

CALENDAR

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

- DEC. 2 **JINGLE BELL RUN: 5K & 10K,** CANCELLED
- * DEC. 9 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM
Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)
- DEC. 15 **W.T.R.C. CHRISTMAS SOCIAL:** FURR'S CAFETERIA, Town & Country,
4th and Boston, 6:00 P.M.
- * JAN. 13 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 9 A.M.
Richard Bray, Race Director, (w)745-0174, (h)792-2820
- JAN. 21 **HOUSTON TENNECO MARATHON:** Houston, 1-800-409-6334
- * FEB. 10 **COTTON PATCH RUN:** FRENSHIP HIGH, Wolfforth, 9 A.M., 4 & 8
Miles, David Higgins, Race Director, (w)744-2626, (h)744-8328
- FEB. 18 **AUSTIN MOTOROLA MARATHON:** Austin, 1-512-478-4608
- FEB. 24 **CONTOWN MARATHON & 10K:** Fort Worth, Details Later
- * MAR. 9 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 4 Mile, 9 A.M.
Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- * APR. 13 **FLIGHT LINE RACES:** REESE AFB, 8 A.M., 2 Mile, 10K, and Half
Marathon, Mark Wagnon, Race Director, 791-0365
- APR. 27 **THE RACE FOR KIDS:** Open 5K and Children's 1 Mile, 8 A.M.
Memorial Circle, TTU Campus, Marjory Stewart, RD, 792-1085(n)
- * MAY 11 **HORSESHOE BEND SPRING FROLIC:** 8 A.M., N. of Slaton, 11, 6 & 2
Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- * JUNE 8 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8 A.M.,
10K and 2 Mile, Al Gardner, Race Director, 894-3538
- * JULY 4 **27th ANNUAL FIRECRACKER RUN:** Brownfield, 8:00 A.M., 10 Mile
and 3 Mile, Children's 1 Mile Run, Jim Leser, RD, 794-2474
- * AUG. 10 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, 23rd and MLK Blvd.
8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- * SEPT 14 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 A.M., Shallowater
High School, Dwayne Oakeley, Race Director, 799-4473

December W.T.R.C. Race
RED LINE CROSS COUNTRY
December 9, 1995
(Details Inside Back Cover)



DECEMBER 1995

Newsletter
P.O. Box 2921
Lubbock, Texas 79408



Season's Greetings
from
The Officers and Directors
of the
West Texas Running Club

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

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 SATURDAY OF EACH MONTH.

The December Board meeting will be held at 5517 74th St. on Dec. 12th, 1995 at 7:00 p.m. and the annual general business meeting will be held on Friday, Dec. 15th as described below.

WTRC Awards Banquet

*December 15, 1995
6:00 P.M.*

*Furr's Cafeteria - Town & Country
4th St. & Boston Ave.*

ALL YOU CAN EAT!!!

*Adults - \$5.25 (Including Drink)
Children - \$2.59*

Go through line and to an isolated meeting room.

23rd ANNUAL BUFFALO WALLOW HALF MARATHON OVERALL RESULTS November 11, 1995 BUFFALO SPRINGS LAKE, Lubbock, Texas

| PLACE | NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE | Perf |
|-------|--------------------|------------|----|----|---|-----|-------|---------|------|------|
| 1 | ANDREW SMITH | LUBBOCK | TX | 23 | M | 1 | M2029 | 1:15:41 | 5:46 | 805 |
| 2 | CODY COFFMAN | LUBBOCK | TX | 20 | M | 2 | M2029 | 1:19:26 | 6:04 | 767 |
| 3 | JAMES BODDY | LUBBOCK | TX | 26 | M | 3 | M2029 | 1:20:32 | 6:09 | 756 |
| 4 | JEFFREY JURY | LUBBOCK | TX | 35 | M | 1 | M3539 | 1:25:02 | 6:29 | 716 |
| 5 | KEN WOODY | MIDLAND | TX | 38 | M | 2 | M3539 | 1:25:14 | 6:30 | 715 |
| 6 | JOHN BINI | LUBBOCK | TX | 31 | M | 1 | M3034 | 1:28:31 | 6:45 | 688 |
| 7 | IVAN DE ANDA | LOVINGTON | NM | 38 | M | 3 | M3539 | 1:29:38 | 6:50 | 680 |
| 8 | DOUG GARDNER | LUBBOCK | TX | 30 | M | 2 | M3034 | 1:30:53 | 6:56 | 670 |
| 9 | CLIFFORD CHAMBERS | LUBBOCK | TX | 30 | M | 3 | M3034 | 1:31:06 | 6:57 | 669 |
| 10 | CRAIG POTTS | CANYON | TX | 41 | M | 1 | M4044 | 1:31:09 | 6:57 | 668 |
| 11 | MIKE FLORES | LUBBOCK | TX | 39 | M | 4 | M3539 | 1:31:33 | 6:59 | 665 |
| 12 | AUGUSTINE GARCIA | LUBBOCK | TX | 17 | M | 1 | M1619 | 1:31:34 | 6:59 | 665 |
| 13 | CHRIS THOMAS | LUBBOCK | TX | 16 | M | 2 | M1619 | 1:32:08 | 7:02 | 661 |
| 14 | ROB THORNE | ABILENE | TX | 25 | M | 4 | M2029 | 1:32:18 | 7:02 | 660 |
| 15 | THOMAS SCHNEIDER | MIDLAND | TX | 37 | M | 5 | M3539 | 1:32:30 | 7:03 | 659 |
| 16 | RICK SYPERT | LUBBOCK | TX | 40 | M | 2 | M4044 | 1:33:48 | 7:09 | 649 |
| 17 | ARNAUD TILLON | LUBBOCK | TX | 20 | M | 5 | M2029 | 1:33:55 | 7:10 | 649 |
| 18 | ROBERT BLOOM | LUBBOCK | TX | 37 | M | 6 | M3539 | 1:35:50 | 7:19 | 636 |
| 19 | MIA EDWARDS-NELSON | MIDLAND | TX | 27 | F | 1 | F2029 | 1:36:12 | 7:20 | 633 |
| 20 | TOM WEST | LUBBOCK | TX | 38 | M | 7 | M3539 | 1:37:57 | 7:28 | 622 |
| 21 | MARK GARLAND | LUBBOCK | TX | 41 | M | 3 | M4044 | 1:39:23 | 7:35 | 613 |
| 22 | JOHN EBERLY | MIDLAND | TX | 26 | M | 6 | M2029 | 1:39:59 | 7:38 | 609 |
| 23 | NICK TURNER | LUBBOCK | TX | 17 | M | 3 | M1619 | 1:40:37 | 7:41 | 605 |
| 24 | BLAKE LINDSEY | ABILENE | TX | 19 | M | 4 | M1619 | 1:40:40 | 7:41 | 605 |
| 25 | DWAYNE OAKELEY | LUBBOCK | TX | 39 | M | 8 | M3539 | 1:41:12 | 7:43 | 602 |
| 26 | RON NUGENT | LUBBOCK | TX | 49 | M | 1 | M4549 | 1:44:56 | 8:00 | 581 |
| 27 | MIKE SANFORD | WOLFFORTH | TX | 17 | M | 5 | M1619 | 1:45:07 | 8:01 | 580 |
| 28 | PEG Mc KALLIP | MIDLAND | TX | 41 | F | 1 | F4044 | 1:45:20 | 8:02 | 578 |
| 29 | GREGG TURNER | LUBBOCK | TX | 17 | M | 6 | M1619 | 1:45:34 | 8:03 | 577 |
| 30 | LOREN BELL | LUBBOCK | TX | 16 | M | 7 | M1619 | 1:46:19 | 8:07 | 573 |
| 31 | GARY LINDSEY | ABILENE | TX | 47 | M | 2 | M4549 | 1:46:22 | 8:07 | 573 |
| 32 | WES YOUNG | ODESSA | TX | 17 | M | 8 | M1619 | 1:46:29 | 8:07 | 572 |
| 33 | BARRY MOSS | LUBBOCK | TX | 41 | M | 4 | M4044 | 1:46:38 | 8:08 | 571 |
| 34 | TERRY YOUNG | ODESSA | TX | 43 | M | 5 | M4044 | 1:46:40 | 8:08 | 571 |
| 35 | JIM KILLION | LUBBOCK | TX | 41 | M | 6 | M4044 | 1:46:42 | 8:08 | 571 |
| 36 | DAVID ST. PIERRE | SAN ANGELO | TX | 25 | M | 7 | M2029 | 1:48:04 | 8:15 | 564 |
| 37 | PAM GALBRAITH | LA QUINTA | CA | 49 | F | 1 | F4549 | 1:48:20 | 8:16 | 562 |
| 38 | CHUCK JOHNSON | LUBBOCK | TX | 38 | M | 9 | M3539 | 1:48:28 | 8:16 | 562 |
| 39 | RODRIGO DEVIVAR | MIDLAND | TX | 33 | M | 4 | M3034 | 1:49:59 | 8:23 | 554 |
| 40 | MICKEY DAVIS | LUBBOCK | TX | 38 | M | 10 | M3539 | 1:50:16 | 8:25 | 552 |
| 41 | JASON PULLEN | HOUSTON | TX | 24 | M | 8 | M2029 | 1:50:36 | 8:26 | 551 |
| 42 | JON OMDAHL | LUBBOCK | TX | 49 | M | 3 | M4549 | 1:50:56 | 8:28 | 549 |
| 43 | RONALD KEY | LUBBOCK | TX | 52 | M | 1 | M5054 | 1:51:08 | 8:29 | 548 |
| 44 | JAMES LIVERMORE | LUBBOCK | TX | 48 | M | 4 | M4549 | 1:56:45 | 8:54 | 522 |
| 45 | SCOTT YARBROUGH | LEVELLAND | TX | 32 | M | 5 | M3034 | 1:57:19 | 8:57 | 519 |
| 46 | MIKE GREER | LUBBOCK | TX | 56 | M | 1 | M5559 | 2:00:47 | 9:13 | 504 |

* New Age Group Record

BUFFALO WALLOW HALF MARATHON OVERALL RESULTS (Cont'ined)

Table with 11 columns: PLACE NAME, TOWN, ST AG S DIV, PLACE, TIME, PACE, PERF. Lists runners like Chris Burke, Dick Kirtley, Sandi Yarbrough, Jim Wilhelm, Andres Sustig, Hugh Haynes, James Bone, Kathleen Cole, Terri Toproski, Trish Craig, Marsha Bennett, Amy Kimbley, Shirley Wigley.

2 MILE OVERALL RESULTS

Table with 11 columns: PLACE, TOWN, AG S DIV, PLACE, TIME, PACE, PerF. Lists runners like Simon Lel, Martin Leodgard, Thomas Kirui, Buddy Hutto, Brent Tidwell, Frank Sumpter, Jimmy Samarron, Chris Lonngren, Al Gardner, Luis Cardenas, David Higgins, Ed Dabrowski, Jesse Hilliard, Juan Jimenez, Bill Roger, John Stalcup, Michael Cron, Mike Kelley, Jostie Aleman, Bentley Gwyn, Jessica Garcia, Fanangelena Garcia, Jeremy Cortez, Nicole Mollins, Stacey Blackburn, Christi Gwyn, Molly Sante, Veronica Jimenez, Doris Stalcup, Wynonia Kitchens, Billy Kitchens.

** Overall and Age Group Record * New Age Group Record

Challenge Series Standings After Eleven Events YTD Totals

Large table with multiple columns: Male/Female (19 & Under, 20-29), PTS, MILE, EVTS, YTD Totals. Lists runners like Chad Lowe, Chris Thomas, Jay Truitt, Ian Stewart, Travis Perez, Trey Jemigan, Hope Jimenez, Krystle Lowe, Margarita Jimenez, Angela Welsh, Tara Jemigan, Mary Lou Jimenez, Bernice Nelson, James Boddy, Jesse Hilliard, Shannon Anderson, Jason Levine, Johnny Garza, Brett Peikert, Lawrence Nelson, Vicki Fischnich, Christi Props, Julietanne Campbell, Dona Clopton, Helen Esquivel, Dennis Bell, Jeffrey Jury, Ray Major, John Povelones, Rey Trevino, Marsha Bennett, Molly Santes, Jenna Wolcott, Kathy Kanikula, Chris Stralman, Jennifer Mosqueda, Al Gardner, Chris Longren, Randy Wolcott, Brent Tidwell, Chuck Johnson, Bob Jackson, Rick Sybert, Ed Dabrowski, Dwayne Oakeley, Tom West, Roger Lopez Jr., Ronald Thomas, Mickey Davis, Weldon Kolb, Otto Spitz, Mark Jennings, Tommy Parrish, Race Director, Don Sanderson.

* Race Volunteer

RED RAIDER ROAD RACE RACE DIRECTOR REPORT

Bob Bernero

The fourteenth Red Raider Road Race was extremely successful in terms of runner enthusiasm, volunteer and campus support and good, but somewhat breezy, weather. However, I was disappointed with the record low number of runners (24) and the lack of corporate sponsorships. Both of these areas directly affect the number of scholarships available for deserving and qualified students.

October's newsletter recognized the many volunteers that made this year's race possible. My sincere "THANKS" to all of you and a special thanks to Ronnie Nugent who worked all day Friday and Saturday preparing the course and staging area. Also, Bill Harn for his student volunteers and tireless effort in securing Methodist Hospital as a corporate sponsor.

The low number of runners may be attributed to road races being held in Clovis and Amarillo on the same date. Also, Rice University may not have the following as some other SWC schools. In any event, we need ideas on attracting more runners to next year's race.

Corporate sponsors are essential in providing funds for scholarships. This year, we had only two--Cardinal's and Methodist Hospital. The search for next year's sponsors will be in full swing following the holidays. Anyone having fund-raising skills and some spare time is encouraged to get involved and help build our sponsorships. I would like to see a committee formed to work in this area.

Congratulations to Teresa Roger for being named our scholarship recipient. Until next year... "Keep Running".

COMMENTARY

This year's attendance was the lowest in the past 10 years. There are several possible causes. Other races choosing to go up against us in Clovis, Amarillo, and Odessa cut down on runners from those areas. I am very disappointed in the Race Director for the ALLSUP'S races because he knew 1 year in advance of our race. The later date kept most high school runners away, as everyone had a cross country meet scheduled. The overall Homecoming attendance was down as well and it looks like with Rice as a guest team we have always had a lower attendance. It is difficult to understand why only 61 of our own members, who did not volunteer, chose to participate. This race has been our highest priority race because it benefits the scholarship fund which we control. This year that fund will not grow as we only cleared enough to pay this year's scholarship. We had a large number of expensive T Shirts left over.

Unless someone steps forward to serve as Race Director right now, it is unlikely that there will be a race next year. Bob Bernero has declared that he will be unable to continue next year. It has always been hoped that a director would serve 2 years, as the first year is mostly a learning experience. A lot of work has to be done in the 2 months immediately after the race as that is when potential sponsors are making decisions about budgeting money.

The date for the 1996 TTU Homecoming is October 5th, and the guest team will be Baylor.

CONGRATULATIONS

Tim and Dawn Green became parents of a baby girl, born October 19, 1995.

CROSS COUNTRY HIGHLIGHTS

Ken Jernigan coached his boy's and girl's teams to 1st and 3rd place 2A State finishes respectively as junior Trey was 6th and freshman Tara was 13th. Other club members who made it to state were Wendy Sullivan of Colorado City who was 14th in Class 3A and Angela Welsh of Grady High who was 7th in 1A. Leslea Vardy of Frenship had qualified in class 4A. Over in New Mexico, Jay Truitt finished a disappointing 27th in the high altitude but does have some good news. He has received a scholarship to run at Adams State University in Alamosa, CO. where brother, Chris also attends.

MARATHON MADNESS

At least 13 of our members were out of town for marathons the weekend of our BUFFALO WALLOW or we would have really had a big attendance there. At San Antonio, Marjory Stewart led our group with a 2:59, Joe Martinez "BOSTON" qualified with a 3:39:18, David Lightner ran his inaugural one in a fine 3:42:33, Larry Byrd ran 3:50, Ken McEachern a 4:07 and Bob Bernero ran a 4:35.

In a frigid Columbus, Ohio, Randy Wolcott ran 3:24, Richard Fischenich, 3:36, Dwight Varnum, 3:40, Richard Bray a 3:47(PR) and Vickie Fischenich had a 4:29 in her second marathon.

At the cold windy NEW YORK MARATHON, P.J. Mitchell managed to finish, but the sleepless night on the 20th floor of the hotel which was swaying from 60 MPH winds and the long pre race wait in damp mid-teen temperature was very discouraging and Rodger elected to bow out at the half way point.

Mark Wagnon ran his first marathon at the MARINE CORP MARATHON in D.C. on October 22nd, turning in a 3:49:45. There were 16,000 entries.

APPRECIATION

A note of appreciation was received from Donna Armstrong for our help with the RACE FOR THE CURE. They raised over \$60,000 all of which will stay in the Lubbock area to further breast cancer education and research.

A note of thanks was also sent by Julianne Corneilius for our help with the PUNKIN DAYS 5K.

Helping with the TOYS FOR TOTS race were Ron Key, Marjory Stewart and David Higgins. A good amount of money as well as toys were generated by this effort.

BUFFALO WALLOW RACE DIRECTOR REPORT

Jim Leser served as Race Day Director after George Jury did all the pre race preparation in a trade off with the FIRECRACKER RUN. The weather turned out great for this 23rd running of the BUFFALO WALLOW RACES. The temperature hit the lowest of the year at 25 but had risen to 32 at start time and to 37 by 10 A.M. with negligible wind. We had the highest number of entrants in the past 10 years. Four new age group records were established and Simon Lei, an LCU runner broke the overall 2 mile record by 12 seconds. Jimmy Samarron lost his 35-39 record to Brent Tidwell and his brother, Art, lost his 30-34 record to Martin Leodgard. Pam Galbraith, visiting from La Quinta, CA set the only new half marathon mark. Many thanks to our volunteers, Pat Jury, Mark Wagnon, Dennis Bell, Tony Aleman, Hope, Mary Lou, Margarita and Mrs. Jimenez Chad and Krystle Lowe and their grandmother, Ron Thoma, and David Skelton.

**BUFFALO WALLOW RACES, SINCE 1973
WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE
COURSE RECORDS 2 MILE**

MEN

| | NAME | TOWN | AGE | TIME | YEAR |
|-------|--------------------|--------------|-----|---------|------|
| < 15 | John Rodriguez | Lubbock | 15 | 11:13 | 1992 |
| 16-19 | Marc Johnson | Lubbock | 19 | 9:52 | 1975 |
| 20-29 | Simon Lel | Lubbock | 22 | 9:28 * | 1995 |
| 30-34 | Martin Leodgard | Lubbock | 31 | 9:41 | 1995 |
| 35-39 | Brent Tidwell | Lubbock | 38 | 11:22 | 1995 |
| 40-44 | Bobby Cunningham | Abernathy | 43 | 11:02 | 1983 |
| 45-49 | Jim Leser | Lubbock | 48 | 11:17 | 1994 |
| 50-54 | George Jury | Lubbock | 53 | 11:33 | 1989 |
| 55-59 | George Jury | Lubbock | 57 | 12:12 | 1993 |
| 60-69 | John Stalcup | Lubbock | 60 | 14:53 | 1993 |
| 70+ | Bob Smith | Lubbock | 73 | 20:57 | 1993 |
| | | WOMEN | | | |
| < 15 | Angela Welsh | Tarzan | 15 | 13:04 | 1994 |
| 16-19 | Isabel Navarro | Brownfield | 17 | 12:06 * | 1975 |
| 20-29 | Linda Petry | Portales | 20 | 12:22 | 1982 |
| 30-34 | Sherril Easterling | Coahoma | 32 | 12:27 | 1982 |
| 35-39 | Sandra Grice | Lubbock | 38 | 13:53 | 1990 |
| 40-44 | Ann Gordhammer | Lubbock | 40 | 14:03 | 1984 |
| 45-49 | Sandi Howard | Lubbock | 45 | 16:51 | 1991 |
| 50+ | | | | | |

HALF MARATHON (SINCE 1982)

MEN

| | | | | | |
|-------|--------------------|---------------|----|-----------|------|
| 0-19 | Mike Cagle | Lubbock | 17 | 1:19:51 | 1983 |
| 20-29 | John Ruiz | Lubbock | 21 | 1:11:06 * | 1985 |
| 30-34 | John Price | Lubbock | 30 | 1:21:23 | 1984 |
| 35-39 | Corky Fritch | Amarillo | 36 | 1:17:59 | 1982 |
| 40-44 | Bobby Cunningham | Abernathy | 42 | 1:16:55 | 1982 |
| 45-49 | Bobby Cunningham | Abernathy | 46 | 1:23:19 | 1986 |
| 50-54 | George Jury | Lubbock | 50 | 1:23:58 | 1986 |
| 55-59 | David Lard | Amarillo | 57 | 1:34:39 | 1994 |
| 60-69 | Hugh Haynes | Slaton | 61 | 2:01:12 | 1992 |
| 70 + | Howard Calkin | Missouri | 71 | 2:11:24 | 1982 |
| | | WOMEN | | | |
| <19 | Donna Pruitt | Levelland | 16 | 1:41:52 | 1983 |
| 20-29 | Sue Houle/Spitz | Lubbock | 27 | 1:34:55 | 1988 |
| 30-34 | Marjory Stewart | Lubbock | 34 | 1:24:14 * | 1993 |
| 35-39 | Mary Jo Rapini | Lubbock | 36 | 1:45:04 | 1994 |
| 40-44 | Teresa Greer | Lubbock | 43 | 1:47:56 | 1994 |
| 45-49 | Pam Galbraith | La Quinta, CA | 49 | 1:48:20 | 1995 |
| 50+ | Donna Cherrryhomes | Midland | 51 | 2:21:22 | 1984 |

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W.T.R.C. LSD TRAINING RUNS

Are held Saturdays at 8 A.M. and Sundays at 7 A.M. meeting at the Outdoor Center in MACKENZIE PARK

Running-Related Resources on the World Wide Web

Here is a pop quiz to challenge even the most knowledgeable observer of the sport of road racing:

1. Name a marathon where runners are encouraged to carry a camera, and the top race photo is worth \$100 in film and next year's race registration.
2. Name the runner whose road race wins include the Arturo Barrios Invitational 10k (4 times), the 1995 Cherry Street Mile in Tulsa, OK, and the Augustfest 10k in Idalou, TX.
3. Name the runner who recently established a new course record at the New Times Phoenix 10k (hint: he also holds the course record for the West Texas Running Club's Hot Dam 5-mile run).

The answers to these questions can be readily found on the World Wide Web, by far the most popular and fastest-growing part of the Internet. Web sites can contain text, still pictures and digitized movies, and sound files. Within the running world, corporations (e.g., Saucony), organizations (e.g., RRCA), major events (e.g., Bay to Breakers), publications (e.g., Running Stats) and even many individuals have a *home page*, which is a hypertext document: by selecting highlighted words or phrases within the text, you travel to other documents to which they are linked. Those documents, in turn, are linked to many others. Consequently, you can initially visit a running-related site on the Web and, by following its links, you can discover running sites around the world.

To organize this information explosion, every internet resource has an electronic address, known as a Uniform Resource Locator, or URL. What follows is a list of some running URLs, with a brief description of each:

<http://www.teleport.com/~teamore>

This site, maintained by Team Oregon, is entitled the Oregon Road Runners' Guide to Running, Walking, and Fitness. Among the many documents that are available online is "How to train for a 15K", complete with training schedules for competitors of various levels. http://www.swcp.com/~murray/NM_Runner.html

This site contains an extensive race calendar for the entire state of New Mexico. <http://www.indirect.com/www/mcmordie/aces.htm>

This site contains a race calendar, through Jan. 28, for the Dallas-Ft. Worth area. <http://www.monterey.com/california/events/bigsur.htm>

As you might guess, this site contains information on the Big Sur Marathon, which happens to be the answer to question #1 above. It also provides links to lodging and other tourist information pertaining to the Monterey Peninsula region. <http://www.humboldt.edu/~rrw1/runweb.html>

This site, entitled Running on the Web, contains links to numerous sites in the U.S., Canada, and Europe, of interest to runners.

<http://www.sportsworld.com>

Sportsworld contains a vast list of upcoming road races and triathlons around the world. It also offers results from many events. A search on the keyword 'buffalo' turned up the Buffalo Springs Lake Triathlon and our own Buffalo Wallow race among upcoming events! <http://rainbow.rmii.com/~benjid/rs.html>

Benji Durden maintains this site, which includes results from major road races around the world. If you visit this site weekly, you already know that Phillimon Hanneck won the 1995 Arturo Barrios Invitational 10k in 28:08. On Oct. 29, at the Motorola East Macdowell 10k, James Bungei scorched the field with a 27:38 on a point-to-point course that featured a 150-ft. net drop. Two weeks later, at the New Times Phoenix 10k, he claimed the overall victory and new course record in 28:29.

- Bill Harr

THIS N THAT

As we go to the printer with this issue, Bill Roger is having surgery at Methodist Hospital for Prostate cancer. Let's all pray for a complete and speedy recovery for Bill. As of surgery day (Nov. 20th) his consecutive days of running will have reached 9 years and 8 days. He affirms that somehow he is going to extend that streak.

WEST TEXAS RUNNING CLUB'S RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1994 W.T.R.C CHALLENGE SERIES



WHEN: SATURDAY, DECEMBER 9, 1995

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

RACE START AT 9:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. and MARTIN LUTHER KING AVE. Register in parking lot at the bottom of the hill by the football field. Enter at top of hill by the school

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

OTHERS = \$ 6.00

AWARDS: Will be given to the first Three or up to 50% of the participants in the following Divisions

AGE DIVISIONS:

MEN 0-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & Over

WOMEN 0-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50 and Over

RACE DIRECTOR: Mike Kelley, for Information, call George Jury, 792-3291 (d), 792-1237 after 6 P.M.

*****CHALLENGE SERIES FINALE*****

CHALLENGE SERIES FINALE

The REDLINE RUN will be the last opportunity for W.T.R.C. Members to volunteer and remain eligible for the Challenge Series awards to be presented at the December 15th meeting, including a 100% cotton long-sleeved T-Shirt to those attaining 66 Mile Club designation. Call to volunteer at one of the numbers above. The Race Director needs to know who he can count on at least a week in advance.