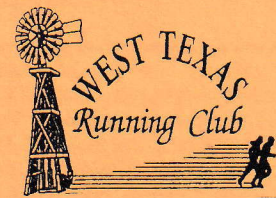




32nd Annual Red Raider Road Race



P. O. Box 2921
Lubbock, TX 79408

October 2013

Volume 6, Issue 9

Message from the Board:

We all have different goals when it comes to our running and training. No matter what your mileage or times goals, we all should have a common goal for safety. The RRCA recommends the following general safety rules. Check out their website for more information and tips (www.rrca.org). Remember to have fun, be safe, and enjoy the run!

Don't wear headphones.

Run against traffic so you can observe approaching automobiles.

Look both ways before crossing.

Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.

Always stay alert and aware of what's going on around you.

Carry a cell phone or change for a phone call.

Trust your intuition about a person or an area.

Alter or vary your running route pattern; run in familiar areas if possible.

Run with a partner.

Write down or leave word of the direction of your run.

Avoid unpopulated areas, deserted streets, and overgrown trails.

Ignore verbal harassment and do not verbally harass others.

Wear reflective material if you must run before dawn or after dark.

Practice memorizing license tags or identifying characteristics of strangers.

Carry a noisemaker.

When using multi-use trails, follow the rules of the road.

CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH. The WTRC monthly business meeting is on Tuesday, October 1, 2013 @ 7:00 p.m. at 3309 67th Street, 806-781-0231 all members are welcome.

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32nd Annual

Red Raider Road Race

Saturday, October 12,
2013

MacKenzie Park

5K & 10K Road Race

Race Starts @ 7:30 am

Race Director:

Tammy Moriearty

806-438-5483 and Valeri
Gatlin rrwtrc@gmail.com

WTRC Officers

President – Ron Lubowicz
(O) 781-0231

E-mail: ronlubo@aol.com

VP Admin.

Amanda Boston

amanda.boston@gmail.com

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Treasurer - David Higgins

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Directors

VP Operations

Randy Holloway

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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

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Shallowater Stampede 2 MILE OVERALL
September 14, 2013 Results By DH- WTRC

Place	Name	City	Age	AG Place	TIME	Time Back	PACE
1	Jesse Galan	Shallowater TX	17	1 OA-M	11:33	5:47/M	
2	Wes Jackson	Shallowater TX	16	1 M 16-19	11:34	0:01 5:47/M	
3	Justin Vigil	Shallowater TX	14	1 M 13-15	11:35	0:02 5:48/M	
4	Greg Torney	Shallowater TX	15	2 M 13-15	12:01	0:28 6:01/M	
5	Jacob Phillips	Shallowater TX	15	3 M 13-15	12:26	0:53 6:13/M	
6	Brody Hendrick	Shallowater TX	14	4 M 13-15	12:43	1:10 6:22/M	
7	Riki Sampson	Lubbock TX	10	1 M 10-12	12:44	1:11 6:22/M	
8	Lindsey Spruell	Shallowater TX	15	1 OA-F	12:49	1:16 6:25/M	
9	Amanda Boston	Lubbock TX	29	1 F 25-29	12:55	1:22 6:28/M	
10	Jeter Cotton	Lubbock TX	20	1 M 20-24	12:58	1:25 6:29/M	
11	Stephen Seitz	Clovis NM	23	2 M 20-24	13:04	1:31 6:32/M	
12	Tanya Mishra	Lubbock TX	24	1 F 20-24	13:07	1:34 6:34/M	
13	Davis Mason	Shallowater TX	15	5 M 13-15	13:14	1:41 6:37/M	
14	Tyler Jacobs	Shallowater TX	12	2 M 10-12	13:16	1:43 6:38/M	
15	Adam Salinas	Lubbock TX	26	1 M 25-29	13:32	1:59 6:46/M	
16	Ethan Walker	Lubbock TX	15	6 M 13-15	13:35	2:02 6:48/M	
17	Megan Emery	Lubbock TX	14	1 F 13-15	13:37	2:04 6:49/M	
18	Jalen Sandoval	Lubbock TX	12	3 M 10-12	13:40	2:07 6:50/M	
19	Savannah Ortiz	Lubbock TX	16	1 F 16-19	13:52	2:19 6:56/M	
20	Bryan Timpe	Lubbock TX	45	1 M 45-49	13:56	2:22 6:58/M	
21	Jason James	Shallowater TX	14	7 M 13-15	14:03	2:30 7:02/M	
22	Averie Holcombe	Shallowater TX	13	2 F 13-15	14:04	2:30 7:02/M	
23	Kyleah Frazier	Shallowater TX	13	3 F 13-15	14:06	2:33 7:03/M	
24	Breeanna Sanchez	Lubbock TX	14	4 F 13-15	14:07	2:33 7:04/M	
25	Brittany Davis	Shallowater TX	14	5 F 13-15	14:09	2:36 7:05/M	
26	Emily Shultz	Lubbock TX	13	6 F 13-15	14:11	2:37 7:06/M	
27	Joumee Cotton	Littlefield TX	18	2 F 16-19	14:17	2:44 7:09/M	
28	Megan Tamplen	Lubbock TX	12	1 F 10-12	14:17	2:44 7:09/M	
29	Tyler Trammel	Lubbock TX	34	1 M 30-34	14:18	2:45 7:09/M	
30	Shannon Anderson	Lubbock TX	42	1 M 40-44	14:24	2:51 7:12/M	
31	Carina Velasquez	Lubbock TX	11	2 F 10-12	14:29	2:56 7:15/M	
32	Colby Sandoval	Lubbock TX	10	4 M 10-12	14:31	2:57 7:16/M	
33	Tawny Lightfoot	Lubbock TX	14	7 F 13-15	14:32	2:59 7:16/M	
34	Jett Johnston	Shallowater TX	13	8 M 13-15	14:33	2:59 7:17/M	
35	Blake Cunningham	Shallowater TX	12	5 M 10-12	14:34	3:01 7:17/M	
36	Tate Whitten	Shallowater TX	14	9 M 13-15	14:37	3:03 7:19/M	
37	Ethan Walton	Dimmitt TX	10	6 M 10-12	14:39	3:05 7:20/M	
38	Don Jones	Shallowater TX	13	10 M 13-15	14:39	3:06 7:20/M	
39	Callie Criswell	Shallowater TX	14	8 F 13-15	14:41	3:08 7:21/M	
40	Dana Krikov	Lubbock TX	11	3 F 10-12	14:43	3:10 7:22/M	
41	Jerry Morris	Lubbock TX	62	1 M 60-64	14:43	3:10 7:22/M	
42	Alicia Sims	Shallowater TX	16	3 F 16-19	14:44	3:11 7:22/M	
43	John Clements	Lubbock TX	57	1 M 55-59	14:46	3:13 7:23/M	
44	Cristian Garcia	Lubbock TX	17	2 M 16-19	14:48	3:15 7:24/M	
45	Bayli Bowles	Lubbock TX	16	4 F 16-19	14:49	3:16 7:25/M	
46	Payton Phillips	Shallowater TX	13	9 F 13-15	14:49	3:16 7:25/M	
47	Gonzalo Ramirez	Lubbock TX	57	2 M 55-59	14:53	3:20 7:27/M	
48	Jazmin Lua	Lubbock TX	14	10 F 13-15	14:55	3:22 7:28/M	
49	Ethan Donahoo	Lubbock TX	15	11 M 13-15	14:55	3:22 7:28/M	
50	Destiny Nunes	Lubbock TX	15	11 F 13-15	14:56	3:23 7:28/M	
51	Ray Castillo	Earth TX	36	1 M 35-39	14:58	3:25 7:29/M	
52	Ben Connell	Staton TX	39	2 M 35-39	15:05	3:32 7:33/M	
53	Mont McClendon	Lubbock TX	41	2 M 40-44	15:06	3:33 7:33/M	
54	Taylor Keith	Lubbock TX	13	12 F 13-15	15:07	3:34 7:34/M	
55	Bayleigh Fisher	Shallowater TX	13	13 F 13-15	15:08	3:35 7:34/M	
56	Maxine Perez	Shallowater TX	17	5 F 16-19	15:14	3:40 7:37/M	
57	Kyden Corelis	Lubbock TX	11	4 F 10-12	15:20	3:47 7:40/M	
58	Elizabeth Moreno	Lubbock TX	14	14 F 13-15	15:22	3:49 7:41/M	
59	Lauren Camp	Shallowater TX	13	15 F 13-15	15:23	3:50 7:42/M	
60	Brylie Corelis	Lubbock TX	13	16 F 13-15	15:27	3:54 7:44/M	
61	Sarah Carmichael	Lubbock TX	12	5 F 10-12	15:27	3:54 7:44/M	
62	Paige Williams	Shallowater TX	16	6 F 16-19	15:32	3:59 7:46/M	
63	Gabriela Quintana	Lubbock TX	14	17 F 13-15	15:34	4:01 7:47/M	
64	Kelsey Day	Shallowater TX	14	18 F 13-15	15:36	4:03 7:48/M	
65	Kelsey Long	Shallowater TX	16	7 F 16-19	15:39	4:05 7:50/M	
66	Brooklyn Allen	Lubbock TX	16	8 F 16-19	15:39	4:06 7:50/M	
67	Al Gardner	Levelland TX	57	3 M 55-59	15:39	4:06 7:50/M	
68	Megan Allen	Lubbock TX	13	19 F 13-15	15:43	4:09 7:52/M	
69	Greer Franklin	Lubbock TX	13	20 F 13-15	15:45	4:12 7:53/M	
70	Amanda Rickman	Lubbock TX	12	6 F 10-12	15:46	4:13 7:53/M	
71	Andrew Spallholz	Lubbock TX	10	7 M 10-12	15:48	4:15 7:54/M	
72	Tiffany Davis	Anton TX	11	7 F 10-12	15:52	4:19 7:56/M	

Place	Name	City	Age	AG Place	TIME	Time Back	PACE
73	Conner Bigham	Shallowater TX	14	12 M 13-15	15:54	4:21 7:57/M	
74	Samantha Martinez	Shallowater TX	14	21 F 13-15	15:58	4:24 7:59/M	
75	Adam Puckett	Lubbock TX	42	3 M 40-44	15:59	4:25 8:00/M	
76	Julie Smith	Shallowater TX	13	22 F 13-15	16:04	4:31 8:02/M	
77	Ty Jackson	Shallowater TX	13	13 M 13-15	16:05	4:31 8:03/M	
78	Cooper Mitchell	Shallowater TX	12	8 F 10-12	16:07	4:34 8:04/M	
79	Tyler Williams	Shallowater TX	12	8 M 10-12	16:10	4:37 8:05/M	
80	Hannah Daniel	Lubbock TX	16	9 F 16-19	16:11	4:38 8:06/M	
81	Payton Brown	Lubbock TX	13	23 F 13-15	16:13	4:40 8:07/M	
82	Keanna Jackson	Lubbock TX	13	24 F 13-15	16:16	4:43 8:08/M	
83	Brooke Williams	Shallowater TX	14	25 F 13-15	16:17	4:43 8:09/M	
84	Mackenzie Hughes	Shallowater TX	13	26 F 13-15	16:18	4:45 8:09/M	
85	Chad Okamoto	Dimmitt TX	39	3 M 35-39	16:21	4:48 8:11/M	
86	Kondi Smith	Shallowater TX	13	27 F 13-15	16:25	4:52 8:13/M	
87	Lily Hernandez	Lubbock TX	15	28 F 13-15	16:25	4:52 8:13/M	
88	Annie Gillispie	Shallowater TX	12	9 F 10-12	16:28	4:55 8:14/M	
89	Danny De Leon	Earth TX	49	2 M 45-49	16:30	4:57 8:15/M	
90	Ashley Brinker	Midland TX	26	2 F 25-29	16:32	4:59 8:16/M	
91	Mariah Nunez	Shallowater TX	13	29 F 13-15	16:33	4:59 8:17/M	
92	Makayla Mann	Lubbock TX	13	30 F 13-15	16:37	5:04 8:19/M	
93	Jade Hurst	Lubbock TX	12	10 F 10-12	16:38	5:05 8:19/M	
94	Abigail Spoon	Lubbock TX	12	11 F 10-12	16:40	5:06 8:20/M	
95	Chance Brinker	Midland TX	26	2 M 25-29	16:41	5:08 8:21/M	
96	Les Kinman	Lubbock TX	48	3 M 45-49	16:50	5:17 8:25/M	
97	Leilani Brown	Lubbock TX	12	12 F 10-12	16:57	5:24 8:29/M	
98	Sharta Kinman	Lubbock TX	45	1 F 45-49	17:00	5:27 8:30/M	
99	Savannah Neudorf	Shallowater TX	13	31 F 13-15	17:04	5:31 8:32/M	
100	Summer Pearson	Shallowater TX	16	10 F 16-19	17:05	5:32 8:33/M	
101	Jubilee Cotton	Littlefield TX	13	32 F 13-15	17:10	5:36 8:35/M	
102	Greyson Adrian	Shallowater TX	12	9 M 10-12	17:11	5:38 8:36/M	
103	Alexis Garcia	Lubbock TX	14	33 F 13-15	17:13	5:39 8:37/M	
104	Nathan Kizer	Lubbock TX	37	4 M 35-39	17:15	5:42 8:38/M	
105	Kade Young	Shallowater TX	13	14 M 13-15	17:17	5:43 8:39/M	
106	Darrel McMillen	Lubbock TX	66	1 M 65-69	17:17	5:44 8:39/M	
107	Maddie Ward	Lubbock TX	16	11 F 16-19	17:18	5:45 8:39/M	
108	Karen Howell	Lubbock TX	43	1 F 40-44	17:29	5:56 8:45/M	
109	Jaree Conklin	Lubbock TX	27	3 F 25-29	17:31	5:58 8:46/M	
110	Angelica Okamoto	Dimmitt TX	37	1 F 35-39	17:31	5:58 8:46/M	
111	Landy Kotara	Shallowater TX	14	34 F 13-15	17:33	6:00 8:47/M	
112	Carl Breckel	Shallowater TX	16	12 F 16-19	17:33	6:00 8:47/M	
113	Megyn Perez	Lubbock TX	14	35 F 13-15	17:34	6:01 8:47/M	
114	PJ Sullivan	Lubbock TX	67	1 F 60-99	17:35	6:01 8:48/M	
115	Jaylie Wiler	Shallowater TX	17	13 F 16-19	17:37	6:03 8:49/M	
116	Sharon Harkey	Shallowater TX	17	14 F 16-19	17:37	6:04 8:49/M	
117	Sheaylan Hughs	Lubbock TX	16	15 F 16-19	17:38	6:05 8:49/M	
118	Mierra Garcia	Lubbock TX	14	36 F 13-15	17:38	6:05 8:49/M	
119	Gunner Foerster	Shallowater TX	14	15 M 13-15	17:39	6:06 8:50/M	
120	Ashlin Burgett	Shallowater TX	17	16 F 16-19	17:39	6:06 8:50/M	
121	Randy Lieb	Portales NM	61	2 M 60-64	17:41	6:08 8:51/M	
122	Alyssa Bond	Lubbock TX	12	13 F 10-12	17:43	6:09 8:52/M	
123	Trinity McCormick	Shallowater TX	12	14 F 10-12	17:47	6:13 8:54/M	
124	Larry Mullins	Lubbock TX	72	1 M 70-99	17:54	6:21 8:57/M	
125	Laura Galvan	Shallowater TX	14	37 F 13-15	17:59	6:26 9:00/M	
126	Kristi Barker	Shallowater TX	34	1 F 30-34	17:59	6:26 9:00/M	
127	Maci Sparkman	Shallowater TX	17	17 F 16-19	18:04	6:31 9:02/M	
128	Yotam Krikov	Lubbock TX	8	1 M 7-9	18:07	6:34 9:04/M	
129	Fred Constancio	Lubbock TX	60	3 M 60-64	18:09	6:36 9:05/M	
130	Lance Ward	Lubbock TX	45	4 M 45-49	18:10	6:36 9:05/M	
131	Spencer Ward	Lubbock TX	10	10 M 10-12	18:10	6:37 9:05/M	
132	Victoria Gardner	Lubbock TX	13	38 F 13-15	18:14	6:41 9:07/M	
133	Shawna Haynie	Shallowater TX	43	2 F 40-44	18:24	6:51 9:12/M	
134	Maricarmen Solis	Levelland TX	40	3 F 40-44	18:29	6:56 9:15/M	
135	David Moya	Pecos TX	40	4 M 40-44	18:29	6:56 9:15/M	
136	Blake Carter	Shallowater TX	12	11 M 10-12	18:38	7:05 9:19/M	
137	Conner Goodwyn	Shallowater TX	12	12 M 10-12	18:38	7:05 9:19/M	
138	Grace Howell	Lubbock TX	12	15 F 10-12	18:46	7:12 9:23/M	
139	Michael Sandoval	Lubbock TX	36	5 M 35-39	18:49	7:16 9:25/M	
140	Carri Nichols	Shallowater TX	15	39 F 13-15	18:51	7:18 9:26/M	
141	Patricia De Leon	Earth TX	46	2 F 45-49	18:51	7:18 9:26/M	
142	Mercedez Olivares	Shallowater TX	14	40 F 13-15	18:54	7:21 9:27/M	
143	Aubrey Salmon	Shallowater TX	15	41 F 13-15	18:54	7:21 9:27/M	
144	Adrian Lara	Lubbock TX	10	13 M 10-12	19:02	7:29 9:31/M	

Shallowater Stampede 2 MILE OVERALL
September 14, 2013 Results By DH- WTRC

Shallowater Stampede 10K OVERALL
September 14, 2013 Results By DH- WTRC

Place	Name	City	Age	AG Place	TIME	Time Back	PACE
145	Serena Garcia	Lubbock TX	9	1 F 7-9	19:03	7:30	9:32/M
146	Saylor Corelis	Lubbock TX	8	2 F 7-9	19:12	7:38	9:36/M
147	Kimberly Lorenz	Olton TX	27	4 F 25-29	19:21	7:48	9:41/M
148	Katie Woody	Olton TX	27	5 F 25-29	19:21	7:48	9:41/M
149	Charles Davis	Shallowater TX	69	2 M 65-69	19:22	7:49	9:41/M
150	Ellianna Perez	Tahoka TX	8	3 F 7-9	19:22	7:49	9:41/M
151	Emmanuel Ramirez	Lubbock TX	30	2 M 30-34	19:23	7:50	9:42/M
152	Tyler Jenkins	Shallowater TX	12	14 M 10-12	19:25	7:52	9:43/M
153	Madeleine Davis	Lubbock TX	9	4 F 7-9	19:45	8:12	9:53/M
154	Robbie Vittitow	Lubbock TX	30	2 F 30-34	19:47	8:14	9:54/M
155	Katelynn Parra	Shallowater TX	16	18 F 16-19	19:47	8:14	9:54/M
156	Veronica Garcia	Lubbock TX	31	3 F 30-34	19:49	8:15	9:55/M
157	Yesena Mancilla	Shallowater TX	17	19 F 16-19	20:00	8:27	10:00/M
158	Nicole Islas	Shallowater TX	14	42 F 13-15	20:01	8:27	10:01/M
159	Bill Felton	Lubbock TX	78	2 M 70-99	20:14	8:40	10:07/M
160	Tish Clayton	Lubbock TX	48	3 F 45-49	21:10	9:36	10:35/M
161	Carlata Crosson	Lubbock TX	37	2 F 35-39	21:10	9:36	10:35/M
162	Debbie Vasquez	Lubbock TX	39	3 F 35-39	21:23	9:50	10:42/M
163	Shaydon Bonner	Lubbock TX	14	43 F 13-15	21:29	9:56	10:45/M
164	Lea Dominguez	Lubbock TX	14	44 F 13-15	21:29	9:56	10:45/M
165	Mayela Guardiola	Lubbock TX	37	4 F 35-39	21:31	9:57	10:46/M
166	Brenley Irvin	Shallowater TX	16	20 F 16-19	21:35	10:02	10:48/M
167	Sydney Turney	Shallowater TX	14	45 F 13-15	21:37	10:03	10:49/M
168	Shelby Johnston	Shallowater TX	16	21 F 16-19	21:39	10:06	10:50/M
169	Riston Sanchez	Lubbock TX	9	2 M 7-9	21:40	10:07	10:50/M
170	Maki Mitchell	Shallowater TX	17	22 F 16-19	21:41	10:07	10:51/M
171	Hannah Ayers	Shallowater TX	16	23 F 16-19	21:43	10:10	10:52/M
172	Sydney Bevers	Shallowater TX	15	46 F 13-15	21:43	10:10	10:52/M
173	Marcelino Banda	Lubbock TX	61	4 M 60-64	21:58	10:25	10:59/M
174	Rey Sanchez	Lubbock TX	34	3 M 30-34	22:01	10:28	11:01/M
175	Hila Krikov	Lubbock TX	42	4 F 40-44	22:02	10:28	11:01/M
176	Kieffer Sparks	Shallowater TX	16	24 F 16-19	22:04	10:31	11:02/M
177	Valerie Grant	Shallowater TX	29	6 F 25-29	22:04	10:31	11:02/M
178	Avery Wright	Shallowater TX	15	47 F 13-15	22:05	10:31	11:03/M
179	Tommy Salmon	Shallowater TX	51	1 M 50-54	22:09	10:36	11:05/M
180	James Pratt	Lubbock TX	71	3 M 70-99	22:30	10:57	11:15/M
181	Henrik Wilms	Lubbock TX	42	5 M 40-44	22:43	11:09	11:22/M
182	Diane Lieb	Portales NM	60	2 F 60-99	22:56	11:23	11:28/M
183	Artie Corelis	Lubbock TX	47	4 F 45-49	23:22	11:49	11:41/M
184	Connor McGuire	Lubbock TX	9	3 M 7-9	23:31	11:58	11:46/M
185	Jennifer McGuire	Lubbock TX	38	5 F 35-39	23:33	12:00	11:47/M
186	Destiny Shaffer	Lubbock TX	16	25 F 16-19	24:03	12:30	12:02/M
187	Kitty Tannery	Lubbock TX	16	26 F 16-19	24:21	12:48	12:11/M
188	Nate Mullins	Lubbock TX	9	4 M 7-9	24:43	13:10	12:22/M
189	Gabriela Saldana	Lubbock TX	49	5 F 45-49	24:44	13:11	12:22/M
190	Julianne Reeves	Lubbock TX	9	5 F 7-9	25:00	13:26	12:30/M
191	Laura Aguayo	Lubbock TX	32	4 F 30-34	25:20	13:47	12:40/M
192	Yvette Perez	Tahoka TX	34	5 F 30-34	25:36	14:02	12:48/M
193	Orfila Banda	Lubbock TX	59	1 F 55-59	25:39	14:06	12:50/M
194	Jim Harris	Hobbs NM	70	4 M 70-99	26:32	14:59	13:16/M
195	Shelly Sanford	Lubbock TX	39	6 F 35-39	26:39	15:06	13:20/M
196	Payten Hodgkins	Ransom Canyon	12	16 F 10-12	26:52	15:18	13:26/M
197	Brandon Hodgkins	Ransom Canyon	44	6 M 40-44	26:52	15:19	13:26/M
198	Josie Aleman	Lubbock TX	62	3 F 60-99	27:17	15:44	13:39/M
199	Leif Ellingson	Lubbock TX	28	3 M 25-29	28:57	17:24	14:29/M
200	David Hoffman	Lubbock TX	10	15 M 10-12	29:19	17:46	14:40/M
201	Zakary Constancio	Lubbock TX	7	5 M 7-9	29:35	18:01	14:48/M
202	Andrea Constancio	Lubbock TX	32	6 F 30-34	29:36	18:03	14:48/M
203	J Edson Pinto	Lubbock TX	52	2 M 50-54	32:14	20:41	16:07/M
204	Jacob Byars	Lubbock TX	7	6 M 7-9	33:39	22:06	16:50/M
205	Jennings Taylor	Lubbock TX	8	6 F 7-9	37:01	25:28	18:31/M
206	Patricia Taylor	Lubbock TX	33	7 F 30-34	37:05	25:32	18:33/M

Place	Name	City	Age	A G Place	TIME	Time Bac	PACE
1	Lucas Morris	Lubbock TX	21	1 OA-M	37:55	6:07/M	
2	John Corelis	Lubbock TX	47	1 M 45-49	38:14	0:18	6:10/M
3	Joe Osterkamp	Muleshoe TX	35	1 M 35-39	40:40	2:44	6:34/M
4	David Leaver	Lubbock TX	28	1 M 25-29	41:38	3:42	6:43/M
5	Doyen Brinker	Lubbock TX	52	1 M 50-54	42:02	4:06	6:47/M
6	Caitlin Napoleoni	Lubbock TX	24	1 OA-F	42:04	4:08	6:47/M
7	Jerry Dwyer	Lubbock TX	53	2 M 50-54	42:22	4:26	6:50/M
8	Joshua Leyva	Lubbock TX	34	1 M 30-34	42:29	4:33	6:51/M
9	Martin Montalvo	Plainview TX	48	2 M 45-49	42:31	4:35	6:51/M
10	Trent Early	Lubbock TX	24	1 M 20-24	42:32	4:36	6:52/M
11	Victor R. Maldonado	Shallowater TX	48	3 M 45-49	42:35	4:39	6:52/M
12	Trevor Franklin	Shallowater TX	19	1 M 16-19	44:01	6:05	7:06/M
13	Dale Ganus	Lubbock TX	40	1 M 40-44	44:10	6:15	7:07/M
14	Scott Beller	Lubbock TX	37	2 M 35-39	44:32	6:36	7:11/M
15	Cody Miller	Lubbock TX	47	4 M 45-49	44:36	6:40	7:12/M
16	Nathan Paden	Slaton TX	45	5 M 45-49	44:51	6:56	7:14/M
17	Paul Pare	Lubbock TX	51	3 M 50-54	45:06	7:10	7:16/M
18	Corby White	Farwell TX	35	3 M 35-39	45:27	7:32	7:20/M
19	Michaela Jansen	Lubbock TX	40	1 F 40-44	46:15	8:19	7:28/M
20	Jana Redwine	Lubbock TX	33	1 F 30-34	46:28	8:32	7:30/M
21	Jim Higgins	Lubbock TX	52	4 M 50-54	46:30	8:34	7:30/M
22	Tammy Moriearty	Lubbock TX	39	1 F 35-39	46:39	8:43	7:31/M
23	Jake Mahan	Shallowater TX	25	2 M 25-29	46:49	8:53	7:33/M
24	George Tan	Lubbock TX	25	3 M 25-29	47:00	9:04	7:35/M
25	Connie Waddell	Wolfforth TX	48	1 F 45-49	47:14	9:18	7:37/M
26	Craig Cox	Lubbock TX	39	4 M 35-39	47:38	9:42	7:41/M
27	Glen Mullins	Lubbock TX	40	2 M 40-44	47:48	9:52	7:43/M
28	Nicholas Reeves	Lubbock TX	35	5 M 35-39	47:49	9:53	7:43/M
29	Andrew Allison	Lubbock TX	32	2 M 30-34	47:50	9:55	7:43/M
30	Angie Sonnenberg	Lubbock TX	34	2 F 30-34	47:57	10:01	7:44/M
31	Chris Longren	Lubbock TX	54	5 M 50-54	48:02	10:06	7:45/M
32	Laura Sefcik	Lubbock TX	31	3 F 30-34	48:26	10:30	7:49/M
33	Ignacio Vasquez	Lubbock TX	46	6 M 45-49	48:30	10:34	7:49/M
34	Katie Pakizer	Lubbock TX	23	1 F 20-24	48:50	10:54	7:53/M
35	Ronnie Adams	Lubbock TX	38	6 M 35-39	48:54	10:58	7:53/M
36	Sam Wyatt	Lubbock TX	26	4 M 25-29	49:09	11:13	7:56/M
37	Jonna Byars	Lubbock TX	39	2 F 35-39	49:38	11:43	8:00/M
38	Alisan Sweet	Lubbock TX	37	3 F 35-39	49:42	11:46	8:01/M
39	Mike Humphrey	Lubbock TX	47	7 M 45-49	49:43	11:48	8:01/M
40	Ben Boston	Lubbock TX	28	5 M 25-29	50:04	12:08	8:05/M
41	Damon West	Lubbock TX	33	3 M 30-34	50:22	12:26	8:07/M
42	Scott Cain	Lubbock TX	51	6 M 50-54	50:37	12:41	8:10/M
43	Jerry McPhail	Lubbock TX	35	7 M 35-39	50:39	12:43	8:10/M
44	Debbie Gelber	Lubbock TX	45	2 F 45-49	51:02	13:06	8:14/M
45	Jeff Tucker	Lubbock TX	58	1 M 55-59	51:34	13:38	8:19/M
46	Paul Poe	Lubbock TX	42	3 M 40-44	52:04	14:08	8:24/M
47	Richard Gale	Lubbock TX	64	1 M 60-64	52:25	14:29	8:27/M
48	Stan Osborne	Lubbock TX	61	2 M 60-64	52:31	14:35	8:28/M
49	Johnny Haynes	Levelland TX	24	2 M 20-24	52:39	14:43	8:30/M
50	Jeff Fisher	Lubbock TX	37	8 M 35-39	52:45	14:49	8:30/M
51	Lynn Hill	Lubbock TX	32	4 F 30-34	52:47	14:52	8:31/M
52	Lyndol Askew	Lubbock TX	67	1 M 65-69	52:50	14:54	8:31/M
53	Cameron Burns	Lubbock TX	29	1 F 25-29	53:20	15:24	8:36/M
54	Manny Vigil	Shallowater TX	39	9 M 35-39	53:24	15:28	8:37/M
55	Aaron Morris	Shallowater TX	30	4 M 30-34	53:24	15:28	8:37/M
56	Cristie Chadwick	Lubbock TX	32	5 F 30-34	53:36	15:40	8:39/M
57	Katy Franklin	Lubbock TX	26	2 F 25-29	53:43	15:48	8:40/M
58	Rodney Franklin	Lubbock TX	52	7 M 50-54	53:44	15:48	8:40/M
59	Kathy Torres	Lubbock TX	49	3 F 45-49	53:46	15:50	8:40/M
60	Jonathan Botros	Lubbock TX	31	5 M 30-34	54:00	16:04	8:43/M
61	Beth Waddell	Wolfforth TX	20	2 F 20-24	54:03	16:07	8:43/M
62	Jim Deaver	Lubbock TX	56	2 M 55-59	54:06	16:10	8:44/M
63	Tom Conklin	Lubbock TX	27	6 M 25-29	54:10	16:14	8:44/M
64	Kristin Foster	Lubbock TX	31	6 F 30-34	54:13	16:17	8:45/M
65	Frank Mendoza	Earth TX	46	8 M 45-49	54:27	16:32	8:47/M
66	Steve German	Lubbock TX	56	3 M 55-59	54:57	17:01	8:52/M
67	Brenda Askew	Lubbock TX	58	1 F 55-59	55:04	17:09	8:53/M
68	David Lightner	Lubbock TX	64	3 M 60-64	55:23	17:28	8:56/M
69	Robert Bloodworth	Lubbock TX	48	9 M 45-49	55:24	17:28	8:56/M
70	Deloras Shubert	Midland TX	45	4 F 45-49	55:26	17:31	8:56/M
71	Sarah Skelton	Lubbock TX	39	4 F 35-39	55:34	17:38	8:58/M
72	Carol Swinonos	Lubbock TX	55	2 F 55-59	56:00	18:04	9:02/M

Shallowater Stampede 10K OVERALL
September 14, 2013 Results By DH- WTRC

WEST TEXAS RUNNING CLUB RED RAIDER ROAD RACE
LUBBOCK, TX 10K EVENT RECORDS
Since 1982 USAT&F CERTIFIED, TX97071ETM

Place	Name	City	Age	A G Place	TIME	Time Bac	PACE
73	Jody Dennis	Shallowater TX	36	5 F 35-39	56:04	18:08	9:03/M
74	Cole Martin	Lubbock TX	22	3 M 20-24	56:53	18:57	9:10/M
75	Michael Tullos	Lubbock TX	48	10 M 45-49	57:00	19:04	9:12/M
76	Kerry Collier	Shallowater TX	28	7 M 25-29	57:09	19:13	9:13/M
77	Ellen Collins	Brownfield TX	49	5 F 45-49	57:11	19:15	9:13/M
78	Blythe McPhail	Lubbock TX	35	6 F 35-39	57:14	19:18	9:14/M
79	Crystal Salazar	Lubbock TX	34	7 F 30-34	57:34	19:38	9:17/M
80	Seth Crouch	Lubbock TX	41	4 M 40-44	57:45	19:49	9:19/M
81	Angela Decicco	Lubbock TX	27	3 F 25-29	57:45	19:49	9:19/M
82	Joe Schaunaman	Lubbock TX	36	10 M 35-39	57:50	19:55	9:20/M
83	Amy Martin	Lubbock TX	24	3 F 20-24	58:05	20:09	9:22/M
84	Terry Dalton	Lubbock TX	58	4 M 55-59	58:12	20:16	9:23/M
85	Joe Martin	Lubbock TX	54	8 M 50-54	58:13	20:17	9:23/M
86	Teri Fields	Lubbock TX	43	2 F 40-44	58:15	20:19	9:24/M
87	Anna Wolfe	Des Moines NM	58	3 F 55-59	58:34	20:38	9:27/M
88	Michael McDonald	Lubbock TX	64	4 M 60-64	59:22	21:27	9:35/M
89	Brent Adcock	Anton TX	50	9 M 50-54	59:59	22:03	9:40/M
90	Julia Thompson	Fort Worth TX	24	4 F 20-24	1:00:20	22:24	9:44/M
91	Stephanie Higgins	Lubbock TX	24	5 F 20-24	1:00:23	22:27	9:44/M
92	Gorden Jenkins	Amarillo TX	73	1 M 70-99	1:00:48	22:52	9:48/M
93	Janet Cotton	Littlefield TX	53	1 F 50-54	1:00:52	22:57	9:49/M
94	Randy Bunyard	Lubbock TX	55	5 M 55-59	1:01:00	23:04	9:50/M
95	Wendy Anderson	Lubbock TX	43	3 F 40-44	1:02:48	24:53	10:08/M
96	Elizabeth Collier	Shallowater TX	25	4 F 25-29	1:02:52	24:56	10:08/M
97	Jamie Anderson	Lubbock TX	33	8 F 30-34	1:03:37	25:41	10:16/M
98	Juan Gonzalez	Lubbock TX	37	11 M 35-39	1:04:03	26:07	10:20/M
99	Rickey Evans	Lorenzo TX	64	5 M 60-64	1:04:07	26:11	10:20/M
100	Marty Adcock	Anton TX	53	2 F 50-54	1:04:28	26:33	10:24/M
101	Christina Gallant	Lubbock TX	26	5 F 25-29	1:05:51	27:56	10:37/M
102	Spencer Thompson	Fort Worth TX	24	4 M 20-24	1:06:12	28:16	10:41/M
103	Jim Thompson	Plainview TX	59	6 M 55-59	1:06:12	28:16	10:41/M
104	Sarah Gaxiola	Lubbock TX	61	1 F 60-99	1:06:20	28:24	10:42/M
105	Terri Evans	Lorenzo TX	54	3 F 50-54	1:07:20	29:24	10:52/M
106	Sylvia Miller	Lubbock TX	49	6 F 45-49	1:08:21	30:25	11:01/M
107	Ruby Smith	Lubbock TX	38	7 F 35-39	1:09:09	31:14	11:09/M
108	Haley Koren	Lubbock TX	20	6 F 20-24	1:10:20	32:24	11:21/M
109	Stella Luera	Olton TX	55	4 F 55-59	1:10:46	32:50	11:25/M
110	Amy Gonzalez	Lubbock TX	34	9 F 30-34	1:10:49	32:53	11:25/M
111	Ronda Russell	Shallowater TX	43	4 F 40-44	1:10:50	32:55	11:25/M
112	Janna Blue	Lubbock TX	34	10 F 30-34	1:12:54	34:58	11:45/M
113	Lydia Turner	Lubbock TX	59	5 F 55-59	1:13:10	35:15	11:48/M
114	Maurizio Chiriva-Int	Lubbock TX	45	11 M 45-49	1:13:36	35:40	11:52/M
115	Kayla Rosen	Lubbock TX	24	7 F 20-24	1:14:44	36:48	12:03/M
116	Catherine Wolfe	Lubbock TX	24	8 F 20-24	1:14:44	36:48	12:03/M
117	Ann Hodges	Lubbock TX	56	6 F 55-59	1:16:11	38:15	12:17/M

DIV NAME		TOWN	AGE	TIME	YEAR
13-15	Hope Jimenez	Lamesa	13	45:17	1997
16-19	Veronica Cavazos	Lubbock	18	38:48	1982
20-24	Idalia Casiano	Lubbock	23	41:22	1991
25-29	Beverly Watkins	Amarillo	28	37:52	1983
30-34	Marjory Stewart	Lubbock	34	36:43	* 1993
35-39	Marjory Stewart	Lubbock	35	37:41	1994
40-44	Bobby Jester	Amarillo	40	44:41	1994
45-49	Colleen Isdale	Belton	45	46:45	1996
50-54	Madonne Miner	Lubbock	50	45:42	2003
55-59	Bobbie Jester-Glasscock	Lubbock	56	52:35	2010 **
60+	P.J.Mitchell	Lubbock	61	53:35	2007
	Athena Kristi Starr	Lubbock	40	51:10	2010 **

DIV NAME		TOWN	AGE	TIME	YEAR
13-15	Frank Sumpster, Jr	Lamesa	15	38:02	1990
16-19	Richard Oropeza	Lubbock	19	33:04	1988
20-24	Red Cloud	Lubbock	23	31:29	1984
25-29	Michael Njenga	Lubbock	26	30:57	* 1998
30-34	James Mays	Lubbock	32	33:01	1991
35-39	Scott Brickerd	Lubbock	35	32:19	1988
40-44	Bobby Cunningham	Abermathy	42	34:52	1982
45-49	Ron Lubowicz	Lubbock	45	35:33	1988
50-54	George W. Jury	Lubbock	50	37:23	1986
55-59	George W. Jury	Lubbock	56	39:15	1992
60-64	Ed Craighead	Dalhart	60	42:10	2004
65-69	Ralph Wolf	Abermathy	66	51:04	2003
70+	Don Sanderson	Tulia	71	48:26	2001
	Clydes Farrell Martin	Lubbock	37	39:53	2003

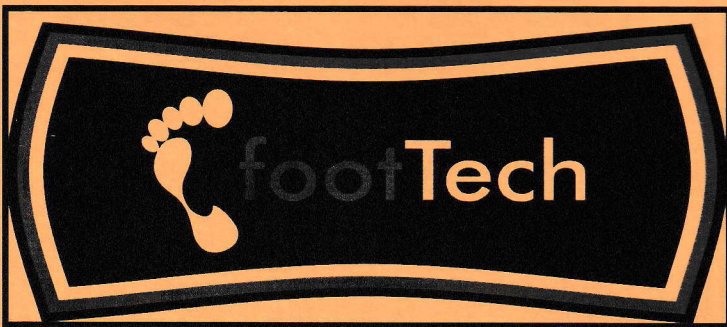
**Note: ages 1-12 are no longer eligible to participate in our longer events. This applies to male or female and any distance over 4 miles.

5K EVENT RECORDS (Since 1988) USAT&F CERTIFIED, TX97070ETM

DIV NAME		TOWN	AGE	TIME	YEAR
6-12	Hope Jimenez	Lamesa	12	20:40	1996
13-15	Addison Lemaster	Tulia	15	19:56	2004
16-19	Brionne Yosten	Lubbock	19	18:25	2002
20-24	Bridget Tidwell	Lubbock	20	17:44	* 2002
25-29	Brenda Lauten	Houston	29	19:52	1994
30-34	Kay Schmidt	Alpine	34	20:39	1992
35-39	Brenda Lauten	Houston	37	21:09	2002
40-44	Caylene Caddell	Lubbock	43	20:54	1995
45-49	Caylene Caddell	Lubbock	45	21:45	1997
50-54	Caylene Caddell	Lubbock	50	22:28	2002
55-59	P.J.Mitchell	Lubbock	59	27:32	2004
60+	P.J.Mitchell	Lubbock	62	29:13	2008
	Athena Lee Handlin	Lubbock	38	26:50	2007

DIV NAME		TOWN	AGE	TIME	YEAR
6-12	Chris Reyes	Floydada	12	20:28	2000
13-15	Ryan Maney	Tulia	15	17:21	2001
16-19	Donovan Torres	Lubbock	17	15:33	* 2010 **
20-24	Dwayne Benoit	Lubbock	20	15:52	2002
25-29	Josephat Keino	Lubbock	25	16:11	2006
30-34	Martin Leodgard	Lubbock	31	15:44	1995
35-39	Quent Bearden	Lubbock	37	16:46	2012
40-44	Tony Collins	Pittsburg	44	17:43	1994
45-49	James Leser	Lubbock	47	17:54	1993
50-54	Ed Craighead	Dalhart	52	18:41	1995
55-59	Gary Schmidt	Alpine	55	18:48	1992
60-64	Ed Craighead	Dalhart	64	20:32	2007
65-69	David Lard	Amarillo	66	22:23	2003
70+	Don Sanderson	Tulia	74	24:41	2004
	Clydes Douglas Gardner	Lubbock	30	19:58	1995

* Overall Men's and Women's event records



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

W.T.R.C. 2013 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

FEMALE

YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE						25 - 29 FEMALE (cont'd)						40 - 44 FEMALE (cont'd)					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
7	64	14	7			27	7	2	1		41	7	2	1			
8	31	7	4			29	6.5	5	1		41	6	2	1			
9	18	5	3			28	6.5	5	1		43	5.5	9.3	1			
7	15	14	4	*		27	6	4	1		43	5	2	1			
8	12	8	3	*		30	4	4	1		43	4.5	11	1	*		
9	7	2	1			Elizabeth Decicco	26	4	2	1	Denise Boynton	42	1	3	1		
9	6	2	1			Mikayla Monroe	27	1	2	1							
8	5	1	1			Naomi Howard	26	0.5	4	1							
9	5	1	1														
8	5	1	1														
7	2	2	1														
10	0	2	1														
10 - 12 FEMALE						30 - 34 FEMALE						45 - 49 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
11	79	19	8			31	56.5	37.4	6		45	66.5	65.4	9			
11	59	14	7			Crystal Salazar	34	52	54.2	8	*	45	70.5	46.5	8		
10	19	5	3			Leana Moreno	32	51.5	36	5		48	61.5	39.1	6		
12	13	4	2			Jana Redwine	33	49.5	36.7	5		47	43.5	39	5		
12	13	3	2			Christine Steen	34	36.5	27.7	5	*	50	41	36	5		
10	12	6	3			Jennifer Haddock	32	36	45.2	5	*	49	32.5	23.7	4		
11	11	3	2			Yvette Perez	34	28	11	5		47	32	12	4		
10	9	5	2			Jeri Nichols	34	27.5	20.9	4		45	25	28	4	*	
11	9	2	1			Heather De Vore	32	26.5	15	5	*	48	24.5	18.2	4		
10	5	1	1			Erin Dulin	35	21.5	22	4		48	19.5	17.7	3		
13	0	2	1			Sarah Adams	35	19	4	2		47	15	26.7	4	*	
						Angie Sonnenberg	34	18	10.2	2		49	14.5	19.9	3		
						Nicole Cryer	32	15	4	2		46	14	9	2		
						Brooke Hix	33	14.5	7	2		45	13.5	13.3	2	*	
						Shannon Crawford	34	13.5	6	2		49	13.5	9.2	2		
						Amanda Veasart	33	12.5	9	2		46	13.5	8	2		
						Jamie Anderson	33	11	11.2	2		45	11.5	7	2	*	
						Leigh Cordes	35	10.5	5	1		50	10.5	4	1		
						Laura Haley	31	10	4	1		46	8	2	1		
						Missisa Pierce	31	10	2	1		48	4.5	4	1		
						Sara Abers	33	9	4	2		47	3.5	4	1		
						Trisha Mackey	33	9	2	1		47	0	11	1	*	
						Keirstin Carson	34	7.5	6	2							
						Selena Thompson	32	7	9	2							
						Jai Madrid	33	7	2	1							
						Kelly Hixson	34	6	9	2							
						Patricia Taylor	33	6	2	1							
						Norrie Peters	34	5	2	1							
						Grace Landin	32	4	2	1							
						Amy Campbell	33	2	2	1							
13 - 15 FEMALE						35 - 39 FEMALE						50 - 54 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
13	59	14	7			39	89.5	65.4	9		54	48	33.4	5			
15	27.5	10	3			39	56.5	48.2	7		53	46.5	15.2	5			
13	26	19.2	6	*		Mandy Pokikuhua	35	56	43.4	9		53	31.5	29	3		
13	21	5	2			Ruby Smith	39	56	43.4	9		51	31	15	3		
13	14	3	2			Aislin Sweet	37	48.5	40.4	6		53	26.5	11.2	3		
14	9	2	1			Tammy Monearty	39	41.5	18.4	4		53	20.5	9	2		
15	8	3	1			Angelica Okamoto	37	40	9	4		58	18.5	15.3	2		
16	8	2	1			Brooke Rushing	37	34.5	25	5	*	55	9	3	1		
15	7	3	1			Anaisa Cardenas	35	34.5	13	5	*	55	6	3	1		
15	7	2	1			Jennifer McGuire	38	30	24.2	6							
14	5	1	1			Jody Dennis	36	29	29.2	4							
13	0	2	1			Bythe Mcphail	35	22.5	21.2	3							
						Michelle Garcia	37	19.5	30.3	3							
						Carrie Ashley	37	18	8	2							
						Carla Crosson	37	16	12	3							
						Leigh Haas	37	14	18	3							
						Bonnie Bowman	38	10.5	8.7	1							
						Ginger Hall	37	9.5	7	2							
						Sara Bratcher	38	9	2	1							
						Rachel Womack	35	8	6	1							
						Jill Jaquess	36	8	2	1							
						Barbi Sprinkle	38	8	2	1							
						Holly Vinson	39	7.5	4	1							
						Deanna Duncan	38	7	16	2							
						Nicie Pratt	40	7	2	1							
						Rachel Behrens	38	6.5	9.3	1							
						Amy Harlin	37	6.5	6	2							
						Janie Fryar	36	6.5	4	1							
						Cynthia Amaga	38	6	2	1							
						Val Jordan	35	6	2	1							
						Enca Freeman	35	5.5	5	1							
						Martiza Gamboa	36	5.5	4	1							
						Cindi Bradshaw	37	5	2	1							
						Keely Gnagy	35	2.5	4	1							
						Sherilyn Toelle	38	0	2	1							
20 - 24 FEMALE						40 - 44 FEMALE						55 - 59 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
24	56.5	23.2	5			45	88.5	56.4	9		56	70.5	65.4	9	*		
24	52.5	33.1	7	*		40	78	55.4	8	*	56	53.5	42.7	6	*		
23	41.5	29.5	4			Wendy Anderson	43	61	52.2	9	*	57	42	29.3	4		
20	34.5	19.4	4			Stacy Cain	40	50.5	27.9	8	*	58	39	8	4		
22	33	14	5			Karen Howell	43	42	20.3	5		57	26.5	23	3		
21	19	6	3			Mancarmen Solis	40	36.5	15	5		57	26.5	9.2	3		
23	18	18	2			Ronda Russell	43	32.5	21.2	5		58	20.5	9	2		
24	18	5	2			Melissa Chamales	44	32	9	4		58	18.5	15.3	2		
24	17	12.7	2			Jennifer Adling	42	22.5	15	3		55	9	3	1		
23	16	4	2			Aimee Ruel	41	20	12.7	2		55	6	3	1		
21	12	9	2			Ainsley Nelson	42	16.5	10	3							
25	9.5	5	1			Amy Boren	42	14.5	11	2							
24	9	3	1			Teri Fields	43	9.5	6.2	1							
24	7.5	5	1			Audra McWilliams	42	9	2	1							
21	6	2	1			Darla Gleaves	42	8.5	5	1							
23	2	3	1			Amy Pava	41	7	3	1							
						Shelly Pattison	43	7	2	1							
25 - 29 FEMALE						45 - 49 FEMALE						ATHENA-age graded					
AGE	PTS	MILES	EVT	VOL		AGE	PTS										

W.T.R.C. 2013 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

YTD TOTALS						MALE						YTD TOTALS							
7 - 9 MALE						30 - 34 MALE (cont'd)						50 - 54 MALE (cont'd)							
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL			
Ross Cohen	10	49	11	6		Steven Madrid	33	10	2	1		James Wickersham	53	8	2	1			
Jacob Byars	7	16	7	4		David Moreno	33	10	2	1		Dale Bennett	51	7.5	9.3	1			
Hayden Bowman	9	15	3	2		Alfred Moreno	31	9	2	1		Brooks Boynton	53	6.5	10	1			
Lane Monroe	6	7	2	1		Dale Cheatwood	34	8.5	10	1		Brent Adcock	50	3.5	6.2	1			
Ethan Dulin	6	6	3	2		David Tripple	30	7.5	5	1		Ray Major	53	1.5	5	1	*		
Camden Steen	9	5	2	1		Caleb Phillips	32	7.5	4	1		Gail Faries	53	1.5	5	1			
Andrew Spailholz	10	4	2	1		Gemaine Shanks	34	6.5	9.3	1									
Tanner Pratt	9	3	2	1		Arturo Olivarez	31	4.5	5	1									
Gunner Pratt	6	2	2	1															
10-12 MALE						35 - 39 MALE						55 - 59 MALE							
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL			
Spencer Ward	10	41	23.7	8	*	Scott Beller	37	73.5	65.4	9	*	John Clements	57	75	18	6			
Ethan Walton	10	41	11	5		Glen Mullins	40	58.5	50.5	7		Jim Deaver	56	68	49.2	7			
Adrian Lara	10	39	11	6		Ronnie Adams	38	56.5	65.4	9	*	Terry Dalton	58	66.5	60.4	9	*		
Ben McClendon	10	23	11	5		Corby White	35	49	35.1	6		Steve German	56	64	61.4	6	*		
Brendan Anderson	11	20.5	11	4	*	Hedge Martin	38	46	13	5		Gonzalo Ramirez	57	54	13	6			
Aidan Pantoya	11	10	2	1		Joe Osterkamp	35	42.5	21.4	4		Jim Thompson	59	48	59.2	6	*		
Joseph Pantoya	11	8	2	1		Chris Toelle	39	39	27	4		Jeff Tucker	58	31.5	17.4	3			
Joshua Brackeen	12	7	2	1		Jeff Hancock	38	36.5	25	4		Tommy Sansom	56	30	6	3			
Zane Gray	10	6	2	1		Chad Okamoto	39	30	16	5		Randy Mulsov	57	23.5	17.7	3			
Beau Miller	12	6	2	1		Albert Martinez	36	23	19.7	3		Randy Holloway	57	23	76.4	9	**		
Brenner Wood	10	1.5	5	1	*	Quent Bearden	38	22	21	2		Ed Price	57	23	11	3			
David Hoffman	10	1	4	2		Jerry Mcphail	35	21	14.2	3		Joseph Wilson	57	21	19.7	2			
						Kenny Powell	39	21	12.7	3	*	William Hepburn	56	20.5	17.7	3			
						Daniel Cervantez	37	16	5	2		Owen Sears	59	16	5	2			
						Alex Onischuk	38	14	19.3	2		Randy Bunyard	55	14.5	8.2	2			
						Russell McGuire	37	14	5	2		Ian Scott-Fleming	58	8	6	1			
						Adam Hixson	35	13	9	2		Lorenzo Padilla	59	7	2	1			
						Chris Blazek	37	8	9	2									
						Daniel Hall	38	7.5	7	2									
						Jesse Hernandez	38	7.5	7	2									
						Joe Schaumanan	36	6	11.2	2									
						Gregory Amaga	38	6	2	1									
						Brian Anceil	37	4.5	4	1									
						Jason Davis	35	3.5	9.3	1									
						Jeff Fisher	37	3.5	6.2	1									
						Chris Abers	39	2.5	4	1									
13 - 15 MALE						40 - 44 MALE						60 - 64 MALE							
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL			
Abraham Montalvo	15	53.5	26.2	7	*	Mont McClendon	41	77	29.7	8		Jerry Morris	62	30	19	6			
Alexander Chamales	15	30	7	3		Shannon Anderson	42	70.5	32	8	**	Stan Osborne	61	74.5	44.2	6			
Gabriel Walton	15	25	7	3		Juan Herrera	43	64.5	31.2	7		Richard Gale	64	70	60.4	6			
Julian Hall	13	14	4	2		Dale Ganus	40	57	44.2	6		David Lightner	64	61.5	56.7	8	*		
Romeo Perales	15	10	2	1		Ron Appling	42	46.5	54.2	7	*	Fred Weber	62	46.5	20	5			
						Brad Stewart	41	33	21	5	*	Luis Cardenas	61	43.5	16	6	*		
						Lee Cohen	41	30	23	3		Mike Kelley	64	37.5	24.2	6			
						Seth Crouch	41	18	19.5	3		Rickey Evans	64	35	33.4	5			
						Shannon Bolton	41	18	4	2		Fred Constanancio	60	25	15.7	4	*		
						Scott Burns	44	17	9	2		David Weaver	62	24.5	22	3	*		
						Gary Vaughn	42	14	19.7	2		David Higgins	61	23	74.1	9	**		
						Chris Cook	42	13	17.2	2		Michael McDonald	64	22.5	24	3			
						Russell Carter	42	12.5	6	2		Damon Provence	62	22	39.9	5	*		
						David Aguirre	41	10.5	7	2	*	Tony Aleman	64	21.5	60.4	6	*		
						Eddy Morelock	42	9.5	9.3	1		Wayne Sullivan	62	20.5	32	5	*		
						Roberto Herrera	42	9.5	6.2	1		Ken Clowes	63	17	4	2			
						Nate Sprinkle	42	9	2	1		Mike Strum	62	14	23.7	3	*		
						Jeff Tipton	43	8.5	9.3	1		Edward Guitervis	61	8.5	10	1			
						Wayne Langehenrig	40	7	4	1		Tom Weis	61	7.5	10	1			
						Clay Brackeen	42	5.5	9.3	1		David Nelson	62	7	2	1			
						Jimmy Taylor	42	4.5	11	1									
						Eric Fisher	42	1.5	5	1	*								
						Chris Milford	40	0.5	5	1									
16 - 19 MALE						45 - 49 MALE						65 - 69 MALE							
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL			
Cade Speed	17	33	12	3		Martin Montalvo	48	79	65.4	9	*	Rick Lampe	69	64	16	7			
Jack Humphrey	17	26	12	3		John Corellis	47	74.5	28.4	7	*	James Livermore	66	58.5	29.2	6			
Paul Gaschen Jr	18	23	14	3	*	Frank Mendoza	46	69.5	32.4	9		Jack Bearden	66	50	11	5			
Josiah Baker	18	20	10	2		Les Kinman	48	59.5	24	8	*	Charles Davis	69	29.5	9	3			
Keefe Gallagher	18	16	9	2		Michael Tullios	48	49	55.4	8		Lyndol Askew	67	19.5	9.2	2			
Alexander Morgan-Fleming	17	10.5	11	1		Mike Humphrey	47	47	45.4	7	*	Gary Gressett	66	8	2	1			
Yaroslav Zheresukh	20	10.5	9.3	1		Cody Miller	47	38.5	35.2	5	**	Douglas Sanford	65	2.5	4	1			
Austin Martin	18	10.5	7	2	*	Bryan Timpe	45	33.5	17.2	4									
Christopher Hall	17	10.5	7	2		Cliff Lewallen	49	26	27	4	*								
Brody Sumpter	17	10	3	1		Ruben Lopez-Cardozo	49	22.5	20	3									
Conor Woodfin	19	10	2	1		David Rogowski	45	20	9	2									
Travis Knapp	18	10	2	1		David Guinn	47	19	8	2									
Corona Taylor	17	9.5	11	1		Rod Burgett	48	17.5	24.7	3	**								
Dustin Wells	19	9.5	9.3	1		Brian Starr	46	13	20.3	2									
Ben Smith	16	9.5	5	1		Troy Pratt	47	12.5	11	2									
Christopher Gaschen	16	9	3	1		Mike Bowman	46	11	13.7	2									
Mason Cain	16	8.5	5	1		Heath Pennell	45	9.5	5	1									
Kadon Stabeno	17	8.5	5	1		Chadd Schroeder	49	8.5	6.2	1									
Jimmy Matthews	18	8	2	1		Michael Knapp	47	8	6	1									
Freddy Rodriguez	17	7.5	5	1		Scott Williams	48	8	2	1									
Josh Knapp	19	7	2	1		Richard Gatlin	47	6.5	5	1									
Tyler Perez	17	4	3	1		Maurizio Chiriva	45	2.5	6.2	1									
						Tommy Wood	45	1.5	5	1	*								
20 - 24 MALE						50 - 54 MALE						CLYDESDALE - age graded							
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL			
Yidong Chen	23	56	38	5		Jerry Dwyer	53	63.5	54.2	7		Nathan Paden	45	86.5	60.4	9	*		
Trent Early	24	31.5	27.2	3		Mark Woodfin	51	52.5	34.9	6		Adam Puckett	42	77.5	34.2	9	*		
Cole Martin	22	24	14.2	3		Scott Cain	51	51.5	62.4	9	*	Tommy Johnson	53	61	59.2	8	*		
Shane Purser	21	20.5	6	2		Paul Paré	51	45	37.4	6	*	Lance Ward	45	47	25.7	7	*		
Johnny Haynes	24	19	11.2	2		Joe Martin	54	40.5	58.4	9	*	Jerry Adams	37	40.5	53	7	*		
Cale Bloskas	20	16	4	2		Epi Aguirre	55	39	33	5	*	Damon West	33	39.5	42.7	5			
Lucas Morris	21	11.5	6.2	1		J Edson Pinto	52	34.5	17	5	*	Ray Castillo	36	37	10	4			
Zakri Redding	24	10.5	5	1		Tim Cotton	52	32.5	24.9	5		Craig Peterson	56	36	12	5			
Brandon Knapp	21	10	6	1		Chris Lonngren	54	25	31.5	4		Robert Bloodworth	46	34	33.4	5			
Andrew Alleman	22	10	2	1		Ronnie Trollinger	53	21.5	10	3		Farrell Martin	47	33	29.3	4	*		
Eliseo Tovar	24	10	2	1		David Doyle	54	20.5	15	3	**	Jeremy Dickson	37	30	23	4			
Joshua Williams	21	10	2	1		Jim Higgins	52	15	11.2	2		Bryan Abercrombie	46	22.5	10	3			
Stephen Seitz	23	10	2	1		Mitch Monroe	53												

Marathon Kids is Returning to Lubbock ISD!

Marathon Kids is returning to Lubbock elementary schools for the 2013-2014 school year. Nineteen elementary schools have signed up to participate in the program that will provide over 7000 students with the opportunity to run a marathon.

Marathon Kids is a free running/walking and nutrition program for K – 5th grade students where children run or walk a marathon (26.2 miles) over a six month period. They run in increments of ¼ - ½ mile at a time, coloring in a Marathon Kids Mileage and Food Log. They are also challenged to eat healthy fruits and veggies! Children participate in the program at school and at home, tracking their miles and healthy eating choices with the help of parents and teachers. Children are able to see their progress as they go, and are rewarded for both beginning and completing the program.

Kick Off Celebration:

Participants and their families are invited to attend this free district-wide community event to get students, parents and teachers excited about participating in the Marathon Kids program. After the Opening Ceremony, the students, along with their parents and teachers will walk their first ceremonial lap and earn Rewards for participating. The event will be Saturday, October 19, 2013 at the Coronado H.S. Willie McCool Memorial Track and Field.

Volunteers are needed to help make this a memorable event for the students. Volunteers are needed for Greeters, Ushers, Start Line Leaders, Finish Line Leaders, Rewards Alley – refreshment stations and rewards tables. The WTRC will be sponsoring a refreshment station.

You May Participate as a Business or Other Organization

After completing the ceremonial lap, students will be directed to the Rewards Alley to receive their Rewards for beginning their marathon. Participating businesses and organizations will have booths (provided by participant) set up in the Rewards Alley where they will distribute their products (Rewards) to the students. Products (Rewards) may also include healthy beverages and/or snacks. No fundraising or selling of merchandise/services is allowed.

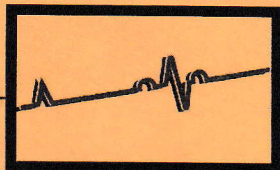
The benefits of involvement include:

- ◇ Reach a target audience of 7,000 students plus parents and teachers on one day
- ◇ No sponsorship costs will be charged to participate
- ◇ Enjoy opportunities to acquire new customers or clients at a lower cost than traditional marketing and advertising outlets
- ◇ Build employee morale and company pride
- ◇ Retain and increase customer loyalty

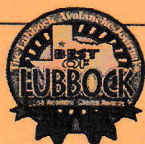
Align yourself with the nationally recognized and respected Marathon Kids brand

To volunteer or participate as a business or other organization, please contact Terry Dalton at tdalton51@hotmail.com or 806-777-1456.

For more information on Marathon Kids, please visit www.marathonkids.org or find us on Facebook! www.facebook.com/MarathonKids/



Pj Mitchell, C.C.T., LMT



- MEDICAL MASSAGE
- LYPOSSAGE
- SPORT TRAINING

Pager 806.721.9940

WEST TEXAS RUNNING CLUB'S ANNUAL 32nd Annual Red Raider Road Race 5K & 10K Races

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, October 12, 2013 Register online at <http://wtrunning.com> or active.com No on-line registration will be accepted after 6pm on October 09, 2013

WHERE: MacKenzie Park due to kick-off for TTU Homecoming football game at 11:00am. East Broadway. Parking available at the nearby Joyland parking lot. Please do not park along the road.

ENTRY FEE: WTRC Members \$20.00, Non-Members \$30.00, Late Registration \$35.00 for everyone, Packet Pick-Up, **Friday, October 11, 9am-6pm at Planet Fitness, 2549 (50th & Indiana)**

Saturday, October 13, Race Day packet Pick-up: until 7:00am at the old Outdoor Center, E. Broadway & Cesar Chavez Drive

NO RACE DAY REGISTRATION!!!

COURSE: Both the 5K & 10K Road Race will be run at MacKenzie park, with the start and finish at MacKenzie Park. A map of the course will be included in the registration packet. <http://wtrunning.com/wp-content/themes/deluxe/rrrr/Map2013-Alt.pdf>

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 Divisions: Children's Division 10-12 (5K only)
Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +

***Runner's age 0-9 & are not permitted to run any of the races offered at this event. Please refer to WTRC Children's Running Policy at <http://wtrunning.com>**

AWARDS: Medallions will be presented to the first three finishers in each age/sex race class. 1st Place overall male and female winners will receive a custom engraved plaque. Also best Master in each race (age-graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

AWARD CEREMONY: Presentation at 8:30 a.m. at the finish line



West Texas Running Club Event Calendar

*Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

OCT 01 **WTRC Board meeting:** Tuesday, 7:00pm
Ron's office, 3309-67th St, 806-781-0231

OCT 05 Race for The Cure: Lubbock, TX, komenlubbock.org

OCT 05 Hell or High Water: 5K, 10am, Sonora, TX, For information contact Morgan Mathews, sonoracoach44@gmail.com

OCT 05 West Texas Cross Roads Marathon: Odessa, TX
<http://www.crossroadsmarathon.com/>

*OCT 12 **RED RAIDER ROAD RACE:** 7:30AM, 5K/10K, Rec Center
Texas Tech campus, Race Directors, Tammy Moriearty
and Valeri Gatlin 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 <http://sdrv.ms/1bdlvDz>

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

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

OCT 26 Marathon 2 Marathon: Marathon, TX <http://www.marathon2marathon.net/>

NOV 02 Cardio Thoracic Benefit: 5K, 9am, Midland Memorial, Midland, TX, Texas
GoTime.com For information - emily.huggins@midland-memorial.com

NOV 06 5K for Family Counseling: Texas Tech Rec Center, <http://fcsclubbock.org/5K.html>

* NOV 09 **BUFFALO WALLOW RUN:** 2M/HALF MARATHON, 9am, Buffalo Springs Lake,
Inside Main Gate, Mike Kelley, RD, 806-765-0441.

NOV 23 Holiday Half: Half Marathon/5K, Galveston Island,
<http://www.halfmarathonmoodygardens.com/>

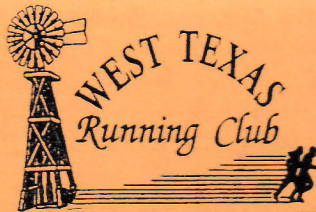
*NOV 28 **WTRC TURKEY TROT:** 2M/12K, 9am, MacKenzie Park: American Museum of
Agricultural, E Broadway & Canyon Lake Dr, Terry Dalton, RD,
tdalton51@hotmail.com

DEC 07 Ugly Christmas Sweater Run: Midland, TX,
http://www.active.com/event_detail.cfm?event_id=2101423

*DEC 14 **WTRC TOYSFORTOTS Cross Country:** 10am, 4M loop/1M Kids Run 9:30am,
Mae Simmons Park, Lee Cohen, RD, 806-786-3793...and *please* bring a toy.

JAN 19 Louisiana Marathon: <http://www.thelouisianamarathon.com/>

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



P. O. Box 2921
Lubbock, TX 79408

October 2013

