M	127	Ronda Russell	Shallowater TX	42	6 F 40-44	42:10	10:33/M
58	Jim Deaver	Lubbock TX	55	1 M 55-59	33:49	8:27/M	128	Michelle Strickland	Lubbock TX	37	7 F 35-39	42:26	10:37/M
59	Fred Weber	Lubbock TX	61	2 M 60-64	34:02	8:31/M	129	Robbie Vittitow	Lubbock TX	29	11 F 25-29	42:38	10:40/M
60	Leesa Price	Lubbock TX	56	1 F 55-59	34:10	8:33/M	130	Selena Thompson	Lubbock TX	31	11 F 30-34	43:01	10:45/M
61	Stan Osborne	Lubbock TX	61	3 M 60-64	34:25	8:36/M	131	Randall Sweet	Lubbock TX	12	7 M 10-12	43:28	10:52/M
62	Dan Branscome	Lubbock TX	55	2 M 55-59	34:40	8:40/M	132	Alisan Sweet	Lubbock TX	36	8 F 35-39	43:29	10:52/M
63	Ron Appling	Plainview TX	41	7 M 40-44	34:41	8:40/M	133	Diana Meadows	Lamesa TX	28	12 F 25-29	44:14	11:04/M
64	Jenny Miller	Lubbock TX	25	3 F 25-29	34:43	8:41/M	134	Leif Ellingson	Lubbock TX	27	8 M 10-99	44:52	11:13/M
65	Caleb Phillips	Lubbock TX	32	4 M 30-34	34:59	8:45/M	135	Mike Kelley	Lubbock TX	64	8 M 60-64	44:55	11:14/M
66	Robert Ross	Lubbock TX	27	7 M 25-29	35:03	8:46/M	136	Ainsley Nelson	Lubbock TX	41	7 F 40-44	45:28	11:22/M
67	Terry Dalton	Lubbock TX	58	3 M 55-59	35:06	8:47/M	137	Ann Hodges	Lubbock TX	55	2 F 55-59	45:47	11:27/M
68	Richard Gale	Lubbock TX	63	4 M 60-64	35:12	8:48/M	138	Angie Romans	Lubbock TX	47	8 F 45-49	46:05	11:31/M
69	David Lightner	Lubbock TX	63	5 M 60-64	35:14	8:49/M	139	Douglas Sanford	Lubbock TX	64	9 M 60-64	46:14	11:34/M
70	Rod Burgett	Shallowater TX	48	6 M 45-49	35:17	8:49/M	140	Keirstin Carson	Lubbock TX	33	12 F 30-34	46:55	11:44/M
							141	Jennifer McGuire	Lubbock TX	37	9 F 35-39	47:12	11:48/M
							142	Jay Dulin	Shallowater TX	38	9 M 10-99	48:39	12:10/M
							143	Gabriela Saldana	Lubbock TX	49	3 F 10-99	48:46	12:12/M
							144	Baru-Ta Foma	Lubbock TX	29	13 F 25-29	49:09	12:17/M
							145	Lydia Turner	Levelland TX	59	4 F 10-99	49:24	12:21/M
							146	Arthur Pare	Lubbock TX	52	10 M 10-99	49:58	12:30/M
							147	Sarah Gaxiola	Lubbock TX	60	2 F 60-99	53:13	13:18/M
							148	Christina Kear	Albuquerque TX	42	8 F 40-44	54:45	13:41/M
							149	Mandy Rankin	Lubbock TX	29	5 F 10-99	55:19	13:50/M
							150	Sara Lusk	Lubbock TX	30	6 F 10-99	56:40	14:10/M
							151	Naomi Howard	Lubbock TX	26	14 F 25-29	1:00:15	15:04/M

PRAIRIE DOG TOWN 2 MILE OVERALL

February 09, 2013

Place	Name	City	Age	AG PLACE	TIME	PACE
1	Cade Speed	Wolfforth TX	16	1 OA	11:06	5:33/M
2	Daniel McGill	Wolfforth TX	17	1 M 16-19	11:46	5:53/M
3	Andrew Alleman	Seabrook TX	22	1 M 20-24	12:12	6:06/M
4	Jeff Hancock	Lubbock TX	35	1 M 35-39	12:50	6:25/M
5	Alexander Chamales	Lubbock TX	14	1 M 13-15	12:52	6:26/M
6	Paul Gaschen Jr	Lubbock TX	17	2 M 16-19	13:00	6:30/M
7	Vincent Surace	Amarillo TX	48	1 M 45-49	13:56	6:58/M
8	Riki Sampson	Lubbock TX	10	1 M 10-12	14:07	7:04/M
9	Juan Herrera	Sundown TX	42	1 M 40-44	14:11	7:06/M
10	Spencer Waddell	Wolfforth TX	15	2 M 13-15	14:29	7:15/M
11	Nathan Paden	Slaton TX	44	1 M 7-99	14:32	7:16/M
12	Jimmy Matthews	Lubbock TX	18	3 M 16-19	14:34	7:17/M
13	Meagan Matthews	Lubbock TX	14	1 OA	14:34	7:17/M
14	Jerry Morris	Lubbock TX	62	1 M 60-64	14:41	7:21/M
15	Carina Velasquez	Lubbock TX	11	1 F 10-12	14:44	7:22/M
16	Tommy Sansom	Lubbock TX	55	1 M 55-59	14:48	7:24/M
17	Steven Morales	Lubbock TX	27	1 M 25-29	14:54	7:27/M
18	John Clements	Lubbock TX	56	2 M 55-59	15:06	7:33/M
19	Ryan Perkins	Lubbock TX	9	2 M 7-9	15:07	7:34/M
20	David Aguirre	Lubbock TX	41	2 M 40-44	15:24	7:42/M
21	Brylie Corelis	Lubbock TX	13	1 F 13-15	15:25	7:43/M
22	Pedro Castillo	Earth TX	36	3 M 7-99	15:26	7:43/M
23	David Doyle	Lubbock TX	54	1 M 50-54	15:47	7:54/M
24	Shannon Bolton	Lubbock TX	40	3 M 40-44	15:58	7:59/M
25	Matthew Perkins	Lubbock TX	36	2 M 35-39	15:59	8:00/M
26	Kenny Powell	Lubbock TX	38	3 M 35-39	16:09	8:05/M
27	Debbie Gelber	Lubbock TX	44	1 F 40-44	16:15	8:08/M
28	Gonzalo Ramirez	Lubbock TX	57	3 M 55-59	16:19	8:10/M
29	Leigh Balios	Wolfforth TX	49	1 F 45-49	16:26	8:13/M
30	Greg Landfried	Lubbock TX	31	1 M 30-34	16:42	8:21/M
31	Devora Castillo	Earth TX	25	1 F 25-29	16:44	8:22/M
32	Ethan Walton	Dimmitt TX	10	2 M 10-12	16:45	8:23/M
33	Luis Cardenas	Lubbock TX	61	2 M 60-64	16:46	8:23/M
34	Nickolas Payne	Lubbock TX	24	2 M 20-24	16:46	8:23/M
35	Jack Bearden	Lubbock TX	65	1 M 65-69	16:49	8:25/M
36	Connie Waddell	Wolfforth TX	47	2 F 45-49	16:56	8:28/M
37	Josh Knapp	Lubbock TX	18	4 M 16-19	17:06	8:33/M
38	Adrian Lara	Lubbock TX	9	4 M 7-9	17:17	8:39/M
39	Maddie Ward	Lubbock TX	15	2 F 13-15	17:19	8:40/M
40	Brant Bolton	Lubbock TX	10	3 M 10-12	17:23	8:42/M
41	Cale Boskas	Canyon TX	20	3 M 20-24	17:25	8:43/M
42	Brenden Anderson	Lubbock TX	10	4 M 10-12	17:31	8:46/M
43	Kyden Corelis	Lubbock TX	10	2 F 10-12	17:32	8:46/M
44	Krystal Morales	Lubbock TX	26	2 F 25-29	17:33	8:47/M
45	Kelsey Hix	Lubbock TX	15	3 F 13-15	17:34	8:47/M
46	Angelica Okamoto	Dimmitt TX	37	1 F 35-39	17:46	8:53/M
47	Autumn Aneshansley	Lubbock TX	29	3 F 25-29	17:52	8:56/M
48	Wendy Anderson	Lubbock TX	42	2 F 40-44	17:55	8:58/M
49	Ross Cohen	Lubbock TX	9	5 M 7-9	17:58	8:59/M
50	Melissa Pierce	Lubbock TX	30	1 F 30-34	18:00	9:00/M
51	Amy Martin	Lubbock TX	24	1 F 20-24	18:07	9:04/M
52	Fred Constancio	Lubbock TX	60	3 M 60-64	18:10	9:05/M
53	Lorenzo Padilla	Lubbock TX	58	4 M 55-59	18:12	9:06/M
54	Tracy Hix	Lubbock TX	50	6 M 7-99	18:25	9:13/M
55	Brooke Hix	Lubbock TX	32	2 F 30-34	18:25	9:13/M
56	Spencer Ward	Lubbock TX	10	5 M 10-12	18:35	9:18/M
57	Zachary Moore	Lubbock TX	9	7 M 7-9	18:41	9:21/M
58	Melissa Chamales	Lubbock TX	44	3 F 40-44	18:43	9:22/M
59	Valentino Barela	Lubbock TX	9	8 M 7-9	18:45	9:23/M
60	Jesse Hernandez	Lubbock TX	38	4 M 35-39	18:46	9:23/M
61	Lance Ward	Lubbock TX	45	9 M 7-99	18:54	9:27/M
62	Madeleine Davis	Lubbock TX	8	1 F 7-9	18:59	9:30/M
63	Alfred Moreno	Lubbock TX	31	2 M 30-34	19:07	9:34/M
64	Melissa Smith	Lubbock TX	48	3 F 45-49	19:11	9:36/M
65	Julia Kennedy	Lubbock TX	16	1 F 16-19	19:13	9:37/M
66	Jocelyn Kennedy	Lubbock TX	21	2 F 20-24	19:16	9:38/M
67	Frank Mendoza	Earth TX	45	2 M 45-49	19:19	9:40/M
68	Larry Boskas	Anton TX	51	10 M 7-99	19:20	9:40/M

Place	Name	City	Age	AG PLACE	TIME	PACE
69	Brooke Rushing	Lubbock TX	37	2 F 35-39	19:39	9:50/M
70	Ruby Smith	Lubbock TX	37	3 F 35-39	19:44	9:52/M
71	Kate McKinley	Lubbock TX	23	3 F 20-24	19:46	9:53/M
72	Jonney Yau	Lubbock TX	28	2 M 25-29	19:46	9:53/M
73	Jennifer Gorman	Lubbock TX	26	4 F 25-29	19:51	9:56/M
74	Kimberly Kennedy	Lubbock TX	46	4 F 45-49	20:11	10:06/M
75	Analisa Cardenas	Lubbock TX	34	3 F 30-34	20:15	10:08/M
76	Tim Honeycutt	Lubbock TX	26	11 M 7-99	20:21	10:11/M
77	Jim Harris	Hobbs NM	70	1 M 70-99	20:39	
78	Candace Norrod	Lubbock TX	28	5 F 25-29	20:43	10:22/M
79	Destiny Shaffer	Lubbock TX	15	4 F 13-15	20:52	10:26/M
80	Stephanie Hill	Lubbock TX	36	4 F 35-39	20:53	10:27/M
81	Tammy Esparza	Lubbock TX	42	4 F 40-44	20:54	10:27/M
82	Stacy Cain	Lubbock TX	40	5 F 40-44	20:54	10:27/M
83	Saylor Corelis	Lubbock TX	7	2 F 7-9	20:58	10:29/M
84	Nicole Cryer	Wolfforth TX	31	4 F 30-34	20:59	10:30/M
85	Laura Heers	Lubbock TX	22	4 F 20-24	21:02	10:31/M
86	Yotam Krikov	Lubbock TX	8	12 M 7-9	21:17	10:39/M
87	Morgan Humphrey	Lubbock TX	20	5 F 20-24	21:26	10:43/M
88	Mckenzie Dulin	Shallowater TX	9	3 F 7-9	21:30	10:45/M
89	Rodney Smith	Lubbock TX	52	13 M 7-99	21:37	10:49/M
90	Jacob Byars	Lubbock TX	7	14 M 7-9	21:52	10:56/M
91	Stan Waddell	Wolfforth TX	47	15 M 7-99	22:11	11:06/M
92	Beth Waddell	Wolfforth TX	20	6 F 20-24	22:11	11:06/M
93	Dania Mujica	Lubbock TX	8	4 F 7-9	22:20	11:10/M
94	Ethan Coronel	Lubbock TX	8	16 M 7-9	22:25	11:13/M
95	Laura Lappe	Lubbock TX	47	5 F 45-49	22:29	11:15/M
96	Heather Devore	Lubbock TX	31	5 F 30-34	23:24	11:42/M
97	Henrik Wilms	Ransom Canyon	41	17 M 7-99	23:45	11:53/M
98	Madison Abers	Lubbock TX	11	3 F 10-12	23:47	11:54/M
99	Elizabeth Alarcon	Muleshoe TX	30	6 F 7-99	23:47	11:54/M
100	Sara Abers	Lubbock TX	33	6 F 30-34	23:48	11:54/M
101	Lanie Abers	Lubbock TX	8	5 F 7-9	23:49	11:55/M
102	Ben McClendon	Lubbock TX	9	18 M 7-9	23:52	11:56/M
103	Emma Wyatt	Lubbock TX	24	7 F 20-24	24:01	12:01/M
104	Ethan Dulin	Shallowater TX	7	19 M 7-9	24:01	12:01/M
105	Vickie Smith	Hobbs NM	54	1 F 50-54	24:06	12:03/M
106	Taylor Gomez	Lubbock TX	9	6 F 7-9	24:11	12:06/M
107	Kitty Tannery	Lubbock TX	16	7 F 7-99	24:12	12:06/M
108	Makezie Kennedy	Lubbock TX	11	4 F 10-12	24:22	12:11/M
109	Rick Lampe	Lubbock TX	68	2 M 65-69	24:26	12:13/M
110	Artie Corelis	Lubbock TX	46	6 F 45-49	24:43	12:22/M
111	Hannah Landsman	Lubbock TX	9	7 F 7-9	24:49	12:25/M
112	Paul Landsman	Lubbock TX	39	20 M 7-99	24:50	12:25/M
113	Gracie Landin	Lubbock TX	31	7 F 30-34	24:54	12:27/M
114	Laura Byars	Lubbock TX	9	8 F 7-9	25:21	12:41/M
115	Katherine Hall	Lubbock TX	7	9 F 7-9	25:34	12:47/M
116	Daniel Hall	Lubbock TX	38	5 M 35-39	25:36	12:48/M
117	Christopher Hall	Lubbock TX	16	5 M 16-19	25:37	12:49/M
118	Ginger Hall	Lubbock TX	36	5 F 35-39	25:38	12:49/M
119	Julian Hall	Lubbock TX	13	3 M 13-15	25:38	12:49/M
120	J Edson Pinto	Lubbock TX	51	2 M 50-54	26:00	13:00/M
121	Eugenia Charles-Newto	Lubbock TX	35	8 F 7-99	26:05	13:03/M
122	Kim Smith	Lubbock TX	50	9 F 7-99	27:09	13:35/M
123	Josie Aleman	Lubbock TX	61	1 F 60-99	27:15	13:38/M
124	Debbie Stafford	Lubbock TX	53	10 F 7-99	27:36	13:48/M
125	Treven Baker	Lubbock TX	9	21 M 7-9	27:47	13:54/M
126	Lasaro Landin	Lubbock TX	8	22 M 7-9	27:48	13:54/M
127	John Lucero	Lubbock TX	9	23 M 7-9	28:00	14:00/M
128	Ileana Cerda	Lubbock TX	22	8 F 20-24	28:35	14:18/M
129	Amy Shepherd	Lubbock TX	45	7 F 45-49	28:47	14:24/M
130	Sylvia Rytter	Amarillo TX	60	2 F 60-99	29:13	14:37/M
131	Sarita Salinas	Lubbock TX	9	10 F 7-9	30:44	15:22/M
132	Sarah Pruiett	Lubbock TX	13	5 F 13-15	31:08	15:34/M
133	Tristen Baker	Lubbock TX	9	24 M 7-9	31:08	15:34/M
134	David Nelson	Lubbock TX	61	4 M 60-64	32:15	16:08/M
135	Anthony Lucero	Lubbock TX	9	25 M 7-9	32:20	16:10/M
136	Madison Dumond	Lubbock TX	9	11 F 7-9	36:48	18:24/M
137	Kaylee MacHabee	Lubbock TX	9	12 F 7-9	37:08	18:34/M

West Texas Running Club

AGE DIVISIONS:

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

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

Special age divisions for 4 Mile: 10-12, 13-15 (Must be minimum age 10 to run the 4M, and minimum 16 to run the 14K)

Note: Ages 7-12 are eligible for the 4M Relay, and ages 4-15 are eligible for the 1 Mile. See our Children's Running Policy...

Clydesdale and Athena group in both races.
Two Person Relay Teams in the Four Mile



WEST TEXAS RUNNING CLUB'S Cotton Patch Runs 14K, 4 Mile, 4 Mile Relay, 1 Mile EVENT # 3 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: Saturday, March 9, 2013
Register online at <http://wtrunning.com>
No on Site Registration
Race starts at 9:00 A. M.

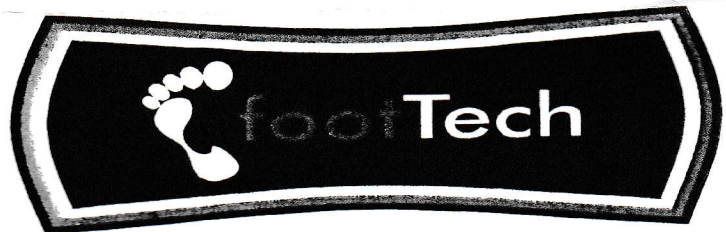
WHERE: Texas Boys Ranch
4810 North CR 2800
Lubbock, TX

COURSE: Flat

ENTRY FEE: \$5.00 WTRC Members & Students
12 & under, \$10.00 Non-Members

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

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

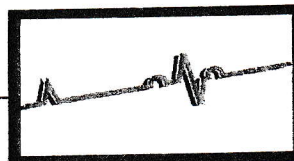


Lubbock's Running & Comfort Shoe Store

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., I.M.T



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING



Pager 806.721.9940



West Texas Running Club Event Calendar

*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

MAR 04 WTRC Board meeting: Monday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231

* MAR 09 **COTTON PATCH RUN AT TEXAS BOYS RANCH:** 14K/4M/4M RELAY/1M
KIDS FUN RUN, 9:00am, Texas Boys Ranch, 4810 N CR 2800,
RD: David Higgins, 806-535-7788

MAR 23 The Color Run: 5K, MacKenzie Park, Lubbock TX,
http://thecolorrun.com/lubbock/#race_info

MAR 24 Alamo 13.1: San Antonio TX, <http://alamo131.com/>

MAR 30 Bloodgusher: Midland TX, <http://meadowmile.com/>

APR 06 Willie McCool Half Marathon and 5K: Silent Wings Museum, Lubbock TX,
<http://www.westtexasendurance.com/>

APR 07 Statesman CAP*10K: austin, TX, <http://www.statesman.com/s/cap10k/>

* APR 13 **RUN FOR THE ARTS:** 15K/2MI/1MI KIDS CAFÉ FUN RUN, 1 mile
Starts at 8:00am, 15K/2M starts at 8:30am. Lubbock Civic Center
Please be parked by 8:00 for the Safety of Kids 1M!!
RD: Suzan Caudle, 806-799-3813

APR 20 New Mexico/Texas Challenge: Marathon/Half-Mara/10K/5K, Hobbs/Lovington
<http://www.leacountymuseum.org/>

APR 20 Meadow Mile: 5K/1M, Meadow, TX, <http://meadowmile.com/>

APR 27 Wayland Wellness Run/Walk III: Half Marathon/10K/5K/1M, Plainview, TX
<http://www.waylandwellnessrunwalk.org/>

APR 27 Hits Marble Falls Triathlon: Marble Falls, TX,
<http://www.hitstriathlonseries.com/marble-falls-tx/register-to-race>

MAY 05 Prairie Fire Half Marathon: Wichita, KS, <http://www.prairiefiremarathon.com/>

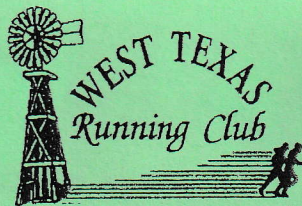
* MAY 11 **HUGH HAYNES MEMORIAL HORSESHOE BEND:** 11M/6M/2M, 8:00am,
N of Slaton at CR3600 & E. CR7300, RD: Randy Holloway,
806-789-1547

MAY 18 Beach to Bay Marathon Relay: Padre Island, TX,
<http://www.beachtobayrelay.com>

MAY 27 Summer of Sharing: 5K, 9:00am, MacKenzie Park, Lubbock, TX,
<http://www.summerofsharing.blogspot.com/>

* JUN 08 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** 10K/2M, 8am,
South Plains College, Texan Dome, Levelland, RD: Bill Roger
806-894-791

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



P. O. Box 2921
Lubbock, TX 79408
March 2013

