

CALENDAR

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

- * AUG. 12 **HOT DAM 5 MILLER:** 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 16 **RUN FOR RECYCLE:** Hobbs, 5K & 10K, Tracie Conder, 505-392-3971
- SEPT 30 **TALKING TRASH RACES:** 5K, 10K, 9 A.M., Canyon Lake 6, Bill
Mateja, 794-3620
- SEPT 30 **ALLSUP'S ANNUAL FALL ROAD RACES:** Clovis, 5K, 10K, & Half
Marathon, 505-769-2311
- OCT. 1 **DUKE CITY MARATHON:** Albuquerque, Also 5K and Half Marathon,
1-505-890-1018
- OCT. 7 **Susan G. Komen RACE FOR THE CURE:** TTU Campus, Lubbock, Men's 5K
7:45 A.M., Family 1K 8:15 A.M., 5K For Women, 8:30 A.M.
Donna Armstrong, 792-1168,
- * OCT. 14 **PREDICTED TIME 5K:** (Includes "Poker Run" feature) 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. 4 **TOYS FOR TOTS RUN:** 5K, 9 A.M., Location TBA, Irma Sanchez,
USNG, 762-5866(h), 797-3220(w)
- * 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. 9 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM
Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)
- DEC. 10 **WHITEROCK MARATHON:** Dallas, (214) 526-5318

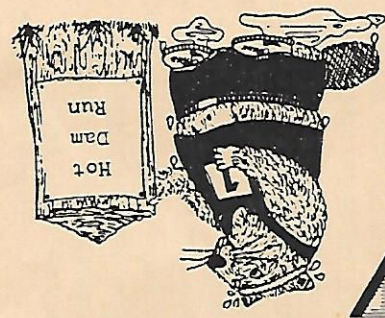


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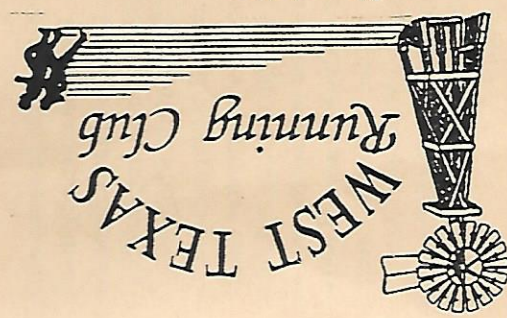
8 A.M., AUGUST 12, 1995

DETAILS INSIDE BACK COVER

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



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



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) 744-2626

W.T.R.C RACES ARE USUALLY HELD THE SECOND
The WTRC August Business Meeting will be held at:

FIRECRACKER

We had a beautiful, mild summer month for FIRECRACKER RUNS. We had hoped for new faces were present and some ca results listing. Four new age group standards were minute off Bobby Cunningham's 1979 time at a finished first overall. Theresa Greer lowered her class. Also, 16 year old Cari Faver, of Muleshoe to attempt the 10 mile and now can claim that she broke Cliff McCurdy's 1989 35-39 record by 1 second as the also was the winner. Quinn and Cliff used to run some pretty close races even though Cliff was about 6 year older.

Many thanks are due to our volunteers. Jim Leser did all the pre-race work and George Jury was the race day director in a trade out. I want to especially thank Jon Omdahl who hauled the water and Gatorade out then supervised the assignment of the aid stations. He then worked the finish line. Al Gardner and Sherry Oakeley were there early to register the children with the help of Ed Dabrowski who later worked with Weldon Kolb at the 5 mile turn. Art Onken worked the registration, then the finish line and Carolyn Miller and Ron Key performed the computer duties. Tony Aleman was at his familiar post helping in the chute for both the kids and adult races. Chris Strathman was a late addition to the volunteer crew to stack the tags for both the kids and adults. Thanks also to Al Grotz who turned the kids around before taking off on his ten mile jaunt. P.J. Mitchell was there to run the "store", she needed a rest day anyway as she would leave soon for the San Francisco Marathon. Many thanks to James Bone who procured the bananas. I had some valuable help from start to pack up time from my son-in-law, Andy Menchu. We appreciate the effort of the Brownfield "Redcoats" at the water stops.

George Jury

"TEXAS' Oldest Continuous Road Race" THE FIRECRACKER RUN TEN MILE ROAD RACE Brownfield, Texas July 4, 1995

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE
1	BOB JACKSON	HOBBS, NM	36	M	1	M3539	56:56	5:42
2	JOE PEREZ	LUBBOCK	22	M	1	M2029	59:14	5:55
3	LOLO MERCADO	EL PASO	35	M	2	M3539	1:01:59	6:12
4	TIM KEY	LUBBOCK	27	M	2	M2029	1:02:48	6:17
5	CARLOS PEREZ	BROWNFIELD	19	M	1	M1619	1:05:33	6:33
6	GARY SCHOVAJSA	MORTON	50	M	1	M5054	1:06:19	6:38
7	TOM WEST	LUBBOCK	37	M	3	M3539	1:09:58	7:00
8	JASON LEVINE	LUBBOCK	23	M	3	M2029	1:10:21	7:02
9	ROBERT GUAJARDO	LEVELLAND	52	M	2	M5054	1:11:01	7:06
10	GREG KIRBY	BROWNFIELD	17	M	3	M1619	1:11:12	7:07
11	CHRIS THOMAS	LUBBOCK	16	M	3	M1619	1:11:42	7:10
12	RICHARD FISCHENICH	LUBBOCK	48	M	1	M4549	1:11:46	7:11
13	RANDY WOLCOTT	LUBBOCK	39	M	4	M3539	1:12:08	7:13
14	SHANNON ANDERSON	LUBBOCK	23	M	4	M2029	1:13:14	7:19
15	AL GARDNER	LEVELLAND	39	M	5	M3539	1:13:31	7:21
16	GARY RYON	MIDLAND	39	M	6	M3539	1:14:27	7:27
17	DAVID HIGGINS	LUBBOCK	42	M	1	M4044	1:15:44	7:34
18	ROBBY TIMBERLAKE	LEVELLAND	47	M	2	M4549	1:16:07	7:37
19	DWAYNE OAKELEY	LUBBOCK	38	M	7	M3539	1:17:06	7:43
20	MARCI LYMAN	LUBBOCK	20	F	1	F2029	1:17:33	7:45
21	JESSE HILLIARD	LUBBOCK	29	M	5	M2029	1:17:48	7:47
22	DAVID LIGHTNER	LUBBOCK	45	M	3	M4549	1:18:07	7:49
23	AL GROTZ	LUBBOCK	45	M	4	M4549	1:18:21	7:50
24	CARI FAVER	MULESHOE	16	F	1	F1619	1:18:34	7:51
25	JIMMY KEY	LUBBOCK	58	M	1	M5559	1:19:07	7:55
26	DAVID FAVER	MULESHOE	40	M	2	M4044	1:19:37	7:58
27	MARK GARLAND	LUBBOCK	41	M	3	M4044	1:19:56	8:00
28	BARNEY ADAMS	LUBBOCK	42	M	4	M4044	1:20:15	8:02
29	GONZALO RAMIREZ	LAMESA	39	M	8	M3539	1:20:31	8:03
30	MARK WAGNON	LUBBOCK	41	M	5	M4044	1:20:38	8:04
31	KAREN HAGNER	LUBBOCK	36	F	1	F3539	1:21:59	8:12
32	HERBERT PEREZ	BROWNFIELD	34	M	1	M3034	1:22:32	8:15
33	RON HILLIS	LUBBOCK	51	M	3	M5054	1:22:50	8:17
34	THERESA GREER	LUBBOCK	44	F	1	F4044	1:23:06	8:19
35	DENNIS BELL	LUBBOCK	34	M	2	M3034	1:23:17	8:20
36	KEN MC EACHERN	LUBBOCK	54	M	4	M5054	1:23:31	8:21
37	THOMAS GARCIA	BROWNFIELD	15	M	1	M0115	1:23:35	8:22
38	RICHARD BRAY	LUBBOCK	51	M	5	M5054	1:23:36	8:22
39	MIKE GREER	LUBBOCK	56	M	2	M5559	1:24:06	8:25
40	JERRY WRIGHT	LUBBOCK	56	M	3	M5559	1:24:20	8:26
41	MICKEY DAVIS	LUBBOCK	38	M	9	M3539	1:26:08	8:37
42	FRED CHAMPION	LEWISVILLE	40	M	6	M4044	1:26:16	8:38
43	SHERYL COX	AUSTIN	40	F	2	F4044	1:26:53	8:41
44	ROBERT URRUTIA	LUBBOCK	29	M	7	M2029	1:30:08	9:01
45	JIM WILHELM	LUBBOCK	44	M	6	M4044	1:31:19	9:08
46	BILL ROGER	LEVELLAND	56	M	4	M5559	1:32:43	9:16
47	JEFF DILLARD	LUBBOCK	40	M	8	M4044	1:38:09	9:49
48	ROBERTA THOMPSON	LUBBOCK	41	F	3	F4044	1:38:42	9:52
49	SHIRLEY WIGLEY	LUBBOCK	41	F	4	F4044	1:38:44	9:52
50	MIKE KELLEY	SHALLOWATER	46	M	5	M4549	1:43:56	10:24
51	HUGH HAYNES	SLATON	63	M	1	M6099	1:44:51	10:29
52	VICKI FISCHENICH	LUBBOCK	29	F	2	F2029	1:48:10	10:49
53	ADAM ANDREWS	LUBBOCK	41	M	9	M4044	2:01:06	12:07

* New Age Group Records

FIRECRACKER APPENDUM

Jim Wilhelm, completed his 15th FIRECRACKER 10 Miller in a row, but James Livermore's streak ended at 16 as he had to be away for his 30th High School reunion. Joe Post ran his last "FIRECRACKER" as he and Sally are moving to Austin. Joe was presented a keepsake award for his many years of service to the W.T.R.C. Good luck, Joe and Sally!

"TEXAS' Oldest continuous Road Race"
THE FIRECRACKER RUN THREE MILE OVERALL RESULTS
Brownfield, Texas July 4, 1995

Table with columns: PLACE NAME, TOWN, AG, S, DIV, PLACE, TIME, PACE, and YTD Totals (PTS, MILE, EVTS, MILES, EVTS). Lists 64 participants and their performance metrics.

Challenge Series Standings After Seven Events

Table with columns: MALE (19 & Under), FEMALE (19 & Under), MALE (20-29), FEMALE (20-29), MALE (30-34), FEMALE (30-34), MALE (35-39), FEMALE (35-39), MALE (40-44), FEMALE (40-44), MALE (45-49), FEMALE (45-49), MALE (50-99), FEMALE (50-99). Lists participants and their cumulative performance across seven events.

** Race Director
* Race Volunteer

CLUB NEWS

THE CHALLENGE SERIES

Remember that to be eligible for year end awards in the Challenge Series, you must have served as a non running volunteer at one of the 12 monthly club races. To volunteer, call the race director. If anyone has a correction on the listings please call George Jury. Your editor wants to thank Carolyn Miller again for doing the spreadsheet work on the series and also the set up of the 2nd page for the newsletter.

ADIOS AMIGO

Keith Yaktus is being transferred away from RAYB to San Antonio. We havn't seen Keith much this year as he has been away on some temporary assignments. Good Luck, Keith!

LAST MONTH'S WORD JUMBLE ANSWERS

F I N I S H S T O P W A T C H B L I S T E R A W A R D
* A familiar site (sight) for the FIRECRACKER RUNS
Answer B R O W N F I E L D (S)

1995 BSL TRIATHLON

Four of our members were among the 440 individuals who finished this year's BSL TRIATHLON, as well as former member Miles Hyman. They were: Robby Timberlake, Jimmie Key, Karen Hagner, and Marjorie Stewart. Participating on one of the 10 teams were; Bill Harn, Tommy Parrish, David Higgins, Theresa Greer and former member, Kay Fellows.

Volunteers going the extra mile were Kevin Lair who supervised the Bike course and Dennis Bell who set up a lot of equipment and ran supplies for the run. Jim Leser coordinated our efforts at the waterstops on the run. Working the aid stations were: Mile 1) Bob Bernero, Larry Byrd, David Lightner, Mile 2) Jim Leser, Jeffrey Jury, Gagan Toor(friend of Richard Bray), Mile 3) Weldon Kolb, Mark Wagnon, Dan Maynes(friend of Weldon's), Chris Strathman and her friend Oriene Stroud, Mile 4) P.J. Mitchell and James Bone, Mile 5) Dwayne, Sherry, Dustin and Darin Oakeley, Mile 6) Richard and Vicki Fischenich, Brett Peikert and his brothers, Noel and Joel Carr, and later, Randy Wolcott, and at the turn, Jon Omdahl, James Livermore and George Jury.

Those of us who have partaken of the aid of volunteers at many a water stop can really appreciate the giving of their time in a race such as a marathon and now we have a chance to reciprocate by giving our time toward the success of such a quality event as the BSL TRIATHLON. There were 140 more finishers this year than last, and next year promises to be even larger. Although most of us are "just runners" we should give our support to this challenging event which brings multi talented athletes from all across the country to Lubbock. Think about it when the call for help goes out next year.

RED RAIDER ROAD RACE

We are short one major sponsor for the October 21st race this year, therefore, we will need a large number of runners to make up for the deficit. Make sure you reserve this week end to help make the WTRC/TTU SCHOLARSHIP grow. Race Director, Bob Bernero, needs lots of volunteers also, so please give him a call at 793-1667. Even if you plan to run, there are ways you can help stage the race.

FIRECRACKER CHILDREN'S RUN

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Hope Jimenez, Lamesa	11	F	6:38	1st Overall	Girl
02	Mary Lou Jimenez, Lamesa	13	F	6:39	2nd 6th Grade	G
03	J. R. Jimenez, Lamesa	14	M	6:40	1st Overall	B
04	Billy Ryan, Midland	12	M	7:11	2nd 7th Grade	B
05	Louie Samaniego, Wellman	8	M	7:40	1st 4th Grade	B
06	Jenna Kay, Brownfield	10	F	8:05	1st 5th Grade	G
07	Kate Lepar, Muleshoe	6	F	8:10	1st 1st Grade	G
08	Kaka Adams, Lubbock	8	F	8:29	1st 3rd Grade	G
09	Lance Branscum, Lubbock	9	M	8:41	2nd 4th Grade	B
10	Landon Lepar, Brownfield	9	M	8:45	1st 3rd Grade	B
11	Matt Vaughn, Midland	11	M	8:54	1st 6th Grade	B
12	Darren Oakeley, Lubbock	8	M	9:01	3rd 4th Grade	B
13	Kathryn Saldana, Levelland	11	F	9:06	3rd 6th Grade	G
14	Margarita Jimenez, Lamesa	6	F	9:15	2nd 1st Grade	G
15	Michael Garcia, Brnfield	9	M	9:52	4th 4th Grade	B
16	Veronica Jimenez, Lamesa	8	F	9:54	2nd 3rd Grade	G
17	Ashley Perez, Brownfield	8	F	9:59	3rd 3rd Grade	G
18	Cori Branscum, Lubbock	5	M	10:55	1st Pre School	B
19	Tucker Hutto, Levelland	4	M	11:25	2nd Pre School	B
20	Lauren Lepar, Brownfield	5	F	11:41	1st Pre School	G
21	Tamra Jernigan, Sundown	4	F	16:10	2nd Pre School	G

AT THE RACES

At the RUN IN THE SUN 8K in San Angelo, June 4th, Trey Jernigan was 3rd overall and first age group with a 29:00. Ken was 21st OA, 2nd AG, in 32:54 and Tara was 45th OA, 1st AG, with a 35:28. Other club members participating were Travis and Herbert Perez and Charles Walker.

WTRC/TTU SCHOLARSHIP

The deadline for applications is August 15, 1995, so if there are any more prospects, see George Jury for the forms and get them mailed to Joey Thacker, Chairman of the scholarship committee. Others on the committee are: Betty Johnson, Ron Key, James Livermore, Kevin Lair and Pat Jury.

CLUB TRAINING RUNS

Week end LSD runs are held both Saturday at 8 A.M. and Sunday at 7 A.M. meeting at the Outdoor Center in Mackenzie Park. Come, run at your own pace and enjoy the camaraderie.

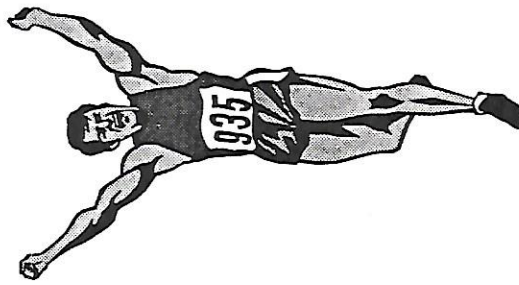
SHOE TIPS

Black toes are caused by shoes that are too short, too low a toe box, or shoes that are too loose on a long run. For those of us with extremely narrow feet, who have to buy shoes a little too short in order to fit, this is a real problem. I have learned that using a bench grinder to taper off the front 2" of the sole gives some relief from the pressure of the short shoes.

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ANOTHER VOLUNTEER OPPORTUNITY

Perhaps some of you could help put on the 10K/5K Road races for us "old geezers" August 19, 1995 at MACKENZIE PARK? We need help for the finish line and it would be nice if someone could ride the lead bike to keep us from getting lost! If you could help, please give Jon Omdahl a call at 794-7823.

**THE "HOT DAM RUN" 5 MILE
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE**

EVENT RECORDS (Since 1988)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Jay Winfrey	Sundown	11	39:43	1990
13-15	Trey Jernigan	Sundown	15	30:27	1993
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Kigen Wilson	Plainveiw	30	26:38	1988
35-39	Bob Finn	Big Spring	39	28:39	1994
40-44	Frank Supter, Sr.	Lamesa	40	30:26	1994
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60+	Don Sanderson	Tulia	63	36:30	1993

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	17	34:08	1994
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Teresa Greer	Lubbock	43	40:04	1994
45-49	P.J. Mitchell	Lubbock	49	41:08	1994
50+	Eva Martinez	Lubbock	50	49:28	1994

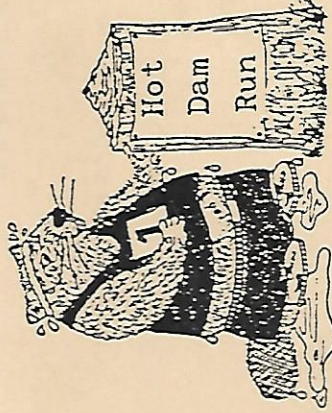
*** OVERALL COURSE RECORDS**

PRE REGISTRATION

As mentioned on the race flyer to the right, T shirts will be provided to the first 100 to sign up. In order to make race day registration less hectic and to assure club members first chance at the shirts, pre registration is available for this race. Please fill out the form and return it promptly. Thanks to our generous sponsors who make T Shirts possible, yet at our same low race entry fee.

P.J. has some special awards, prize drawings and "goody bags" which should make this event even more spectacular than last year.

**WEST TEXAS RUNNING CLUB'S
8th ANNUAL "HOT DAM RUN"
5 MILES**



USA TRACK & FIELD CERTIFIED
TX93059ETM

Sponsored by
PREMIER TRAVEL
&
DR. DAVID B. GREGORY

EVENT NUMBER 8 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, AUGUST 12, 1995
REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY
RACE START;
5 MILE; 8 A.M.
Children's 1 Mile; 8:05 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA
(near waterfall on Canyon Lake 6) East of
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO
SHORT STEEP HILLS, SEVERAL LESS FORMIDABLE
HILLS

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6
Children \$4

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59; 60+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49 and 50+

AWARDS: T SHIRTS For the First 100 Entries

First Overall Male and Female will receive a special award, then newly designed medals will be awarded to the first three or up to 50 percent in each of the age groups above

RACE DIRECTOR: P.J. Mitchell at 794-0135 (n)
743-1959 (d)