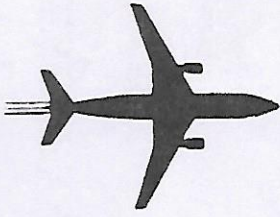


# CALENDAR

\* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- APR. 1 **THE RACE FOR KIDS:** Open 5K & Children's 1 Mi., 9 A.M. Memorial Circle TTU Campus, Marjory Stewart, Race Director, 792-1085(N)
- \* APR. 8 **FLIGHT LINE RACES:** REESE AFB, 9 A.M., 2 Mile, 10K, **Half-Marathon**, Ken McEachern, Race Director, 792-2639
- APR. 22 **ROARING SPRINGS SPLASH & DASH:** Roaring Springs, 10K & 2 Mile, 9 A.M., Joey Thacker, Race Director, 348-7560
- APR. 29 **RUN FOR THE ARTS:** Lubbock, 9 A.M., 15K and 2 Mile, Children's One Mile, Sue Perry, 795-0842
- MAY 6 **RUN FOR THE ARTS:** Midland, FMI, Berry Simpson, 1-915-689-0646
- \* MAY 13 **HORSESHOE BEND SPRING FROLIC:** 9 A.M., N. of Slaton, 11, 6 & 2 Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- MAY 27 **LONESTAR PAPERCHASE:** Amarillo, Marathon, Half-Marathon, 10K & 2 Mile; Mike Flores, Race Director, 1-806-374-0446
- MAY 28 **IT'S SO EASY DUATHLON and 5K RUN:** BUDDY HOLLY PARK, Lubbock, RUN; 8 A.M., DUATHLON 9 A.M., 5K Run, 30K Bike, 5K Run, Kevin Lair, Race Director, 748-1616
- \* JUNE 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 9 A.M., 10K and 2 Mile, Bill Roger, Race Director, 894-79
- JUNE 25 **BUFFALO SPRINGS LAKE TRIATHLON:** IRONMAN QUALIFIER, 7:30 A.M., 2 Mi Swim 56 Mi. Bike, 13.1 Mi. Run, Mike Greer, 796-8213
- \* JULY 4 **26th ANNUAL FIRECRACKER RUN:** Brownfield, 8:00 A.M., 10 Mile and 3 Mile, 1 Mile Children's Run, Jim Leser, RD, 744-2474
- JULY 15 **CELEBRATE SEAGRAVES RUN:** Seagraves, 10K and 3 Mile, 8 A.M., Jim Pillow, 1-546-2171
- JULY 29 **HICO OLD SETTLERS 5K RUN:** Hico, 8:30 A.M., \$9 early, \$13 late. Sherill Johnson, 1-817-796-4785
- AUG. 6 **PRUDE RANCH RACES:** Ft. Davis, Half-Marathon, 10K, 5K, Johnny Lemmons, 1-915-366-4947

Calendar continued, page 8



12-31-95

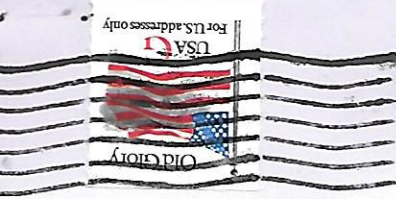
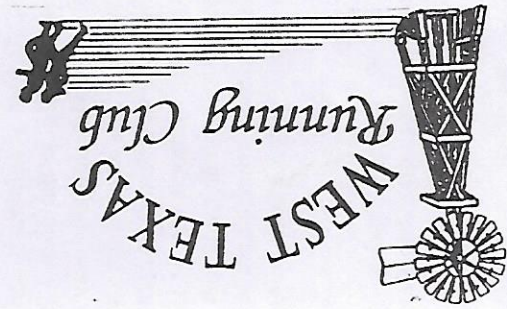
Robert L. Bernero  
3031-55th Street  
Lubbock, TX. 79413



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
APRIL 1995



FLIGHT LINE RACES  
REESE AIR FORCE BASE  
9 A.M., April 8, 1995  
Details inside back Cover



# 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 - Ronald Key

(H) 794-5833 (O) 747-4678

*W.T.R.C RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH.*

W.T.R.C. The April Business Meeting will be held at 5517 74th St. on April 11th, 1995

## MEMBERSHIP RENEWAL

Even though our membership year ends with December, we still have quite a number who have not renewed, so the board voted to extend one more invitation with this newsletter to those of you who have procrastinated. A renewal form is inserted in the newsletter of those with "12-31-94" on your mailing label.

Why should you maintain membership in W.T.R.C.? Our newsletter is about the only reliable source of information about long distance running in the area. We would hope that you would want to keep up with what your friends are doing by way of the newsletter. Our membership fee is lower than most running clubs around the state and this fee barely covers the cost of producing and mailing the newsletter. Another benefit as we mentioned last month is the calendar of events. Club members pay \$1 less for race entry fees as well. Another feature for large family memberships is that a maximum of \$10 is paid for a family who enters the monthly club races when all are paid up. As you can see from the form, additional family members only pay \$2 extra in dues annually.

It is possible that we have received a renewal but have failed to update our records. If the expiration date on the mailing label is not correct, please give Ron Key a call at 747-4678 during the day.

# WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN MARCH 11, 1995 LUBBOCK, TEXAS

## OVERALL RESULTS

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	TIME	PAGE	PERF
1	JAY TRUITT	LOVINGTON	17	M	1	M1619	22:49	5:42	754
2	JAMES BODDY	LUBBOCK	25	M	1	M2029	23:20	5:50	738
3	KEN WOODY	MIDLAND	38	M	1	M3539	23:37	5:54	729
4	RAY MAJOR	PLAINVIEW	34	M	1	M3034	24:03	6:01	716
5	JIM LESER	LUBBOCK	48	M	1	M4549	24:20	6:05	707
6	MIKE FLORES	AMARILLO	38	M	2	M3539	24:40	6:10	698
7	JASON WILLIAMS	LUBBOCK	18	M	2	M1619	24:52	6:13	692
8	FRANK SUMPTER, Sr.	LAMESA	41	M	1	M4044	24:57	6:14	690
9	JIMMY SAMARRON	LEVELLAND	40	M	2	M4044	25:01	6:15	688
10	BRANDON McDANIEL	HOBBS	15	M	1	M0115	25:20	6:20	679
11	MARJORY STEWART	LUBBOCK	36	F	1	F3539	25:24	6:21	678
12	SEBASTIAN RAMOS	LUBBOCK	15	M	2	M0115	25:34	6:24	673
13	SHANNON ANDERSON	LUBBOCK	23	M	2	M2029	25:41	6:25	670
14	DENNIS BELL	LUBBOCK	34	M	2	M3034	25:45	6:26	668
15	RUSSELL REYES	LEVELLAND	17	M	3	M1619	25:56	6:29	664
16	ROBERT GUJARDO	LEVELLAND	52	M	1	M5054	26:04	6:31	660
17	GEORGE JURY	LUBBOCK	58	M	1	M5559	26:14	6:34	656
18	AL GARDNER	LEVELLAND	38	M	3	M3539	26:15	6:34	656
19	CHRIS LONNGREN	LUBBOCK	35	M	4	M3539	26:35	6:39	647
20	RICHARD FISCHENICH	LUBBOCK	47	M	2	M4549	27:19	6:50	630
21	BILL HARN	LUBBOCK	40	M	3	M4044	27:24	6:51	628
22	JESSIE HILLIARD	LUBBOCK	29	M	3	M2029	27:33	6:53	625
23	ROGER LOPEZ, Jr.	LUBBOCK	38	M	5	M3539	27:38	6:55	623
24	RICK SYPERT	LUBBOCK	39	M	6	M3539	27:46	6:57	620
25	VIRGIL WALKER	LUBBOCK	24	M	4	M2029	28:08	7:02	612
26	DAVID HIGGINS	LUBBOCK	42	M	4	M4044	28:15	7:04	609
27	JOE GOMEZ	LUBBOCK	51	M	2	M5054	28:40	7:10	600
28	BRIAN WILLIAMS	LUBBOCK	15	M	3	M0115	28:47	7:12	598
29	RANDY WOLCOTT	LUBBOCK	38	M	7	M3539	29:17	7:19	588
30	TOMMY PARRISH	LUBBOCK	38	M	8	M3539	29:23	7:21	586
31	ED DABROWSKI	EARTH	37	M	9	M3539	29:23	7:21	586
32	LARRY BYRD	LUBBOCK	53	M	3	M5054	29:30	7:23	583
33	RONNIE NUGENT	LUBBOCK	48	M	3	M4549	29:36	7:24	581
34	MICAH BLALOCK	LUBBOCK	35	M	10	M3539	29:48	7:27	578
35	DAVID LIGHTNER	LUBBOCK	45	M	4	M4549	30:19	7:35	568
36	MICKEY DAVIS	LUBBOCK	38	M	11	M3539	30:40	7:40	561
37	HOPE JIMENEZ	LAMESA	11	F	1	F0115	30:47	7:42	559
38	CECILIO SANTANA	LOVINGTON	40	M	5	M4044	30:56	7:44	556
39	PEG MCKILLIP	MIDLAND	41	F	1	F4044	31:13	7:48	551
40	KAREN HAGNER	LUBBOCK	36	F	2	F3539	31:13	7:48	551
41	JOHN STALCUP	LUBBOCK	61	M	1	M6099	31:14	7:49	551
42	BOB BERNERO	LUBBOCK	52	M	4	M5054	32:16	8:04	533

PRAIRIE DOG TOWN 4 MILE OVERALL RESULTS (cont.)

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	TIME	PACE	PERF
43	KEN MCEACHERN	LUBBOCK	54	M	5	M5054	32:17	8:04	533
44	JAMES BONE	LUBBOCK	55	M	2	M5559	32:56	8:14	523
45	RICHARD BRAY	LUBBOCK	50	M	6	M5054	33:00	8:15	522
46	CHRISTIE HODGE	LUBBOCK	24	F	1	F2029	33:09	8:17	519
47	CHADD LOWE	LUBBOCK	14	M	4	M0115	33:25	8:21	515
48	P. J. MITCHELL	LUBBOCK	50	F	1	F5099	33:30	8:23	514
49	CARLA WARDEN	MIDLAND	35	F	3	F3539	34:37	8:39	497
50	IVAN APPLETEON	HALE CENTER	45	M	5	M4549	34:53	8:43	493
51	JOANNA GUAJARDO	ABERNATHY	21	F	2	F2029	35:13	8:48	489
52	MATT LANE	LUBBOCK	25	M	5	M2029	35:52	8:58	480
53	JOSIE ALEMAN	LUBBOCK	43	F	2	F4044	35:58	9:00	479
54	ETTA MAYER	LUBBOCK	45	F	1	F4549	36:18	9:05	474
55	GLEN LOWE	LUBBOCK	39	M	12	M3539	36:50	9:13	467
56	VICKI FISCHENICH	LUBBOCK	29	F	3	F2029	37:58	9:30	453
57	ANDY CORRERO	LUBBOCK	33	M	3	M3034	38:31	9:38	447
58	YVONNE CORRERO	LUBBOCK	31	F	1	F3034	38:31	9:38	447
59	THERESA MAREZ	ABERNATHY	45	F	2	F4549	38:53	9:43	443
60	BO MINNIS	LUBBOCK	53	M	7	M5054	41:55	10:29	411
61	MOLLY SANTESE	LUBBOCK	32	F	2	F3034	44:32	11:08	386
62	KRYSTLE LOWE	LUBBOCK	12	F	2	F0115	45:01	11:15	382
63	IAN STEWART	LUBBOCK	6	M	5	M0115	45:20	11:20	380
64	MARGARITA JIMENEZ	LAMESA	5	F	3	F0115	45:57	11:29	375
65	MARSHA BENNETT	LUBBOCK	31	F	3	F3034	51:50	12:58	332
66	JOEY LONGLEY	LUBBOCK	12	M	6	M0115	56:39	14:10	304
67	JENNA WOLCOTT	LUBBOCK	31	F	4	F3034	57:00	14:15	302
68	TRACY BAUGH	LUBBOCK	33	F	5	F3034	1:03:33	15:53	271
69	MARILYN BREEDLOVE	LUBBOCK	37	F	4	F3539	1:03:34	15:54	271
70	BILL ORR	LUBBOCK	34	M	4	M3034	1:03:34	15:54	271
71	STEPHON BREEDLOVE	LUBBOCK	34	M	5	M3034	1:03:35	15:54	271

RACE DIRECTOR'S COMMENTS

Many thanks to our volunteers, Jim Wilhelm, Joe Post, Dwayne Oakeley, Jennifer Mosqueda, Helen Esquivel, Ron Key, Johnny Garza, Maurine Bray and Arden Key.



Challenge Series Standings After Three Events

MALE (19 & Under)	PTS	MILES	EVTS	MALE (40 - 44)	PTS	MILES	EVTS			
17 Jay Truitt	30	13	3	40 Jimmy Samarron	27	13	3			
14 Chadd Lowe	21	13	3	40 Bill Ham	18	17	3			
15 Chris Thomas	9	5	1	42 David Higgins	15	25	3			
13 Travis Perez	7	5	1	40 Mark Wagnon	15	13	2			
6 Ian Stewart	6	4	1	41 Frank Sumpter	10	9	2			
16 Trey Jimigan	5	5	1	43 Ken Jernigan	10	5	1			
<b>FEMALE (19 &amp; Under)</b>										
10 Hope Jimenez	29	13	3	40 Bob Finn	10	4	1			
11 Krystle Lowe	24	13	3	44 Jim Wilhelm	7	17	3			
5 Margarita Jimenez	21	13	3	40 Matt Gallegos	6	5	1			
15 Angela Welsh	10	5	1	<b>FEMALE (40 - 44)</b>						
12 Mary Lou Jimenez	7	5	1	43 Josie Aleman	26	13	3			
17 Bernice Nelson	6	5	1	41 Shirley Wigley	18	13	2			
<b>MALE (20 - 29)</b>										
25 James Boddy	19	8	2	44 Teresa Greer	10	13	2			
23 Shannon Anderson	18	17	3	<b>MALE (45 - 49)</b>						
28 Jesse Hilliard	13	9	2	48 Jim Leser	30	17	3			
27 Brett Peikert	10	4	1	47 Richard Fischnich	27	17	3			
28 Johnny Garza	8	9	2	45 David Lightner	23	17	3			
22 Lawrence Nelson	6	5	1	48 Ronnie Nugent	22	17	3			
<b>FEMALE (20 - 29)</b>										
29 Vicki Fischnich	18	8	2	46 Mike Kelly	14	9	2			
23 Julieanne Campbell	10	8	1	49 Jon Omdahl	6	13	2			
25 Dona Crompton	10	5	1	James Livermore	0	5	1			
<b>Helen Esquivel</b>										
<b>MALE (30 - 34)</b>										
34 Dennis Bell	27	17	3	Joe Post	0	4	1			
34 Jeffrey Jury	20	9	2	<b>FEMALE (45 - 49)</b>						
34 Ray Major	19	9	2	45 Etta Mayer	20	8	2			
33 Rey Trevino	9	4	1	45 Theresa Marez	9	4	1			
<b>FEMALE (30 - 34)</b>										
33 Jenna Wolcott	17	8	2	<b>MALE (50 - 54)</b>						
34 Kathy Kanikula	10	5	1	51 Joe Gomez	27	13	3			
32 Molly Santese	9	4	1	54 Ken McEachern	21	13	3			
31 Marsha Bennett	8	4	1	52 Robert Guajardo	20	17	3			
<b>Jennifer Mosqueda</b>										
<b>MALE (35 - 39)</b>										
35 Chris Lonngren	23	17	3	52 Bo Minnis	14	13	3			
39 Rick Syper	20	13	3	50 Richard Bray	13	18	3			
37 Brent Tidwell	20	9	2	51 Ron Key	10	13	2			
38 Al Gardner	17	9	2	53 Robert Russell	9	5	1			
38 Roger Lopez, Jr.	15	17	3	53 Larry Byrd	8	12	2			
38 Dwayne Oakeley	14	17	3	52 Bob Bernero	7	17	3			
35 Ronald Thoma	12	9	2	50 Rick Lampe	6	4	1			
37 Chuck Johnson	11	21	3	51 Johnny Scott	5	5	1			
38 Randy Wolcott	11	13	3	<b>FEMALE (50 - 99)</b>						
36 Bob Jackson	10	8	1	P.J. Mitchell	10	4	2			
39 Glenn Lowe	7	9	2	Maurine Bray	0	9	2			
37 Mickey Davis	6	13	2	<b>MALE (55 - 59)</b>						
35 Micah Blalock	4	9	2	58 George Jury	30	17	3			
38 Tommy Parrish	3	4	1	59 Arthur Onken	18	9	2			
37 Otto Spitz	2	5	1	55 James Bone	17	12	2			
<b>FEMALE (35 - 39)</b>										
36 Marjory Stewart	20	17	3	55 Bill Roger	9	8	1			
36 Michelle Jones	9	5	1	56 Mike Greer	9	5	1			
36 Karen Hagner	9	4	1	<b>MALE (60 - 99)</b>						
<b>Arden Key</b>										
61 John Stalcup								29	13	3
65 Don Sanderson								10	5	1
63 Hugh Haynes								8	5	1

\*\* Race Director  
\* Race Volunteer

## CLUB NEWS AND NOTES

### AT THE RACES

#### LAS VEGAS MARATHON

Carlos Vigil led club members in Las Vegas with a 3:18 time. Joe Martinez was attempting to better his fine Houston time, but began to have foot problems at the half way point, then the infrequent water stations and heat led to dehydration and he was just glad he could finish. Richard Fischenich posted a 3:44:50 and his wife Vickie completed her first marathon in 5:20 accompanied by Jenna Wolcott.

#### AUSTIN/MOTOROLA MARATHON

At Austin just 4 weeks after his Las Vegas trip, Carlos Vigil posted a 3:10, while P.J. Mitchell and James Bone went for the "fun" of it and to just complete the distance. In case no one noticed, Carlos has posted the following marathon times in a span of 4 months. WHITE ROCK; 3:22, HOUSTON; 3:12, LAS VEGAS, 3:18 and AUSTIN/MOTOROLA; 3:10. Congratulations, Carlos!!

#### COWTOWN MARATHON

At the COWTOWN MARATHON, Weldon Kolb was the top club member with a 3:24:31. New club members Troy Sikes and Barry Moss were next with 3:42:05 and 3:59:54. Johnny Scott was the 2nd place Big Person with a 5:49:39.

In the COWTOWN 10K, Mark Jennings posted a 46:11, James Livermore, 1:22:37 and Cheri Livermore walked a 1:38:32. (Thanks to Jon Omdahl for searching through 12,000 names to find these!)

At the "BLUE NORTHER DUATHLON" a 5K run, 14 Mile bike, 5K run in Seguin, March 5th, Jeffrey Jury turned in a 1:16:16 for fourth age group, Dennis Bell had a flat and still turned in a 1:25 and Jim Leser was 2nd in his age group with a 1:21:10.

### CHALLENGE SERIES REVISIONS

Larry Byrd is chairman of a committee to study the CHALLENGE SERIES and see if it can be improved. If you have any ideas on this, please give Larry a call at 832-4600. While on that subject, no one has volunteered to figure the "MOST IMPROVED RUNNER" category, so this feature will be abandoned. If anyone finds a discrepancy in the "standings" please give George Jury a call at 792-1237 in the evenings. Also if any of our newer members would like a copy of the CHALLENGE SERIES rules give George a call.

### VOLUNTEERS NEEDED FOR FLIGHT LINE RACES

Ken McEachern will need a great amount of help April 8th, so if you can't run or don't feel like it, give Ken a call at 792-2639 and insure that the racers have a good event.

### INJURY UPDATE

Johnny Martinez, one of our Achilles Track Club members, who was hit by a car January 10th, was recently released from the hospital and rehab and is now at home with a wrist still in a cast.

## ONE PERSON'S OPINION

From what I have read, the popular (non-running) media's reporting of Dr. Kenneth Cooper's latest book, THE ANTIOXIDANT REVOLUTION, has been misleading. Additionally, a February 1995 Running Times interview (basis for last month's newsletter article) does not focus on Cooper's main point. Cooper's previous books emphasized the importance of aerobic exercise as the foundation of any preventative medicine or wellness program. That basic recommendation has not changed. Yet, as more research has been conducted, it has become clear that an appropriate exercise prescription becomes more complicated--especially when you take into account exposure to free radical "triggers" such as overtraining.

Although some amount of free radical production is essential to the health and proper functioning of the human body, excess production may be damaging or even dangerous. Based on his clinical experience and study of scientific findings on this subject, excess production occurs when your heart rate exceeds 80% of your predicted maximum heart rate. This is the ceiling above which free radicals tend to be produced at excessive levels.

Cooper recommends lower-intensity exercise (to minimize the output of excess free radicals) as 65% to 80% your predicted maximal heart rate to obtain your target heart rate. He makes a specific antioxidant dosage recommendation for those who exercise at a level that is less than 80% of their predicted maximum heart rate or at a level below 50 fitness points per week.

Cooper states he himself prefers a higher level and degree of exercise intensity (more than 80% of the predicted maximum heart rate or at a level of 50 fitness points per week or higher). Above 50 weekly fitness points is the threshold that represents the level at which free radical activity tends to become excessive. In this instance, he makes a separate specific antioxidant dosage recommendation.

Cooper states that excessive antioxidant production may lead to cancer or heart disease. The June WTRC Levelland Lope is now named in honor of Bobby Birdsong. After years of running & triathloning, Bobby died of cancer in 1988. After years of running, John Harper died of heart disease in 1993. After years of running, James Livermore suffered a heart attack in 1994. All three long time WTRC members exercised for years above the ceiling and did not use vitamins as an antioxidant supplement. All three thought heavy exercise may have afforded some protection from an early death. However, as Cooper states, "But increasingly, I have come to believe that there may also be a link between overtraining and disease."

Cooper has altered both his view and behavior. He follows the second antioxidant dosage recommendation. Cooper's main point is that you should too.

I recommend that you READ the book and think for yourself. This is especially true for long time club members!

James Livermore

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**W.T.R.C. CALENDAR (The rest of the Year)**

- \* AUG. 12 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, 23rd and MLK BLVD. 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- AUG. 19 **WEST TEXAS SENIOR SPORTS CLASSIC:** (50+) 10K & 5K Roadraces, For information, call 767-2679
- \* SEPT 9 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 16 **HARVESTFEST 5K:** Wolfforth, 5K run, 1 Mile children's, 8 A.M. Rodney Hendrix, 745-7754
- SEPT 23 **ALLSUP'S ANNUAL FALL ROAD RACES:** Clovis, 5K, 10K, & Half Marathon, 505-769-2311 (Date Tentative)
- OCT. 1 **DUKE CITY MARATHON:** Albuquerque, Also 5K and Half Marathon, 1-505-890-1018
- OCT. 7 **Susan G. Komen RACE FOR THE CURE:** Lubbock, 5K For Women only Donna Armstrong, 792-1168, Details Later
- \* OCT. 14 **PREDICTED TIME 5K:** MACKENZIE STATE PARK, 8 A.M., James Bone, Race Director, 747-2448 (D) 792-8390 (N)
- OCT. 21 **RED RAIDER ROAD RACE:** TTU Campus, 10K and 5K Certified, 8 A.M. Bob Bernero, Race Director, 793-1667
- OCT. 28 **PUNKIN DAYS 5K:** Floydada, 9 A.M., Julianne Cornelius, Race Director, 983-2982
- \* NOV. 11 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 23 **W.T.R.C. TURKEY TROT:** Lubbock, Location TBA, 9 A.M., 10 MILE & 2 MILE, \$12, Joe Martinez, Race Director, 794-7355
- DEC. 2 **JINGLE BELL RUN:** 5K & 10K, 9 A.M., Location TBA, 795-0931
- DEC. 3 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- \* DEC. 9 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

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FLIGHT LINE RACES  
SINCE 1987  
WEST TEXAS RUNNING CLUB'S ANNUAL APRIL RACE  
COURSE RECORDS

## 2 MILE

NAME	AGE	TIME	YEAR
<b>MEN</b>			
<b>TOWN</b>			
Casey Sumpter	9	19:40	1994
Lamesa	19	11:02	1989
Lubbock	24	10:46	* 1987
Clarendon	34	10:59	1992
Lubbock	39	11:26	1993
Lamesa	40	11:38	1994
Lubbock	47	11:45	1994
Levelland	51	12:51	1994
Anton	56	14:44	1991
Lubbock	60	15:19	1994
<b>WOMEN</b>			
Lubbock	11	25:38	1994
Lubbock	18	13:30	* 1990
Lubbock	22	16:14	1993
Lubbock	34	13:58	1987
Lubbock	38	14:36	1990
Lubbock	47	18:16	1992

## 10 K

NAME	AGE	TIME	YEAR
<b>MEN</b>			
Brad Raven	20	38:14	1988
Theo Kurgat (LCU)	30	33:51	* 1993
Milt Brownfield	35	39:33	1988
Jimmy Samarron	38	38:21	1990
Bill Harn	38	38:21	1993
Paul Wilson	40	38:39	1994
Robert Guajardo	47	38:38	1990
George Jury	50	38:13	1987
Charles Thrasher	56	50:21	1987
Hugh Haynes	62	57:40	1994
Bob Smith	70	1:02:05	1990
<b>WOMEN</b>			
Yvette Wilson	19	50:00	1994
Sue Houle (Spitz)	25	42:05	* 1987
Cheryl Benoit	33	44:01	1987
Roberta Thompson	36	52:03	1990
Teresa Greer	43	49:42	1994
P.J. Mitchell	46	55:36	1991

## HALF MARATHON

NAME	AGE	TIME	YEAR
<b>MEN</b>			
Alfred Hinojosa	18	1:21:58	1992
Haffis Banire (LCU)	22	1:13:19	* 1994
Lolo Mercado	30	1:17:55	1990
Scott Brickerd	36	1:16:24	1989
Joe Post	40	1:31:53	1989
Robert Guajardo	48	1:27:41	1991
Gary Schmidt	53	1:25:52	1990
Bill Roger, Sr.	55	1:40:03	1994
Don Sanderson	64	1:41:24	1994
<b>WOMEN</b>			
Sue Houle (Spitz)	28	1:34:06	1990
Marjory Stewart	34	1:29:13	* 1993
Suzanne Grantham	38	1:45:01	1993
Barbara Vitalec	42	2:07:01	1990
P.J. Mitchell	48	1:55:02	1993

## FLIGHT LINE RACES

## W.T.R.C. APRIL CLUB RACE

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 8, 1995

REGISTRATION: 8:00 TO 8:45 A.M.

RACE START: 9 A.M.

WHERE: REESE AIR FORCE BASE

PICNIC GROUNDS

COURSE: SLIGHTLY ROLLING TERRAIN, OUT &amp; BACK

DISTANCE: CHOICE OF THREE

2 MILE, 10K, HALF-MARATHON

ENTRY FEE: \$5 for W.T.R.C. MEMBERS

&amp; R.A.F.B. personnel

\$6 for OTHERS

AGE DIVISIONS and AWARDS

2 Mile

Men: 0 to 15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

Women: 0-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

10K and Half-Marathon

Men: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 Plus

Women: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50 +

CUSTOM DESIGNED MEDALLION AWARDS to the First

Three in each Age Group, or 50 % Each Group

RACE DIRECTOR: Ken McEachern, 792-2639