





May 2013

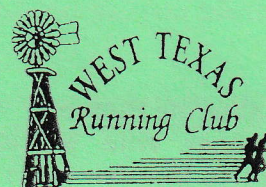
Pj Mitchell, C.C.T., L.M.T.

- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

Volume 6, Issue 5



P. O. Box 2921
Lubbock, TX 79408

WTRC Officers

President – Ron Lubowicz
(O) 781-0231
E-mail: ronlubo@aol.com

VP Admin.
Amanda Boston
amanda.boston@gmail.com

Secretary– Wendy Anderson
E-mail: teachwa@yahoo.com

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
E-mail:
d_higgins69@hotmail.com

Directors

VP Operations
Randy Holloway
(H) 794-7512, (O) 771- 0329
E-mail:
randyholloway@sbcglobal.net

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

Director: Laura Lappe
Laura.wtrc@gmail.com

Director: P.J. Mitchell

Director: Terry Dalton
806-777-1456

Director: Josh Leyva
leyva510@suddenlink.net

Newsletter Editor
Rose Hoeve
(H) 829-2381, (O) 773-1856
E-mail: roshoeve@hotmail.com

Our thoughts and prayers go to all the victims of the attack at the Boston Marathon on April 15, 2013. As a running community, this hits a little closer to home. Several members of our club, friends, and family were on the course that day and even at the site of the attack. But we are runners. We will stand strong. I'm reminded of a conversation between Samwise Gamgee and Frodo Baggins from one of the "The Lord of the Rings" movies:

Sam: It's like in the great stories Mr. Frodo, the ones that really mattered. Full of darkness and danger they were, and sometimes you didn't want to know the end because how could the end be happy? How could the world go back to the way it was when so much bad had happened? But in the end it's only a passing thing this shadow, even darkness must pass. A new day will come, and when the sun shines it'll shine out the clearer. Those were the stories that stayed with you, that meant something even if you were too small to understand why. But I think Mr. Frodo, I do understand, I know now folk in those stories had lots of chances of turning back, only they didn't. They kept going because they were holding on to something.

Frodo: What are we holding onto, Sam?

Sam: That there's some good in the world, Mr. Frodo, and it's worth fighting for.

SYOTR,

The WTRC Board

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, May 1, 2012 @ 7:00 p.m. at 3309 67th Street, (806) 781-0231, all members are welcome.

In This Issue

- I am a West Texas Runner.....2
- RFA Race Director Report.....2
- Kids Café.....3
- Challenge Series.....4-5
- RFA 2 Overall Results.....6
- RFA 15K Overall Results.....7
- Hugh Haynes Memorial Horseshoe Bend Canyon Races Event Records.....8
- Hugh Haynes Memorial Horseshoe Bend Race Information.....8
- WTRC Calendar.....10

Hugh Haynes
Horseshoe Bend Canyon Races
May 11, 2013
Race Starts @ 8:00am
2, 6, 11 Miles
Horseshoe Bend Canyon
North of Slaton, Texas
Randy Holloway, Race Director
806-789-1547



I am a West Texas Runner
By Laura Lappe

Catherine Hudson
Runner. Wife. Mother. Researcher.
WTRC Member since 2013

1. Why do you run?

I like to run in the morning before the sun comes up for my quiet time. As an added bonus, it is a way to improve my health and fitness as I get older.

2. What was your first race?

The 2011 Firecracker Run in Brownfield, TX. My only goal was to finish. I talked my husband and daughter into training with me and they ran this race with me for support. We picked this race because we have ties with the community through the church that we pastor there in Brownfield.

3. What is your favorite running clothing item or gear/gadget?

My iPod. On my playlist: "All for You"- Preshea Hilliard "Before I die" – Kirk Franklin

4. If you could run leisurely or run a race anywhere in the world, where would it be?

Hawaii, on the beach.

5. Morning or evening runner?

Morning

6. Favorite pre-race food?

I usually only drink water before I run. On race days I have a banana, a slice of whole wheat bread with peanut butter, and a little chocolate milk.

7. Next running event you are participating in?

Most likely the Summer of Sharing Fun Run , May 27th, which benefits the South Plains Food Bank. We have made running the Firecracker sort of a tradition so I plan to do that one, too.

Run for the Arts Race Directors' Report

April 13, 2013 turned out to be a great day to run! The weather was beautiful and the runners plentiful. We had 149 one mile finishers ranging from 4 yrs old to 15 yrs old. There were 118 15K finishers and 141 2MI finishers for a grand total of 408 finishers this year in The Run for the Arts. I received many compliments on the shirts this year! They did turn out very pretty and I feel many people will enjoy wearing them. We use the logo the Arts Festival use each year for the picture, which is why it changes every year. I had input into adding the race date and name of the race to the design of the shirts. Also, I chose the color of our shirts. I hope you had a chance to go to the Arts Festival this year. Baron Batch was the feature artist and I had the privilege of meeting him.

I have many to thank for this successful race. Beginning with Terry Dalton who handled the Kid's Café Fun Run and an outstanding helper, Wendy Anderson, who took care of the race day Preregistration table for me! Thank you both so much for taking care of these important positions. For those of you running the 15K...we have Dave Drake and his crew from Accolade to thank for the #2 water stop on Broadway that took care of you coming and going! Dave's crew included himself, Amal Soomro, Tessa Johnson, and Krysten White. We really appreciate you and your very important contribution to our race. We cannot thank you enough! Another group volunteering for us this year is from General Nutrition Centers of Lubbock. Leading this group is Benito Lugo Jr and his crew Marc and Raymond. They cut up all the fruit and helped out at the first water stop and one mile turn around. We appreciate all the help these two groups did for us! There are *three very special volunteers* I want to recognize for their wiliness to help wherever and even work double duty! Susan Lewallen, Carol Swinonos, and Lydia Turner worked Late Registration and Preregistration on Friday and then came Saturday and worked during the race!! I couldn't have done it without you ladies! Thank you for being troopers and hanging in with me. Other volunteers that came and worked to make our race run smoothly and be a success are: Emma Wyatt, Tyler Trammel, Blake Perez, Cliff Lewallen, Mike Humphrey, Brooke Rushing, Ronnie Adams, Tony Aleman, Randy Holloway, George Jury, David Higgins, Tommy Johnson, Debbie Stafford, Mike Greer, and David Weaver. We also had an outstanding 'helper' Ronda Russell who ran the 2 mile and then helped out at one of the water stops. Thank you, Ronda! Thank all of you for everything you did!! I especially want to commend the two volunteers that stayed till the trailer was packed and loaded.....you really made a difference! I know others noticed all your hard work!

Sincerely,
Suzan Caudle

Dear Coach,

Tammy Moriearty, Stacy Cain, Dustin Wells, Destiny Shaffer, Ginny McMinn, Maritza Gamboa, Stephen Ferraro, Angie Sonnenberg, Megan Cruz, Blake Perez, Stacy Lopez, Sandra Torres, Taylor Mathison, Mike Humphrey, Jack Humphrey, Caitlin Napoleoni, Joni Kitchens, and Mark Weaver

It takes a special person to do what you do for Team Kids Cafe. I really admire you and all that you do for the kids. Your encouragement for them to make healthy choices in what they do every day will help the kids achieve a positive change in their long term health. Your commitment, patience, and compassion have served as a positive role model to inspire the kids and show them what's really important in life. I hope you will consider coaching again next year for Team Kids Cafe.

The following story was given to me by Coach Stacy Lopez. It's a story about how we often over-look the most important things in life because we are always so busy.

It had been some time since Jack had seen the old man. College, girls, career, and life itself got in the way. In fact, Jack moved clear across the country in pursuit of his dreams. There, in the rush of his busy life, Jack had little time to think about the past and often no time to spend with his wife and son. He was working on his future, and nothing could stop him.

Over the phone, his mother told him, "Mr. Belser died last night. The funeral is Wednesday."

Memories flashed through his mind like an old newsreel as he sat quietly remembering his childhood days.

"Jack, did you hear me?"

"Oh, sorry, Mom. Yes, I heard you. It's been so long since I thought of him. I'm sorry, but honestly thought he died years ago," Jack said.

"Well, he didn't forget you. Every time I saw him he'd ask how you were doing. He'd reminisce about the many days you spend over 'his side of the fence' as he put it," Mom told him.

"I loved that old house he lived in," Jack said.

"You know Jack, after your father died, Mr. Belser stepped in to make sure you had a man's influence in your life," she said.

"He's the one who taught me carpentry," he said. "I wouldn't be in this business if it weren't for him. He spent a lot of time teaching me things he thought were important. Mom, I'll be there for the funeral," Jack said.

As busy as he was, he kept his word. Jack caught the next flight to his hometown. Mr. Belser's funeral was small and uneventful. He had no children of his own, and most of his relatives had passed away. The night before he had to return home, Jack and his Mom stopped by to see the old house next door one more time. Standing in the doorway, Jack paused for a moment. It was like crossing over into another dimension, a leap through space and time. The house was exactly as he remembered. Every step held memories. Every picture, every piece of furniture...Jack stopped suddenly.

"What's wrong, Jack?" his Mom asked.

"The box is gone," he said.

"What box?" Mom said.

"There was a small gold box that he kept locked on top of his desk. I must have asked him a thousand times what was inside. All he'd ever tell me was 'the thing I value most,'" Jack said.

It was gone. Everything about the house was exactly how Jack remembered it, except for the box. He figured someone from the Belser family had taken it.

"Now I'll never know what was so valuable to him," Jack said. I better get some sleep. I have an early flight home, Mom."

It had been about two weeks since Mr. Belser died. Returning home from work one day Jack discovered a note in his mailbox.

"Signature required on a package - no one at home. Please stop by the main post office within the next three days," the note read.

Early the next day Jack retrieved the package. The small box was old and looked like it had been mailed a hundred years ago. The handwriting was difficult to read, but the return address caught his attention. "Mr. Harold Belser" it read. Jack took the box out to his car and ripped open the package. There inside was the gold box and an envelope. Jack's hands shook as he read the note inside.

"Upon my death, please forward this box and its contents to Jack Bennett. It's the thing I valued most in my life."

A small key was taped to the letter. His heart racing, tears filling his eyes, Jack carefully unlocked the box. There inside he found a beautiful gold pocket watch. Running his fingers slowly over the finely etched casing, he unlatched the cover. Inside he found these words engraved:

"Jack Thanks for your time! Harold Belser."

The thing he valued most...was...my time. Jack held the watch for a few minutes then called his office and cleared his appointments for the next two days.

"Why?" Janet, his assistant asked.

"I need some time to spend with my son," he said. "Oh, by the way, Janet...thanks for your time!"

Speaking on behalf of all the kids of Team Kids Cafe:

"Thank you Coach for teaching me about running and how to pace myself. Thank you for teaching me how to 'Be a Champion' and how to overcome the 'shark attack' of adversity I will face. Thank you for your smile, your kind words, and your nurturing, generous spirit. But most of all, thank you for your time!"

Sincerely,

Terry Dalton

Go Team Kids Cafe!

RUN FOR THE ARTS 2 MILE OVERALL
April 13, 2013 Results By DH- WTRC

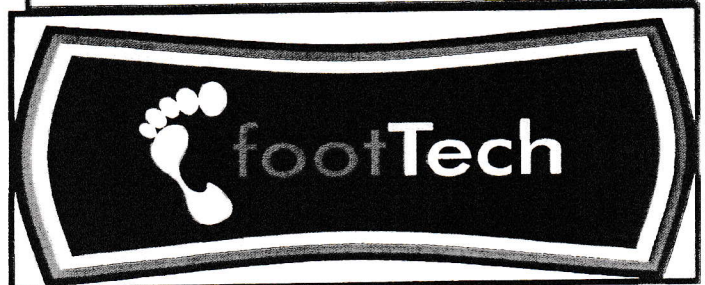
Place	Name	City	Age	AG Place	TIME	PACE
1	John Corelis	Lubbock TX	47	1 OA Male	11:27	5:44/M
2	Riki Sampson	Lubbock TX	10	1 M 10-12	12:45	6:23/M
3	Caitlin Napoleoni	Lubbock TX	24	1 OA Fem	12:48	6:24/M
4	Curtis Norrod	Lubbock TX	29	1 M 25-29	12:49	6:25/M
5	Stephen Seitz	Clovis NM	23	1 OA CLY	12:52	6:26/M
6	Matt Snowden	Lubbock TX	25	2 M 25-29	13:09	6:35/M
7	Victoria Ramirez	Lubbock TX	13	1 F 13-15	13:27	6:44/M
8	Mont McClendon	Lubbock TX	41	1 M 40-44	13:35	6:48/M
9	Shannon Anderson	Lubbock TX	41	2 M 40-44	13:43	6:52/M
10	Jeremy Miller	Odessa TX	25	3 M 25-29	13:47	6:54/M
11	Brad Stewart	Lubbock TX	41	3 M 40-44	13:55	6:58/M
12	Will Overstreet	Lubbock TX	11	2 M 10-12	14:02	7:01/M
13	Carina Velasquez	Lubbock TX	11	1 F 10-12	14:08	7:04/M
14	Adam Puckett	Lubbock TX	42	2 CLY	14:15	7:08/M
15	Tommy Sansom	Lubbock TX	55	1 M 55-59	14:16	7:08/M
16	Amme Blair	Wolfforth TX	40	1 F 40-44	14:19	7:10/M
17	Cole Letkeman	Lubbock TX	10	3 M 10-12	14:32	7:16/M
18	Jerry Morris	Lubbock TX	62	1 M 60-64	14:32	7:16/M
19	John Clements	Lubbock TX	56	2 M 55-59	14:34	7:17/M
20	Carrie Badillo	Lubbock TX	35	1 F 35-39	14:45	7:23/M
21	Rudy Pearce	Lubbock TX	27	4 M 25-29	14:59	7:30/M
22	Sarah Adams	Lubbock TX	34	1 F 30-34	15:00	7:30/M
23	Brylie Corelis	Lubbock TX	13	2 F 13-15	15:03	7:32/M
24	Audra McWilliams	Ransom Canyon	42	2 F 40-44	15:12	7:36/M
25	Tom Conklin	Lubbock TX	27	5 M 25-29	15:25	7:43/M
26	Krystal Morales	Lubbock TX	26	1 F 25-29	15:31	7:46/M
27	Carson Defever	Shallowater	19	1 M 16-19	15:35	7:48/M
28	Abraham Montalvo	Plainview TX	15	1 M 13-15	15:35	7:48/M
29	Luis Cardenas	Lubbock TX	61	2 M 60-64	15:37	7:49/M
30	Jaime Lopez	Wolfforth TX	41	3 CLY	15:46	7:53/M
31	Kyden Corelis	Lubbock TX	10	2 F 10-12	15:57	7:59/M
32	Tim Cotton	Littlefield	51	1 M 50-54	15:58	7:59/M
33	Korey Garza	Lubbock TX	28	2 F 25-29	16:05	8:03/M
34	Joshua Brackeen	Lubbock TX	12	4 M 10-12	16:07	8:04/M
35	Jet Hasie	Lubbock TX	12	5 M 10-12	16:09	8:05/M
36	Marcus Torres	Lubbock TX	10	6 M 10-12	16:11	8:06/M
37	Les Kinman	Lubbock TX	48	1 M 45-49	16:15	8:08/M
38	Hedge Martin	Lubbock TX	37	1 M 35-39	16:15	8:08/M
39	Kelly Harkey	Lubbock TX	25	3 F 25-29	17:02	8:31/M
40	Amy Martin	Lubbock TX	24	1 F 20-24	17:06	8:33/M
41	Cale Bloskas	Canyon TX	20	1 M 20-24	17:09	8:35/M
42	Frank Mendoza	Earth TX	46	2 M 45-49	17:11	8:36/M
43	Carrie Ashley	Lubbock TX	37	2 F 35-39	17:15	8:38/M
44	Jubilee Cotton	Littlefield	13	3 F 13-15	17:24	8:42/M
45	Jack Bearden	Lubbock TX	66	1 M 65-69	17:24	8:42/M
46	Jill Jaquess	Lubbock TX	35	3 F 35-39	17:30	8:45/M
47	Tristan Harms	Lubbock TX	12	7 M 10-12	17:30	8:45/M
48	Amy Andrus	Lubbock TX	50	1 F 50-54	17:31	8:46/M
49	Russell McGuire	Lubbock TX	36	2 M 35-39	17:37	8:49/M
50	Sarah Haro	Lubbock TX	35	4 F 35-39	17:40	8:50/M
51	Alex Daniel	Lubbock TX	11	3 F 10-12	17:52	8:56/M
52	Jeremy Dickson	Lubbock TX	37	3 M 7-99	17:56	8:58/M
53	Maricarmen Solis	Levelland	40	3 F 40-44	18:05	9:03/M
54	Larry Bloskas	Anton TX	51	4 M 7-99	18:10	9:05/M
55	Kammy Philbrick	Lubbock TX	52	2 F 50-54	18:12	9:06/M
56	Hannah Alexander	Lubbock TX	12	4 F 10-12	18:19	9:10/M
57	Keegan Hays	Lubbock TX	9	5 M 7-9	18:19	9:10/M
58	Ross Cohen	Lubbock TX	9	6 M 7-9	18:20	9:10/M
59	Spencer Ward	Lubbock TX	10	8 M 10-12	18:24	9:12/M
60	Randy Bunyard	Lubbock TX	55	3 M 55-59	18:25	9:13/M
61	Jaree Conklin	Lubbock TX	27	4 F 25-29	18:26	9:13/M
62	Janet Cotton	Littlefield TX	52	3 F 50-54	18:28	9:14/M
63	Kendall Toelle	Lubbock TX	10	5 F 10-12	18:30	9:15/M
64	Erin Dulin	Wolfforth TX	34	2 F 30-34	18:30	9:15/M
65	Lance Ward	Lubbock TX	45	7 M 7-99	18:35	9:18/M
66	Bill Gelber	Lubbock TX	54	2 M 50-54	18:38	9:19/M
67	Robbie Vittitow	Lubbock TX	29	5 F 25-29	18:43	9:22/M
68	Nicole Cryer	Wolfforth TX	31	3 F 30-34	18:48	9:24/M
69	Madison Abers	Lubbock TX	11	6 F 10-12	18:50	9:25/M
70	Val Jordan	Lubbock TX	35	5 F 35-39	18:50	9:25/M
71	Melissa Tipton	Anton TX	40	4 F 40-44	18:51	9:26/M
72	Steven Madrid	Lubbock TX	32	1 M 30-34	18:52	9:26/M

Place	Name	City	Age	AG Place	TIME	PACE
73	Nicklas Venhuizen	Lubbock TX	10	9 M 10-12	18:55	9:28/M
74	Jai Madrid	Lubbock TX	32	4 F 30-34	18:58	9:29/M
75	Cindi Bradshaw	Lubbock TX	37	6 F 35-39	19:03	9:32/M
76	Ruby Smith	Lubbock TX	37	7 F 35-39	19:08	9:34/M
77	Analisa Cardenas	Lubbock TX	34	5 F 30-34	19:09	9:35/M
78	Mia Trevino	Lubbock TX	9	1 F 7-9	19:09	9:35/M
79	Tamara Duncan	Lubbock TX	39	8 F 35-39	19:09	9:35/M
80	Becky Ramirez	Lubbock TX	28	6 F 25-29	19:15	9:38/M
81	Nonnie Peters	Lubbock TX	34	6 F 30-34	19:16	9:38/M
82	Amanda Isaacs	Lubbock TX	35	9 F 35-39	19:16	9:38/M
83	Owen Sears	Lubbock TX	59	4 M 55-59	19:20	9:40/M
84	Samantha Fulcher	Lubbock TX	35	10 F 35-39	19:26	9:43/M
85	Zayne Fulcher	Lubbock TX	8	8 M 7-9	19:32	9:46/M
86	Kimberly Kennedy	Lubbock TX	46	1 F 45-49	19:33	9:47/M
87	Ronda Russell	Shallowater	43	5 F 40-44	19:37	9:49/M
88	Zachary Anger	Lubbock TX	10	10 M 10-12	19:40	9:50/M
89	Laura Heers	Lubbock TX	23	2 F 20-24	19:44	9:52/M
90	Jack Humphrey	Lubbock TX	17	2 M 16-19	19:45	9:53/M
91	Morgan Humphrey	Lubbock TX	20	3 F 20-24	19:45	9:53/M
92	Elizabeth Decicco	Lubbock TX	25	7 F 25-29	19:47	9:54/M
93	Julia Kennedy	Lubbock TX	16	1 F 16-19	19:50	9:55/M
94	Sara Abers	Lubbock TX	33	7 F 30-34	19:51	9:56/M
95	Lanier Abers	Lubbock TX	9	2 F 7-9	19:52	9:56/M
96	Jocelyn Kennedy	Lubbock TX	21	4 F 20-24	19:56	9:58/M
97	Stacy Cain	Lubbock TX	40	6 F 40-44	20:05	10:03/M
98	Dayton Castro	Lubbock TX	25	8 F 25-29	20:17	10:09/M
99	Jay Dulin	Wolfforth TX	38	9 M 7-99	20:22	10:11/M
100	Craig Peterson	Hobbs NM	56	10 M 7-99	20:24	10:12/M
101	Isaac Esqueda	Lubbock TX	32	2 M 30-34	20:26	10:13/M
102	Jennifer McGuire	Lubbock TX	38	11 F 35-39	20:42	10:21/M
103	Zach Fickes	Lubbock TX	10	11 M 10-12	20:46	10:23/M
104	Rodney Smith	Lubbock TX	52	11 M 7-99	20:48	10:24/M
105	Saylor Corelis	Lubbock TX	7	3 F 7-9	20:59	10:30/M
106	Sheridan Roten	Lubbock TX	15	4 F 13-15	21:08	10:34/M
107	Heather Devore	Lubbock TX	31	8 F 30-34	21:11	10:36/M
108	Debbie Roman	Lubbock TX	57	1 F 55-59	21:19	10:40/M
109	Dana Daniel	Lubbock TX	48	2 F 45-49	21:20	10:40/M
110	James Wickersham	Lubbock TX	53	3 M 50-54	21:21	10:41/M
111	Megan Kopytkiewicz	Lubbock TX	11	7 F 10-12	21:30	10:45/M
112	Myrna Ramirez	Lubbock TX	29	1 OA-ATH	21:33	10:47/M
113	Toni Gafford	Lubbock TX	45	3 F 45-49	21:40	10:50/M
114	Jim Harris	Hobbs NM	70	1 M 70-99	21:45	10:53/M
115	Maryann Medina	Lubbock TX	26	9 F 25-29	21:59	11:00/M
116	Lane Monroe	Lubbock TX	7	12 M 7-9	22:27	11:14/M
117	Mitch Monroe	Lubbock TX	53	4 M 50-54	22:27	11:14/M
118	Mikayla Monroe	Lubbock TX	26	10 F 25-29	22:30	11:15/M
119	Amy Campbell	Shallowater	32	9 F 30-34	22:47	11:24/M
120	Ken Clowes	Lubbock TX	63	3 M 60-64	22:50	11:25/M
121	Artie Corelis	Lubbock TX	46	13 F 7-99	22:52	11:26/M
122	Paige Pierce	Plainview TX	8	4 F 7-9	22:54	11:27/M
123	Julie Randolph	Lubbock TX	54	4 F 50-54	22:55	11:28/M
124	Donna Fickes	Lubbock TX	38	12 F 35-39	23:20	11:40/M
125	Rick Lampe	Lubbock TX	68	2 M 65-69	23:22	11:41/M
126	Leif Ellingson	Lubbock TX	27	13 M 7-99	23:25	11:43/M
127	Mandy Rankin	Lubbock TX	29	14 F 7-99	23:43	11:52/M
128	Sherilyn Toelle	Lubbock TX	38	13 F 35-39	23:49	11:55/M
129	Kate Toelle	Lubbock TX	7	5 F 7-9	23:50	11:55/M
130	Ben McClendon	Lubbock TX	9	14 M 7-9	23:55	11:58/M
131	Brent Green	Roswell NM	51	15 M 7-99	24:04	12:02/M
132	Kitty Tannery	Lubbock TX	16	15 F 7-99	24:06	12:03/M
133	Reagan Kinman	Lubbock TX	16	2 F 16-19	24:28	12:14/M
134	Maggie Craig	Lubbock TX	17	3 F 16-19	24:39	12:20/M
135	Katy Snowden	Lubbock TX	26	11 F 25-29	24:44	12:22/M
136	Dlynn Gill	Tahoka TX	30	10 F 30-34	25:15	12:38/M
137	Ashley Nelson	Lubbock TX	35	16 F 7-99	25:22	12:41/M
138	Yvette Perez	Tahoka TX	34	11 F 30-34	26:15	13:08/M
139	Josie Aleman	Lubbock TX	61	1 F 60-99	26:25	13:13/M
140	Harley Nokes	Lubbock TX	11	8 F 10-12	26:48	13:24/M
141	Kim Smith	Lubbock TX	50	17 F 7-99	27:09	13:35/M

RUN FOR THE ARTS 15K OVERALL
April 13, 2013 Results By DH- WTRC

Place	Name	Age	AG Place	TIME	PACE
1	Yidong Chen	22	1 OA-M	57:42	6:12/M
2	John Rushing	22	1 M 20-24	1:02:49	6:45/M
3	Joshua Leyva	33	1 M 30-34	1:03:21	6:49/M
4	Chris Toelle	39	1 M 35-39	1:04:03	6:53/M
5	Doyen Brinker	51	1 M 50-54	1:04:13	6:54/M
6	Jeff Hancock	35	2 M 35-39	1:04:33	6:56/M
7	Cody Miller	47	1 M 45-49	1:04:59	6:59/M
8	Joshua Delgado	25	1 M 25-29	1:05:35	7:03/M
9	Martin Montalvo	48	2 M 45-49	1:05:41	7:04/M
10	Ben Miller	24	2 M 20-24	1:06:03	7:06/M
11	Michael Cook	20	3 M 20-24	1:06:42	7:10/M
12	Scott Beller	36	3 M 35-39	1:06:45	7:11/M
13	Amanda Boston	29	1 OA-FEM	1:07:55	7:18/M
14	Glen Mullins	39	4 M 35-39	1:08:34	7:22/M
15	Aaron Coy	32	2 M 30-34	1:08:38	7:23/M
16	Dale Ganus	40	1 M 40-44	1:08:43	7:23/M
17	Michaela Jansen	40	1 F 40-44	1:08:58	7:25/M
18	Andrew Allison	31	3 M 30-34	1:09:04	7:26/M
19	Epi Aguirre	54	2 M 50-54	1:09:24	7:28/M
20	Devin Deloa	20	4 M 20-24	1:10:00	7:32/M
21	Eddy Morelock	41	2 M 40-44	1:11:22	7:40/M
22	Leana Moreno	32	1 F 30-34	1:11:46	7:43/M
23	Jerry Dwyer	53	3 M 50-54	1:12:03	7:45/M
24	Jana Redwine	32	2 F 30-34	1:12:10	7:46/M
25	Yaroslav Zhrebukh	19	1 M 16-19	1:12:35	7:48/M
26	Zachary Haskin	22	5 M 20-24	1:12:56	7:51/M
27	Ben Boston	28	2 M 25-29	1:13:28	7:54/M
28	Rod Burgett	48	3 M 45-49	1:14:00	7:57/M
29	Farrell Martin	46	1 OA-CLY	1:14:32	8:01/M
30	Nicholas Reeves	34	4 M 30-34	1:14:37	8:01/M
31	Dale Bennett	51	4 M 50-54	1:14:50	8:03/M
32	Kevin Ngo	24	6 M 20-24	1:15:05	8:04/M
33	Germaine Shanks	33	5 M 30-34	1:15:41	8:08/M
34	Chris Lonngren	53	5 M 50-54	1:16:34	8:14/M
35	Katie Pakizer	22	1 F 20-24	1:16:39	8:15/M
36	Alex Onischuk	37	5 M 35-39	1:16:41	8:15/M
37	Jonna Byars	39	1 F 35-39	1:16:43	8:15/M
38	Journee' Cotton	17	1 F 16-19	1:17:04	8:17/M
39	Julie Sloan	28	1 F 25-29	1:17:29	8:20/M
40	Jeff Tipton	43	3 M 40-44	1:17:54	8:23/M
41	Nathan Paden	44	3 M 16-99	1:18:47	8:28/M
42	Cristin Soliz	26	2 F 25-29	1:18:49	8:28/M
43	Ashley Donaldson	31	3 F 30-34	1:19:09	8:31/M
44	Shane Shuttlesworth	33	6 M 30-34	1:19:30	8:33/M
45	Megan Garcia	28	3 F 25-29	1:19:41	8:34/M
46	Deloras Shubert	45	1 F 45-49	1:19:42	8:34/M
47	Gabriel Serrano	32	7 M 30-34	1:19:54	8:35/M
48	Jennifer Haddock	32	4 F 30-34	1:19:58	8:36/M
49	Ron Appling	41	4 M 40-44	1:20:06	8:37/M
50	Justin Brown	26	3 M 25-29	1:20:18	8:38/M
51	Leesa Price	56	1 F 55-59	1:20:27	8:39/M
52	Chadd Schroeder	48	4 M 45-49	1:20:30	8:39/M
53	Sam Wyatt	26	4 M 25-29	1:20:42	8:41/M
54	Debbie Gelber	44	2 F 40-44	1:20:50	8:42/M
55	Jim Deaver	55	1 M 55-59	1:21:19	8:45/M
56	Valeri Gatlin	46	2 F 45-49	1:21:39	8:47/M
57	Monica Salinas	29	4 F 25-29	1:22:05	8:50/M
58	Stan Osborne	61	1 M 60-64	1:22:10	8:50/M
59	Alisan Sweet	36	2 F 35-39	1:22:16	8:51/M
60	Damon West	32	4 M 16-99	1:22:20	8:51/M
61	Jerry Adams	37	5 M 16-99	1:22:33	8:53/M
62	Jody Dennis	36	3 F 35-39	1:22:39	8:53/M
63	Mary Branscome	53	1 F 50-54	1:22:59	8:55/M
64	Mandy Poklikuha	35	4 F 35-39	1:23:23	8:58/M
65	Robert Herrera	41	6 M 16-99	1:24:11	9:03/M
66	Steve German	55	2 M 55-59	1:24:31	9:05/M
67	Richard Gale	63	2 M 60-64	1:25:05	9:09/M
68	Dustin Wells	18	7 M 16-19	1:26:25	9:18/M
69	Scott Cain	51	6 M 50-54	1:26:26	9:18/M
70	Michael Tullos	48	5 M 45-49	1:26:50	9:20/M
71	Sharla Kinman	44	3 F 40-44	1:26:55	9:21/M
72	Crystal Salazar	33	5 F 30-34	1:27:15	9:23/M

Place	Name	Age	AG Place	TIME	PACE
73	Tashah Overbo	22	2 F 20-24	1:28:09	9:29/M
74	Rachel Crook	19	2 F 16-19	1:29:06	9:35/M
75	Chris Osborne	40	5 M 40-44	1:29:34	9:38/M
76	David Lightner	63	3 M 60-64	1:29:34	9:38/M
77	Brian Starr	45	6 M 45-49	1:29:53	9:40/M
78	Kristi Starr	42	1 OA-ATH	1:29:53	9:40/M
79	Teresa Jourden	29	5 F 25-29	1:30:59	9:47/M
80	Michael McDonald	64	4 M 60-64	1:31:06	9:48/M
81	Rachel Behrens	37	5 F 35-39	1:31:12	9:48/M
82	Kara Donatelli	39	6 F 35-39	1:31:17	9:49/M
83	Megan Willis	25	6 F 25-29	1:31:17	9:49/M
84	Karen Howell	43	4 F 40-44	1:31:55	9:53/M
85	Carol Clowes	58	2 F 55-59	1:32:03	9:54/M
86	Clay Brackeen	42	6 M 40-44	1:32:09	9:55/M
87	Michelle Garcia	36	7 F 35-39	1:33:22	10:02/M
88	Jaimie Miller	22	3 F 20-24	1:33:25	10:03/M
89	Helena Harms	36	8 F 35-39	1:33:41	10:04/M
90	Ivan Navarro	29	5 M 25-29	1:33:51	10:05/M
91	Gorden Jenkins	72	1 M 70-99	1:33:57	10:06/M
92	Sandra Mulsow	45	3 F 45-49	1:34:02	10:07/M
93	Amber Proctor	28	7 F 25-29	1:34:24	10:09/M
94	Deanna Duncan	38	9 F 35-39	1:34:28	10:09/M
95	Benjamin Midkiff	31	8 M 30-34	1:34:29	10:10/M
96	Heather Nokes	37	10 F 35-39	1:34:29	10:10/M
97	Wendy Anderson	42	5 F 40-44	1:34:29	10:10/M
98	Michael Lemond	42	8 M 16-99	1:35:23	10:15/M
99	Olzhas Alexandrov	19	9 M 16-19	1:35:24	10:15/M
100	Angela Decicco	27	8 F 25-29	1:37:43	10:30/M
101	Seth Crouch	40	7 M 40-44	1:37:43	10:30/M
102	Holly Snodgrass	43	6 F 40-44	1:37:49	10:31/M
103	Joe Martin	53	7 M 50-54	1:38:16	10:34/M
104	Jason Davis	35	10 M 16-99	1:38:23	10:35/M
105	Alex Rangel	21	4 F 20-24	1:38:23	10:35/M
106	David Miller	48	7 M 45-49	1:38:36	10:36/M
107	Allison Eaton	19	3 F 16-19	1:39:40	10:43/M
108	Jim Thompson	58	3 M 55-59	1:41:21	10:54/M
109	Rodney Franklin	52	11 M 16-99	1:44:01	11:11/M
110	Katy Franklin	25	9 F 25-29	1:44:01	11:11/M
111	Mars Bennett	49	4 F 45-49	1:48:01	11:37/M
112	Kristi Shields	44	8 F 16-99	1:48:36	11:41/M
113	Etta Mayer	64	1 F 60-99	1:49:29	11:46/M
114	Young Moore	56	3 F 55-59	1:50:23	11:52/M
115	Jennie Ketchem	27	9 F 16-99	1:51:02	11:56/M
116	Ann Hodges	55	4 F 55-59	1:52:55	12:08/M
117	Sarah Gaxiola	60	2 F 60-99	1:53:32	12:12/M
118	Howard Miller	54	12 M 16-99	2:06:39	13:37/M



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

**West Texas Running Club
HORSESHOE BEND CANYON RUNS
(Hugh Haynes Memorial HSB Canyon)
Slaton, TX EVENT RECORDS - 1973 to Present**

11 MILE (since 1985) MEN				
DIV YEAR	NAME	TOWN	AGE	TIME
13-15	Jared Davis	Bledsoe	15	1:23:19 2002
16-19	Brian Brashears	Lubbock	18	1:08:15 1989
20-24	Rodney Hendrix	Lubbock	23	1:00:49 * 1989
25-29	Case Shay	Lubbock	26	1:02:09 2001
30-34	Tim Key	Lubbock	30	1:07:38 1998
35-39	Michael Njenga	Lubbock	36	1:06:13 2008
40-44	Joe Post	Lubbock	40	1:12:22 1989
45-49	Jerry Dwyer	Lubbock	47	1:11:33 2007
50-54	George Jury	Lubbock	52	1:10:10 1989
55-59	George Jury	Lubbock	58	1:20:25 1995
60-64	Tom Bowser	Abilene	62	1:29:59 1989
65-69	Lorenzo Ramirez	Rotan	65	1:35:37 2000
70+	Don Sanderson	Tulia	74	1:38:26 2004
	Clydes Farrell Martin	Lubbock	35	1:16:47 2001

WOMEN				
DIV YEAR	NAME	TOWN	AGE	TIME
16-19	Joumee Cotton	Littlefield	16	1:37:29 2012
20-24	Leigh Daniel	Lubbock	22	1:11:04 * 2001
25-29	Sue Houle	Lubbock	26	1:15:35 1987
30-34	Marjory Stewart	Lubbock	34	1:12:22 1993
35-39	Marjory Stewart	Lubbock	35	1:13:16 1994
40-44	Denise Bray	Lubbock	41	1:25:20 2003
45-49	Mary Branscome	Lubbock	45	1:29:49 2005
50-54	Madonne Miner	Lubbock	51	1:32:02 2004
55-59	P.J. Mitchell	Lubbock	58	1:43:38 2003
60+	P.J. Mitchell	Lubbock	61	1:45:31 2007
	ATHENA Lee Handlin	Lubbock	38	1:52:55 2007

**Note: ages 13-15 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 6 miles.

WEST TEXAS RUNNING CLUB'S ANNUAL
2013 Hugh Haynes Memorial Horseshoe Bend Canyon Races
2, 6 & 11 Miles

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, May 11, 2013
Register online at www.wtrunning.com See Enclosed Mail in Form for Information Race Start at 8:00 A.M. **(NO Race Day Registration).**

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX from Lubbock, take US 84 to the First Slaton exit; turn left turn left AT Slaton Gas & Equip, right on Golf Course Rd. following the pavement North 2 miles past the OLD Slaton Golf Course to the bottom of the canyon.

COURSE: 11 Mile; Loop, one long hill between mile 1 & 2. 6 Mile; out & Back, long hill between mile 1 & 2, 2 Mile; out & back

AID STATIONS at least every 2.5 miles. WTRC Rules Do Not Permit Pets, Skates, Strollers, or Bicycles

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.

*12 years & under must enter the 2 mile race, fee for 12 & under is \$5.00

*13 and over may enter the 2 & 6 mile race

*16 and over may enter the 2, 6 or 11 mile race

AWARDS: Medals will be awarded to at least the first 3 in each age group, and up to 50% (maximum of 5) of all finishers in each age group.

Entry Fee: W.T.R.C. Members \$5.00, Non Members \$15.00

RACE DIRECTOR: Randy Holloway, 806-789-1547

E-mail: randyholloway@sbcglobal.net

6 MILE (1989) MEN

DIV YEAR	NAME	TOWN	AGE	TIME	YEAR
13-15	Danny Hernandez	Lubbock	15	38:18	1992
16-19	Anthony Herr	Plainview	18	33:59	* 2005
20-24	Theo Kurgat (LCU)	Lubbock	20	34:19	1993
25-29	David Sumrell(USAF)	Lubbock	28	36:39	1991
30-34	David Sumrell	Lubbock	30	34:36	1993
35-39	Brent Tidwell	Lubbock	39	36:11	1997
40-44	Mike Zinno	Lubbock	42	37:51	2010
45-49	Bobby Cunningham	Abernathy	49	37:00	1989
50-54	Jim Leser	Lubbock	51	37:49	1998
55-59	Ed Craighead	Dalhart	56	40:13	1999
60-64	John Stalcup	Lubbock	62	49:25	1995
65-69	Ralph Wolf	Abernathy	66	50:31	2003
70+	Bill Felton	Lubbock	72	53:38	2007
	Clydes Farrell Martin	SHALLOWATER	44	44:33	2011

WOMEN

13-15	Hope Jimenez	Lamesa	13	44:39	1997
16-19	Becca Rapstine	White Deer	16	47:36	2005
20-24	Rebecca Warminski	Lubbock	20	47:37	2005
25-29	AMANDA BOSTON	LUBBOCK	27	43:30	2011 *
30-34	Janda Ibbetson	Lubbock	30	44:22	2000
35-39	Denise Bray	Lubbock	38	45:15	2000
40-44	Melanie McVey	Sundown	41	49:29	2003
45-49	Cynthia Sorrensen	Lubbock	48	51:29	2012
50-54	Leesa Pnce	LUBBOCK	54	48:58	2011
55-59	Cheryl Weber	Lubbock	55	1:03:29	2009
60+	P.J. Mitchell	Lubbock	62	55:51	2008
	Athena Kristi Starr	Lubbock	41	51:45	2012

**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.

HORSESHOE BEND CANYON RUNS Slaton, TX EVENT RECORDS - 1973 to Present

2 MILE MEN					
DIV YEAR	NAME	TOWN	AGE	TIME	YEAR
7-9	Will Overstreet	Lubbock	8	15:38	2010
10-12	Carter Tate	Midland	10	13:17	2007
13-15	David Stanz	Lubbock	15	10:32	1979
16-19	Carlos Ybarra	Lamesa	17	9:59	1980
20-24	Quinn Smith	Lovington	21	9:50	1981
25-29	Cliff McCurdy	Lubbock	25	9:33	1979
30-34	John Bednarski	Odessa	30	9:32	* 1979
35-39	Quent Bearden	Lubbock	37	10:42	2012
40-44	Bobby Cunningham	Abernathy	43	10:32	1983
45-49	Jim Leser	Lubbock	49	11:46	1996
50-54	George Jury	Lubbock	51	11:25	1988
55-59	Jim Harris	Hobbs	57	13:24	2000
60-64	Jim Harris	Hobbs	60	14:03	2003
65-69	Jack Bearden	Lubbock	65	16:38	2012
70+	David Lard	Amarillo	75	17:14	2012
	Clydes Milt Brownfield	Lubbock	48	13:11	2006

WOMEN

7-9	Lindsey Spruell	Shallowater	9	15:40	2008
10-12	Hope Jimenez	Lamesa	11	14:51	1995
13-15	Macey Beazley	LUBBOCK	15	12:48	2011
16-19	Mindy Mayfield	Lubbock	17	12:29	* 1979
20-24	Annie McCormick	Lubbock	20	14:29	1996
25-29	Judy Partin	Lubbock	25	13:13	1987
30-34	Pat Dolan	Lubbock	30	14:09	1980
35-39	Josie Aleman	Lubbock	37	13:58	1989
40-44	Ann Gordhammer	Lubbock	41	14:03	1984
45-49	Cheryl Weber	Lubbock	46	14:49	1999
50-54	Cheryl Weber	Lubbock	53	17:10	2005
55-59	Estella Galvan	Brownfield	59	20:17	2002
60+	Estella Galvan	Brownfield	60	19:10	2003
	Athena Wendy Anderson	Lubbock	37	19:25	2008

* Overall Event Records



West Texas Running Club Event Calendar

Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

MAY 04 Romanian Mission Trip Run: 5K, Roby, TX, Ginny Rasberry,
325-668-4771 or email info@embink.com

MAY 07 **WTRC Board meeting**: Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231

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 19 The Toobing and Kayak Tri: Gruene, TX www.redemptionnrp.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, 806-894-7911

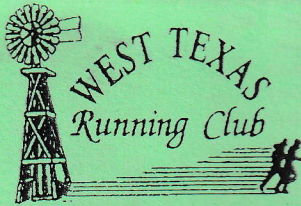
JUN 29 4th Annual Run/Walk to Christ 5K: 8am, Amarillo, TX
<http://www.active.com/running/amarillo-tx/4th-annual-run-walk-to-christ-5k-2013>

JUN 30 BSL Half Ironman Triathlon: <http://buffalospringslaketriathlon.com>

JUL 04 **FIRECRACKER RUN**: 1MI @ 7:30am, 3MI/10MI @ 8:00am,
Coleman Park, Brownfield, TX, Jim Harris, RD, 575-370-4034.

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

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



P. O. Box 2921
Lubbock, TX 79408

