

# CALENDAR

- \* Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- \* FEB. 13 COTTON PATCH RUN; 9 A.M., FRENSHIP HIGH SCHOOL, Wolfforth, 8 and 4 Miles, Dennis Bell, Race Director, 741-0122
- FEB. 27 COWTOWN MARATHON and 10K; Fort Worth, Entry Forms at 4808 50th
- MAR. 6 4th ANNUAL LCU MASTERS INDOOR TRACK MEET (Entry forms inside)
- MAR-17 Reeseville For information, call Steve Ireland at 792-6430
- MAR. 7 MOTOROLA/AUSTIN MARATHON; Austin, (512) 472-3272
- \* MAR. 13 PRAIRIE DOG TOWN FOUR MILLER; MACKENZIE STATE PARK, Lubbock, 9 A.M., Jim Wilhelm, Race Director, 794-8421
- MAR. 27 M.A.D.D. DASH 8K & KIDS K, Midland, Robin Dobler, (915) 698-2241
- MAR. 28 CAPITOL 10,000; Austin
- MAR. 28 MARATHON OF THE GREAT SOUTHWEST; Abilene
- \* APR. 10 FLIGHT LINE RACES; 9 A.M., REESE AFB, Lubbock; Half-Marathon, 10K, and 2 Mile; Ronnie Nugent, RD 793-1735, after 1 P.M.
- APR. 24 ROARING SPRINGS SPLASH & DASH; 10K & 2 Mile, 9 A.M. at Roaring Springs; Joey Thacker, Race Director, 1-348-7560
- MAY 1 RUN FOR THE ARTS; Midland, 5K and 1 Mile, 1-689-0646
- \* MAY 8 HORSESHOE BEND SPRING FROLIC; 9 A.M., North of Slaton; 11, 6, and 2 Mile races, Carlos Vigil, Race Director, 767-2665 (D) or 762-1243 (N)
- MAY 22 TALL TOWN 10,000; Midland, 10K and 2 Mile, Details later
- JUNE 4 MOONLIGHT 5K; MACKENZIE PARK; 10 P.M., Michelle Jones, Race Director, 766-0282 (D), 793-2825 (N)
- \* JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE; 8 A.M., 10K & 2 Mi., Bill Roger, Race Director, 894-7911
- \* JULY 10 24th ANNUAL FIRECRACKER RUN; 10 Mile and 3 Mile, 1 Mile Kid's run, 8 A.M., Brownfield, Jim Leser, Race Director, 794-2474
- \* AUG. 14 HOT DAM RUN; 5 MILE, 8 A.M., Canyon Lake 6, Lubbock (23rd & Quirt), Ron Key, Race Director 747-4678 or 792-9280
- \* SEPT 11 SHALLOWATER STAMPEDE; 10K and 2 Mile, 8 A.M., SHALLOWATER HIGH SCHOOL, Larry Byrd, Race Director, 832-4600
- \* OCT. 9 PREDICTED TIME 5K; MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)
- OCT. 16 RED RAIDER ROAD RACE; TTU CAMPUS, 10K & 5K, Certified Courses Details Later
- \* NOV. 13 BUFFALO WALLOW RACES; BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- \* DEC. 11 REDLINE 4 MILE CROSS COUNTRY; MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)



**CLEVELAND ATHLETICS**

4130 34th Street • Lubbock, Texas 79410  
 (806) 793-1300

SPONSOR

1993 COTTON PATCH RUN

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

12-31-93



Newsletter  
 P.O. Box 2921  
 Lubbock, Texas 79408  
 FEBRUARY 1993



THE COTTON PATCH RUN  
 Wolfforth, Feb. 13, 1992  
 9:00 A.M.  
 See Details Inside Back Cover

# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT:** RON KEY  
 O 747-4678 H 792-9280  
**INTERNAL VICE-PRES**  
 CARLOS VIGIL  
 O 767-2665 H 762-1243  
**EXTERNAL VICE-PRES**  
 AL GROTZ  
 O 792-6015 H 792-2248  
**SECRETARY**  
 THERESA MAREZ  
 O 765-2925 H 1-298-2075  
**TREASURER**  
 MICHELLE JONES  
 O 766-0282 H 793-2825

## DIRECTORS

DENNIS BELL  
 H 741-0122  
 GEORGE W. JURY  
 O 792-3291 H 792-1237  
 JAMES BONE  
 O 747-2448 H 792-8390  
 DAVID RODRIGUEZ  
 O 741-4834 H 745-6927  
 JOE MARTINEZ  
 H 794-7355  
 MIKE KELLEY  
 O 766-0237 H 832-4885

### 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 second Tuesday, 7 P.M., at 3208 67th, Lubbock, Texas. These meetings are open and any member is invited to attend at any time.

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### WHITE ROCK MARATHON RESULTS

The WEST TEXAS RUNNING CLUB was represented by 20 members at the WHITE ROCK MARATHON, December 6, 1992. There were over 2,400 men and 623 women recorded in the finish chute. Of some interest to us older W.T.R.C. members was the 4th place finish of former TTU runner, Greg Lautenslager, now 35, who clocked a 2:23:36, then in his article in the Dallas Morning News stated that it was his last race. I personally hope that he changes his mind. He is married to Debbie, a former New Zealand intermediate distance star and they are expecting their first child.

Club members celebrating their first complete marathon were: Brett Peikert, Rodney Carter, Chuck Johnson, Jim Leser, Jerry Wright and David Davis. Congratulations to them all!

Results are shown in order of finish with age group places ( ).  
 Brett Peikert, 25, (25) 2:53:09; Jeffrey Jury, 32, (59) 3:04:42; Steve Wire, 37, (66) 3:09:56; Rodney Carter, 22, (19) 3:19:46; Jim Leser, 46, (47) 3:20:08; Richard Fischenich, 45, (60) 3:28:18; Carlos Vigil, 44, (144) 3:34:06; Larry Byrd, 51, (44) 3:34:58; Weldon Kolb, 37, (213) 3:36:01; Chuck Johnson, 35, (222) 3:37:09; Raymond Smith, 33, (214) 3:42:46; Bill Roger, Sr., 53, (65) 3:49:40; David Davis, 32, (287) 3:54:25; Richard Bray, 48, (207) 4:08:53; Mike Kelley, 43, (316) 4:12:50; Mickey Davis, 35, (451) 4:14:47; Jim Deaver, 35, (456) 4:17:45; Jerry Wright, 54, (126) 4:22:44; Tom Jones, 53, (141) 4:37:05; Johnny Scott, 49, (312) 5:10:40.

# WEST TEXAS RUNNING CLUB'S \*\*\* 5M LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\*

January 16, 1993

PLACE	NAME	DIV	DIV	AGE	S	5M	PACE
1	BRETT PEIKERT	1	M2029	25	M	28:23	5:41
2	CODY HUCKABAY	2	M2029	24	M	28:46	5:45
3	ED LANDGRAF	3	M2029	24	M	28:51	5:46
4	JEFFREY JURY	1	M3034	31	M	29:39	5:56
5	BILL HARN	1	M3539	38	M	30:11	6:02
6	JIM LESER	1	M4549	46	M	30:48	6:10
7	FRANK SUMPTER, SR.	2	M3539	39	M	31:04	6:13
8	MARJORY STEWART	1	F3034	34	F	31:15	6:15
9	TOM NISBETT	1	M4044	43	M	32:17	6:27
10	LAWRENCE NELSON	4	M2029	20	M	32:26	6:29
11	DAVID LARD	1	M5599	55	M	32:46	6:33
12	STEVE GARCIA	2	M3034	30	M	33:14	6:39
13	CARLOS VIGIL	2	M4044	44	M	33:34	6:43
14	GLENN HERZOG	1	M5054	50	M	33:37	6:43
15	JACKIE CANNON	3	M3539	37	M	33:55	6:47
16	BOB RUSSELL	2	M5054	51	M	34:01	6:48
17	JOE MARTINEZ	2	M4549	47	M	34:07	6:49
18	RICHARD FISCHENICH	3	M4549	45	M	34:40	6:56
19	LARRY RENO	3	M4044	40	M	34:41	6:56
20	DWAYNE OAKELEY	4	M3539	36	M	34:55	6:59
21	JOE GOMEZ	4	M4549	49	M	35:21	7:04
22	RANDY ALLEN	5	M4549	45	M	36:09	7:14
23	AL GROTZ	4	M4044	43	M	36:10	7:14
24	CHUCK JOHNSON	5	M3539	35	M	36:10	7:14
25	DAVID HIGGINS	5	M4044	40	M	36:26	7:17
26	MARLIN HAMILTON	6	M3539	37	M	37:09	7:26
27	BILL ROGER	3	M5054	53	M	37:24	7:29
28	MARTIN HARMS	2	M5599	55	M	37:24	7:29
29	RONNIE NUGENT	6	M4549	46	M	37:50	7:34
30	MICKEY DAVIS	7	M3539	35	M	37:53	7:35
31	SAM AYRES	3	M3034	30	M	38:07	7:37
32	RON HILLIS	7	M4549	49	M	38:34	7:43
33	DENISE BRAY	2	F3034	31	F	38:41	7:44
34	MIKE GREER	4	M5054	54	M	39:06	7:49
35	MILES HYMAN	5	M5054	54	M	39:22	7:52
36	MIKE KELLEY	6	M4044	44	M	39:35	7:55
37	BENTLY GWYN	8	M4549	48	M	40:07	8:01
38	SANDY BAILEY	1	F4044	40	F	40:17	8:03
39	JOHN STALCUP	3	M5599	59	M	40:18	8:04
40	KAY FELLOWS	3	F3034	34	F	40:19	8:04

1993 CHALLENGE SERIES RULES

\*\*\*\* The West Texas Running Club's 1993 Challenge Series \*\*\*\*

The WTRC is happy to continue for 1993 the Challenge Series, a 12 month series of race events culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in the calendar of each newsletter, and each month's designated race will be detailed in the W.T.R.C. Newsletter prior to that race. All members desiring to participate in the 1993 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement.

The 1993 Challenge Series features these categories:

- 1. 66 Mile Club \*\* All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races.
2. MILEAGE AWARD \*\*\*\* An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. PARTICIPATION AWARD \*\*\* An award will be presented to the male and female members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. VICTOR'S RANKINGS \*\*\* Points will be earned at each qualifying event in the following Age and Sex groupings:
A. Divisions will include: MALE AGE GROUPS: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 Plus
FEMALE AGE GROUPS: 0-19, 20-29, 30-34, 35-39, 40-44, and 45 Plus
B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e. if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.
C. Awards will be presented to at least 40% of the number of the top point scorers in each division. The number of awards to be given in each division will be determined at a future date after consideration of the number of Challenge Series participants. Awards will be presented at a year end membership meeting.
D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

WEST TEXAS RUNNING CLUB'S 5M LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\*

January 16, 1993

Table with columns: PLACE NAME, DIV, DIV, AGE, AGE, S, 5M, PLACE. Lists race results for 5M Loop the Lake, including names like Nancy Patton, Jim Deaver, P.J. Mitchell, James Bone, Richard Bray, Kami Brock, Shirley Wigley, Tony Aleman, Brenda Martinez, Hugh Haynes, Josie Aleman, Rick Lampe, Theresa Marez, Debbie Malenke, Michelle Jones, Shelly Ward.

RACE DIRECTORS REPORT

Eleven of fifteen age group records, as well as both overall marks, fell in the second running of the LOOP THE LAKE 5 MILE. Much warmer and drier conditions than last year, mitigated somewhat by a strong west wind, no doubt played a large part in the faster times.

Marjory Stewart eclipsed her own women's standard by 2:19 and Brett Peikert lowered the men's record by 1:33. The top four male finishers all bettered last year's winning time.

New male age group records established include: 20-29, Brett Peikert by 2:02; 30-34, Jeffrey Jury by :23; 35-39, Bill Harn by :59; 45-49, Jim Leser by 3:02; 50-54, Glenn Herzog by 1:22 and Hugh Haynes set the 60 Plus mark. Female records lowered were 19 and Under, Kami Brock by :38; 20-29, Brenda Martinez by 3:20; 30-34, Marjory Stewart by 2:13; 40-44, Sandy Bailey by 1:02 and 45 and over, P.J. Mitchell by 2:42.

The quality of a race is always dependent upon the dedication and hard work of the volunteers. The following people should be credited for the smooth operation of the "LOOP THE LAKE", with an extra special thanks to Ron Key and George Jury for handling the very important tasks of registration and results; Robert Guajardo and Frank Sumpter, Jr. for splits; Bob Bernero (recovering from hernia surgery) and Rodney Carter for water stop and turns; David Skelton for directions and awards presentation; and Jon Omdahl, Bob Smith and Jim Wilhelm at the finish line. (Also to Sally Post for sign-up help, latter)

I hope everyone enjoyed participating and were pleased with the towels awarded to almost the entire field. Thanks again to all the volunteers and runners.

Joe Post, Race Director

KEY NOTES

From our President, Ron Kay

As I reported last month, the WEST TEXAS RUNNING CLUB will no longer have the income derived in the past from the "RUN FOR THE ARTS", therefore we must look to other sources for income. We have always considered our monthly club races to draw just enough funds to offset expenses, including awards. This is becoming increasingly difficult because of continued price increases on every hand. Our Newsletter goes out to about 250 members (about 325 individuals) and about 50 complimentary members. The average yearly cost of the newsletter is over \$8 per member unit, so you can see that the membership dues don't even cover the cost. We will probably have to raise membership dues effective January 1994. There is discussion underway and the Board will be making a decision on raising the monthly club race entry by \$1.00 at the February meeting. You may wonder why we need extra income? We have been covered for liability under a plan from the RRCA for the past several years at a cost of about \$2,000 per year, so you can see that this is where most of the profits from the "RUN FOR THE ARTS" were applied. We have always provided the use of our equipment and manpower to organizations putting on fund raising races at no charge. We will probably have to start charging a fee for such services in the future. I would appreciate hearing from our members any ideas that you have regarding funding. Please call me at 747-4678 or 792-9280.

At our January meeting I made the following proposal which was endorsed by the entire board which will offer a partial solution to our financing woes.

PROPOSAL FOR INTERNAL CLUB RACES

Have the 12 monthly club races sponsored by businesses at a fee of \$300 per year, with the sponsor getting the following benefits:

- 1) A full page advertisement in the Newsletter the month their race is staged.
- 2) One page of the Newsletter would be a "Sponsors" page with all sponsors listed with a business card size listing.
- 3) The sponsor would have the option of having their name included in the race name, i.e., "ORLANDO'S LOOP THE LAKE RUN"

This would cost the sponsor only \$25 a month to have a listing in each newsletter. It is feasible for more than one business to be a sponsor, in which case each would get a share of the full page and each would get a proportionate share of the monthly "business card" listings. Perhaps there are some of our own members who would like to get some promotion in this way, and we could use members' help in solicitation.

WHY DO I RUN?

Why do I run? "Tain't no mystery--  
 Wanna have a good  
 Medical history,  
 Doctor told me runnin' is great--  
 Helps them blood cells  
 Circulate,  
 Great for the lungs,  
 Great for the ticker,  
 Can't nothin' getcha  
 in better shape quicker,  
 Feels so healthy, feels so sweet,  
 Pumpin' my arms  
 And flappin' my feet,  
 Moldin' my muscles, firmin' my form,  
 Pantin' like a pack mule,  
 Sweatn' up a storm,  
 Keeps me youthful,  
 Keeps me loose,  
 Tightens my tummy  
 And shrinks my caboose,  
 Beats being sluggish,  
 Beats bein' lazy--  
 Why do I run? Maybe I'm crazy!!

--Ed Cunningham  
 (from an unknown newsletter)

**W.T.R.C. OFFICER PROFILE**  
 Al Grotz, External Vice-President

Our External V-P, Al Grotz is third in command and his primary duties are to work with organizations who wish to put on a race for fund raising to assure runners a quality event. He is assisted in this work by the External Director, Mike Kelley. He also works with the Equipment Director, James Bone, and Race Calendar Director, Dennis Bell.

Al was born July 5, 1949 and was raised on Long Island, New York. He attended WEST TEXAS STATE UNIVERSITY and graduated in 1971 with a BA in History. He relocated to Dallas and entered the insurance business in 1972. He moved to Lubbock in 1983 to open an insurance agency for his company, SENTRY, specializing in business insurance.

He started jogging in 1978 to lose weight and stop smoking. He ran his first marathon in 1984 and has run six with a PR of 3:26. His favorite race distance is the Half-Marathon.

He and his wife, Linda have two children, Jennifer, age 21, a senior at TULANE UNIVERSITY and Eric, 18, a Senior at Lubbock High.

### "EXERCISE ADDICTION"?

Recently INSIDE TEXAS RUNNING reprinted a personal experience article that first appeared in THE OKLAHOMA RUNNER magazine relating one dedicated runner's discovery that he was addicted to exercise. What concerns me is that in the guidelines listed below, I could be considered an addict!

Certainly many of us have overcome some overwhelming demons through the sport of running, but I'd have to disagree with the summary given as a determinant for being addicted. By my own judgement, the only addiction I may have experienced would be overeating, especially sweets. I admit that I look at running as a very enjoyable sport and want more than just to be "fit". I want to prove that father time is not catching me and have a strong desire to remain competitive with those 20 years younger. My primary desire, however is to be able to run the rest of my life. Certainly, a runner with goals such as a 3 hour marathon or a sub 38 minute 10K cannot get enough training in 25 to 30 minutes 3 or even 5 times a week. As I have expounded before however, I believe that any runner over 40 would actually increase their performance levels by taking one or two days off per week for rest days, maybe even without a substitute (cross-training). ( Anyone desiring a copy of the article, which is pretty interesting reading, give me a call and I'll drop you a copy in your next newsletter.)

Editor

## Where Do You Stand With Your Running?

The questions below might help you determine if you could be addicted to running:

1. Do I think of running before anything else?
2. Do I frequently skip meals, social events, or time with friends or family to run?
3. Do I take risks such as running at night, in dangerous places, or during foul weather?
4. Do I run more than 25-to-30 minutes a day three times a week?
5. Do I measure my self esteem or my self worth on my last running performance?
6. Does someone who knows me honestly feel I am addicted to running?

Any "yes" answers indicate a potential to be a running addict. To learn more, contact your physician, local hospital, mental health agency, or university. Ask for lists of adult support groups, treatment programs, and specialists in addictive behavior.

### YOU'LL KNOW YOU ARE GETTING OLD WHEN -----

You reach down to tie your shoe strings and you try to think of other things you can do while you're down there!

Everything hurts, and what doesn't hurt doesn't work.

### FROM LONESTAR RUNNING CLUB NEWSLETTER

Johnny Griffin, Editor

"Runners test the elasticity of one's credulity in many ways. I am especially fond of those who stay a step in front of you and run you into a gasping, staggering, puking blob.... and then complain you were pushing the pace. It's like stabbing a person and then complaining about the blood!"

"Anyone else notice how expensive it is to enter a marathon these days? Costs about as much as the Valdez oil spill. A senior citizen discount would be nice for struggling pensioners like the editor!"

"I would guess that the track fans among you have had doubts about the times reported by coaches for football players in the 40-yard-dash. College coaches hesitate to accept times reported by high school coaches because they tend to exaggerate in order to get their kids a scholarship. But are the times college coaches report any more reliable? The University of Washington says their three fastest do 40 in 4.31, 4.29, and for back Napoleon Kaufman, a blistering 4.22. An alert "Sports Illustrated" reader, Pat Crandall, says that virtually all 40 times reported are preposterous. He notes that in the 1991 World Championship 100 meter final in which Carl Lewis set the WR of 9.86, the race was videotaped and analyzed at 10 meter intervals by Seiko. By extrapolation it can be proved to within .01 of a second that Leroy Burrell, who was leading at that point had a time of 4.38 at the 40 yard mark. This would indicate that one should certainly be wary of those 40 yard times coaches bandy about so freely."

### THE EDITOR'S SAD SAGA

Some of you have noticed the on again off again, up and down race appearances of your editor. Well, just as I was rounding back into shape after being hampered for 6 months with heel spur syndrome, I hurt a thigh muscle Nov. 19th and had to quit completely again. Then, while still unable to run, on Nov. 30th, I came down with a severe gastrointestinal upset which dragged on all week and by Saturday, Dec. 5th, I began having pain in one knee that later became swollen and excruciating. My orthopedic referral insisted that my knees (by this time it was both!) weren't going to get better until a Gastroenterologist explored me and found out the cause for the GI upset. Well after endoscopy and a barium series it was concluded that I had "CROHN'S DISEASE", which is a chronic granulomatous inflammation of the colon with ulceration of unknown cause. It apparently causes quite an antigen/antibody reaction (Autoimmune?) which can lead to various arthropathies. (Similar to Rheumatoid arthritis) The prognosis was that it might have to be treated permanently and the immediate treatment involved 3 drugs, including a high dose of cortisone. Fairly immediate relief was gained, but the unfortunate news was that running was out ever when the pain was gone because of the deleterious effect of cortisone on muscle and connective tissue. Hopefully after a wearing off period I can get back on the roads with you people! As I reflect on the past 2 to 3 years of numerous foot, ankle, sciatica and this year a peculiar shoulder ailment I can see that this condition may have been present for awhile.

SPONSOR'S PAGE

CLEVELAND



ATHLETICS

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15% Off All Running Shoes  
For Club Members



Saucony

WTRC MEMBERS

Come on in the store and check out our new Runners' Corner. We've got a large selection of running shoes in stock. If we have the brand, but not the style you need, we'll order it at the same discounted price, and try to get it to you in 7 to 10 days. We also stock a good selection of running Apparel. Again, if we don't have it, we'll do our best to get it for you. So, give our new Runners' Corner a lookover. We think you'll like what you see!

Thank you,



The Cleveland Athletic Staff

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15% Off All Running Apparel  
For Club Members

new balance B

(806) 793-1300  
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Lubbock, Texas 79410

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

SPONSORED BY CLEVELAND ATHLETICS

WHEN: SATURDAY, FEBRUARY 13, 1993  
REGISTRATION: 8:00 TO 8:45 A.M.  
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL,  
From Lubbock, take US highway 62/82 to Loop  
193, procede to intersection with highway  
179, turn right across RR tracks north to  
the Frenship High School and turn left

COURSE: ASPHALT ROAD, 4 MI; OUT and BACK, Flat  
8 Mile; OUT and BACK, Mostly Flat  
WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$4.00 OTHERS \$5.00

AGE DIVISIONS, WTRC Logo Coffee Mugs; 3 deep & up to 40  
AWARDS: Percent deep in each age division below  
MEN 0-19, 20-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60+

WOMEN 0-19, 20-29, 30-34, 35-39, 40-44, 45+

RACE DIRECTOR: Dennis Bell 741-0122

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MEMBERSHIP RENEWAL

Renewal forms have been coming in at a good  
pace which is very encouraging to your editor, who  
doesn't want anyone to miss a single issue of the  
W.T.R.C. NEWSLETTER.

The mailing address label on the cover will  
indicate if you are paid up through 12-31-93. If  
for some reason your label is not correct, please  
call Joe Martinez, Membership Director at 794-7355  
who will look into it.

Renewals not received by February 22, 1993  
will not get the next issue of the newsletter  
scheduled to arrive approximately March 1, 1993