

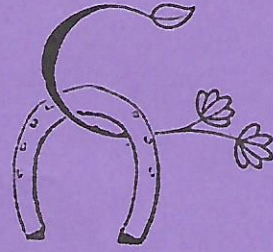
CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- 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 3 RUN IN THE SUN: San Angelo, 8K, Jim Deaver, (915)-949-1284
 - JUNE 10 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8 A.M., 10K and 2 Mile, Bill Roger, Race Director, 894-7911
 - JUNE 17 W.T.R.C. SUMMER SOCIAL: TBA, Maurine Bray, 745-9074
 - 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, Jim Leser, RD, 794-2474
 - JULY 15 CELEBRATE SEAGRAVES RUN: Seagraves, 10K and 3 Mile, 1 Mile walk, 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
 - 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)
 - SEPT 30 TALKING TRASH RACES: 10K & 2 Mi., Details later
 - 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 Benneno, 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. 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

Details Inside Back Cover

9 A.M., May 13, 1995

HORSESHOE BEND CANYON SPRING FROLIC



MAY 1995

Lubbock, Texas 79408
P.O. Box 2921

Newsletter



794-7766

Lubbock, Texas 79424

401 82nd Street

JOE THACKER



Robert L. Bernero
3031-55th Street
Lubbock, TX. 79413
12-31-95



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 May Business Meeting will be held at 5212 44th St. on May 9th, 1995 at 7:00 p.m.

DIRECTORS

Maurine Bray
(H) 745-9074

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

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

Dwayne Oakeley
(H) 799-4473

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

THIS 'N THAT

Anyone who would like to get more involved in the club's work could do so as one of our directors as we have a vacancy. Please give Jim Leser a call at 794-2474.

Be sure to note the change of the May 9, 1995 meeting location to 5212 44th St.

The year end report of the status of the WTRC/TTU SCHOLARSHIP FUND reveals that we have a balance of \$13,182.75. The previous scholarships have been paid out of present year receipts. This fund is provided by the profits from the RED RAIDER ROAD RACE and will soon be self sustaining and able to pay out the scholarships from the interest earned and not deplete the fund. If anyone out there is looking for a tax exempt charitable trust, this fund is worthy of your consideration.

It is time for WTRC members to start making nominations for this fall's scholarship. Instructions will be in the next newsletter, but if you want information now, call George W. Jury.

Regarding the RED RAIDER ROAD RACE, Race Director, Bob Bernero is still in need of key personnel to help him stage the event October 21st. Please give him a call at 793-1667.

THE FLIGHT LINE RACES 2 MILE, 10K and HALF MARATHON April 8, 1995 REESE AIR FORCE BASE

OVERALL RESULTS ***** HALF MARATHON

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	TIME	PACE	Perf
**# 1	PEDRO RUIZ	LUBBOCK	26	M	1	M2029	1:11:58	5:29	851
2	J.R. BODDY	LUBBOCK	25	M	2	M2029	1:21:55	6:15	747
3	JEFFREY JURY	LUBBOCK	34	M	1	M3034	1:24:12	6:25	727
4	JASON WILLIAMS	LUBBOCK	18	M	1	M1619	1:26:38	6:37	707
5	JASON LEVINE	LUBBOCK	23	M	3	M2029	1:28:56	6:47	688
* 6	MARJORY STEWART	LUBBOCK	36	F	1	F3539	1:29:16	6:49	686
7	WELDON KOLB	LUBBOCK	39	M	1	M3539	1:31:55	7:01	666
8	CHRIS STRATHMAN	LUBBOCK	32	F	1	F3034	1:35:50	7:19	639
9	ROGER LOPEZ	LUBBOCK	38	M	2	M3539	1:36:47	7:23	633
10	TOM WEST	LUBBOCK	37	M	3	M3539	1:37:18	7:25	629
11	RICHARD FISCHENICH	LUBBOCK	47	M	1	M4549	1:37:38	7:27	627
12	AL GARDNER	LEVELLAND	38	M	4	M3539	1:39:08	7:34	618
13	CHRIS LONNGREN	LUBBOCK	35	M	5	M3539	1:39:24	7:35	616
14	BILL ROGER	LEVELLAND	56	M	1	M5559	1:45:11	8:01	582
15	CHUCK JOHNSON	LUBBOCK	37	M	6	M3539	1:45:28	8:03	580
16	MARK JENNINGS	LUBBOCK	39	M	7	M3539	1:45:51	8:04	578
17	BARRY MOSS	LUBBOCK	40	M	1	M4044	1:47:37	8:13	569
18	RONNIE NUGENT	LUBBOCK	48	M	2	M4549	1:49:15	8:20	560
19	PERRY COLLINS	SAN ANGELO	25	M	4	M2029	1:50:12	8:24	556
20	JON OMDAHL	LUBBOCK	49	M	3	M4549	1:55:35	8:49	530
21	CHRISTIE HODGE	LUBBOCK	24	F	1	F2029	2:00:47	9:13	507
22	HUGH HAYNES	SLATON	63	M	1	M6099	2:03:58	9:27	494
23	MIKE KELLEY	SHALLOWATER	46	M	4	M4549	2:06:44	9:40	483
24	ALLEN FORD	LUBBOCK	25	M	5	M2029	2:11:51	10:03	464
25	DIANE GARR	LUBBOCK	34	F	2	F3034	2:11:51	10:03	464
26	BRIAN JONES	LUBBOCK	35	M	8	M3539	2:11:51	10:03	464
27	MARSHA BENNETT	LUBBOCK	31	F	3	F3034	2:17:28	10:29	445

OVERALL RESULTS ***** 10K RACE

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	TIME	PACE	Perf
**# 1	HAFFIS BANIRE	LUBBOCK	23	M	1	M2029	33:39	5:25	819
* 2	JIM LESER	LUBBOCK	48	M	1	M4549	37:59	6:07	726
3	JOE RAMOS	LUBBOCK	30	M	1	M3034	39:08	6:18	704
* 4	GEORGE JURY	LUBBOCK	58	M	1	M5559	40:25	6:30	682
5	JOHN POVELONES	LUBBOCK	32	M	2	M3034	41:01	6:36	672
6	WILL CARPENTER	LUBBOCK	26	M	2	M2029	41:53	6:44	658
7	ROBERT GUJARDO	LEVELLAND	52	M	1	M5054	42:38	6:52	646
8	RANDY WOLCOTT	LUBBOCK	38	M	1	M3539	42:52	6:54	643
9	TROY SIKES	LUBBOCK	30	M	3	M3034	43:18	6:58	637
10	RICK SYPERT	LUBBOCK	39	M	2	M3539	43:36	7:01	632
11	DAVE HIGGINS	LUBBOCK	42	M	1	M4044	44:45	7:12	616
12	LUIS NEVAREZ	LUBBOCK	29	M	3	M2029	45:35	7:20	605
13	PERRY WHITEHEAD	LUBBOCK	47	M	2	M4549	46:52	7:33	588
14	TERESA GREER	LUBBOCK	44	F	1	F4044	49:46	8:01	554
15	RICHARD BRAY	LUBBOCK	51	M	2	M5054	49:52	8:02	553
16	JIM WILHELM	LUBBOCK	44	M	2	M4044	54:29	8:46	506
* 17	JACQ COLLINS	LUBBOCK	61	M	1	M6099	55:13	8:53	499
18	ARTHUR ONKEN	LUBBOCK	59	M	2	M5559	56:31	9:06	488
19	BETTY JOHNSON	LUBBOCK	36	F	1	F3539	56:44	9:08	486
20	REY TREVINO	LUBBOCK	33	M	4	M3034	56:50	9:09	485
21	MATT LANE	LUBBOCK	25	M	4	M2029	56:58	9:10	484
22	JAMES LIVERMORE	LUBBOCK	47	M	3	M4549	58:24	9:24	472
23	ETTA MAYER	LUBBOCK	46	F	1	F4549	58:52	9:28	468
24	RICK LAMPE	LUBBOCK	50	M	3	M5054	59:37	9:36	462
25	ELI SCAGNELLI	LUBBOCK	11	M	1	M0115	1:17:17	12:26	357

** Overall and Age Group Records
* Age Group Records

THE FLIGHT LINE RACES
2 MILE, 10K, and HALF MARATHON
Apr 11 8, 1995 REESE AIR FORCE BASE
OVERALL RESULTS ***** 2 MILE

PLACE	NAME	TOWN	AGE	S	DIV	PLACE	TIME	PACE	Perf
*	1	JIMMY SAMARRON	40	M	1	M4044	11:25	5:43	719
	2	FRANK SUMPTER	41	M	2	M4044	11:51	5:56	692
*	3	DAVID BLANCO	22	M	1	M2029	12:03	6:02	681
	4	ANGELA WELSH	15	F	1	F0115	12:43	6:22	645
	5	MIKE READ	33	M	1	M3034	13:22	6:41	614
	6	WILLIAM WELSH	40	M	3	M4044	13:28	6:44	609
	7	JUNIOR MENDOZA	37	M	1	M3539	13:40	6:50	600
	8	ED DABROWSKI	37	M	2	M3539	13:43	6:52	598
	9	MERCEDES GONZALES	16	F	1	F1619	14:16	7:08	575
	10	HOPE JIMENEZ	11	F	2	F0115	14:28	7:14	567
*	11	ROBERT BUZZELL	24	M	2	M2029	15:10	7:35	541
*	12	CRISTI PROPS	24	F	1	F2029	15:27	7:44	531
	13	PHILLIP MALONE	10	M	1	M0115	15:49	7:55	519
	14	SAM CAUDILLO	20	M	3	M2029	16:14	8:07	505
	15	MARY KANIKULA	34	F	1	F3034	16:20	8:10	502
	16	MARISSA GONZALES	9	F	3	F0115	17:04	8:32	481
	17	GABRIELLE MAYER	13	F	4	F0115	17:08	8:34	479
	18	JILL ALEMAN	17	F	2	F1619	17:11	8:36	478
	19	GARY MCNABB	21	M	4	M2029	18:04	9:02	454
	20	YVONNE CORRERO	31	F	2	F3034	18:09	9:05	452
	21	MOLLY SANTESE	32	F	2	F3034	18:16	9:08	449
	22	LINDA MALONE	34	F	4	F3034	18:30	9:15	444
	23	BO MINNIS	53	M	1	M5054	18:42	9:21	439
	24	J.J. GONZALES	46	M	1	M4549	18:58	9:29	433
	25	ELIZABETH OWENS	24	F	2	F2029	18:59	9:30	432
	26	LINDSEY KOLB	11	F	5	F0115	20:47	10:24	395
	27	MARGARITA JIMENEZ	5	F	6	F0115	21:04	10:32	390
*	28	WYNONIA KITCHENS	57	F	1	F5099	22:14	11:07	369
	29	CASSIE COLLINS	25	F	3	F2029	22:32	11:16	364
	30	TAMARA STREHLI	29	F	4	F2029	22:54	11:27	358
	31	LESLIE BLAIR	26	F	5	F2029	22:54	11:27	358

* Age Group Records

RACE DIRECTOR'S REPORT

True to form, the wind finally blew again on the flight line. It started out rather warm and mild but by the time the last half marathoners finished, the dirt was in the air! It was a great race however, thanks to a great group of volunteers headed up by Bob Bernero. Many thanks also to Ron Nugent for pre race help when the road mile marks had to be covered up by request of a RAFB Colonel.

Other volunteers included; David Lightner, Mickey Davis, Ron Key, James Bone, Joe and Eva Martinez, Josie and Tony Aleman, Helen Esquivel, John Stalcup, Shirley Wigley, and P.J. Mitchell.

11 new age records (2 overall) were established this year after we had 13 new ones last year.

Discussion was held at the April club meeting about the possibility of moving the start time up to 8 or 8:30 for this race so as to try to get it over before the wind gets so high. Of course the weather could get like it did the following Tuesday when the wind was about 13 MPH out of the west, 29 degrees and the wind chill was 14 at 8 A.M. Sunrise is at 7:30 this time of year. We also talked about moving the 1996 May Horseshoe Bend race up to an 8 A.M. start. Give Marjory Stewart a call to express your opinion on these start time changes.

Ken McEachern

(806) 762-4080
3302 54th Street
Lubbock Texas 79413

DAVID B. GREGORY, D.D.S.
FAMILY DENTISTRY

Orthodontics, Oral Surgery
Cosmetic Dentistry & Implants

Challenge Series Standings After Four Events

YTD Totals			YTD Totals		
PTS	MILES	EVTS	PTS	MILES	EVTS
30	13	3	30	13	3
21	13	3	21	13	3
9	5	1	15	5	1
7	5	1	13	5	1
6	4	1	6	4	1
5	5	1	16	5	1
38	15	4	38	15	4
26	15	4	5	5	1
24	13	3	41	17	3
20	7	2	44	17	3
7	5	1	40	13	1
6	5	1	40	13	1
28	21	3	40	13	1
18	17	3	40	13	1
13	9	2	40	13	1
10	9	2	40	13	1
8	13	1	40	13	1
8	9	2	40	13	1
6	5	1	40	13	1
0	25	3	40	13	1
30	22	3	40	13	1
27	17	3	40	13	1
19	9	2	40	13	1
16	10	2	40	13	1
9	6	2	40	13	1
20	7	2	40	13	1
17	8	2	40	13	1
17	6	2	40	13	1
16	17	1	40	13	1
10	13	1	40	13	1
0	4	1	40	13	1
29	30	1	40	13	1
29	19	2	40	13	1
24	30	1	40	13	1
24	22	1	40	13	1
21	19	2	40	13	1
20	9	2	40	13	1
16	34	1	40	13	1
14	17	3	40	13	1
12	9	2	40	13	1
11	6	2	40	13	1
10	13	1	40	13	1
8	13	1	40	13	1
7	13	3	40	13	1
6	30	1	40	13	1
4	9	2	40	13	1
3	4	1	40	13	1
2	5	1	40	13	1

** Race Director
* Race Volunteer

LESER'S LINES

TO DU OR NOT TO DU, THAT IS THE QUESTION?

We are a month away from the **IT'S SO EASY DUATHLON** and as president of a running club I am suggesting that you look into this challenging event. Why? Not only are duathlons fun but they provide an alternative to the endless procession of road races, a mental break from all that running and most importantly—an opportunity to justify cross training. I don't know about you but I need a mental break from all the run training I do for the shorter road races on up to marathons. Also at my age I need some relief from the constant pavement pounding associated with running. Duathlons provide me a goal to train for while riding my bike three to four times-a-week.

My run training program now consists of six miles of intervals (12x400m, 6x800m or 3x1600m) plus a 2 mile warmup and cool down, an eight mile tempo hill run and 12-16 mile long run on Sunday. If I am training for a marathon I'll extend my long run to 24 miles for a total of five 20+ milers before marathon day. I bike 80-110 miles each week with some speed work built in. This program has generally kept me injury free and has maintained my flexibility, such as it is.

The 1994 **IT'S SO EASY DUATHLON** was my first attempt at this multi-sport event and I have since participated in two more (in 1995). My latest attempt was at the **BLUE NORTHER** in Seguin last month. Dennis Bell and I traveled together to Seguin the day before. We knew we were in trouble from the start—I had the beginnings of a really bad head cold and Dennis was suffering from serious stomach problems. We moved our bikes to the motel room and went to dinner at an Italian restaurant. I'm not sure that Seguin has any good Italian food. It wasn't where we ate. After stopping for a bottle of Maalox we returned to the motel for an early curtain call. The next morning Dennis felt better but almost cut his finger off on a bladed spoke trying to air his tires.

We finally made it to the transition area and got our bikes checked in. Weather was cool and very humid--no sun. Dennis was still donating blood to the environment. Saw Jeff Jury in the parking lot and swapped lies. The race finally got started with a double loop through the scenic Texas Lutheran College campus. I ran OK considering I thought I was going to die (remember the head cold?). Competitors around me thought I must be dying but I assured them with my blinding speed that I was all right. If only I could breathe! This was the first race I actually considered dropping out. Yes, I felt that bad. Made it into the transition area and got on my bike pretty fast. I was trying out Power Clip Elite pedal platforms for running shoes for the first time. If you aren't fast on the bike but have a deep wallet you tend to look for any equipment advantage you can afford. I thought they worked well.

The bike part of the duathlon was relatively uneventful except that as usual a steady stream of cyclists passed me. Dennis went by about 9 minutes into my ride but later ran over something and lost time trying to get the tire sealant to stop the leak. The course was wet so caution was the order of the day for cornering. Those ity bity racing tires are great for reducing rolling resistance but not so great for gripping wet pavement. Although it couldn't have been true, I felt that the entire bike course was up hill and into the wind. You'll have a hard time convincing me otherwise. The lead woman passed me at about 7 miles. I decided to try and hang on and was able to pass Landra Fowler with 2 miles to go. I had a fast bike/run transition but had to backtrack to return the helmet still on my head.

My legs were dead from pushing hard on the bike and Landra passed me in the first 1/2 mile. I held on and pushed the pace as my legs came back to pass her at the 2 mile mark, crossing the finish line only 7 seconds ahead. She sure is a competitor! This wasn't my best performance but I did achieve two goals--- finish ahead of the lead woman and placing in the top 3 of my age group. Duathlons are a humbling experience. My running ability is up to par but my cycling skills lead much to be desired. And it is the bike portion of most duathlon events where you can make or break the competition. Well, back to the drawing boards. Nothing substitutes for training.

So why would I promote duathlons to members of a running club? If you are like me you are always looking for new challenges as a means to keep motivated. I think you will find duathlons just the ticket. The bonus? Excellent cross training that probably will not hurt your running performance as long as bike rides substitute for junk miles and not speed work. But---if you want to be fast in a duathlon you will have to train to get fast on the bike. The downside? You'll have to buy a bike--and bikes get flats, drop chains and need routine maintenance.

I highly recommend trying a Du. Especially the **IT'S SO EASY DUATHLON** on May 28th and directed by the very capable Kevin Lair. If you still don't know if doing a Du is your thing--come out and run the 5km and then stay to help and observe. If I can do it, so can you. After all, it's FUN!! *Jim Leser*

AMERICAN PARKINSON DISEASE ASSOCIATION
GENE FAIR 5K "BREAKING THE BARRIERS"
 USA TRACK & FIELD CERTIFIED, #TX95013ETM
 MARCH 25, 1995
 LUBBOCK, TEXAS

***** MALE OVERALL WINNERS *****

PLACE	NAME	AG TOWN	ST	TIME	PACE
1	DANIEL MORIASI	\$1,000	20	RICHFIELD	MN 15:09 4:53
2	TOUF IK ATTAKERI	\$500	26	LUBBOCK	TX 15:46 5:04
3	ART SAMARRON	\$250	31	ROSWELL	NM 15:52 5:06
4	TONY OSHEKV	27	ALBUQUERQUE	NM 16:01 5:09	
5	FRANCISCO MORALES	24	LEVELLAND	TX 16:24 5:17	
6	PHILIP KENY	24	LEVELLAND	TX 16:25 5:17	
7	MARTIN LEODGARD	30	LUBBOCK	TX 16:29 5:18	
8	RONT MALVELUS	26	ALBUQUERQUE	NM 16:57 5:27	
9	JAMES BODDY JR	25	LUBBOCK	TX 17:04 5:30	
10	JAMES GARNER	23	LUBBOCK	TX 17:06 5:30	

***** FEMALE OVERALL WINNERS *****

PLACE	NAME	AG TOWN	ST	TIME	PACE
1	JOAN HANSEN	\$1,000	36	TUCSON	AZ 18:09 5:51
2	MARJORY STEWART	\$500	36	LUBBOCK	TX 18:31 5:58
3	RUTH HAMILTON	\$250	25	ALBUQUERQUE	NM 19:35 6:18
4	TAMMY MUDDER	22	LUBBOCK	TX 21:24 6:53	
5	HOPE JIMENEZ	11	LAMESA	TX 22:35 7:16	
6	SUZANNE GRANTHAM	40	LUBBOCK	TX 22:54 7:22	
7	TERESA GREER	44	LUBBOCK	TX 23:15 7:29	
8	GUNILLA ANDERSSON	25	LUBBOCK	TX 23:39 7:37	
9	P J MITCHELL	50	LUBBOCK	TX 24:26 7:52	
10	SHIRLEY WIGLEY	41	LUBBOCK	TX 24:46 7:58	

***** MALE MASTERS OVERALL WINNER *****

PLACE	NAME	AG TOWN	ST	TIME	PACE
1	JIMMY SAMARRON	\$500	40	LEVELLAND	TX 18:23 5:55

***** FEMALE MASTERS OVERALL WINNER *****

PLACE	NAME	AG TOWN	ST	TIME	PACE
1	SUZANNE GRANTHAM	\$500	40	LUBBOCK	TX 22:54 7:22

* Excluded from overall winners

FEMALE AGE GROUP: 1 - 14

1	82 MARGARITA JIMENEZ	5	LAMESA	TX	34:01
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MALE AGE GROUP: 15 - 19

1	17 JOSE CONTRERAS	18	HOBBES	NM	18:19
2	38 ALFREDO MORENO	18	LUBBOCK	TX	22:28

FEMALE AGE GROUP: 15 - 19

1	68 MEGHAN CUDDIHY	19	LUBBOCK	TX	26:58
2	78 SUZANNE BURROUGHS	19	LUBBOCK	TX	30:44
3	79 DIANA GRUMBOS	18	LUBBOCK	TX	30:44

MALE AGE GROUP: 20 - 24

1	22 SHANNON ANDERSON	23	LUBBOCK	TX	19:18
2	34 SANT IAGO CONTRERAS	23	HOBBES	NM	21:54
3	52 ALI FADEL	22	LUBBOCK	TX	24:07

FEMALE AGE GROUP: 20 - 24

1	61 CHRISTIE HODGE	24	LUBBOCK	TX	25:08
2	63 CHARLETTE SQUIRES	24	LUBBOCK	TX	25:48
3	77 PATTIE VOELTER	23	LUBBOCK	TX	30:40

MALE AGE GROUP: 25 - 29

1	11 BRETT PEIKERT	28	LUBBOCK	TX	17:10
2	29 JESSE HILLIARD	29	LUBBOCK	TX	20:52
3	36 LUIS M NEVAREZ	29	LUBBOCK	TX	22:10
4	42 ALLEN COLVIN	28	LUBBOCK	TX	23:00
5	66 SAMER JIFI BAHBOL	27	LUBBOCK	TX	26:13
6	70 MATT LANE	25	LUBBOCK	TX	27:11

FEMALE AGE GROUP: 25 - 29

1	73 VICTORINA FISCHENICH	29	LUBBOCK	TX	28:24
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GENE FAIR 5K RESULTS (continued)

MALE AGE GROUP: 30 - 34
 1 13 CARLOS G YBARRA TX 17:44
 2 14 JEFFREY JURY TX 17:56
 3 15 RAY MAJOR TX 18:02
 4 25 JOHN POVELONES TX 19:38
 5 26 DENNIS BELL TX 19:51
 6 47 CRAIG HORNE TX 23:26
 7 53 MARK HALL TX 24:22
 8 71 RANDY PHILLIPS TX 27:28
 9 72 REY TREVINO TX 27:37
 10 81 CLAY PEARCE TX 32:24

FEMALE AGE GROUP: 30 - 34
 1 67 MARSHA BENNETT TX 26:17
 2 74 TONYA WATERS TX 28:42
 3 75 MOLLY SANTESE TX 29:34

MALE AGE GROUP: 35 - 39
 1 12 KEN WOODY TX 17:43
 2 21 BRENT TIDWELL TX 18:45
 3 24 AL GARDNER TX 19:36
 4 28 DWAYNE OAKELEY TX 20:47
 5 33 ORLANDO RODRIGUEZ NM 21:51
 6 35 MICAH BLAYLOCK TX 22:08
 7 37 JUNIOR MENDOZA TX 22:24
 8 49 DENNIS SMITH TX 23:44
 9 57 GENE FAIR AL 24:44

"See Open winners above"

MALE AGE GROUP: 40 - 44 (See Masters winners above)
 18 JIMMY SAMARRON TX 18:23
 1 19 FRANK SUMPTER TX 18:29
 2 32 JUAN M SAMARRON TX 21:25
 3 39 MARK PESSA TX 22:31
 4 43 CECILIO M SANTANA NM 23:04
 5 45 REFUGIO SAMARRON TX 23:19
 6 56 GARY D NEWSON TX 24:42
 7 59 HAL D GETZELMAN TX 24:54
 8 69 RICKY BURRESCIA TX 26:59

"See Open and master winners"

MALE AGE GROUP: 45 - 49
 1 27 RICHARD FISCHENLICH TX 20:35
 2 46 DAVID L LIGHTNER TX 23:25
 3 60 DAVID E MANGOLD TX 24:56
 4 64 DOUGLAS BIRDSALL TX 26:02
 5 65 BOB CORTEZ NM 26:10
 6 80 JAMES LIVERMORE TX 31:07

MALE AGE GROUP: 50 - 54
 1 30 JOE GOMEZ TX 21:22
 2 50 BOB BERNERO TX 23:59
 3 55 RICHARD BRAY TX 24:37

MALE AGE GROUP: 55 - 59
 1 62 JAMES BONE JR TX 25:40

MALE AGE GROUP: 60 - 64
 1 51 JOHN STALCUP TX 24:07

MALE AGE GROUP: 70 - 99
 1 76 GORDON BERGGREN TX 30:18

 This race netted \$4,600 for the PARKINSON'S ASSN. Many thanks to club members, Bill Harn, George Jury, Carolyn Miller, Jim Leser, Josie and Tony Aleman, Mike Greer, Tommy Parrish, Ron Lubowicz, Andy Harn, Dustin Oakeley, Kevin Lair and Jon Omdahl. Also thanks to friends of Bill's, Raj Koul, Raymond Linville, and Russell Hartsfield. A special thanks to Dwayne Oakeley and Jeffrey Jury who helped before and after the race.

THE RACE FOR KIDS 5K
 BENEFITTING THE CHILD DEVELOPMENT RESEARCH CENTER
 College of Human Sciences, TTU
 Saturday, April 1, 1995

PLACE	NAME	AGE	S	DIV	PLACE	TOWN	ST	TIME	PACE
* 1	PEDRO RUIZ	26	M	1	MOVER	LUBBOCK	TX	15:34	5:01
2	MARTIN LEODGARD	30	M	1	M3034	LUBBOCK	TX	15:41	5:03
3	ARTURO SAMARRON	31	M	2	M3034	ROSWELL	NM	15:55	5:07
4	J.R. BODDY	25	M	1	M2029	LUBBOCK	TX	17:17	5:34
5	HAFFIS BANIRE	23	M	2	M2029	LUBBOCK	TX	17:24	5:36
6	CODY COFFMAN	19	M	1	M1619	LUBBOCK	TX	17:30	5:38
7	KEN WOODY	38	M	1	M3539	MIDLAND	TX	17:39	5:41
8	JASON WILLIAMS	18	M	2	M1619	LUBBOCK	TX	17:55	5:46
9	RUSSELL REYES	17	M	3	M1619	LEVELLAND	TX	17:58	5:47
* 10	JIM LESER	48	M	1	MMASST	LUBBOCK	TX	18:03	5:49
11	FRANK SUMPTER	41	M	1	M4044	LAMESA	TX	18:23	5:55
12	JIMMY SAMARRON	40	M	2	M4044	LEVELLAND	TX	18:39	6:00
13	MIKE FLORES	38	M	2	M3539	AMARILLO	TX	18:46	6:02
14	BRENT TIDWELL	37	M	3	M3539	LUBBOCK	TX	18:48	6:03
* 15	KAREN COOLEY	35	F	1	FOVER	AMARILLO	TX	19:34	6:18
16	AL GARDNER	38	M	4	M3539	LEVELLAND	TX	19:34	6:18
17	PAUL HERRMAN	36	M	5	M3539	AMARILLO	TX	19:52	6:24
18	ANTONIO RAMOS	19	M	4	M1619	LUBBOCK	TX	20:11	6:30
19	TYLER JAGEN	22	M	3	M2029	LUBBOCK	TX	20:19	6:32
20	JESSE HILLIARD	22	M	4	M2029	LUBBOCK	TX	20:22	6:33
21	SANTOS MARTINEZ	29	M	5	M2029	LUBBOCK	TX	20:22	6:34
22	WILLIAM CALVERT	25	M	6	M2029	LUBBOCK	TX	20:40	6:39
23	DAVID HIGGINS	42	M	3	M4044	LUBBOCK	TX	20:48	6:42
24	ROBBY WOLCOTT	38	M	6	M3539	LUBBOCK	TX	20:55	6:44
25	ROBBY TIMBERLAKE	46	M	1	M4549	LEVELLAND	TX	21:00	6:46
26	LUIS NEVAREZ	29	M	7	M2029	LUBBOCK	TX	21:29	6:55
27	JUNIOR MENDOZA	37	M	7	M3539	LEVELLAND	TX	22:01	7:05
28	SUE SPITZ	33	F	1	F3034	LUBBOCK	TX	22:09	7:14
29	DENNIS BELL	34	M	3	M3034	LUBBOCK	TX	22:30	7:15
30	CHI-CHAU LIN	30	M	4	M3034	LUBBOCK	TX	23:01	7:24
31	KEN MC EACHERN	54	M	1	M5099	LUBBOCK	TX	23:04	7:25
* 32	TERESA GREER	44	F	1	FMAST	LUBBOCK	TX	23:07	7:26
33	PEG MC KALLIP	41	F	1	F4044	MIDLAND	TX	23:08	7:27
34	KAREN HAGNER	36	F	1	F3539	LUBBOCK	TX	23:19	7:30
35	RON NUGENT	48	M	2	M4549	LUBBOCK	TX	23:21	7:31
36	BRIAN DARDEN	22	M	8	M2029	LUBBOCK	TX	23:25	7:32
37	RICHARD BRAY	51	M	2	M5099	LUBBOCK	TX	23:27	7:33
38	JOHN STALCUP	61	M	3	M5099	LUBBOCK	TX	23:38	7:36
39	MIKE GREER	56	M	4	M5099	LUBBOCK	TX	23:49	7:40
40	BOB BERNERO	53	M	5	M5099	LUBBOCK	TX	24:14	7:48
41	CHADD LOWE	14	M	1	M1214	LUBBOCK	TX	24:24	7:51
42	HOPE JIMENEZ	11	F	1	F0111	LAMESA	TX	24:41	7:57
43	SAM CAUDILLO	19	M	5	M1619	SMYER	TX	24:48	7:59
44	JOHN WEBSTER	14	M	2	M1214	LUBBOCK	TX	25:04	8:04
45	DOUGLAS BIRDSALL	47	M	3	M4549	LUBBOCK	TX	25:09	8:06
46	DAWN MAMAWAL	31	F	2	F3034	LUBBOCK	TX	25:16	8:08
47	CHRISTIE HODGE	24	F	1	F2029	LUBBOCK	TX	25:20	8:09
48	BETTY JOHNSON	36	F	2	F3539	LUBBOCK	TX	25:46	8:18
49	JAMES BONE JR.	55	M	6	M5099	LUBBOCK	TX	25:53	8:20
50	JOSIE ALEMAN	43	F	2	F4044	LUBBOCK	TX	26:44	8:36
51	MONICA SEAMSTER	22	F	2	F2029	DENVER CITY	TX	26:46	8:37
52	ALLISON WRIGHT	23	F	3	F2029	LUBBOCK	TX	26:52	8:39
53	MATT LANE	25	M	9	M2029	LUBBOCK	TX	27:42	8:55
54	HOLLY COPELAND	13	F	1	F1214	LUBBOCK	TX	27:43	8:55
55	JAMES LIVERMORE	47	M	4	M4549	LUBBOCK	TX	27:52	8:58
56	ELI SCAGNELLI	11	M	1	M0111	LUBBOCK	TX	28:11	9:04
57	GLENN LOWE	39	M	8	M3539	LUBBOCK	TX	28:12	9:05
58	JENNA WOLCOTT	33	F	3	F3034	LUBBOCK	TX	28:20	9:07
59	KRYSTLE LOWE	12	F	2	F1214	LUBBOCK	TX	28:41	9:14
60	BO MINNIS	53	M	7	M5099	LUBBOCK	TX	28:52	9:17

* Designates Overall and Masters Award winners

THE RACE FOR KIDS 5K (Continued)

PLACE	NAME	AGE	S	DIV	PLACE	TOWN	ST	TIME	PAGE
61	SARAH WOOD	9	F	2	F0111	LUBBOCK	TX	29:09	9:23
62	JULIE HEINRICH	18	F	1	F1619	IDALOU	TX	29:10	9:23
63	HEATHER STEPHENS	18	F	2	F1619	LUBBOCK	TX	29:10	9:23
64	ROY HOWELL	44	M	4	M4044	LUBBOCK	TX	29:11	9:24
65	JEAN SCOTT	44	F	4	F4044	LUBBOCK	TX	29:39	9:33
66	DESTINY BOYD	20	F	4	F2029	LUBBOCK	TX	30:09	9:42
67	GARY MC NABB	21	M	10	M2029	SMYER	TX	30:18	9:45
68	CHING LEE	33	M	5	M3034	LUBBOCK	TX	30:56	9:57
69	MARGARITA JIMENEZ	5	F	3	F0111	LAMESA	TX	31:09	10:02
70	SALLY PEARCE	22	F	5	F2029	LUBBOCK	TX	32:51	10:34
71	SALLY RODGERS	22	F	6	F2029	LUBBOCK	TX	38:28	12:23
72	SHELLI PEEPLES	22	F	7	F2029	LUBBOCK	TX	38:28	12:23
73	MELISSA KEMPF	25	F	8	F2029	LUBBOCK	TX	40:44	13:07
74	TIEADOW NG	26	F	9	F2029	LUBBOCK	TX	40:53	13:10
75	MICHAEL NG	29	M	11	M2029	LUBBOCK	TX	41:43	13:26
76	BARBIE SMITH	19	F	3	F1619	LUBBOCK	TX	41:44	13:26
77	KRISTY MC MURRAY	21	F	10	F2029	LUBBOCK	TX	41:45	13:26
78	LISA HARRINGTON	19	F	4	F1619	LUBBOCK	TX	41:45	13:27
79	MELANIE GORDON	19	F	5	F1619	LUBBOCK	TX	41:46	13:27

Club members helping Marjory put on this race were: George Jury, Jeffrey Jury, Alex Stewart, P.J. Mitchell, Suzanne Grantham, Ray Major, and Brett Peikert.

NEWS AND NOTES
HORSESHOE BEND RACES

Many volunteers are needed to put on this race, so if you'd like to earn your miles the easy way, please give Richard a call at one of his numbers, 792-0662(n) or 792-2696(d).

EASY 5K

Remember, this 5K race begins one hour before the duathlon at 8 A.M. May 28, 1995. It would be very helpful for some of you who run to stay around and help with the timing and scoring of the duathlon. If you can do this please call Ron Key at 747-4678(d) or 794-5833(n).

CONGRATULATIONS

To Clay Pearce on the birth of a baby boy, March 29, 1995.

TRIATHLON HELP NEEDED

Our club will be supplying the run course support for the BUFFALO SPRINGS TRIATHLON, Sunday, June 25th. This will involve manning 7 refreshment stations along the course with ice, water, gatorade and fruit. As you know, last year the temperature soared to above 110 degrees and our service was deeply appreciated by the competitors. This time there will be no shortage of supplies and each station will have a shade canopy. We need at least 2 club members at each spot and we will have some other volunteers to help us. If you can help, give Jim Leser a call as he will be coordinating our efforts.

HORSESHOE BEND CANYON SPRING FROLIC RUNS
23rd ANNUAL
WEST TEXAS RUNNING CLUB MAY RACE



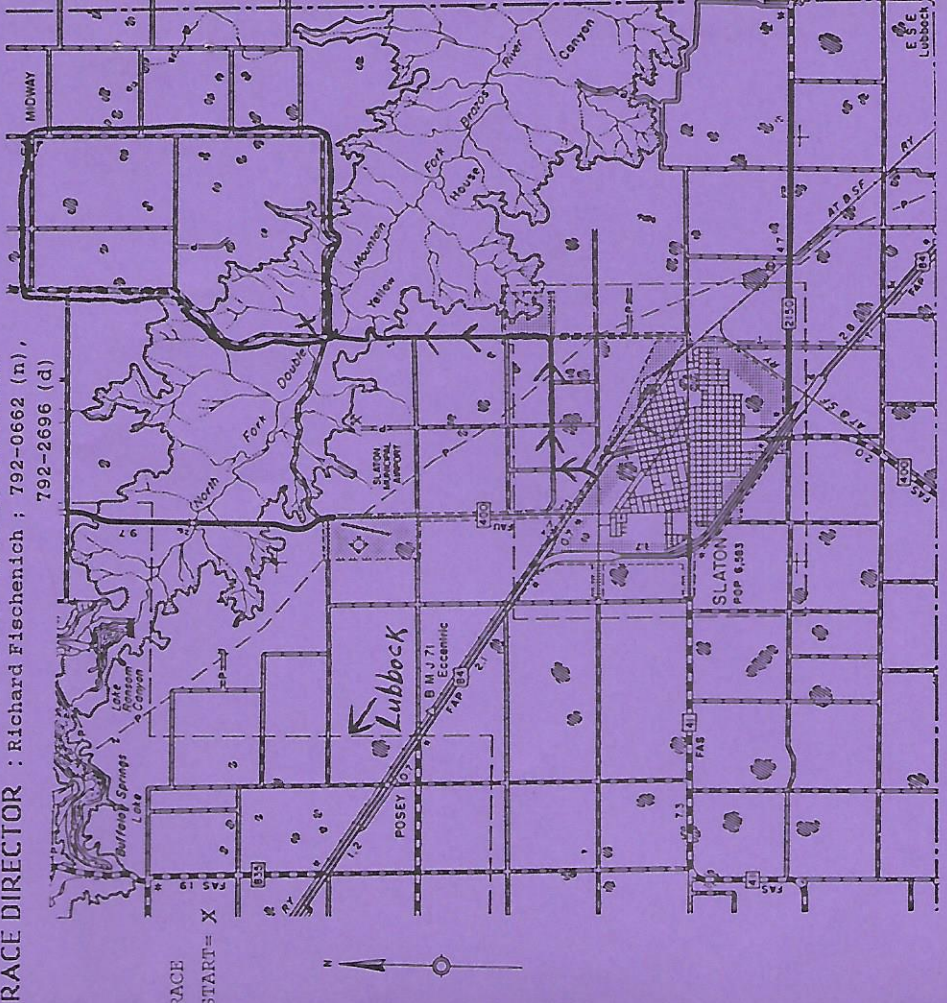
EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES
WHEN : SATURDAY, MAY 13, 1995
REGISTRATION: 8:00 TO 8:45 A.M.
RACE START: 9:00 A.M.

SITE : Horseshoe Bend Canyon ; North of Slaton, Texas ; From Lubbock, take U.S. 84 to first Slaton Exit; turn left at Slaton Gas & Equip on Golf Course Road, follow pavement to approx 2 & 3/4 miles north past the golf course to the crossroads at the bottom of the canyon
COURSE and DISTANCES : 11 MILE ; LOOP, one long hill mile 1 to 2
6 MILE ; Out and Back, One long hill , mile 1 to 2
2 MILE ; Out and Back, Slight Grade increase on return

AGE DIVISIONS and AWARDS :

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 Plus
0-15 & 16-19 Ages in the 2 Mile

RACE DIRECTOR : Richard Fischenich ; 792-0662 (n), 792-2696 (d)



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