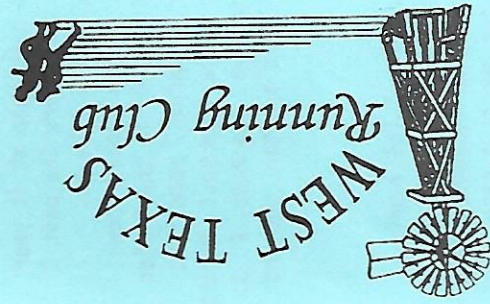


# CALENDAR

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

- \* JAN. 14 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 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 David Higgins, Race Director, 744-5333(D), 744-8328(N)
- FEB. 25 **FORT WORTH COWTOWN MARATHON & 10K:** (817) 735-2033
- MAR. 5 **MOTOROLA AUSTIN MARATHON:** (512) 891-6000
- \* MAR. 11 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- MAR. 25 **PARKINSON'S DISEASE ASSN. RUN:** Details Later, Bill Horn 784-0806
- APR. 1 **THE RACE FOR KIDS:** Over 5K & Children's 1 Mi., Memorial Circle TTU Campus, Marjory Stewart, Race Director, 792-1085 (N)
- APR. 1 **MARATHON OF THE GREAT SOUTHWEST:** Abilene, (915) 677-8144
- \* APR. 8 **FLIGHT LINE RACES:** REESE AFB, 9 A.M., 2 Mile, 10K, and 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 Pezzy, 795-0842
- \* 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 21 **IT'S SO EASY DUATHLON:** 8 A.M., BUDDY HOLLY PARK, Lubbock, 5K Run, 30K Bike, 5K Run, Kevin Lair, Race Director, 748-1616
- MAY 27 **LONESTAR PAPERCHASE:** Amarillo, Details Later
- \* JUNE 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8 A.M., 10K and 2 Mile, Bill Roger, Race Director, 894-7911
- JUNE 25 **BUFFALO SPRINGS LAKE TRIATHLON:** IRONMAN QUALIFIER, 1.2 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, Race Director,
- JULY 15 **CELEBRATE SEAGRAVES RUN:** Seagraves, 10K and 3 Mile, 1 Mile walk, 8 A.M., Jim Pillow, 1-546-2171
- AUG. 6 **PRUDE RANCH RACES:** Ft. Davis, Half-Marathon, 10K, 5K, Johnny Lemmons, 1-915-366-4947
- \* 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

Season Greetings  
and  
Best Wishes for a  
Happy, Prosperous and fit  
New Year.

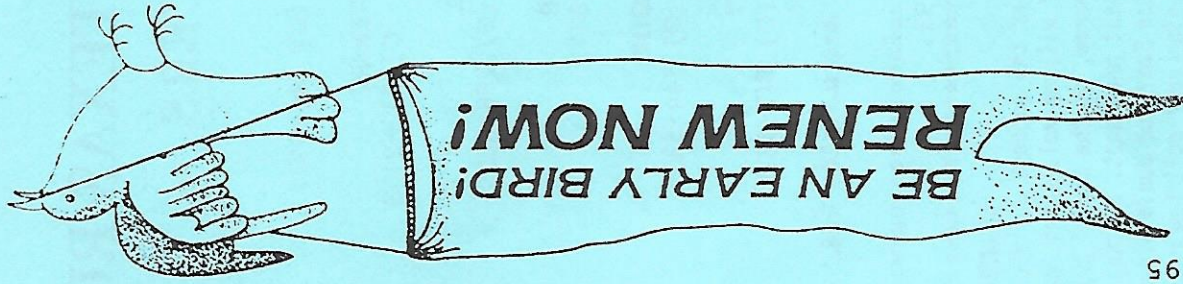


Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

JANUARY 1995



January W.T.R.C. Race  
"LOOP THE LAKE 5 MILE RUN"  
BUDDY HOLLY PARK  
January 14, 1995  
See page 15 for Details



# WEST TEXAS RUNNING CLUB

## DIRECTORS

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### EXTERNAL VP:

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(H) 894-7911

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DWAYNE OAKELEY  
(H) 799-4473

LARRY RENO  
(H) 795-6019 (O) 741-2513

*W.T.R.C. Races are usually held on the second Saturday monthly*

The January Business Meeting will be held at 5517 74th St. on January 10, 1995.

\*\*\*\*\*

### VOLUNTEERS

At the heart of the success our club has had in providing quality races is a core of willing volunteers, many of whom have been at it year after year. Of course, at the top of the list of time givers the past 2 1/2 years is our past president, Ron Key, but I would also like to especially recognize Tony and Josie Aleman who most of you should know intimately from having your pull tag ripped off and stacked in the finish chute of not only many club races, but nearly every "external" race that the club is involved in. Tony and Josie, we really appreciate you! Others volunteering three or more times this year are Larry Reno, Joe Post, P. J. Mitchell, Ronnie Nugent, Jeffrey Jury, James Bone, David Skelton, Joe and Eva Martinez and Jon Omdahl.

### 1995 CALENDAR

The calendar shown on the back cover is just a part of the year's known events. Any local event listed will have been approved by the WTRC Board--any race at which we supply workers as well as equipment must follow the same RRCA rules which we must follow in our own club races. If anyone desires a calendar of the whole year, contact George Jury.

## THACKER'S THANKSGIVING DAY TURKEY TROT TWO MILE RUN LUBBOCK, TEXAS NOVEMBER 24, 1994 9:00 AM

### \*\*\* OVERALL RESULTS \*\*\*

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	MORGAN McLARTY	LUBBOCK	TX	25	M	1	M2029	10:30	5:15
2	JAY TRUITT	LOVINGTON	NM	16	M	1	M1619	10:46	5:23
3	JIM LESER	LUBBOCK	TX	48	M	1	M4549	11:19	5:40
4	FRANK SUMPTER SR.	LAMESA	TX	41	M	2	M4044	11:34	5:47
5	JOHN HAWRONSKY	BROWNFIELD	TX	41	M	2	M4044	12:29	6:15
6	THOMAS BAKER	LUBBOCK	TX	17	M	2	M1619	12:47	6:24
7	PRECILLA HOWARD	LUBBOCK	TX	19	F	1	F1619	12:50	6:25
8	ROBERT GUAJARDO	LEVELLAND	TX	52	M	1	M5054	12:52	6:26
9	RICK SYPERT	LUBBOCK	TX	39	M	1	M3539	12:56	6:28
10	GABE VALDEZ	EL PASO	TX	13	M	1	M0115	13:07	6:34
11	DON MCGURIE	HIGHLANDS RANC	CO	31	M	1	M3034	13:23	6:42
12	FRED WEBER	LUBBOCK	TX	43	M	3	M4044	13:36	6:48
13	MIKE VALDEZ	EL PASO	TX	40	M	4	M4044	13:41	6:51
14	JOHNNY MILLER	HOUSTON	TX	33	M	2	M3034	13:43	6:52
15	ANTHONY ODEN	LUBBOCK	TX	18	M	3	M1619	13:50	6:55
16	CHRIS LILLEY	LAS CRUCES	NM	38	M	2	M3539	13:51	6:56
17	CHERYL WEBER	LUBBOCK	TX	41	F	1	F4044	14:13	7:07
18	JERRY WRIGHT	LUBBOCK	TX	56	M	1	M5559	14:17	7:09
19	HOPE JIMENEZ	LAMESA	TX	10	F	1	F0115	14:27	7:14
20	KAREN HAGNER	LUBBOCK	TX	35	F	1	F3539	14:33	7:17
21	MATT MCGUIRE	LUBBOCK	TX	22	M	2	M2029	14:46	7:23
22	MARYLOU JIMENEZ	LAMESA	TX	12	F	2	F0115	14:57	7:29
23	JOHN STALCUP	LUBBOCK	TX	61	M	1	M6099	15:02	7:31
24	DAVID E. MANGOLD	LUBBOCK	TX	46	M	2	M4549	15:23	7:42
25	DOUGLAS BIRDSALL	LUBBOCK	TX	47	M	3	M4549	15:33	7:47
26	TOM SHIELD	TEMPLE	TX	42	M	5	M4044	15:51	7:56
27	MAX KATTWINKEL	SHALLOWATER	TX	27	M	3	M2029	15:58	7:59
28	JON OMDAHL	LUBBOCK	TX	48	M	4	M4549	16:02	8:01
29	WILLIAM HOPKINS	LUBBOCK	TX	41	M	6	M4044	16:12	8:06
30	DAN BROWN	LUBBOCK	TX	42	M	7	M4044	16:16	8:08
31	DELIA CASTILLO	LUBBOCK	TX	39	F	2	F3539	16:52	8:26
32	CHUCK LAMPE	LUBBOCK	TX	22	M	4	M2029	17:13	8:37
33	RICK LAMPE	LUBBOCK	TX	50	M	2	M5054	17:13	8:37
34	ERNIE GANDY	SWEETWATER	TX	42	M	8	M4044	17:14	8:37
35	SANDI HOWARD	LUBBOCK	TX	48	F	1	F4599	17:21	8:41
36	AMANDA CASTRO	LUBBOCK	TX	22	F	1	F2029	17:28	8:44
37	JUAN MENDOZA	LUBBOCK	TX	33	M	3	M3034	17:39	8:50
38	BRENDA CAMPBELL	LUBBOCK	TX	35	F	3	F3539	17:58	8:59
39	THERESA MAREZ	ABERNATHY	TX	45	F	2	F4599	18:02	9:01
40	DEE PENA	CROSSBYTON	TX	59	M	2	M5559	18:17	9:09
41	GAYLE BLACKMON	LUBBOCK	TX	35	F	4	F3539	19:38	9:49
42	BECKY OMDAHL	LUBBOCK	TX	48	F	3	F4599	19:56	9:58
43	MARGARITA JIMENEZ	LAMESA	TX	5	F	3	F0115	20:52	10:26
44	HEATHER TERRY	LUBBOCK	TX	20	F	2	F2029	21:07	10:34
45	HEATHER AUBUCHON	LUBBOCK	TX	22	F	4	F2029	21:08	10:34
46	EVA DOMINQUEZ	ABERNATHY	TX	21	F	5	F2029	21:43	10:52
47	CHRISTYE MAREZ	ABERNATHY	TX	21	F	5	F2029	21:44	10:52
48	DIANA SANCHEZ	LUBBOCK	TX	33	F	1	F3034	21:58	10:59
49	JOHN BANNISTER	TUCUMCARI	NM	11	M	2	M0115	25:15	12:38
50	MARK BANNISTER SR.	TUCUMCARI	NM	41	M	9	M4044	25:16	12:38
51	AMBER PRADO	LUBBOCK	TX	13	F	4	F0115	28:39	14:20



WEST TEXAS RUNNING CLUB'S  
RED LINE FOUR MILE CROSS COUNTRY RUN  
DECEMBER 10, 1994  
LUBBOCK, TEXAS

PLACE NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	Perf
1 ROBERT JACKSON	HOBBS	36	M	1	M3539	22:16	5:34	773
2 BOB FINN	BIG SPRING	40	M	1	M4044	23:21	5:50	737
3 JEFFREY JURY	LUBBOCK	34	M	1	M3034	24:44	6:11	696
4 TODD MANN	LUBBOCK	29	M	1	M2029	24:55	6:14	691
5 JOSE CONTRERAS	LUBBOCK	18	M	1	M1619	25:24	6:21	678
6 FRANK SUMPTER SR.	LAMESA	41	M	2	M4044	25:31	6:23	675
7 JIM LESER	LUBBOCK	48	M	1	M4549	25:40	6:25	671
8 SHANNON ANDERSON	LUBBOCK	23	M	2	M2029	26:35	6:39	647
9 PAUL LISTON	LUBBOCK	27	M	3	M2029	26:42	6:42	642
10 LAWRENCE NELSON	LUBBOCK	22	M	4	M2029	26:53	6:43	640
11 BRENT TIDWELL	LUBBOCK	37	M	2	M3539	27:37	6:54	623
12 ROBERT GUAJARDO	LEVELLAND	52	M	1	M5054	27:50	6:58	618
13 AL GARDNER	LEVELLAND	38	M	3	M3539	27:55	6:59	617
14 GEORGE JURY	LUBBOCK	58	M	1	M5559	28:09	7:02	611
15 TIM ST. ONGE	LUBBOCK	23	M	5	M2029	28:12	7:03	610
16 DAVID HIGGINS	LUBBOCK	42	M	3	M4044	28:13	7:03	610
17 CHRIS THOMAS	LUBBOCK	15	M	1	M0115	28:38	7:10	601
18 HEATH RIBORDY	LUBBOCK	16	M	2	M1619	28:57	7:14	595
19 GABRIEL VALDEZ	EL PASO	13	M	1	M0115	29:27	7:22	584
20 DWAYNE OAKLEY	LUBBOCK	38	M	4	M3539	29:35	7:24	582
21 KEITH YAKTUS	LUBBOCK	36	M	5	M3539	30:04	7:31	572
22 BRANDON MGDANIEL	HOBBS	15	M	3	M0115	30:15	7:34	569
23 LARRY BYRD	SHALLOWATER	53	M	2	M5054	30:25	7:36	566
24 BILL ROGER	LEVELLAND	55	M	2	M5559	30:32	7:38	564
25 MARK VETETO	HOBBS	40	M	4	M4044	30:33	7:38	564
26 HOPE JIMENEZ	LAMESA	10	F	1	F0115	30:34	7:39	563
27 DENNIS BELL	LUBBOCK	34	M	2	M3034	30:57	7:44	556
28 MICAH BLALOCK	LUBBOCK	35	M	6	M3539	31:03	7:46	554
29 CHUCK JOHNSON	LUBBOCK	57	M	7	M3539	31:19	7:50	550
30 JIM HARRIS	HOBBS	52	M	3	M5054	31:25	7:51	548
31 RICHARD ARMSTEAD	LUBBOCK	43	M	5	M4044	31:29	7:52	547
32 DAVID LIGHTNER	LUBBOCK	45	M	2	M4549	31:41	7:55	543
33 BOB BERNERO	LUBBOCK	52	M	4	M5054	31:51	7:58	540
34 JOHN STALCUP	LUBBOCK	61	M	1	M6099	32:32	8:08	529
35 RONNIE NUGENT	LUBBOCK	48	M	3	M4549	33:26	8:22	515
36 JON ONDAHL	LUBBOCK	48	M	4	M4549	33:49	8:27	509
37 SHIRLEY WIGLEY	LUBBOCK	41	F	1	F4044	34:12	8:33	503
38 JIM WILHELM	LUBBOCK	44	M	6	M4044	34:29	8:37	499
39 HELEN ESQUIVEL	LUBBOCK	26	F	1	F2029	35:00	8:45	492
40 JAMES BONE	LUBBOCK	55	M	3	M5559	35:00	8:45	492
41 JOSIE ALEMAN	LUBBOCK	43	F	2	F4044	35:02	8:46	491
42 BETTY JOHNSON	LUBBOCK	36	F	1	F3539	36:22	9:06	473
43 JEFF MCBRIDE	LUBBOCK	23	M	6	M2029	36:47	9:12	468
44 RENE PLACENCIA	LUBBOCK	28	M	7	M2029	37:33	9:23	458
45 EVA MARTINEZ	LUBBOCK	50	F	1	F4599	37:49	9:27	455
46 JOE MARTINEZ	LUBBOCK	49	M	5	M4549	38:22	9:36	449
47 MARSHA BENNETT	LUBBOCK	31	F	1	F3034	38:23	9:36	448
48 GREG BROWN	LUBBOCK	30	M	3	M3034	38:37	9:39	446
49 THERESA MAREZ	ABERNATHY	45	F	2	F4599	40:08	10:02	429

RACE DIRECTOR'S REPORT

Hearty "soles" ended WTRC's race year with the last of the Challenge Series this December. A temperature of 27 degrees with a wind chill of 1 degree was braved by 49 runners as they negotiated the hills, icy patches, and mud of Mae Simmons Park. Wearing gloves given to all registrants, runners attacked a course whose paint was still fresh from the Southwest Conference Cross Country Meet. The race attracted participants from Big Spring and Lamesa, as well as Hobbs, NM.

Robert Jackson, a former club member and recent renewal from Hobbs posted a 22:16 for first overall. Robert is a past winner of the Red Raider Road Race and is just recovering from knee surgery. Bob Finn of Big Spring took second in 23:21 and Jeffrey Jury third in 24:44, as the 30 and 40 year olds led all other ages. Todd Mann garnered fourth overall in 24:55 and Jose Contreras took fifth in 25:24. Each of these runners took first in their respective age groups, posting times under a 6 1/2 minute pace. Ten year old Hope Jimenez of Lamesa led the women with an impressive time of 30:34. Welcome to Hope's family, who just joined the club. For those wanting another pair of gloves or a running pin, see P. J. Mitchell at her "Runner's Emporium" set up at each club race. Thanks to volunteers who each received 4 miles credit and a pair of gloves for their efforts: Johnny Garza, Richard Gray, Marjory Stewart, Tony Aleman, P. J. Mitchell, Ron Key, Teresa Greer, and Ken Jernigan.

Mike Kelley, Race Director

FEATHERS, PART II

Dear WTRC members:

As you will recall I had the opportunity to do the Great Floridian Ironman distance race in 1993 and finished it. This distance (2.4 mile swim, 112 mile bike ride, 26.2 mile swim) reminded me of the question, "if you had all of the feathers you could carry, could you carry just one more?" I had concluded at that time during the Great Floridian, I had all of the feathers I could carry and there was no way I could carry one more; however, my body said "Hold on here, we can do more." The completion of this event provided me with the inspiration and pain to have that great wish in the sky of wanting to repeat this "fun". The only difference is I wanted to do "THE IRONMAN" on the big island in Kona, Hawaii. This event is the equivalent to the Boston Marathon in status and is recognized by just about everyone I know. My best chance of getting there as an official entry (there is no such thing as a bandit in this race and there are only 1450 slots) was to receive a lottery slot. I had participated in two Ironman qualifiers in Florida and Colorado but was not able to qualify. In late August, I was notified that I had received a lottery entry, so I was in and ready. I started 1994 with the mind set that I was going to compete in "THE IRONMAN" so I had been preparing all year for this. Most people have asked if I started mega training after finding out for sure that I was in. The answer to that is really no, since I had actually been preparing for this all year. As I had learned in the previous year this distance requires training in the following order: 1. The mind 2. Nutrition 3. The body So, I had this in mind throughout the year in my training and competition. I was able to complete 16 tri events, 1 long bike event, and 4 WTRC events and I felt that each gave me preparation for the "Big" one. My training time never really exceeded over 10 hours per week. Now I guess the question is, is that enough and should I have done more? The answer to that is yes for my level of ability and what my body can take, and no, I should not have done more.

Now for the nitty gritty of the event. Not long after arriving in Kona it did not take much time for me to determine that this was a special place and a very special event. No matter where you went in this 15,000 population city you were aware of the "Ironman" race that was to happen within a few days. You could feel the energy in every nook and cranny of this town. There were triathletes swimming, biking and running at all hours of the day and night. Swimming started early in the morning within the actual swim course area. Biking was also done all day long up and down the Kona coast, with runners in the same abundance. I thought the idea was to taper during the last week of a long distance event: if this is tapering I do not know the definition. I even found myself so filled with this positive energy that I did three swims, one bike ride and a short run during the taper week. It was just impossible not to get enthused with all (next page)

of this energy around and I do not suppose it hurt anything. I had never seen so many shaved legs and greyhound looking people. Endurance fitness was in abundance on this island.

On the morning of the event we started reporting to the transition/ swim start area at 5:30 a.m. for the 7:00 a.m. start. The predicted weather was 85-90 degrees with about the same humidity. It reached that providing us with more challenge. The event started on time and after fighting a record current, all but 25 made the swim cutoff. The bike course is 112 miles out to the Northern turn around at Hawi(Havee) and ended on the Southern side of Kona. It was very difficult with headwinds and heat. After spending 7 hours on the bike I entered the transition area with two large blisters on the ball of both feet. What a way to start a 26.2 mile run. After being looked at by the Doctors and waiting 20 minutes, I decided to proceed. What a challenge this turned out to be and now my mind training would come in handy. After altering the landing of my feet (extreme heel strike), I lumbered through the first 12 miles and at 13 I thought it was over, with an extreme sharp knee pain. After deciding that I could walk 11 minute miles and still make the 17 hour cut-off, I discovered that all of a sudden my mind was positive and optimistic. I took aspirin at 14 and started to run again at 17. The official finish time was 16 hours and 5 minutes. I earned the coveted "Ironman" finisher medal and T-shirt, AND THERE IS NO GREATER FEELING! I later learned that in Kona, an Ironman finisher is considered very special and the glow of the event lasts for a week after it is over. This was the Super Bowl of our sport and I got to participate, what a thrill! Now, the question, "What did you win?" The answer is best described by the following, "There is nothing noble in being superior to some other person. The true nobility is in being superior to your previous self." So, my victory was in being superior to my previous self and I got the blue ribbon. The other question, "Did I carry one more feather?" I believe the answer is obvious.

Thank all of you who take the time to read this. Please call with questions. Regards and congratulations to the other Lubbock area "Ironmen", Robby Timberlake and Tim Key. They are great athletes and an inspiration to me.

Mike Greer

\*\*\*\*\*

#### EDITOR'S COMMENTS

I hope that each of you have enjoyed the reports and poetry of our members this past four months as I have, and would like have others submit your thoughts for publication. I would like to have a print-out copy and the work on a diskette for ease of putting the newsletter together. Next month I hope to have an article by James Livermore on his harrowing experience with a heart attack and ensuing by-pass surgery.

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W.T.R.C. NEWS & NOTES

1994 CHALLENGE SERIES  
AWARD WINNERS

There were 57 W.T.R.C. members who worked at least one race during the year, enabling the rest of us to enjoy quality races each month. In keeping with the rules of the CHALLENGE SERIES a participant is eligible for only one award, with the exception of the improvement category. According to the current rules for the Series, at least 50% of the eligible participants will receive an award at the year end meeting. Those attaining 66 miles receive a W.T.R.C. Logo "66 MILE" T Shirt.

"66 MILE CLUB"		MALE AGE GROUP WINNERS		FEMALE AGE GROUP WINNERS			
	POINTS	EVENTS	MILES		POINTS	EVENTS	MILES
1 George W. Jury	103.8			40-44	106	12	94.9
2 Jeffrey Jury	95.7	7	33.2	1 Robert Guajardo	90	10	51.5
3 Bill Roger	94.9			2 Larry Byrd	71	10	76.3
4 Joe Martinez	84.7			3 Richard Bray	65	10	69.4
5 Richard Fischenich	84.5			4 Bob Bernero	62	11	83.7
6 Bob Bernero	83.7			5 Ken McEachern	47	8	76.4
7 Mike Kelley	82.5			55-59	106	12	94.9
8 Roger Lopez, Jr.	81.6			1 Bill Roger	46	10	68.5
9 Ron Key	79.4			2 James Bone			
10 Chuck Johnson	78.7			60+			
11 P. J. Mitchell	78.7			1 John Stalcup	78	9	38.5
12 David Higgins	77.8			2 Hugh Haynes	49	6	49.3
13 Tony Aleman	76.5						
14 Ken McEachern	76.4						
15 Larry Byrd	76.3						
16 Josie Aleman	73.9						
17 Jon Omdahl	73.7						
18 Jim Leser	73.5						
19 David Lightner	70.6						
20 James Livermore	70.4						
21 Dwayne Oakeley	69.9						
22 Richard Bray	69.4						
23 James Bone	68.5						
24 Eva Martinez	67.5						
25 Ronnie Nugent	67.3						
26 Joe Post	67.3						
27 Jim Wilhelm	66.5						
28 Keith Yaktus	66.0						

VOLUNTEERS OF THE YEAR		IMPROVEMENT AWARDS	
	POINTS	EVENTS	MILES
Pat Jury	103.8		
Ida Sumpter			
MILEAGE WINNER			
George Jury	103.8		
PARTICIPATION LEADERS			
Joe Martinez			
Tony Aleman			
Ron Key			
Jon Omdahl			

This category is scored on the improvement in average performance factor points with at least 3 events needed to establish a beginning average and the participation in at least 8 of the 12 events as a runner or volunteer. Awards are given to the first three. First, Keith Yaktus, +24, Second were Bill Roger and Richard Bray, +15 each. Others: Richard Fischenich, +10, Teresa Greer, +9, Dwayne Oakeley, +9, Jeffrey Jury, +8, Chuck Johnson, +7, James Bone, +5, Marjory Stewart, +5, Roger Lopez, +4, David Lightner, +3, and Jon Omdahl, +2.

Club member Joe Perez was named to the 1994 GNE/SNC Cross Country Academic Honor Team. He and Mandy Malouf were among only nine athletes who attained this honor. Joe is a senior English major with a 3.3 GPA and won the NMSU RACHINA INVITATIONAL Sept. 30th, then was second Tech runner in each of the other 6 CC meets this fall. Joe has a younger brother, Carlos, who has run in several of our club events and was second at the LISD Invitational, Oct. 8th, and later had an 18th place behind teammate Greg Kirby's 12th place at the state 3A meet for Brownfield.

Mandy Malouf who capped her senior year at TTU with a 7th place conference meet finish was also named to the academic honor team.

**RED RAIDER ROAD RACE**

George Rayhons has had to resign as Director of the 1995 RRRR because of a job opportunity in Corpus Christi that he could not pass up. Bob Bernero has consented to take on the responsibility, without any of the experience that George had obtained with this past race. Let's all get behind Bob and help make his job easier. We first need an assistant director, then need to fill other areas of responsibility such as registration and course and equipment manager.

**AT THE RACES**

We don't have complete results of the San Antonio Marathon but as far as is known, all of our club members who participated were award winners. Marjory Stewart was the overall women's winner with a time of 3:03:17, Don Sanderson was the 60-64 age group winner with a 3:22:47, and Al Becken was the 65-69 age group winner with a 3:38:40.

Bob Finn, from Big Spring, who joined the club in July turned 40 in November and ran a 1:22:14 Half Marathon in Midland and a 16:19 5K in Iraan and he was overall winner of both races.

**TURKEY TROT REPORT**

The 2nd annual "TURKEY TROT" was a big success with 98 registrants on another chilly Thanksgiving Day. Plans are to move the location of the start/finish where we can have indoor access both before and after the race. Also most turkey days here are much more pleasant than the last two! Many thanks to club member Joey Thacker who has shouldered major sponsorship the past two years. By the way, Joey and Ann are expecting a child in February! Additional aid was given by Richard Bray and Randy Wolcott who donated turkeys for the first place age group winners. Race day volunteers were Carolyn Miller, Arden Key, Joe and Eva Martinez, Tony and Josie Aleman, P.J. Mitchell, James Bone and Richard Bray and daughter, Laurie Lopez.

**MY FAVORITE ATHLETIC HERO**

Greg LeMond, who is probably my most admired athlete, was recently diagnosed with a rare muscular disease called mitochondrial myopathy that has sapped his strength the past three seasons. LeMond became the first non-European cyclist to win the prestigious 23 day, 2,000 mile Tour de France in 1986, then was accidentally shot while hunting in April, 1987. He underwent 5 hours of surgery to remove 60 lead pellets, but more than 40 pellets remain in his body. He came back from this injury to win the Tour de France again in 1989. I certainly can admire his gutsy efforts these past two years when he was unable to complete the event. Most of us over 40 years old feel "bited all the time", but for one in his 30's, it's a sad misfortune.

**THIS N THAT**

We have some missing equipment that we need your help to find. Sometime after the July 4th race the charger for the "Long Ranger" loudspeaker disappeared. Also the battery powered Megaphone disappeared sometime this past year. Numerous stopwatches have not been returned after use in races. If you have or know the whereabouts of any of the equipment, please call Larry Reno.

The 1995 CHALLENGE SERIES rules will be published in the February Newsletter.

Congratulations to the Rick Spert's on the birth of a son on Dec. 7th.

Your editor needs help with the Challenge Series and improvement calculations. We really need these set up on a spreadsheet program (LOTUS?) and we are willing to pay someone to set this up for us. Please call George.

A race director is needed for the "FIRECRACKER RUN" July 4th. Please call Marjory Stewart at 792-1085, if you could take on that responsibility.

5th ANNUAL ARTHRITIS FOUNDATION  
JINGLE BELL RUN December 3, 1994

10K OVERALL RESULTS

PLACE	NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
1	HAFFIS BANIRE	1	M2029	23	M	LUBBOCK	TX	33:26	5:23
2	JOE PEREZ	2	M2029	22	M	LUBBOCK	TX	34:22	5:32
3	TIM GREEN	3	M2029	29	M	LUBBOCK	TX	36:47	5:55
4	COREY WRIGHT	1	M1619	18	M	LUBBOCK	TX	37:36	6:03
5	LARRY KNAPP	2	M1619	16	M	LOVINGTON	NM	37:37	6:03
6	JASON WILLIAMS	4	M2029	23	M	LUBBOCK	TX	37:54	6:06
7	JASON LEVINE	5	M2029	23	M	LUBBOCK	TX	40:09	6:28
8	DON SALDANA	1	M3034	31	M	LUBBOCK	TX	40:54	6:35
9	AL GARDNER	1	M3539	38	M	LEVELL AND	TX	41:35	6:42
10	DENNIS DOLKERY	2	M3034	32	M	ANARILLO	TX	42:11	6:47
11	JULIEANNE CAMPBELL	1	F2029	23	F	LUBBOCK	TX	42:25	6:50
12	RICHARD FISCHENICH	1	M4549	47	M	LUBBOCK	TX	43:29	7:00
13	LAWRENCE NELSON	6	M2029	22	M	LUBBOCK	TX	43:40	7:02
14	JESSE HILLIARD	7	M2029	28	M	LUBBOCK	TX	43:54	7:04
15	KEITH YAKTUS	2	M3539	36	M	LUBBOCK	TX	44:19	7:08
16	DANIEL FISH	1	M4044	42	M	LUBBOCK	TX	45:05	7:15
17	ELIZABETH WOJCIKOWFSKI	2	F2029	23	F	LUBBOCK	TX	46:11	7:26
18	STEVE WOHLRAB	3	M3539	39	M	LUBBOCK	TX	46:25	7:28
19	LARRY HOFFMAN	2	M4549	46	M	LUBBOCK	TX	46:28	7:29
20	JOE LYNCH	3	M3034	30	M	LUBBOCK	TX	46:33	7:29
21	CHUCK JOHNSON	4	M3539	37	M	LUBBOCK	TX	47:02	7:34
22	KURTIS STUBBLEFIELD	4	M3034	34	M	LUBBOCK	TX	47:19	7:37
23	MICAH BLALOCK	5	M3539	35	M	LUBBOCK	TX	47:31	7:39
24	RANDY BONDS	2	M4044	42	M	LUBBOCK	TX	47:33	7:39
25	LANCE PETERS	5	M3034	31	M	LUBBOCK	TX	48:21	7:47
26	DAVID LIGHTNER	3	M4549	45	F	LUBBOCK	TX	48:50	7:52
27	TERESA GREER	1	F4044	43	F	LUBBOCK	TX	49:15	7:56
28	BOB BERNERO	1	M5054	52	M	LUBBOCK	TX	49:21	7:57
29	MICHAEL BIRD	6	M3034	30	M	LUBBOCK	TX	49:25	7:57
30	DONICE JOHNSON	1	F3034	34	F	OLTON	TX	49:58	8:02
31	KARLA FIELDER	3	F2029	25	F	LUBBOCK	TX	50:00	8:03
32	WAYNE IVEY	8	M2029	25	M	SLATON	TX	51:12	8:14
33	RHONDA KAUK	1	F4599	45	F	LUBBOCK	TX	51:29	8:17
34	BETH CHRISTIE	4	F2029	21	F	LUBBOCK	TX	52:05	8:23
35	MARK LONG	9	M2029	25	M	LUBBOCK	TX	53:31	8:37
36	MICHAEL SAN FRANCISCO	6	M3539	39	M	LUBBOCK	TX	53:31	8:37
37	J-MARK WAGNON	3	M4044	40	M	LUBBOCK	TX	53:31	8:37
38	JUDY DECKER	5	F2029	29	F	LUBBOCK	TX	53:46	8:39
39	CHRISTIE HODGE	6	F2029	24	F	LUBBOCK	TX	53:58	8:41
40	SHANE UHLIR	10	M2029	28	M	LUBBOCK	TX	53:59	8:41
41	JEFF WEADOCK	11	M2029	25	M	LUBBOCK	TX	54:23	8:45
42	KENT FOLKNER	12	M2029	29	M	LUBBOCK	TX	54:50	8:49
43	DUKE CHAVEZ	7	M3034	30	M	LUBBOCK	TX	55:01	8:51
44	RON HILLIS	2	M5054	51	M	LUBBOCK	TX	57:19	9:13
45	BETH MOLL	7	F2029	26	F	LUBBOCK	TX	58:27	9:24
46	DIANE CARR-JONES	2	F3034	34	F	LUBBOCK	TX	58:41	9:27
47	J. BRIAN JONES	7	M3539	35	M	LUBBOCK	TX	58:42	9:27
48	MELODIE MAC LEAN	8	F4599	48	F	LUBBOCK	TX	58:56	9:29
49	CLOEY CHANCY	2	F2029	27	F	LUBBOCK	TX	1:00:05	9:40
50	BILL BATES	4	M4044	43	M	LUBBOCK	TX	1:00:06	9:40
51	ANGELA TODARO	9	F2029	20	F	LUBBOCK	TX	1:00:21	9:43
52	RICK LAMPE	3	M5054	50	M	LUBBOCK	TX	1:01:01	9:49
53	RHONDA FRAZIER	10	F2029	22	F	LUBBOCK	TX	1:01:39	9:55
54	TREY SEAVEY	13	M2029	23	M	LUBBOCK	TX	1:02:54	10:07
55	VICTORINA FISCHENICH	11	F2029	29	F	LUBBOCK	TX	1:03:21	10:12
56	JIM CULHAN	8	M3034	33	M	LUBBOCK	TX	1:04:21	10:21

5th ANNUAL ARTHRITIS FOUNDATION  
JINGLE BELL RUN December 3, 1994

5K OVERALL RESULTS

PLACE	NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
1	KIPTALAM BARYNO	1	M1619	19	M	LUBBOCK	TX	16:41	5:22
2	JAMES GARNER	1	M2029	23	M	LUBBOCK	TX	16:47	5:24
3	TODD MANN	2	M2029	29	M	LUBBOCK	TX	17:56	5:46
4	FRANK SUMPTER, SR	1	M4044	41	M	LAMESA	TX	18:15	5:53
5	JASON KNAPP	2	M1619	16	M	LOVINGTON	NM	18:16	5:53
6	SHANNON ANDERSON	3	M2029	23	M	LUBBOCK	TX	19:18	6:13
7	DOUG MAILMAN	1	M3034	32	F	LUBBOCK	TX	20:59	6:45
8	SUE SPITZ	1	F3034	33	F	LUBBOCK	TX	21:02	6:46
9	TIMOTHY ST. ONGE	4	M2029	23	M	LUBBOCK	TX	21:10	6:49
10	ANGELA WELSH	1	F1315	15	F	TARZAN	TX	21:14	6:50
11	JOE DAN PARKER	2	M3034	30	M	LUBBOCK	TX	21:19	6:52
12	TOMMY BAKER	3	M1619	17	M	LUBBOCK	TX	21:32	6:56
13	JOHN APICELLO	3	M3034	30	M	LUBBOCK	TX	21:42	6:59
14	JOE GOMEZ	1	M5054	51	M	LUBBOCK	TX	21:43	7:00
15	WAYNE MAJOR	1	M4549	47	M	LUBBOCK	TX	22:12	7:09
16	FRED WEBER	2	M4044	43	M	LUBBOCK	TX	22:13	7:09
17	TROY WILLIAMS	5	M2029	23	M	REESE AFB	TX	22:17	7:10
18	DOROTHY MC WHORTER	1	F4599	46	F	LUBBOCK	TX	22:47	7:20
19	CHERYL WEBER	1	F4044	41	F	LUBBOCK	TX	22:51	7:21
20	TANYA VAUGHN	1	F2029	24	F	LUBBOCK	TX	22:57	7:23
21	RONNIE PRIGG	3	M4044	43	M	LUBBOCK	TX	23:10	7:28
22	IRWIN MORRIS	6	M2029	27	M	LUBBOCK	TX	23:19	7:30
23	KEN KREIDL	7	M2029	21	M	LUBBOCK	TX	23:24	7:32
24	JIMMY PAYTON	8	M2029	22	M	LUBBOCK	TX	23:50	7:40
25	CHADD LOWE	1	M1315	14	M	LUBBOCK	TX	24:01	7:44
26	JOE ROSENDO	2	M1315	14	M	LUBBOCK	TX	24:07	7:46
27	MARK SCURLOCK	1	M3539	37	M	LUBBOCK	TX	24:13	7:48
28	C. E. MURRAY	2	M4549	45	M	LUBBOCK	TX	24:19	7:50
29	DEBBIE MARTIN	2	F4044	43	F	SHALLOWATER	TX	24:41	7:57
30	THOMAS WARD	3	M4549	46	M	LUBBOCK	TX	24:51	8:00
31	DAVID MANGOLD	1	M5559	57	M	LUBBOCK	TX	25:02	8:04
32	BARNEY MC CASLAND, III	2	M5054	53	M	LUBBOCK	TX	25:02	8:04
33	MICHAEL POPP	9	M2029	23	M	LUBBOCK	TX	25:04	8:04
34	DAVID SAENZ	10	M2029	26	M	LUBBOCK	TX	25:08	8:06
35	DOUGLAS BIRDSALL	4	M4549	47	M	LUBBOCK	TX	25:17	8:08
36	KEVIN BARNES	11	M2029	22	M	REESE AFB	TX	25:18	8:09
37	CHERYL BENOIT	3	F4044	41	F	LUBBOCK	TX	25:21	8:10
38	HEATHER BRUNKE	2	F2029	21	F	LUBBOCK	TX	25:33	8:14
39	KATHY KANIKULA	2	F3034	34	F	LUBBOCK	TX	25:35	8:14
40	YVONNE BAYS	3	F3034	30	F	LUBBOCK	TX	25:52	8:20
41	HOPE JIMENEZ	1	F0112	10	F	LAMESA	TX	26:00	8:22
42	GLEN LOWE	2	M3539	39	M	LUBBOCK	TX	26:04	8:24
43	ASHLEY SORENSON	1	F1619	19	F	LUBBOCK	TX	26:34	8:33
44	BERNARD CHARTER	4	M3034	34	M	LUBBOCK	TX	26:50	8:38
45	MICHELLE ZEMANEK	3	F2029	24	F	LUBBOCK	TX	27:01	8:42
46	LORI BAINES	4	F2029	26	F	LUBBOCK	TX	27:31	8:52
47	CHRISTIAN SORENSON	1	M0112	10	M	BAYTOWN	TX	27:46	8:56
48	RICK DAY	49	M4044	41	M	LUBBOCK	TX	27:55	8:59
49	GREG MC ALISTER	12	M2029	27	M	LUBBOCK	TX	28:02	9:02
50	MATT LANE	13	M2029	24	M	LUBBOCK	TX	28:27	9:10
51	OTTO SPITZ	3	M3539	37	M	LUBBOCK	TX	28:28	9:10
52	CHARLIE WHEELER	5	M4044	44	M	LUBBOCK	TX	28:34	9:12
53	HEATHER SPECK	2	F1619	18	F	LUBBOCK	TX	28:35	9:12

5th ANNUAL ARTHRITIS FOUNDATION  
JINGLE BELL RUN December 3, 1994

5K OVERALL RESULTS

PLACE	NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
54	MINDY MITCHELL	5	F2029	24	F	LUBBOCK	TX	28:38	9:13
55	CHRIS BILLOTTE	14	M2029	20	M	LUBBOCK	TX	28:39	9:13
56	PATRICIA BOYKIN	1	F3539	38	F	LUBBOCK	TX	28:41	9:14
57	SHEILA WEST	6	F2029	29	F	LUBBOCK	TX	28:51	9:17
58	ANDY DELGADO	4	M3539	37	M	LUBBOCK	TX	28:52	9:18
59	TOMMY FIGUEROA	2	M0112	11	M	WOLFFORTH	TX	28:52	9:18
60	RYAN MC GRADY	15	M2029	22	M	LUBBOCK	TX	28:53	9:18
61	LYNN WU	7	F2029	21	F	LUBBOCK	TX	29:07	9:22
62	YVONNE CORRERO	4	F3034	31	F	LUBBOCK	TX	29:09	9:23
63	KARMELL WEHR	3	F1619	18	F	LUBBOCK	TX	29:12	9:24
64	MICHAEL SMITH	5	M3034	32	M	LUBBOCK	TX	29:17	9:26
65	SCOTT CAMPBELL	16	M2029	29	M	LUBBOCK	TX	29:28	9:29
66	LAURA HOPPER	8	F2029	28	F	LUBBOCK	TX	29:31	9:30
67	CAROLE CROSS	2	F3539	36	F	LUBBOCK	TX	29:38	9:32
68	KENT GRIFFIN	6	M3034	33	M	LUBBOCK	TX	29:41	9:33
69	MARY M. BJORK	9	F2029	22	F	LUBBOCK	TX	29:41	9:33
70	HAILEY VIEH	10	F2029	25	F	LUBBOCK	TX	29:57	9:39
71	CAROLE YOUNG	4	F4044	41	F	LUBBOCK	TX	30:17	9:45
72	BRIAN BICKEL	5	M4549	46	M	LUBBOCK	TX	30:19	9:46
73	STACY SANDOVAL	11	F2029	21	F	LUBBOCK	TX	30:36	9:51
74	ADRIENNE PEARCE-LAMBERT	12	F2029	27	F	LUBBOCK	TX	30:48	9:55
75	ALLISON WEBSTER	13	F2029	25	F	LUBBOCK	TX	31:13	10:03
76	JENNIFER TROTTER	14	F2029	22	F	LUBBOCK	TX	31:13	10:03
77	PAUL TREVINO	3	M1315	13	M	LUBBOCK	TX	32:35	10:29
78	RAUL VELARDE	17	M2029	25	M	LUBBOCK	TX	33:09	10:40
79	BILL CROSS	6	M4044	42	M	LUBBOCK	TX	34:19	11:03
80	SCOTT LAMBERT	7	M3034	32	M	LUBBOCK	TX	34:19	11:03
81	CHRISTY BALDOZA	15	F2029	22	F	LUBBOCK	TX	35:02	11:17
82	JEANNIE HERNANDEZ	2	F1315	14	F	LUBBOCK	TX	35:02	11:17
83	KENNETH GARRETT	5	M3539	37	M	LUBBOCK	TX	35:12	11:20
84	FRED WAGNER, JR.	1	M6099	66	M	LUBBOCK	TX	35:20	11:23
85	KAREN SMITH	16	F2029	29	F	LUBBOCK	TX	35:30	11:26
86	JO ROSENDO	3	F1315	14	F	LUBBOCK	TX	35:37	11:28
87	KRISTI BENNETT	17	F2029	20	F	LUBBOCK	TX	36:03	11:36
88	SCOTT MEDELLIN	3	M0112	11	M	LUBBOCK	TX	36:04	11:37
89	MARGARITA JIMINEZ	2	F0112	5	F	LAMESA	TX	37:15	12:00
90	CLAIRE COCO	18	F2029	26	F	LUBBOCK	TX	37:16	12:00
91	MOLLY SANTESE	5	F3034	31	F	LUBBOCK	TX	38:54	12:31
92	LUPITA MARRUFO	3	F0112	12	F	LUBBOCK	TX	40:54	13:10
93	MIRANDA GARCIA	4	F1315	14	F	LUBBOCK	TX	42:13	13:36
94	BECKY TERRAZAS	5	F1315	13	F	LUBBOCK	TX	42:13	13:36
95	DAVID BOCANEGRA	4	M1315	13	M	LUBBOCK	TX	42:13	13:36

JINGLE BELL WRAP UP

Many thanks to a handful of Club volunteers who handled 151 finishers with several bandits and many who were registered as walkers complicating the results compilation. Carolyn Miller typed in 95 of the 184 entries on race day morning and helped compile the results. Bill Harn, Larry Reno, Jeffrey Jury, Tony and Josie Aleman, Helen Barron, Al Grotz and Jay Truitt worked the timing equipment, and chutes very efficiently. I want to especially thank these folks for giving of their time. The results are as close as we could get with the complications and confusion.

George W. Jury

WEST TEXAS RUNNING CLUB'S  
"LOOP THE LAKE"  
5 MILE RUN

Initial event of the 1995 W.T.R.C CHALLENGE SERIES

**WHEN:** SATURDAY, JANUARY 14, 1995  
REGISTRATION 9:00-9:45 A.M.  
RACE START AT 10:00 A.M.

**WHERE:** BUDDY HOLLY PARK, Party House just west on Canyon Lake Road off Unversity Ave.  
New location of Start/Finish, New course

**COURSE:** 5 Miles; 2 plus loops of CANYON LAKE 1 & 2  
Paved rolling terrain

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

**AWARDS:** WTRC Logo Medals to the first three and up to 50% in the following Divisions

**AGE DIVISIONS:**

**MEN** 0-15; 16-19; 20-29; 30-34; 35-39; 40-44;  
45-49; 50-54; 55-59; 60 & Over

**WOMEN** 0-15; 16-19; 20-29; 30-34; 35-39; 40-44;  
45-49; 50 & Over

**RACE DIRECTOR:** Richard Bray, 745-0174(d), 745-9074(n)  
(Volunteers needed, please call Richard above)

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**MEMBERSHIP RENEWAL TIME**

It's membership renewal time and to make this process easy for you, we have renewal forms inserted in this newsletter. Usually this is done in the December newsletter, but that issue was as heavy as a single stamp would bear without the extra inserts. Please be prompt in submitting your forms as this will assure continuity of your newsletter. Remember each family member must have a form and sign the waiver on the back. At \$10.00, our membership fee is a bargain compared to other running clubs.