



Eagle Cross Country Team

...and let us run with perseverance the race marked out for us, fixing our eyes on Jesus...

Hebrews 12:1-2

2016 Schedule

- Aug. 13 – West Texas Running Club Race (Lubbock) – 2 miles
- Aug. 27 – LCU Rust Buster Relays (Chaparral Golf Course)
- Sept. 10 – Red Raider Road Race – 5k (Texas Tech campus)
- Sept. 17 – Smyer Cross Country Invitational (Smyer)
- Oct. 8 – O'Donnell Cross Country Invitational/Romp Through the Park (Lamesa)
- **Oct. 29 – State CC meet, Waco, TX**

Contact Info:

Mitch Monroe – coach	(806) 543-5255	mitchmonroe140.6@gmail.com
Russ Horn – asst. coach	(806) 470-2224	rhorn@conetrix.com
Russell James – asst. coach	(806) 787-5931	russell.james@ttu.edu



LCU Rust Buster Relays

August 27th 2016

Chaparral Golf Course

Junior High Race:

Teams of 2 runners will complete 3 miles in total, each running 1.5 miles at separate times.

High School Race:

Teams of 2 runners will complete 6 miles in total, taking turns running 1.5 miles at separate times.

Time (these are tentative):

JH Girl's Race 8:00am JH Boy's Race: 8:35am
HS Girl's Race: 9:00am HS Boy's Race: 10:00am

Cost:

\$5 per athlete (1 - 10) or 11+ athletes is \$75 flat fee - **per gender**

Please make checks out to: LCU Cross Country

Please send to: Nick Cordes – LCU Athletics 5601 19th Street Lubbock Texas 79407

Please send check in the mail when you email your entries to Coach Cordes.

Receipts will be provided at meet.

Entries:

Please email entries to nick.cordes@lcu.edu by August 21st. You don't have to have your relay teams figured out at this point. That can be a race day decision.

Awards:

Top relay pair per gender will receive awards (JH and HS)

Top school per gender (lowest combined score for top 3 relay teams, by place - must have 3 teams entered to be eligible)

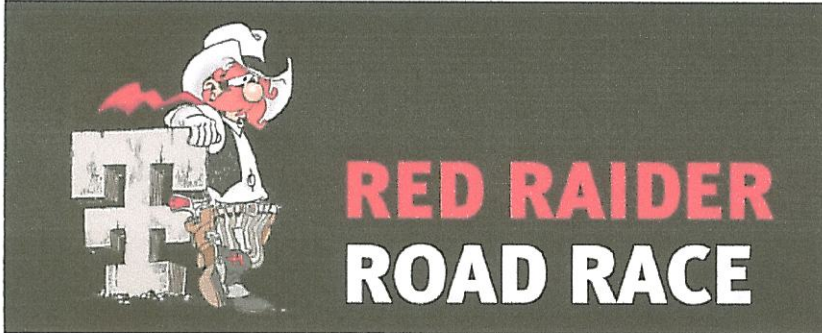
Timing:

We will have a large digital finish clock at the finish line/exchange zone and will hand-time results, which will be emailed out no later than Monday morning (ideally on Saturday).

Course:

A mixture of flat and rolling hills. This course will challenge runners but will vary enough that it will keep the runners focused and engaged. Great ability for spectators to see the overwhelming majority of the race without having to move around much.

THIS MONTH'S EVENTS



WTRC-Red Raider Road Race

Sat | 9.10.16 | 8:00AM | 5K | 10K
at Texas Tech Rec Center, Lubbock TX

[More Info >>](#)

[Volunteer Sign](#)

[Register Today](#)

Online Signup expires Wed, 9.07.16 @7pm >

PAST EVENT

WTRC-HOT dam Run

Sat | 8.13.16 | 8:00AM | 5Mi | 2Mi
at Canyon Lake #6, Lubbock TX

[More Info >>](#)

Online Signup expires Thurs, 8.11.16 @7pm >

WELCOME

Located in Lubbock Texas, the WTRC's main purpose is to promote **distance running** as an aid to physical fitness and longevity and if need be, an alternative "Positive addiction". We also wish to unite **runners** of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area **runners**. Our monthly club races are designed to offer each member a yardstick for measuring personal accomplishments and not necessarily competition against each other. We offer encouragement to all **runners**, regardless of age or ability.

NEWS

WTRC HAS A NEW SMS TEXT SERVICE

Just text WTRC to 313131 to get reminders and the latest WTRC news. We promise not to texts a month!

2016 RED RAIDER ROAD RACE SCHOLARSHIPS

WTRC is pleased to offer scholarships of \$1000 to attending Texas Tech University. Funds for them are generated by the proceeds from the Red Raider annual race traditionally held in the Fall. This year the race will be held on the TTU campus and has been one of the largest annual events. Click to download the application for more information.

RENEW OR SIGN UP FOR YOUR 2016 MEMBERSHIP

Membership allows you to compete in the challenge you a lower cost per race. Get your membership today! [FOOTTECH CUSTOMER LOYALTY PROGRAM](#) FootTech has launched the new Customer Loyalty Program for the West Texas Running Club that will be in place by the end of the year. [out more >>](#)