

CALENDAR

* Indicates CHALLENGE SERIES EVENT

- * JAN. 11 **LOOP THE LAKE 5 MILLER:** 10 A.M., BUDDY HOLLY PARK
Joe Post Race Director, 747-2820
- JAN. 26 **HOUSTON-TENNECO MARATHON** Send SASE to
P.O. Box 2511, Houston, Texas 77252-2511
- * FEB. 8 **COTTON PATCH RUN:** 9 A.M., FRENSHIP HIGH SCHOOL,
Wolfforth; 8 and 4 miles, Dennis Bell, Race
Director; 741-0122
- FEB. 15 **ADA MILES FOR SMILES:** 5K run and 2 mile walk
9 A.M., BUSTER LONG PARK, north of SOUTH PLAINS
MALL, Wes Boullion, RD 765-7620 or 745-3607
- FEB. 29 **COWTOWN MARATHON,** Fort Worth, Feb. 29, 1992
Entry Forms available at 4808 50th
- * APR. 14 **PRAIRIE DOG TOWN FOUR MILLER:** 9 A.M., MACKENZIE
PARK, Jon Masood, Race Director, 797 1870
- MAY 28 **RUN FOR THE ARTS**, Lubbock
- * APR. 11 **FLIGHT LINE RACES:** 9 A.M., RAFF, Half-Marathon,
10K and 2 Mile, Ronnie Nugent, RD 793-1735
- AFF. 25 **ROARING SPRINGS SPLASH AND DASH:** 9 A.M.,
10K and 2 Mile, Joey Tracker, RD, 348-7560
- MAY 2 **RUN FOR THE ARTS, Midland;** 5K road race and
Fitness walk; Berry Simpson, RD 1-915-689-0646
- * MAY 9 **HORSESHOE BEND SPRING FROLIC:** 9 A.M., North of
Slaton; 11, 6, and 2 Mile races, Carlos Vigil,
Race Director, 767-2665 or 762-1243
- MAY 16 Plainview Race, Details Later
- * JUNE 13 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE;** Levelland
9 A.M.; 10K and 2 Mile and Kid's One Mile
Bill Roger, Race Director, 894-7911
- JUNE 27 **BUFFALO SPRINGS LAKE TRIATHLON;** Details later
- * JULY 4 **23rd ANNUAL FIRECRACKER RACES;** Brownfield, 8 A.M.
10 Mile, 3 Mile and Kid's One Mile Run



Robert L. Bernero
PO Box 53274
Lubbock, TX. 79453



Newsletter
P.O. Box 2921
Lubbock, Texas 79408



JANUARY W.T.R.C. RACE
"LOOP THE LAKE SMILE RUN"
BUDDY HOLLY PARK
January 11, 1992

See Page 11 for Details

WEST TEXAS RUNNING CLUB

OFFICERS DIRECTORS

PRESIDENT : RON KEY H 792-9280 O 747-4678 H 792-9280 H 741-0122
INTERNAL VICE-PRES **GEORGE W. JURY**
 JON MASOOD O 792-3291 H 792-1237
 H 797-1870 **JAMES BONE**
EXTERNAL VICE-PRES O 747-2448 H 792-8390
WES BOULLIQUIN **DAVID RODRIGUEZ**
 O 765-3561 H 745-3607 O 741-4834 H 792-0653
SECRETARY **JOE MARTINEZ**
 CARLOS VIGIL H 794-7355
TREASURER O 741-2127 H 795-6019
MICHELLE JONES O 766-0282 H 793-2825

W.T.R.C. Races are usually held the second Saturday of each Month

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 7:00 P.M. at 3208 67th, Lubbock. These meetings are open and any member is invited to attend at any time

1992 RUN for the ARTS

A race director is needed for the upcoming 11th annual "RUN FOR THE ARTS" which is scheduled for an early date of March 28th for 1992. This doesn't give us much time to prepare for this popular event and so many other volunteers are also needed. If you can help in making this event a success in any way please call President Ronald Key at 747-4678 or 792-9280. For those who don't know, this event is our only fund raiser of the year and enables us to maintain our membership dues and the monthly club races at a very reasonable rate.

Do your part, volunteer now!!!!!!!!!!!!!!

REDLINE CROSS COUNTRY 4 MILE SATURDAY DECEMBER 14, 1991 MAE SIMMONS PARK

PLAC	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Joe Perez	19	M	22:47	Meadow	1st	19& Under
02	Quent Beardson	16	M	24:24	Lubbock	2nd	19& Under
03	Frank Sumpter Jr	17	M	24:24	Lamesa	3rd	19& Under
04	B-T-Hann	37	M	24:25	Lubbock	1st	30-39
05	J.J. Hollingshead	18	M	24:53	McC Spring	4th	19& Under
06	Jeffrey Jury	31	M	25:09	Lubbock	2nd	30-39
07	Brett Hale	25	M	25:10	"	1st	20-29
08	Frank Sumpter Sr	30	M	25:31	Lamesa	2nd	30-39
09	Jim Leber	45	M	25:38	Lubbock	1st	40-49
10	Ken Jernigan	45	M	25:29	Barstow	2nd	40-49
11	George Jury	59	M	25:59	Lubbock	1st	50 Plus
12	Dennis Hale	31	M	26:11	"	4th	30-39
13	Bob Gandy	43	M	26:26	"	5th	40-49
14	Joe Post	43	M	26:34	"	2nd	40-49
15	Timmy Sammons	36	M	26:44	Levelland	5th	30-39
16	Don Hubbard	25	M	26:56	Amarillo	2nd	20-29
17	Weldon Holt	36	M	26:57	Lubbock	3rd	30-39
18	Carlos Vigil	43	M	27:58	"	3rd	40-49
19	Jeffrey Jury	31	M	27:59	"	3rd	30-39
20	Ken Scott	34	M	28:31	"	5th	30-39
21	Kurt Johnson	27	M	28:38	"	3rd	20-29
22	Leotis Wumbeley	45	M	28:43	"	5th	40-49
23	Wayne Daynes	26	M	28:50	"	6th	20-29
24	Randy Allen	44	M	29:12	Seapines	5th	40-49
25	Bill Roper	52	M	29:49	Levelland	2nd	50 Plus
26	Pat Willerich	41	M	29:52	Lubbock	3rd	40-49
27	Ronan Drake	35	M	30:01	Abernathy	1st	30-39
28	Carl Gentry	46	M	30:03	Lubbock	8th	40-49
29	James Livermore	44	M	30:10	"	9th	40-49
30	Ron Key	48	M	30:26	"	10th	40-49
31	Kenny Maines	37	M	30:40	"	"	"
32	Stanley Davis	34	M	30:44	"	"	"
33	Bob Banneck	49	M	30:53	"	"	"
34	Rudy Hernandez	30	M	31:06	"	"	"
35	Rich Weaver	35	M	31:13	"	"	"
36	Ashlee Ford	15	F	31:14	"	"	19&UnderF
37	Jesse Landin	23	M	32:05	"	4th	20-29
38	Mike Green	52	M	32:08	"	3rd	50 Plus
39	Chuck Johnson	34	M	32:16	"	"	"
40	Ronnie Nugent	43	M	33:01	"	"	"
41	Jon Masood	45	M	33:21	"	"	"
42	Josie Aleman	40	F	33:38	"	"	40 PlusF
43	Heiler Executive	23	F	34:00	"	1st	20-29F
44	Dan Maines	25	M	35:10	"	5th	20-29
45	Shirley Wigley	38	F	35:21	"	1st	30-39F
46	Joshua Ford	11	M	36:06	"	5th	19&Under
47	Pat Ruffey	40	M	36:17	"	"	"
48	Betty Johnson	33	F	36:37	"	2nd	30-39F
49	Charles Hensarling	59	M	36:43	Crosbytor	4th	50 Plus
50	P.J. Mitchell	46	F	37:28	Lubbock	2nd	40 PlusF
51	Tony Aleman	42	M	37:44	"	"	"
52	Sarah Stevenson	34	F	52:45	"	3rd	30-39F
53	Joni Duval	11	F	NTA	"	"	"
54	Lisa Heffelfinger	7	F	NTA	"	"	"
55	David Skelton	30	M	NTA	"	"	"

(Race Directors report on page 6)

W.T.R.C. 1991 CHALLENGE SERIES
FINAL STANDINGS

AFTER 12 EVENTS

W.T.R.C. CHALLENGES SERIES THROUGH TWELVE EVENTS

30 - 39 MALE		40 - 49 MALE		PTS.		MILES		EVT.	
FRANK SUMPTER SR.	94	47.3	12*	81	35.1	12*			
JIM SAMARRON	89	50.3	12*	77	57.6	9*			
JONNIE BELL	79	84.8	11**	69	59.6	8*			
TOMMY FARRISH	62	33.3	9	58	34.4	8*			
FEN JERNIGAN	51	17.0	6*	55	76.3	11*			
BILL HARN	47	53.2	6*	48	78.7	10*			
GARY BOLTON	42	40.6	8	48	13.0	5			
MARK MANLEY	40	47.3	5**	45	37.3	7*			
RICK DEEVER	37	89.9	12*	45	67.8	11*			
JEFFREY JURY	36	16.2	4	45	38.3	5			
GUADALUPE VALDERAZ	30	16.0	6	37	43.4	5			
CHUCK JOHNSON	26	38.6	7	35	81.8	10*			
JACKIE CANNON	26	18.1	5	30	68.7	9			
WES BOULLION	25	55.6	8*	30	25.1	4			
HICKEY DAVIS	19	80.6	10*	23	76.8	8**			
MILT BROWNFIELD	18	10.0	2	20	48.5	9*			
DWAYNE OARLEY	15	23.2	4	20	43.5	5			
GONZALO RAMIREZ	13	27.6	4**	20	8.0	3			
LARRY RENO	0	13.1	1*	17	73.8	12*			
ED DABROWSKI	0	6.2	1*	17	71.6	8*			
				12	16.0	2			
				10	8.0	1			
				8	57.5	7**			
20 - 29 MALE		0 - 19 MALE		PTS.		MILES		EVT.	
RUDY HERNANDEZ	74	78.7	12*	88	33.6	10*			
DAVID SUMRELL	51	30.5	6	61	28.0	8*			
KRIST JOHNSON	45	41.3	5	54	30.2	7*			
CHRIS SCOTT	42	30.2	7	33	18.0	6*			
CANDE OLIVAS	36	17.3	5*	25	12.0	4			
MARK MINGHELLA	30	30.3	3	22	14.0	4			
STEVE GARCIA	30	18.2	3	15	6.0	2*			
LUIS PEREZ	7	10.0	2*						
50 - + MALE		0 - 19 FEMALE		PTS.		MILES		EVT.	
FRANK HERNANDEZ	73	29.1	10*	30	15.2	4*			
MIKE GREER	59	56.3	7						
BILL ROGER	56	58.8	8**						
TOM JONES	51	50.4	7						
GEORGE JURY	50	85.8	11**						
JAMES BONE	43	45.7	7*						
JERRY WRIGHT	43	43.2	7*						
LONNIE HOLLINGSWORTH	29	27.3	6						
HUGH HAYNES	25	68.4	6**						
LARRY BYRD	22	54.8	7**						
40 - + FEMALE		20 - 29 FEMALE		PTS.		MILES		EVT.	
P. J. MITCHELL	95	72.0	11*	0	34.1	3*			
JOSIE ALEMAN	89	31.1	10*	0	21.2	3*			
CONNIE EVANS	52	41.4	6	0	12.0	1*			
TERESA GREER	20	16.2	2	0	11.0	1*			
EVA MARTINEZ	10	2.0	1	0	8.0	1*			
SANDI HOWARD	9	12.0	2*	0	6.2	1*			
CAROLIE MULLAN	0	11.0	1*	0	6.2	1*			
30 - 39 FEMALE		0 - 19 FEMALE		PTS.		MILES		EVT.	
MARJORY STEWART	60	50.3	7**	0	6.2	1*			
SHIRLEY WIGLEY	52	51.8	7**	0	6.2	1*			
MICHELLE JONES	29	19.2	5**	0	6.2	1*			
SUE HOULE	29	24.3	3	0	6.2	1*			
JAN RAMIREZ	22	17.2	4*	0	6.2	1*			

** = DIRECTORS
* = VOLUNTEER

W.T.R.C. 1991 CHALLENGE SERIES
CHAMPIONS

Many thanks are due to those participating in the 1991 W.T.R.C. CHALLENGE SERIES as these are the ones primarily responsible for putting on the monthly club races for the rest of us to enjoy. There are some others who donated their time and effort to the cause as well and we appreciate those sponsors and friends. We especially appreciate the work of W.T.R.C. Internal Race Director, David Rodriguez whose responsibility was to keep the records and calculate the results but he also made himself available to help at several of the events. The membership thanks you very much, David! In keeping within the rules of the CHALLENGE SERIES a participant is eligible for only one award, therefore in the final standings those marked with an * have chosen to receive the award in a separate category. Approximately 40% of the eligible participants in each age group will receive awards. The "66 Milers" receive special W.T.R.C. "66" T-Shirts.

"66 MILE CLUB"

AGE GROUP WINNERS

	PTS.	MILES	EVT.	POINTS	EVENTS	MILES
1 Rick Deaver	89.9			88	10	33.6
2 George Jury	85.8			61	8	28.0
3 Dennis Bell	64.8			54	7	30.2
4 Bill Williams	59.9			20-26		
5 Mickey Hayes	48.9			74	12	78.7
6 Frank Hernandez	37.7			36	5	17.3
7 Bob Byrd	37.7			40-29		
8 Frank Sumpter, Jr.	37.7			94	12	47.3
9 Alan Valderaz	37.5			89	12	50.3
10 Dennis Bell	33.3			79	11	84.8
11 D. J. Mitchell	72.0			47	6	53.2
12 Jim Mitchell	71.6			65	12	85.7
13 Hugh Hayes	68.4					
14 Randy Allen	67.8					
1/4 total						

MILEAGE WINNERS

Man	Points	Events	Miles
Rick Deaver	89.9		
Women			
P. J. Mitchell	72.0		

10-49	Points	Events	Miles
1 Gary Perry	81	12	35.1
2 Robert Guaiardo	77	9	57.6
3 Carlos Vigil	69	9	59.6
4 Joe Martinez	55	11	76.8
5 Ron Key	48	10	78.7
6 David Rodriguez	47	7	37.3
50 Plus			
1 Frank Hernandez	73	10	29.1
2 Bill Roger	56	8	58.8
3 James Bone	43	7	45.7

PARTICIPATION LEADERS

Five tied at 12 events each	Points	Events	Miles
1 Tara Jernigan	30	4	15.2
20-29			
No Qualifiers			
30-39			
1 Marjory Stewart	60	7	50.3
2 Shirley Wigley	52	7	45.6
40 Plus			
* P. J. Mitchell	95	11	72.0
1 Josie Aleman	89	10	31.1

REDLINE REPORT

"Safe Running: Safe Sex" was the theme of this year's REDLINE, as Harold Saunders of Lubbock MHMR provided AIDS prevention information to participants. Thanks Harold, for your "support". Thanks also to INTERNATIONAL AWARDS for coming through at the last minute when there was an awards glitch. I always say that a race is not a race without Murphy's Law occurring somehow. Special giveaways were provided by Dr. Merry McCreight of APPLE CHIROPRACTIC, 1316 Ave. "O". Volunteers deserving recognition included Ida Sumpter, Hugh Haynes, Marjory Stewart, Jim Wilhelm, Joe Martinez, Jon Omdahl and several runners who pitched in to help before and after the race.

Though the course record of 21:19 set by Rodney Hendricks in 1987 remained intact, Joe Perez of Meadow blew away the field with his time of 22:47. A nip and tuck finish for 2nd overall was won by a lean at the tape by Owen Beardon in 24:24 with Frank Sumpter, Jr. posting the same time and Bill Barn 1 second back. A record 55 runners competed under clear but cold skies. Note that Joshua Ford and Jon Duval, both age 11 were among the participants: quite an accomplishment for such a tough course.

Just one question, though, how and why did Gary Perry run the whole course with his hands in his pockets?

Mike Kelley, Race Director

TO RUN OR NOT?

Occasionally I am asked (as if I should know) "Is it OK to run when you have a 'cold'?" Two publications have recently carried articles by well known authorities who are runners, on the subject. Dr. Gabe Mirkin in INSIDE TEXAS RUNNING says "If you have a cold and feel good when you exercise, you probably won't hurt yourself. However, if you have a fever or hurting muscles, you are better off resting. You won't lose much conditioning until you stop exercising for more than a week." Dr. Randy Eichner in RUNNER'S WORLD says, "If your symptoms are above the neck, such as a runny nose, sneezing or scratchy throat, go ahead and plow cautiously through your scheduled workout. But if you have below the neck symptoms, such as fever, muscle aches, loss of appetite or a hacking cough deep within your chest, squelch the urge to run. Your body will return the favor later."

CALENDAR ADDITION

The LCU MASTER'S INDOOR TRACK MEET is scheduled for March 7th. Entry forms will be in the next Newsletter.

NEWS AND RACE RESULTS

SAN ANTONIO MARATHON

November 10, 1991 four of our members ran the SAN ANTONIO MARATHON in the Alamo City. Conditions were reported to be excellent. Joe Martinez ran a fine race accompanied by Carlos Vigil to complete his first "Big One". Results follow.

NAME	AGE	SEX	TIME	OVERALL PLACE
Joe Martinez	46	M	3:22:07	166
Carlos Vigil	43	M	3:22:07	167
Bill Roger, Sr.	52	M	3:38:40	308
James Bone	52	M	4:42:37	756

DALLAS WHITE ROCK MARATHON

The W.T.R.C. had a really good representation at this year's event December 1st. The conditions were damp and very cold. Most notable times were Ken Jennigans first time in 3:12 and Raymond Smith who dropped his PR from above 4 hours to a 3:26. Also Randy Allen did his first one in a fine 3:31. Masochists Joe M., Carlos, Bill R. and James Bone were competing again only 3 weeks after their previous marathon. All are to be commended on their ability to complete the event regardless of the times. Overall placing and age groups are not known at "press" time. Congratulations!

- 1 Ken Jennigan, 3:12; 2 Raymond Smith, 3:26; 3 Randy Allen, 3:31; 4 Joe Martinez, 3:32; 5 Carlos Vigil, 3:35; 6 Robert Blevins, 3:36; 7 Ron Key, 3:39; 8 Bill Roger, Sr. 3:42; 9 Jodi Rhone, 3:49; 10 Hal Wilkerson, 3:58; 11 Mickey Davis, 4:12; 12 Hugh Haynes, 4:14; 13 Chris Scott 4:28; 14 James Bone, 4:45; 15 Johnny Scott, 5:31

RED RAIDER ROAD RACE

The 1991-1992 W.T.R.C. Scholarship was presented to Shirley Bradford, a student at TEXAS TECH UNIVERSITY at the awards ceremony following this year's race. The W.T.R.C. officially took over producing the race after the 1988 event. The funds from proceeds of all the previous races had been lumped in the "TEXAS TECH EX-STUDENTS LOYALTY FUND". We now have a separate account called THE W.T.R.C. ENDOWED SCHOLARSHIP fund. This year's race netted a profit of \$1,117.72 and after this 2nd scholarship was awarded there is a balance of approximately \$4,000 in the fund. The club is now in the process of securing sponsors for next year. In order to make the scholarship fund grow, we must have three or four "major" sponsors. If any members have a prospect for supporting this race at \$1,750 each please give George Jury a call at 792-3291 or 792-1237.

RED LINE RACE AWARDS

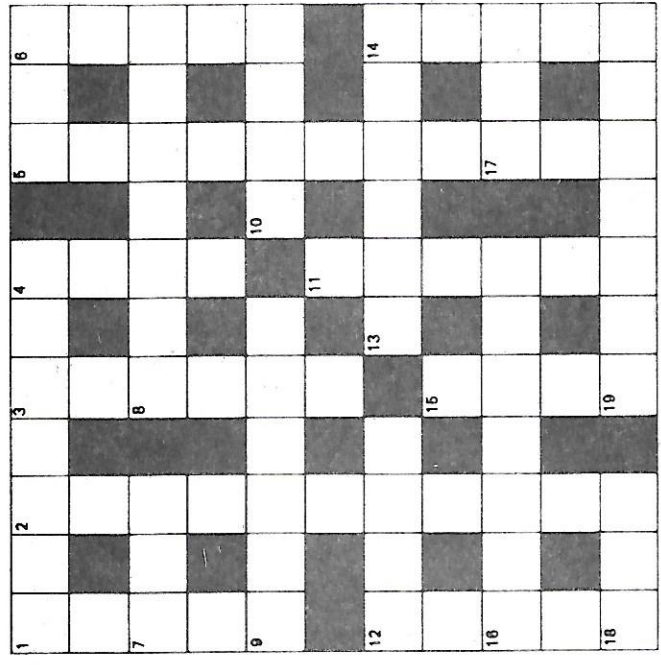
The nice W.T.R.C. logo coffee mugs which were to have been the awards at the Dec. 14, 1991 race arrived on the Monday following, and if those who won awards would like to trade the medals for a mug, you may do so at any one of the club functions. These mugs are also to be the awards at the February 8th COTTON PATCH RUN.

MEMBERSHIP

Please renew your membership now to be sure to remain on the mailing list. Our dues of \$8 individual is quite a bargain compared to some other club's fees. L.S.R.C. (Amarillo) charges \$14. Benefits include membership in RRCA which we will try to elaborate on next month.

WEST TEXAS RUNNING CLUB

WEST TEXAS RUNNING CLUB CROSSWORD PUZZLE



MEMBERSHIP APPLICATION

Date _____
 Make Check Payable to: \$8.00 First member
 \$2.00 each additional
 Family member at the
 same address

WEST TEXAS RUNNING CLUB
 P.O. Box 2921
 Lubbock, Texas 79408

Your Name _____
 Street or Box # _____
 City, State, Zip _____
 Telephone # _____

Your NAME _____ Age []
 Sex M or F Date of Birth _____ / /

ADDITIONAL FAMILY MEMBERS

NAME _____ Age []
 M or F Date of Birth _____ / /
 NAME _____ Age []
 M or F Date of Birth _____ / /
 NAME _____ Age []
 M or F Date of Birth _____ / /

Please x one []
 Renewal [] New Member [] Amount enclosed \$ _____
 Checks only please
 January is the start of a new W.T.R.C year; all
 Memberships expire and payment of dues is required
 to continue receiving the Newsletter and have
 reduced club race fees.
 W.T.R.C. is a volunteer non-profit organization
 If you would like to be a part of sustaining the
 principles of the club please check which area you
 might be able to assist; Membership [], Newsletter []
 Equipment [], Club Races [], External Races [],
 Social [],

ACROSS

- WTRC March Race: DOG RUN
- Summer street goo on your shoes
- Simultaneous crossing of the finish line
- Old SPRING HIGH RUN motto: "Running is a High"
- To run faster, one must train

DOWN

- WTRC February Race
- Goal of competitors in their division (3 words)
- A member of WTRC is a
- For endurance, a runner complex carbohydrates
- Half-way points on most out and back courses
- Sept. 1988 and Oct. 1989 WTRC Races: "TAG TEAM"
- A race leader may cast a backward on his pursuers
- A competitive runner
- Necessity for 12 Down
- WTRC January Race: "THE LAKE 5 MILE RUN"

