

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 7 Susan G. Komen **RACE FOR THE CURE:** TTU Campus, Lubbock, Men's 5K 7:30 A.M., 5K For Women, 8:30 A.M., Family 1K, 8:40 A.M. Donna Armstrong, 792-1168,
- \* OCT. 14 **PREDICTED TIME 5K:** (Also "Poker Run" ) 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., BUDDY HOLLY PARK, Irma Sanchez, USMC, 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. 12 **SAN ANTONIO MARATHON:** San Antonio, 7 A.M., 210-246-9652
- NOV. 23 **W.T.R.C. TURKEY TROT:** Lubbock, MACKENZIE STATE PARK, Outdoor Center, 9 A.M., 10 MILE & 2 MILE, \$12, Joe Martinez, 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) 528-2962
- \* JAN. 13 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 9 A.M. Richard Bray, Race Director, (w)745-0174, (h)745-9074
- 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 **COWTOWN 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)



1706 26th  
 Apt H  
 Lubbock, TX 79411  
 Bob  
 Addyph

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

October Club Race  
 "PREDICTED TIME 5K"  
 October 14, 1995  
 MACKENZIE STATE PARK  
 Details Inside Back Cover

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

# WEST TEXAS RUNNING CLUB

## OFFICERS

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**Past President - Ronald Key**  
(H) 794-5833 (O) 747-4678

**W.T.R.C RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH.**  
The WTRC Oct. Business Meeting will be held at 5517-74th St. on Oct. 10th, 1995 at 7:00 pm

### LORE of RUNNING

A book review from *Running and Fitness*, compliments the third edition of Tim Noakes' book which is divided into three sections--one on physiology, one on training and one on health and medical considerations.

Adding guidelines from other experts and personal experience, Noakes devises 15 general rules of training. He also lists 10 laws of injuries and states, "The only reason why people should exercise is because they enjoy it."

### Fifteen Laws of Training

1. Train frequently year round.
2. Start gradually and train gently.
3. Train first for the distance, only later for speed.
4. Don't set yourself a daily schedule.
5. Alternate hard and easy training
6. At first try to achieve as much as possible on a minimum of training.
7. Don't race when you are in training, and run time trials and races infrequently.
8. Specialize.
9. Incorporate base training and peaking
10. Don't over-train.
11. Train with a coach.
12. Train the mind.
13. Rest before a big race.
14. Keep a detailed logbook.
15. Understand the holism of training.

### Ten Laws of Running Injuries

1. Running injuries are not an act of God.
2. Each injury progresses through four grades.
3. Each running injury indicates that the athlete has reached the breakdown point.
4. Virtually all running injuries are curable.
5. X-rays and other sophisticated investigations are seldom necessary to diagnose running injuries.
6. Treat the cause, not the effect.
7. Rest is seldom the most appropriate treatment.
8. Never accept as a final opinion the advice of a non-runner.
9. Avoid the knife.
10. There is no definitive scientific evidence that running causes osteoarthritis in runners whose knees were normal when they started running.

# SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS SEPTEMBER 9, 1995 Shallowater, Texas

## 10K OVERALL RESULTS

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	PerF
1	MARTIN LEODGARD	LUBBOCK	30	M	1	M3034	32:23	5:13	851
2	KEN WOODY	MIDLAND	38	M	1	M3539	37:37	6:03	733
3	JEFFREY JURY	LUBBOCK	34	M	2	M3034	37:43	6:04	731
4	JAMES LESER	LUBBOCK	48	M	1	M4549	37:58	6:07	726
5	BRENT TIDWELL	LUBBOCK	38	M	2	M3539	38:41	6:14	713
6	MIKE FLORES	LUBBOCK	38	M	3	M3539	39:05	6:18	705
7	MARJORY STEWART	LUBBOCK	36	F	1	F3539	39:24	6:21	700
8	KAREN COOLEY	AMARILLO	36	F	2	F3539	39:29	6:21	698
9	JOHN BINI	LUBBOCK	31	M	3	M3034	40:22	6:30	683
10	JASON LEVINE	LUBBOCK	23	M	1	M2029	40:33	6:32	680
11	RANDY WOLCOTT	LUBBOCK	39	M	4	M3539	41:07	6:37	670
12	RICHARD FISCHENICH	LUBBOCK	48	M	2	M4549	41:21	6:39	667
13	GEORGE JURY	LUBBOCK	59	M	1	M5559	41:32	6:41	664
14	ROBERT GUJARDO	LEVELLAND	52	M	1	M5054	42:00	6:46	656
15	TOM WEST	LUBBOCK	37	M	5	M3539	42:11	6:47	653
16	CHRIS LONNGREN	LUBBOCK	36	M	6	M3539	42:18	6:49	652
17	DWIGHT VARNUM	LUBBOCK	37	M	7	M3539	43:38	7:01	632
18	SHAWN BEAN	LUBBOCK	34	M	4	M3034	46:22	7:28	594
19	FRANK GOODMAN	LUBBOCK	48	M	3	M4549	46:36	7:30	591
20	MARK WAGNON	LUBBOCK	41	M	1	M4044	47:03	7:34	586
21	BILL ROGER	LEVELLAND	56	M	2	M5559	47:33	7:39	580
22	BOB BERNERO	LUBBOCK	53	M	2	M5054	48:15	7:46	571
23	CECILIO SANTANA	LOVINGTON	41	M	2	M4044	49:31	7:58	557
24	RONNIE NUGENT	LUBBOCK	48	M	4	M4549	49:39	8:00	555
25	RUSSEL MARTIN	LUBBOCK	37	M	8	M3539	49:47	8:01	554
26	JON OMDAHL	LUBBOCK	49	M	5	M4549	50:17	8:06	548
27	MICKEY DAVIS	LUBBOCK	38	M	9	M3539	50:21	8:06	547
28	MATT GALLEGOS	LUBBOCK	40	M	3	M4044	50:30	8:08	546
29	JAMES LIVERMORE	LUBBOCK	48	M	6	M4549	50:40	8:09	544
30	CHRIS GREEL	LUBBOCK	23	M	2	M2029	50:47	8:11	543
31	SHERRY DERESKY	LUBBOCK	27	F	1	F2029	52:46	8:30	522
32	HOPE JIMENEZ	LAMESA	11	F	1	F0115	52:56	8:31	521
33	SONIA AGUIRRE	LUBBOCK	30	F	1	F3034	53:30	8:37	515
34	KENYON O'DELL	LUBBOCK	35	M	10	M3539	54:49	8:50	503
35	MARSHA BENNETT	LUBBOCK	32	F	2	F3034	56:59	9:10	484
36	JAMES BONE	LUBBOCK	56	M	3	M5559	58:22	9:24	472
37	ETTA MAYER	LUBBOCK	46	F	1	F4549	1:00:09	9:41	458
38	KEITHA WRIGHT	LUBBOCK	25	F	2	F2029	1:00:55	9:48	452
39	LAURA HOPPER	LUBBOCK	29	F	3	F2029	1:00:56	9:49	452
40	ADAM ANDREWS	LUBBOCK	41	M	4	M4044	1:04:43	10:25	426

SHALLOWATER STAMPEDE  
2 MILE OVERALL RESULTS

PLACE NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	Perf
1 JIMMY SAMARRON	LEVELLAND	40	M	1	M4044	12:07	6:04	677
2 DAVID HIGGINS	LUBBOCK	43	M	2	M4044	12:23	6:12	663
3 VINCENT SURACE	AMARILLO	30	M	1	M3034	12:49	6:25	640
4 RON LUBOWICZ	LUBBOCK	52	M	1	M5054	12:55	6:28	635
5 JACKIE CANNON	AMARILLO	39	M	1	M3539	13:08	6:34	625
6 KEVIN WILLIAMS	LUBBOCK	13	M	1	M0115	14:02	7:01	585
7 ED DABROWSKI	EARTH	37	M	2	M3539	14:24	7:12	570
8 PEG MCKALLIP	MIDLAND	41	F	1	F4044	14:30	7:15	566
9 JUAN JIMENEZ	LAMESA	15	M	2	M0115	14:51	7:26	553
10 CAROL HIGHLEY	SHALLOWATER	15	F	1	F0115	15:07	7:34	543
11 CHADD LOWE	LUBBOCK	15	M	3	M0115	15:29	7:45	530
12 MARYLOU JIMENEZ	LAMESA	13	F	2	F0115	15:38	7:49	525
13 STEVE NEIMAN	LUBBOCK	40	M	3	M4044	15:44	7:52	522
14 GLEN LOWE	LUBBOCK	40	M	4	M4044	16:11	8:06	507
15 JOSIE ALEMAN	LUBBOCK	44	F	2	F4044	16:24	8:12	500
16 JOHN STALCUP	LUBBOCK	62	M	1	M6099	17:09	8:35	478
17 SARAH ALLEN	LUBBOCK	21	F	1	F2029	17:41	8:51	464
18 IAN STEWART	LUBBOCK	7	M	4	M0115	18:27	9:14	445
19 KRISTIE LOWE	LUBBOCK	12	F	3	F0115	18:29	9:15	444
20 MARGARITA JIMENEZ	LAMESA	6	F	4	F0115	18:35	9:18	442
21 BO MINNIS	LUBBOCK	53	M	2	M5054	19:30	9:45	421
22 WILLIAM SWAFFORD	DALLAS	43	M	5	M4044	19:58	9:59	411
23 LISA FLORES	LUBBOCK	29	F	2	F2029	20:07	10:04	408
24 TONY ALEMAN	LUBBOCK	46	M	1	M4549	20:38	10:19	398

RACE DIRECTOR'S REPORT

RAIN!! This one word sums up the weather for the annual Shallowater Stampede Races! We had a break from summer's heat just in time for the race. However, the break came in the form of drizzle and sometimes pouring rain throughout the entire race. A special salute to those die-hard runners who braved the weather to run in this race. There were 64 entrants over all. (By the way, this beats last year's total of 58.) The wet shoes and stiff southeast wind slowed everyone's times a bit, and needless to say we didn't have many takers of the ice cold soft drinks or chilled GATORADE from our new cooler.

A great big "thank you" to the wonderful race volunteers who came on out to help despite the weather conditions. You truly went above and beyond the call of duty. I enlisted my whole family--wife Sheri, and sons Dustin and Daren again and the following club members earned their miles for the Challenge Series; Joe and Eva Martinez, Ron Key, Al Gardner, Jesse Hilliard, Vicki Fischenich, Larry Byrd, Rick Lampe, David Skelton, and P.J. Mitchell. Many thanks to Arden Key, also.

The Lubbock County Sheriff's Reserve offered traffic control which was really appreciated.

Challenge Series Standings After Nine Events

YTD Totals			YTD Totals		
MALE (19 & Under)	PTS	MILE EVTS	FEMALE (35 - 39)	PTS	MILE EVTS
14 Chadd Lowe	62	27	36 Marjory Stewart	50	53.5
15 Chris Thomas	45	37.2	36 Karen Hagner	19	14
17 Jay Truitt	40	24.2	36 Michelle Jones	19	2
6 Ian Stewart	25	10	36 Betty Johnson	10	6.2
13 Travis Perez	17	8	MALE (40 - 44)	PTS	MILES EVTS
16 Trey Jernigan	14	11.2	40 Jimmy Samarron	75	38
FEMALE (19 & Under)	PTS	MILE EVTS	42 David Higgins	72	60.4
10 Hope Jimenez	82	37.4	40 Mark Wagnon	52	51.4
11 Krystie Lowe	62	27	41 Frank Sumpter	47	21
5 Margarita Jimenez	61	29	40 Glenn Lowe	37	27
15 Angela Welsh	30	12	43 Ken Jernigan	27	14.2
14 Tara Jernigan	28	14.2	44 Jim Wilhelm	20	33.2
12 Mary Lou Jimenez	16	7	40 Bill Ham	18	17
17 Bernice Nelson	6	5	40 Matt Gallegos	18	16.2
MALE (20 - 29)	PTS	MILE EVTS	40 Cecilio Santana	15	10.2
25 James Boddy	48	28.1	40 Barry Moss	10	13.1
28 Jesse Hilliard	34	41.2	40 Bob Finn	10	4
23 Shannon Anderson	34	38	David Skelton	0	17.4
23 Jason Levine	34	34.3	FEMALE (40 - 44)	PTS	MILES EVTS
28 Johnny Garza	18	20	43 Josie Aleman	74	40.1
27 Brett Peikert	10	9	41 Shirley Wigley	45	52.1
22 Lawrence Nelson	6	5	44 Teresa Greer	20	27.2
FEMALE (20 - 29)	PTS	MILE EVTS	MALE (45 - 49)	PTS	MILES EVTS
29 Vicki Fischenich	54	46.4	47 Richard Fischenich	83	59.5
24 Christi Props	20	4	48 Jim Leser	80	46.6
23 Julieanne Campbell	10	8	48 Ronnie Nugent	57	58.5
25 Donna Clopton	10	5	45 David Lightner	53	62.3
Helen Esquivel	0	36.1	46 Mike Kelly	40	48.1
MALE (30 - 34)	PTS	MILE EVTS	48 James Livenmore	26	39.6
34 Dennis Bell	52	43	46 Joe Post	26	24.2
34 Jeffrey Jury	39	28.3	49 Jon Ondahl	20	53.5
34 Ray Major	29	15	45 Tony Aleman	10	52.3
32 John Povelones	19	12.4	Joe Martinez	0	41.5
33 Rey Trevino	16	10.2	FEMALE (45 - 49)	PTS	MILES EVTS
FEMALE (30 - 34)	PTS	MILE EVTS	45 Eta Mayer	60	31.6
31 Marsha Bennett	52	45.5	45 Theresa Marez	9	4
32 Molly Santese	46	22.2	MALE (50 - 54)	PTS	MILES EVTS
33 Jenna Wolcott	26	13	52 Robert Guajardo	69	61.6
34 Kathy Kanikula	20	7	54 Ken McEachern	52	66.4
32 Chris Strubman	10	34.1	51 Joe Gomez	45	20
Jennifer Mosqueda	0	4	52 Bo Minnis	42	20
MALE (35 - 39)	PTS	MILE EVTS	50 Richard Bray	39	50.2
38 Randy Wolcott	59	57.6	52 Bob Bernero	38	58.5
38 Al Gardner	49	60.5	51 Johnny Scott	27	15
35 Chris Longren	45	58.5	53 Larry Byrd	25	40.4
36 Bob Jackson	40	29.2	50 Rick Lampe	22	22.6
37 Chuck Johnson	38	54.3	52 Jim Harris	14	10
38 Dwayne Oakeley	30	61.6	51 Ron Key	10	64.5
37 Tom West	30	34.3	FEMALE (50 - 99)	PTS	MILES EVTS
37 Ed Dabrowski	30	25	P.J. Mitchell	20	49.3
39 Rick Syper	29	19.2	Eva Martinez	10	32.3
37 Brent Tidwell	29	15.2	Maurine Bray	0	25
38 Roger Lopez, Jr.	24	30.1	MALE (55 - 59)	PTS	MILES EVTS
35 Ronald Thoma	22	15	58 George Jury	70	71.6
38 Mickey Davis	13	52.5	55 Bill Roger	53	65.7
39 Weldon Kolb	10	23.1	55 James Bone	33	53.5
37 Otto Spitz	10	16	59 Arthur Onken	33	30.2
39 Mark Jennings	4	13.1	56 Mike Greer	18	15
35 Micah Blalock	4	9	MALE (60 - 99)	PTS	MILES EVTS
38 Tommy Parrish	3	9	61 John Stalcup	69	45.3
** Race Director			63 Hugh Haynes	38	39.1
* Race Volunteer			65 Don Sanderson	10	5

## W.T.R.C. NEWS & NOTES

### SENIOR SPORTS CLASSIC ROAD RACES 5K RESULTS

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Robert Guajardo, Levelland	52	M	19:27	1st	50-54
02	Joe Gomez, Lubbock	52	M	21:31	2nd	50-54
03	Donald Navrkal, El Paso	64	M	23:12	1st	60-64
04	Norm Frable, McKinney	62	M	23:42	3rd	50-54
05	John Stalcup, Lubbock	62	M	24:13	2nd	60-64
06	Mike Greer, Lubbock	56	M	25:36	1st	55-59
07	James Bone, Lubbock	56	M	27:08	2nd	55-59
08	Kathy Frable, McKinney	F		27:57	1st	F50-54
09	Joe Naylor, Odessa	M		31:16	3rd	55-59
10	Chano Rivera, Abilene	M		35:21	1st	75-79

### 10K RESULTS

01	George Jury, Lubbock	59	M	42:27	1st	55-59
02	Bill Roger, Sr., Levelland	56	M	48:29	2nd	55-59
03	Larry Byrd, Shallowater	54	M	49:54	1st	50-54
04	Bob Bernero, Lubbock	53	M	53:03	2nd	50-54

Many thanks to club volunteers for assisting with this race. They were: Jon and Becky Omdahl, Marsha Bennett, David Higgins, Chris Thomas, Tommy Baker, and Betty Johnson.

Many club members participated in various events, swimming, bicycle road races, track and field among the many offered.

### AT THE RACES

Four of our members completed the PIKES PEAK ASCENT, August 20th. They were Joe Martinez, 3:41, Jerry Wright, 4:00, Jim Deaver, 4:05 and Eva Martinez, 6:10. Weldon Kolb and Barry Moss did the round trip on Sunday in 5:52 and 6:45 respectively.

Many of our members have been doing a lot of bike cross training and went to Wichita Falls for the HOTTER N HELL bike races. Eva Martinez completed 25 miles, Joe completed 50 miles, P.J. Mitchell and James Bone went for 100K and Jim Leser, Jim Deaver, Richard Bray and Richard Fischnich completed 100 miles.

Larry Byrd ran the XIT EMPTY SADDLE 5K at Dalhart, Aug. 5th in 21:29, and Cecilio Santana was omitted from the PRUDE RANCH HALF MARATHON results last month as he ran a 1:40:50.

### HOT DAM RUN

We regret having left Molly Santese off the list of volunteers and also the financial help of METHODIST HOSPITAL and MC DONALD'S.

### NOMINATING COMMITTEE

P.J. Mitchell is the chairman of the nominating committee for 1996. If you would be willing to serve as an officer or director for the next year please give her a call at 794-0135.

### CHILDREN'S RUNNING

A committee is working on a guideline for participation of young children in our races such as setting restrictions on the distances certain ages would be allowed to compete at. We don't want to be accused of child abuse, yet we want to encourage youngsters to run only if they want and enjoy it.

### CONGRATULATIONS

To Sue and Otto Spitz on the birth of their second child, a girl, born September 5, 1995.

### SMOKING ORDINANCE

The smoking ordinance proposed by the City Health Board which would ban smoking from nearly all public places, is not being strongly supported by our Mayor and city councilmen. If you would like to see this ban take effect, concerned citizens must write your own councilman and the mayor to let your feelings be made known. An informative flyer was approved by the W.T.R.C. Board as an insert in this issue.

The following poem is from OKLAHOMA RUNNER, May 1995.

### Discovering Running

Not long ago, I could not see the fun  
Of going down a dusty, old road for a run.  
A friend would remark, "I ran seven today."  
I would mull it over and here's what I'd say.  
"There are better ways to get where you're going.  
All that running...it must be terribly boring.  
People running down the street do not have a clue!  
I'm glad I have something better to do!"

Then at age 43 on Thanksgiving Day,  
My life started evolving in an unusual way.  
Events of my life had left me quite stressed.  
Actually it was worse. I was down-right depressed.  
I was dying inside from the agony of divorce  
And needed a crutch till I got back on course.  
My first holiday without my wife and my son,  
And with nothing to do ...I decided to run.

I didn't go far, not even past the first hump.  
I was obvious that I was no Forest Gump!  
Burning at my sides, I gasped and I choked.  
Paid for every cigarette that I'd ever smoked!  
I would run till I dropped...but got less than a mile,  
But in spite of the pain was able to smile.  
Cause through life's confusion...I could clearly see,  
There may be something in this running for me!  
I knew I was better off running by far  
Than drowning my sorrow in some smoky, old bar.

Two-weeks later...

I could run more than a mile!

That wasn't enough after a short while.

Every run made my legs tremendously sore,

But I didn't care...I just wanted more!

My middle-age spread was beginning to dwindle,

At the Chili Day Run my first time was booked,

And on the way home I knew I was hooked.

Then came Redbud, the Tulsa Run, White Rock and more,

And the fittest new friends...and memories galore.

An occasional medal or a coffee cup

Was just enough incentive to keep this up.

It's been sixteen months running and I really have changed.

My attitude about runners has been rearranged.

I pity the poor souls who are destined to die

Without ever experiencing a good runner's high.

There's much yet to learn, but I've gotten the basics,

And I'm burning the bottom right off of my astics.

I go to sleep reading running magazines,

And I win every race...in my dreams!

LeRoy Crawford  
Ames, Ok

## AUTUMNSONG

by Joe Post

Now that summer has grown older,  
all her warm days come and gone,  
every night the world is colder;  
autumn chills the break of dawn.

Branches beat against my window.  
They sound like winter wanting in.  
Cold winds blow them to crescendo,  
and the auburn leaves begin

to pile high around my doorways,  
their rustle soulful as a sigh  
echoed back from golden yesterdays,  
when they filled the summer sky.

So the leaves and I remember,  
in the chill of autumn's wind,  
and the sadness of September,  
that the heart must still pretend

to taste the wine of summer's sun,  
its sweet bouquet of seasons past;  
and though the carafe's almost done,  
by sipping slowly it will last

until late into the evening,  
when old memories start to bend  
from believing to deceiving,  
back to believing once again.

But even as the night expires,  
the longing heart still believes;  
for the first autumnal fires  
burn from summer's last sad leaves.

And in the crackle as they burn,  
summer whispers in the wind  
a sacred promise to return,  
and fill the restless heart again

with quiet calm in place of yearning,  
and offer life another start,  
constant as the seasons turning,  
or the ever hopeful heart.

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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

# The 14th Annual

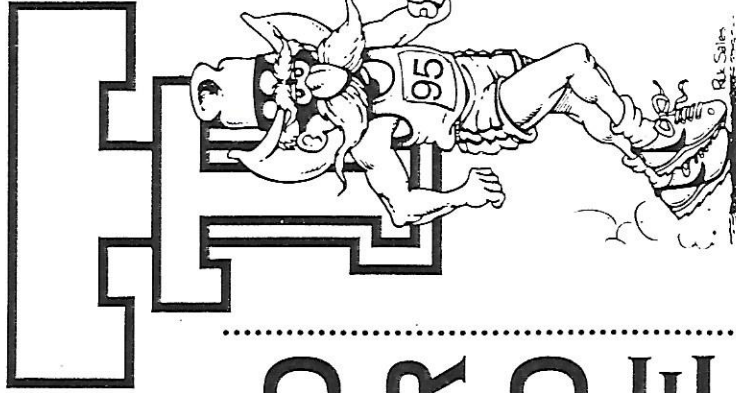
# RED RAIDER ROAD RACE

Homecoming Weekend  
October 21, 1995  
Texas Tech University  
Lubbock, Texas

A \$12 registration fee will be collected by the West Texas Running Club. A portion of this fee goes toward academic scholarships sponsored by the Texas Tech Ex-Students Loyalty Fund.

Race begins at 8 a.m. at the Rec Center. For more information, contact Bob Bernero: (806) 742-3310 (806) 793-1667 after 6 p.m.

Race Director, Bob Bernero has gotten the following group of dedicated club members to fill positions of responsibility for our race. Mickey Davis and Ronnie Nugent will share the equipment and course management duties, George and Pat Jury will handle the registration, Ken McEachern, Finish Line, Bill Harn, Corner marshalls and aid stations, and Ron Key will manage the results. We need lots of help with Friday all day and Saturday A.M. Registration, Finish Line set up/management and split timers. Call Bob Bernero at one of the numbers above to volunteer.



5k and 10k sponsored by:



WEST TEXAS  
RUNNING CLUB



## WEST TEXAS RUNNING CLUB'S

### "PREDICT YOUR TIME"

#### 5K RACE

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, OCTOBER 14, 1995  
REGISTRATION: 7:00 to 7:45 A.M.  
RACE START: 8:00 A.M.

**WHERE:** MACKENZIE STATE PARK  
Start and Finish at the "OUTDOOR CENTER"  
North of Broadway in Lubbock

**COURSE:** ASPHALT ROAD, OUT AND BACK, A FEW HILLS

**AWARDS:** CASH PRIZES WILL BE GIVEN TO THE FIRST 15 MEN AND THE FIRST 10 WOMEN GETTING NEAREST TO THEIR PRE-RACE PREDICTED TIMES

\$15 to the first Male and Female decreasing to \$1 for the 15th Male and \$6 for the 10th Female

A special award will be made to the runner getting the best "poker hand" from 5 cards "dealt" at the start, at 1 mile 2 times, at the turn and at the finish.

#### CHALLENGE SERIES POINTS

WILL STILL BE CALCULATED USING THE STANDARD AGE GROUPINGS

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

**RACE DIRECTOR:** James Bone  
Office 747-2448, Home 792-8390

**NOTICE:** For this event, wearing a watch will disqualify a runner for the awards!