

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- \* OCT. 8 **PREDICTED TIME 5K:** MACKENZIE STATE PARK, 8 A.M., Ronald F. Key, Race Director, 747-4678 (D) 792-9280 (N)
- OCT. 22 **ALLSUP'S ANNUAL FALL ROAD RACES:** Clovis, 5K, 10K, & Half Marathon, Bob Pitcock, 505-769-2311
- OCT. 29 **PUNKIN DAYS 5K:** Floydada, 8 A.M., Julianne Cornelius, Race Director, 983-2982 Entry forms available at 4808 50th
- \* NOV. 12 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 13 **SAN ANTONIO MARATHON:** 7 A.M., R.D. Elder, (210) 246-9652
- NOV. 24 **W.T.R.C. TURKEY TROT:** GUADALUPE PARK, 1st & Ave. "P", 9 A.M., 10 MILE & 2 MILE, \$12, Ron Key, Race Director, 792-9280 (n)
- DEC. 3 **JINGLE BELL RUN:** Details Later
- DEC. 4 **WHITE ROCK MARATHON:** (214) 526-5318
- \* DEC. 10 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)
- \* JAN. 14 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 9 A.M., Richard Bray, Race Director, (w)745-0174, (h)745-9074
- JAN. 15 **HOUSTON-TENNECO MARATHON:** (713) 864-9305
- \* FEB. 11 **COTTONPATCH RUN:** FRENSHIP HIGH, Wolfforth, 9 A.M., 4 & 8 Miles Jeffrey Jury, Race Director, 765-8104
- FEB. 12 **RIVER CITY 10 MILLER:** Austin, John Ferguson, (512) 282-4175
- \* MAR. 11 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile Jim Wilhelm, Race Director, 747-0576 (w), 794-8421 (h)
- \* APR. 8 **FLIGHT LINE RACES:** REESE AFB, 9 A.M., 2 Mile, 10K, and Half-Marathon, Ken McEachern, Race Director, 792-2639

**\*\* ENTRY FORMS \*\***

Entry forms to most major out of town races can be found at the RUNNER'S CORNER of CLEVELAND ATHLETICS, 4130 34th Street. Call 793-1300 to see if they have the one you need.

## Red Raider Road Race

### Race Results

Benefiting the Texas Tech/  
West Texas Running Club  
Academic Scholarship Fund



WEST TEXAS Running Club

RRCA

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

OCTOBER 1994

"PREDICTED TIME 5K"  
October 8, 1994  
MACKENZIE STATE PARK  
October Club Race

Details on Page 11

P. J. & Rodger Mitchell  
8006 Dover Avenue  
Lubbock, TX, 79424

# WEST TEXAS RUNNING CLUB

## OFFICERS

### PRESIDENT:

JIM LESER  
(H) 794-2474 (O) 746-6101

### INTERNAL VICE-PRESIDENT:

MARJORY STEWART  
(H) 792-1085 (O) 743-2153

### EXTERNAL VICE-PRESIDENT:

JON OMDAHL  
(H) 794-7823 (O) 766-0600

### SECRETARY:

BILL ROGER  
(H) 894-7911

### TREASURER:

DAVID HIGGINS  
(H) 744-8328 (O) 744-5333

### PAST PRESIDENT:

RON KEY  
(H) 792-9280 (O) 747-4678

## DIRECTORS

Maurine Bray  
(H) 745-9074

Bill Ham  
(H) 784-0806 (O) 742-3908

George Jury  
(H) 792-1237 (O) 792-3291

James Livermore  
(H) 792-5815 (O) 762-5281

Dwayne Oakeley  
(H) 799-4473

Larry Reno  
(H) 795-6019 (O) 741-2513

### 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, 7:00 p.m. The October meeting will be held on October 11th at 5212-44th St. These meetings are open and any member is invited to attend any time.

## 1995 OFFICERS AND DIRECTORS

As you may have noticed in the listing above, we have some new names to help guide the club through 1995. These people take office immediately upon election. Our Bylaws specify the duties of each officer and director's duties are assigned by the President. It is imperative for each officer to attend the monthly meetings for effective club management. The Bylaws also specify that three unexcused absences from the monthly meetings automatically removes the official. Your officers take the business of the club seriously and invite all members to become involved in the decision and policy making by attending the monthly meetings as invited above. If anyone would be interested in serving next year, attending the meetings is the best way to familiarize yourself with the club and prepare you for service.

We would like to thank retiring board members for their service. Ronald Key was elected in 1987 and has served for 7 years, Joe Martinez leaves the board after 3 years, Mike Kelley has served for 2 years, Al Grotz also 2 years, Barney Adams served 1 year, and P.J. Mitchell served this past year, but has been a director in previous years.

## WEST TEXAS RUNNING CLUB'S SIXTH ANNUAL SHALLOWATER STAMPEDE TWO MILE AND 10K ROADRACES September 10, 1994, Shallowater, Texas

### 10K OVERALL RESULTS

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	10K	PACE	PERF
1	BRETT PEIKERT	LUBBOCK	26	M	1	M2029	34:49	5:36	792
2	JEFFREY JURY	LUBBOCK	33	M	1	M3034	36:13	5:50	761
3	JAMES BODDY JR	LUBBOCK	24	M	2	M2029	36:36	5:54	753
4	JAMES LESER	LUBBOCK	47	M	1	M4549	37:33	6:03	734
5	MARJORY STEWART	LUBBOCK	35	F	1	F3539	37:48	6:05	729
6	FRANK SUMPTER	LAMESA	40	M	1	M4044	38:18	6:10	720
7	ROBERT GUJARDO	LEVELLAND	51	M	1	M5054	40:47	6:34	676
8	ROGER LOPEZ	LUBBOCK	38	M	1	M3539	40:49	6:34	675
9	LAWRENCE NELSON	LUBBOCK	22	M	3	M2029	41:10	6:38	670
10	DOUG MICHALIK	AUSTIN	33	M	2	M3034	41:42	6:43	661
11	AL GARDNER	LEVELLAND	38	M	2	M3539	42:02	6:46	656
12	DAVID HIGGINS	LUBBOCK	42	M	2	M4044	42:31	6:51	648
13	DON SANDERSON	TULIA	64	M	1	M6099	43:29	7:00	634
14	KEITH YAKTUS	LUBBOCK	35	M	3	M3539	43:52	7:04	628
15	JOE POST	LUBBOCK	45	M	2	M4549	44:07	7:06	625
16	GEORGE RAYMONS	LUBBOCK	46	M	3	M4549	44:22	7:09	621
17	STEVE NIEMAN	SHALLOWATER	39	M	4	M3539	44:23	7:09	621
18	FRANK GOODMAN	LITTLEFIELD	47	M	4	M4549	45:05	7:15	611
19	BILL ROGER	LEVELLAND	55	M	1	M5559	45:06	7:16	611
20	KAREN HAGNER	LUBBOCK	35	F	2	F3539	46:28	7:29	593
21	MARK JENNINGS	LUBBOCK	38	M	5	M3539	46:41	7:31	590
22	CHUCK JOHNSON	LUBBOCK	36	M	6	M3539	47:02	7:34	586
23	JIMMIE KEY	LUBBOCK	57	M	2	M5559	47:11	7:36	584
24	DAVID LIGHTNER	LUBBOCK	45	M	5	M4549	47:38	7:40	579
25	RANDY BONDS	LUBBOCK	41	M	3	M4044	47:49	7:42	576
26	THOMAS WORD	LUBBOCK	57	M	3	M5559	48:01	7:44	574
27	JOHN STALCUP	LUBBOCK	61	M	2	M6099	49:12	7:55	560
28	JOHN OMDAHL	LUBBOCK	48	M	6	M4549	49:28	7:58	557
29	CHRIS SCOTT	LUBBOCK	30	M	3	M3034	50:52	8:11	542
30	DEBBIE MARTIN	SHALLOWATER	43	F	1	F4044	51:13	8:15	538
31	MATTHEW GALLEGOS	LUBBOCK	40	M	4	M4044	51:20	8:16	537
32	JAMES LIVERMORE	LUBBOCK	47	M	7	M4549	51:24	8:17	536
33	MIKE VACCA, Jr.	LUBBOCK	38	M	7	M3539	51:56	8:22	531
34	MIKE VACCA, Sr.	TARPON SPRGS, FL	58	M	4	M5559	52:32	8:27	525
35	IVAN APPLETON	HALE CENTER	45	M	8	M4549	52:33	8:28	524
36	GREG BROWN	LUBBOCK	30	M	4	M3034	53:07	8:33	519
37	MELODIE MACLEAN	LUBBOCK	48	F	1	F4599	56:33	9:06	487
38	CHERIE BANKEN	LUBBOCK	33	F	1	F3034	1:00:29	9:44	456

WEST TEXAS RUNNING CLUB'S  
SIXTH ANNUAL SHALLOWATER STAMPEDE

PLACE NAME	TOWN	AGE	S	DIV	PLACE	2 MILE PACE	PACE	Perf
2 MILE OVERALL RESULTS								
1 RANDY WOLCOTT	LUBBOCK	38 M	1	M3539	11:43	5:52	7:00	----
2 JIMMY SAMARRON	LEVELL	39 M	2	M3539	11:49	5:55	6:54	----
3 TOMMY PARRISH	LUBBOCK	37 M	3	M3539	12:31	6:16	6:56	----
4 JOE GOMEZ	LUBBOCK	50 M	1	M5054	12:58	6:29	6:33	----
5 JIM HAYNES	MULESHOE	48 M	1	M4549	13:09	6:35	6:24	----
6 CHERYL WEBER	LUBBOCK	41 F	1	F4044	14:04	7:02	5:83	----
7 JENNA WOLCOTT	LUBBOCK	32 F	1	F3034	14:37	7:19	5:61	----
8 DAN BROWN	LUBBOCK	42 M	1	M4044	15:10	7:35	5:41	----
9 DONALD ROBERTS	SHALLOWATER	39 M	4	M3539	15:11	7:36	5:40	----
10 RANDY ROBBINS	LUBBOCK	25 M	1	M2029	15:13	7:37	5:39	----
11 JOHN SCOTT	LUBBOCK	51 M	2	M5054	15:45	7:53	5:21	----
12 JOSIE ALEMAN	LUBBOCK	43 F	2	F4044	15:48	7:54	5:19	----
13 TINA KING	SHALLOWATER	15 F	1	F0115	15:58	7:59	5:14	----
14 FELIX ZUNIGA	LUBBOCK	49 M	2	M4549	17:21	8:41	4:73	----
15 BO MINNIS	LUBBOCK	52 M	3	M5054	18:29	9:15	4:44	----
16 DONNA PACHECO	LUBBOCK	9 F	2	F0115	18:49	9:25	4:36	----
17 TONY ALEMAN	LUBBOCK	45 M	3	M4549	18:51	9:26	4:35	----
18 BRANDI PACHECO	LUBBOCK	8 F	3	F0115	23:42	11:51	3:46	----
19 MARY KRENEK	LUBBOCK	36 F	1	F3539	23:43	11:52	3:46	----

SHALLOWATER STAMPEDE  
RACE DIRECTOR'S REPORT

We had a break from summer's heat just in time for the annual Shallowater Stampede Races on September 10. The overcast skies and slightly chilly temperatures provided excellent running conditions. This was my first attempt at being a race director and I truly appreciate those of you who were so patient with my many, many questions!! So many of you went the "extra mile" to ensure the success of this race. Helping before, during and after the race were: Larry Byrd, George Jury, Jim Leser, Rick Sybert, Frank Cooke, Joe Martinez, Eva Martinez, P. J. Mitchell, Ida Sumpter, Bill Roger, Mike Kelley, Bob Bernero, David Skelton, Bill Harn, Larry Reno, Paula Reno, and James Bone. I also recruited my family as first time race volunteers--thanks to Sheri, Dustin and Daren Oakeley.

There were 58 entrants over-all in the two distances combined. With the Duke City Marathon taking place this same week-end, I was extremely pleased with how many of you chose to stick close to home to participate in these races.

The overall male and female finishers in the two mile were: Randy Wolcott with an 11:43 and Cheryl Weber with a 14:04. Overall 10K winners were: Brett Peikert at 34:49 and Marjory Stewart with a 37:48. Thanks again to all of you who helped in any way. I'm looking forward to next year.

Dwayne Oakeley

W.T.R.C. 1994 CHALLENGE SERIES  
STANDINGS AFTER NINE EVENTS

30 - 34 MALE			40 - 44 MALE			55 - 59 MALE			45 + FEMALE		
PTS	MILES	EVT.	PTS	MILES	EVT.	PTS	MILES	EVT.	PTS	MILES	EVT.
68	75.5	9**	68	75.5	9**	68	75.5	9**	68	75.5	9**
46	51.1	6*	46	51.1	6*	46	51.1	6*	46	51.1	6*
36	25.4	4	36	25.4	4	36	25.4	4	36	25.4	4
31	39.1	5	31	39.1	5	31	39.1	5	31	39.1	5
25	21.1	3	25	21.1	3	25	21.1	3	25	21.1	3
18	13.0	3	18	13.0	3	18	13.0	3	18	13.0	3
17	10.2	2	17	10.2	2	17	10.2	2	17	10.2	2
10	5.0	1	10	5.0	1	10	5.0	1	10	5.0	1
7	4.0	1	7	4.0	1	7	4.0	1	7	4.0	1
35 - 39 MALE			45 - 49 MALE			35 - 39 FEMALE			40 - 44 FEMALE		
86	44.2	9	86	44.2	9	86	44.2	9	86	44.2	9
68	68.5	9*	68	68.5	9*	68	68.5	9*	68	68.5	9*
58	45.6	9	58	45.6	9	58	45.6	9	58	45.6	9
43	47.3	6	43	47.3	6	43	47.3	6	43	47.3	6
36	61.6	9**	36	61.6	9**	36	61.6	9**	36	61.6	9**
33	52.8	7**	33	52.8	7**	33	52.8	7**	33	52.8	7**
26	30.3	3	26	30.3	3	26	30.3	3	26	30.3	3
18	40.2	5*	18	40.2	5*	18	40.2	5*	18	40.2	5*
17	23.0	4	17	23.0	4	17	23.0	4	17	23.0	4
17	15.2	3*	17	15.2	3*	17	15.2	3*	17	15.2	3*
16	30.1	4	16	30.1	4	16	30.1	4	16	30.1	4
16	11.0	3	16	11.0	3	16	11.0	3	16	11.0	3
7	4.0	1	7	4.0	1	7	4.0	1	7	4.0	1
6	30.1	4*	6	30.1	4*	6	30.1	4*	6	30.1	4*
6	10.2	2*	6	10.2	2*	6	10.2	2*	6	10.2	2*
4	6.2	1	4	6.2	1	4	6.2	1	4	6.2	1
2	6.2	1	2	6.2	1	2	6.2	1	2	6.2	1
0	27.4	4*	0	27.4	4*	0	27.4	4*	0	27.4	4*
20 - 29 MALE			30 - 34 FEMALE			35 - 39 FEMALE			40 - 44 FEMALE		
46	45.1	6	46	45.1	6	46	45.1	6	46	45.1	6
36	41.4	7*	36	41.4	7*	36	41.4	7*	36	41.4	7*
28	17.2	3	28	17.2	3	28	17.2	3	28	17.2	3
26	14.2	3	26	14.2	3	26	14.2	3	26	14.2	3
10	4.0	1	10	4.0	1	10	4.0	1	10	4.0	1
0	12.0	2*	0	12.0	2*	0	12.0	2*	0	12.0	2*
50 - 54 MALE			0 - 19 MALE			20 - 29 FEMALE			30 - 34 FEMALE		
60	42.4	7*	60	42.4	7*	60	42.4	7*	60	42.4	7*
59	62.3	8	59	62.3	8	59	62.3	8	59	62.3	8
58	20.0	7	58	20.0	7	58	20.0	7	58	20.0	7
44	56.1	7*	44	56.1	7*	44	56.1	7*	44	56.1	7*
41	63.5	8*	41	63.5	8*	41	63.5	8*	41	63.5	8*
38	60.2	6**	38	60.2	6**	38	60.2	6**	38	60.2	6**
32	51.4	8*	32	51.4	8*	32	51.4	8*	32	51.4	8*
31	17.0	5	31	17.0	5	31	17.0	5	31	17.0	5
26	13.0	3	26	13.0	3	26	13.0	3	26	13.0	3
14	22.1	3*	14	22.1	3*	14	22.1	3*	14	22.1	3*
10	6.2	1	10	6.2	1	10	6.2	1	10	6.2	1
8	2.0	1	8	2.0	1	8	2.0	1	8	2.0	1
0	56.1	7*	0	56.1	7*	0	56.1	7*	0	56.1	7*
40 - 44 FEMALE			60 - 99 MALE			35 - 39 FEMALE			45 + FEMALE		
60	38.2	6	60	38.2	6	60	38.2	6	60	38.2	6
52	53.5	5*	52	53.5	5*	52	53.5	5*	52	53.5	5*
36	39.3	3	36	39.3	3	36	39.3	3	36	39.3	3
9	4.0	1	9	4.0	1	9	4.0	1	9	4.0	1
55 - 59 MALE			60 - 99 FEMALE			35 - 39 FEMALE			45 + FEMALE		
76	74.7	9**	76	74.7	9**	76	74.7	9**	76	74.7	9**
28	19.0	3	28	19.0	3	28	19.0	3	28	19.0	3
26	12.0	3	26	12.0	3	26	12.0	3	26	12.0	3
9	5.0	1	9	5.0	1	9	5.0	1	9	5.0	1
0	68.5	9*	0	68.5	9*	0	68.5	9*	0	68.5	9*
45 + FEMALE			60 - 99 FEMALE			35 - 39 FEMALE			45 + FEMALE		
50	58.5	8**	50	58.5	8**	50	58.5	8**	50	58.5	8**
27	47.3	7*	27	47.3	7*	27	47.3	7*	27	47.3	7*
3	15.2	3	3	15.2	3	3	15.2	3	3	15.2	3
** = RACE DIRECTORS			* = VOLUNTEER			** = RACE DIRECTORS			* = VOLUNTEER		

## LESER'S LINES PIKES PEAK OR BUST

Lubbock club members Joe Martinez, Jerry Wright, Weldon Kolb and Jim Leser, along with club member Carlos Vigil of Austin, returned with stories to tell from the 39th Pikes Peak Ascent and Marathon Races held in Manitou Springs, Colorado on the 20th and 21st. Weldon went up on his own while the others traveled together. The winning time for the ascent was 2:09 by course record holder Matt Carpenter. The marathon was won by Mexico's Martin Rodriguez in 3:35. Can you believe these times? It must be almost a free fall coming back down to do such a fast round trip! Approximately 1800 ran the Ascent with 1550 finishing. Nine hundred started the marathon with about 650 finishing. And there were an incredible number of really tough women in these races--450 finishing the ascent. And, of course, Arkansas had their contingent on hand--almost 200 strong from their Pike's Peak Marathon Society. They even carried their flag to the top. "Wooooooo, pig! Soooiiiiiiiiiiiiiiiiiiii!"

Both Jerry and Joe ran the Ascent, a tough 13.4 mile run up Barr Trail from Manitou Springs (elevation 6,336 feet) that finishes in the rocks at the summit at 14,110 feet. Both the Ascent and Marathon races were filled up, preventing some other club members from participating at the last minute. Better luck next time fellas--register early. Joe's registration delay because of knee problems, prevented him from getting a number, but a very understanding race director gave permission for him to run anyway. Carlos and I drove to the top finish line to watch the race and pick up Joe and Jerry when they finished. Jerry's time was 4:15 and Joe's was 4:19. Joe even got a personal congratulations from the race director after his finish. Both runners were very pleased with their accomplishment as well they should be! It is tough scrambling through the rocks during the last four miles, above 11,500 feet, where there is only 1/3 the oxygen of sea level air. Pretty good for flatlanders! Feelings of sleepiness, tiredness, dizziness and nausea--accompanied by headaches can be pretty tough handicaps when running any kind of race. Picture being drunk and having a hangover at the same time.

Weldon, Carlos and I opted to run the marathon, even after listening to all the "war stories" from Joe and Jerry. While going up was a very hard effort, running down just about "killed" my legs. It is sort of fun in a goofy kind of way. You run down a steep, rocky, narrow trail--leaping from one rock to another, while dodging upward bound runners as they yell, "Runner"--a warning to other uphill runners. Carlos finished in 5:51 and I crossed the finish line in 5:30. George Jury and family were even there to cheer us on while vacationing in Colorado. Thanks George! And, of course, Joe and Jerry were also there to cheer us on. We came back to the finish line after a shower to get our times as runners continued to cross the line even after 8 and 9 hours. It had started raining by this time. A 69 year old man came in with a dislocated shoulder and another with a broken ankle. Talk about dedication--or is this obsession?

Weldon unfortunately had a tough time of it. He got a severe case of altitude sickness once he left timberline and felt like he had drunk a whole bottle of whisky. He was dizzy, weak and nauseous until turning back to a lower elevation at tree line. Weldon is determined to master the peak and plans to try again next year. Good luck! While I am sure Weldon is disappointed, he should still be proud of his attempt. Not many people have run this rough marathon--and Weldon only missed the top by one mile.

We all had a fantastic time. The races were well organized with plenty of volunteers. Weather at least during our course time was great--60 degrees F at the start, 40 degrees F at the top and 70 degrees F at the finish. The trip provided for lots of camaraderie, and a chance to view great scenery. We got great T-shirts and finisher's medals and earned bragging rights for running the toughest marathon or half marathon in America. Would we go back and do it again? You bet! Are we ready to go now? Well, the Ascent runners appeared to come out of their ordeal in much better shape than the marathoners. My quads and calves were especially sore for days following this race. I believe we are all ready to set another PR next time now that we know the ropes. We've got great photos and we are certainly willing to show these off. Just ask.

Jim Leser

## W.T.R.C. NEWS & NOTES

### SENIOR SPORTS CLASSIC 5K ROAD RACE RESULTS

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Gary Schmidt	57	M	20:22	1st	55-59
02	Robert Guajardo	51	M	20:51	1st	50-54
03	Joe Gomez	51	M	21:17	2nd	50-54
04	Larry Byrd	53	M	22:09	3rd	50-54
05	Jim Horton, Dallas	53	M	22:43	4th	50-54
06	Bill Roger	55	M	22:58	2nd	55-59
07	John Stalcup	61	M	25:04	1st	60-64
08	Larry Sava	50	M	33:20	5th	50-54

### 10K ROAD RACE RESULTS

01	Wesley Sutton	52	M	45:31	1st	50-54
02	Ron Hillis	50	M	NTA	2nd	50-54
03	Hugh Haynes	62	M	57:02	1st	60-64
04	James Bone	55	M	60:23	1st	55-59

Club members helping to put on this road race were Brenda Campbell, Carolyn Miller, P. J. Mitchell and George Jury.

### LEE TROOP, SOUTH PLAINS COLLEGE

Perhaps the 30:40 time turned in by Lee Troop at the July 23, Achilles 10K Run in Mackenzie Park, caught your eye, as it should have. This is the fastest 10K time turned in locally since Red Cloud's 31:29 at the 1984 RRRR. Not only is this course difficult because of the hills, it also had three sharp turn-arounds. This feat comes as no surprise because in March, Lee won the prestigious Texas Relays 10,000 meter track event with a 29:31 on a Thursday, and on the following Sunday won the Capitol 10,000 with a 30:58. Lee is a native of Australia and is the latest of many recent talented foreign athletes to attend local colleges.

### AT THE RACES

At the Comanche Warrior Triathlon in Big Spring, July 31, Tim Key was the Overall Winner with a time of 1:27:32. Other club participants were Dennis Bell, 10th, 1:40:34, Jeffrey Jury, 12th, 1:41:24, Karen Hagner, 16th (2nd Overall Woman) 1:44:33, Robbie Timberlake, 22nd, 1:47:56, Mike Greer, 53rd, 2:05:42.

Also, on July 30, Dwayne Oakeley ran in the Raton Fun Run, which was a 6.6 mile race at 6,666' elevation, run up and down hills of the city of Raton, New Mexico.

## W.T.R.C. NEWS & NOTES

### MORE "AT THE RACES"

At the Prude Ranch Races, August 7, Frank Sumpter, Sr. was the Overall Winner of the 5K with 18:09. Carla Warden ran a 51:31, Joe Naylor ran a 57:30 in the 10K, and Sue Johns ran a 64:35.

Jeffrey Jury was 22nd out of 146 at the BIG J SUN HEALTHCARE DUATHLON near Albuquerque, NM, on August 28th.

Three club members will be going to THE IRONMAN TRIATHLON in Kona, Hawaii, on October 15th. Tim Key was able to qualify with a fine effort at Ventura, Ca. and Mike Greer and Robby Timberlake were winners of lottery picks.

### THE BOSTON MARATHON 1996

The 100th BOSTON MARATHON will be run April 15, 1996. In order to qualify, a runner must have met the current age group standards by running on a USA T&F sanctioned (Certified) course between October 1, 1994 and December 31, 1995. There will be an open division for those who cannot meet the age group standards. Picks will be made by lottery depending on the space available in the limited field. For more information, contact Jim Leser.

### NEWSLETTER INPUT

The editor appreciates the contributions of my fellow members to the newsletter and this month I want to thank Joe Post for another of his poems which I have placed on page 10. This poem won Joe a second place in a recent writing contest. Joe has shared several poems and some games or puzzles about running in the past and although this one is not about running, I thoroughly enjoyed it and hope you do also.

Also I want to thank Carolyn Miller for doing the work on the title page inside the front cover.

### MOST IMPROVEMENT CATEGORY

The most improved runner standings after 9 races are as follows: 1) Trey Jarnigan +32, 2) Jenna Wolcott +27, 3) Keith Yaktus +26, 4) Randy Wolcott +23, 5) Bill Roger, Sr. +23, 6) Richard Bray +15, 7) Jeffrey Jury +14, 8) Frank Goodman +12, 9) Chuck Johnson +11, 10) Roger Lopez, Jr. +9.

### THE CHALLENGE SERIES

Volunteers are needed to stage the next two races. To help at the October 8th race, call Ron Key and to help at the BUFFALO WALOW, November 12th, call George Jury.

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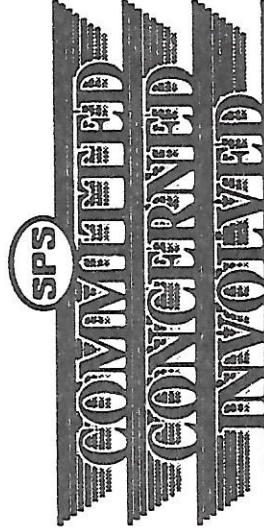


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## W. T. R. C. MEMBER CONTRIBUTION

### SOMETHING IN THE WIND

By Joe Post

There was something in the wind last night  
 that blew from long ago.  
 It took me by complete surprise,  
 for I never thought I'd know  
 again the scent of honeysuckle,  
 or how the springtime wind  
 smelled sweet and clean off watered lawns,  
 the way it did back then;  
 or how the smell of summer dawns,  
 damp with morning dew,  
 made everything seem untouched and green,  
 and life feel fresh and new.  
 And with every scent came a memory,  
 a light that brightly shined,  
 on singular scenes and vignettes  
 old fragrances brought to mind.

And in the wind too were echoes  
 of a well remembered sound,  
 the rumbling of the Santa Fe  
 that seemed to shake the ground  
 as it rushed on through the darkness,  
 and I always stayed awake  
 until I'd heard the whoosh of its wheels,  
 and felt my bedroom shake;  
 and heard its horn's plaintive moan  
 crescendo to its height,  
 listening 'til it grew so faint  
 that all I could hear was the night,  
 'til the chorus of cicadas  
 began its somnolent hum,  
 hypnotic as a monastic hymn  
 chanted 'til sleep would come.

And soon the night became a dream  
 of the essence and the sound  
 of golden moments tied by time  
 with memories wrapped around.  
 Each one was filled with laughter;  
 each one was filled with tears;  
 each one was filled with feelings  
 now ransomed from the years.

There was something in the wind last night  
 I'd first felt long before.  
 Since then I'd feared it came but once,  
 then died forevermore.  
 Instead, its rather like the wind,  
 often still, sometimes strong,  
 felt only when it holds you back,  
 or pushes you along.

## WEST TEXAS RUNNING CLUB'S

### "PREDICT YOUR TIME"

#### 5K RACE

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

**WHEN:** SATURDAY, OCTOBER 8, 1994  
 REGISTRATION: 7:00 to 7:45 A.M.  
 RACE START: 8:00 A.M.

**WHERE:** MACKENZIE STATE PARK  
 Start and Finish at the "OUTDOOR CENTER"  
 North of Broadway in Lubbock

**COURSE:** ASPHALT ROAD, OUT AND BACK, A FEW  
 HILLS

**AWARDS:** CASH PRIZES WILL BE GIVEN TO THE FIRST  
 15 MEN AND THE FIRST 10 WOMEN GETTING  
 CLOSEST TO THEIR PRE-RACE PREDICTED  
 TIMES

\$15 to the first Male and Female  
 decreasing to \$1 for the 15th Male and  
 \$6 for the 10th Female

#### CHALLENGE SERIES POINTS

WILL STILL BE CALCULATED USING THE  
 STANDARD AGE GROUPINGS

**ENTRY FEE:** W.T.R.C. MEMBERS \$5.00  
 OTHERS \$6.00

**RACE DIRECTOR:** RONALD F. KEY  
 Office 747-4678, Home 792-9280

**NOTICE:** For this event, wearing a watch will  
 disqualify a runner for the awards!

Note: The LISD INVITATIONAL CROSS COUNTRY MEET  
 will be going on at nearby MAE SIMMONS PARK, so  
 take advantage of this opportunity to watch the  
 young competitors after this race.