

# CALENDAR

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

- \* SEPT 9 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 16 **HARVESTFEST 5K:** Wolfforth, 5K run, 1 Mile children's, 8 A.M. Rodney Hendrix, 745-7754
- SEPT 16 **RUN FOR RECYCLE:** Hobbs, 5K & 10K, Tracie Conder, 505-392-3971
- SEPT 30 **TALKING TRASH RACES:** 5K, 10K, 9 A.M., Canyon Lake 6, Bill Mateja, 794-3620
- SEPT 30 **ALLSUP'S ANNUAL FALL ROAD RACES:** Clovis, 5K, 10K, & Half Marathon, 505-769-2311
- OCT. 1 **DUKE CITY MARATHON:** Albuquerque, Also 5K and Half Marathon, 1-505-890-1018
- OCT. 7 Susan G. Komen **RACE FOR THE CURE:** TTU Campus, Lubbock, Men's 5K 7:30 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., Location TBA, 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. 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



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



Newsletter  
 P.O. Box 2921  
 Lubbock, Texas 79408



SHALLOWATER STAMPEDE 10K & 2 MI  
 Saturday, Sept. 9, 1995, 8 A.M.  
 Details Inside Back Cover

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 WTRC Sept. Business Meeting will be held at 5517 74th St. on Sept 12th, 1995 at 7:00 pm

### W.T.R.C. NEEDS YOU!

The W.T.R.C. has several hundred members, has a monthly newsletter, supports a Challenge Series which consists of 12 monthly club races, supports other area road races including several that benefit charities, has group training runs, schedules social events, has supported an Achilles chapter and in general provides support to runners in the west Texas area. It does this through the dedicated efforts of *volunteers*. We need volunteers for race support, for race directors, for club directors and for officer positions. Those of you that reap the benefits of our club, such as a well run race, need to give back to the sport from which you have derived many benefits. It is not enough to volunteer just once for race support so that you can qualify for the Challenge Series. There is more to giving back than this small but important effort. Some members volunteer at the drop of the hat. They understand the need for help. Others always are too busy to help but are always there for the next race. Less than 25% of our members actually volunteer to provide race support. Less than 10% agree to serve as officers or directors.

Officer and director elections are not that far away. The nominating committee will be selected and named in the October newsletter. Ballots will be included in the December newsletter which is mailed out the end of November. Election results will be tabulated and presented at the Christmas Social and club annual meeting in December. Now is your chance to give back to the sport of running, to help others get the same benefits you have enjoyed over the years as club member. You can find the time to serve as an officer or director, or as race director. The club needs your help. I need your support. If you are at all interested but are afraid you might not know enough to do a good job, give me a call. Rest assured, we all had to start somewhere and I can guarantee there will be plenty of support from other experienced (do I mean old?) members. I've been a member since 1991 and have been a race director for three years, Internal Vice-President and now President. You reap what you sow. Get involved and do your part!

Jim Leser, President

"THE HOT DAM RUN"  
USA TRACK & FIELD CERTIFIED # TX93059ETH  
FIVE MILES  
AUGUST 12, 1995  
LUBBOCK, TEXAS

### OVERALL RESULTS

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	Perf
1	MARTIN LEODGARD	LUBBOCK	1	M3034	30	M	27:27	5:29	796
2	CHRIS TRUITT	LOVINGTON	1	M2024	20	M	27:57	5:35	782
3	BOB JACKSON	HOBBS	1	M3539	36	M	28:31	5:42	766
4	TIM GREEN	LUBBOCK	2	M3034	30	M	28:38	5:44	763
5	J.R. BODDY	LUBBOCK	1	M2529	25	M	29:14	5:51	747
6	CARLOS PEREZ	BROWNFIELD	1	M1619	19	M	29:35	5:55	739
7	JIM LESER	LUBBOCK	1	M4549	48	M	30:06	6:01	726
8	JASON WILLIAMS	LUBBOCK	2	M1619	19	M	31:06	6:13	703
9	TOBY REEP	MORTON	3	M1619	16	M	31:22	6:16	697
10	FRANK SUMPTER SR.	LAMESA	1	M4044	41	M	31:30	6:18	694
11	ALEX STEWART	LUBBOCK	2	M4549	45	M	31:33	6:19	693
12	JASON LEVINE	LUBBOCK	2	M2024	23	M	31:52	6:22	686
13	MIKE FLORES	LUBBOCK	2	M3539	38	M	32:12	6:26	679
14	CHRIS THOMAS	LUBBOCK	4	M1619	16	M	32:29	6:30	673
15	BUDDY HUTTO	LEVELLAND	3	M3034	34	M	32:32	6:30	672
16	MARJORY STEWART	LUBBOCK	1	F3539	36	F	32:42	6:32	668
17	JOHN BINI	LUBBOCK	4	M3034	31	M	32:48	6:34	666
18	ROBERT GUJARDO	LEVELLAND	1	M5054	52	M	32:57	6:35	663
19	BRANDON MCDANIEL	HOBBS	1	M1315	15	M	33:06	6:37	658
20	TOM WEST	LUBBOCK	3	M3539	37	M	33:12	6:38	650
21	RANDY WOLCOTT	LUBBOCK	4	M3539	39	M	33:15	6:39	657
22	RICHARD FISCHENICH	LUBBOCK	3	M4549	48	M	33:18	6:40	656
23	GEORGE JURY	LUBBOCK	1	M5559	59	M	33:30	6:42	652
24	IVAN DeANDA	LOVINGTON	5	M3539	38	M	33:34	6:43	651
25	JOSIE MARTINEZ	PETERSBURG	1	F1619	18	F	33:41	6:44	649
26	CHRIS LONNGREN	LUBBOCK	6	M3539	36	M	33:42	6:44	648
27	JOYCE MARTINEZ	PETERSBURG	2	F1619	18	F	33:49	6:46	646
28	RICK MARQUEZ	ANDREWS	7	M3539	38	M	34:00	6:48	643
29	DAVID HIGGINS	LUBBOCK	2	M4044	43	M	34:04	6:49	641
30	BILL WELSH	TARZAN	3	M4044	41	M	34:18	6:52	637
31	DENNIS BELL	LUBBOCK	5	M3034	34	M	34:33	6:55	632
32	AL GARDNER	WOLFFORTH	8	M1619	16	M	34:35	6:55	632
33	MICHAEL SANFORD	LEVELLAND	5	M3539	39	M	34:46	6:57	628
34	JACKIE CANNON	AMARILLO	9	M3539	39	M	35:27	7:05	616
35	JIM DEEVER	SAN ANGELO	10	M3539	37	M	35:31	7:06	615
36	DAVID LIGHTNER	LUBBOCK	4	M4549	45	M	35:34	7:07	614
37	CHRIS SCOTT	LUBBOCK	6	M3034	31	M	35:43	7:09	612
38	DWIGHT VARUM	LUBBOCK	11	M3539	37	M	35:56	7:11	608
39	DWAYNE OAKELEY	LUBBOCK	12	M3539	39	M	35:57	7:11	608
40	JOE GOMEZ	LUBBOCK	2	M5054	51	M	36:03	7:13	606
41	NICHOLAS TURNER	LUBBOCK	6	M1619	17	M	36:14	7:15	603
42	JESSE HILLIARD	LUBBOCK	2	M2529	29	M	36:24	7:17	600
43	DAVID GREGORY	LUBBOCK	4	M4044	44	M	37:00	7:24	591
44	LUIS CARDENAS	LUBBOCK	5	M4044	43	M	37:02	7:24	590
45	GREGORY TURNER	LUBBOCK	7	M1619	17	M	37:15	7:27	587
46	LARRY BYRD	SHALLOWATER	3	M5054	54	M	37:28	7:30	583
47	MARCIE LYMAN	LUBBOCK	1	F2024	20	F	37:40	7:32	580
48	ED DABROWSKI	EARTH	13	M3539	37	M	37:46	7:33	579
49	SHEUBY CARTER	LUBBOCK	3	F1619	17	F	38:03	7:37	574
50	JIM HARRIS	HOBBS	4	M5054	52	M	38:38	7:44	566
51	ROBERT URRUTIA	LUBBOCK	2	M2529	29	M	38:49	7:46	563
52	BILL ROGER SR.	LEVELLAND	2	M5559	56	M	38:55	7:47	561
53	JERRY WRIGHT	LUBBOCK	3	M5559	56	M	38:58	7:48	561
54	CHUCK JOHNSON	LUBBOCK	14	M3539	37	M	39:00	7:48	560
55	MARK TEMPLE	LUBBOCK	7	M3034	32	M	39:02	7:48	560

\* AGE GROUP COURSE RECORD

Challenge Series Standings After Eight Events

HOT DAM 5 MILE RUN

OVERALL RESULTS, Continued

YTD Totals

YTD Totals

Table with columns: PLACE NAME, TOWN, DIV, PLACE, AG, S, TIME, PACE, PctP, MALE (19 & Under), FEMALE (19 & Under), MALE (35-39), FEMALE (35-39), PTS, MILE, EVTS, PTS, MILE, EVTS, PTS, MILE, EVTS, PTS, MILE, EVTS.

\* AGE GROUP COURSE RECORD

## HOT DAM REPORT

Preliminary accounting shows that approximately \$600 was raised to benefit the Child Advocacy Research and Education Center of UMC. Club member Dr. Rafael Garcia is director of the center and was on hand along with his wife Cheryl to help with the race. Members of the C.A.R.E. staff and Premier Travel staff also served as volunteers as well as former club member and County Commissioner, Kenny Maines. The tank shirts and medalion awards were made possible by generous donations by PREMIER TRAVEL and Dr. David Gregory, a runner himself. Many other club members made generous donations above the entry fee. We thank you all! Other contributions were made by The Fleming Co. and Dole, courtesy of James Bone, Screen Print Enterprises, American State Bank, The Cabbage Patch of Idalou, Bill and Roseanne Piatt, and HOOT'S Bagels, owned by new member, Phillip Hoot. Draw prizes were courtesy of SOUTH PLAINS CYCLES, LADY FOOT LOCKER, HAROLD'S, JIM PHILLIPS AUTOMOTIVE, MOUNTAIN HIDEAWAY and Diane Donahoo, Registered Massage Therapist. CLEVELAND ATHLETICS donated the nice plaques awarded to the 1st place "senior" finishers. A special thanks to the GATORADE people for the loan of coolers, drink mix and cups.

26 children ran in the 1 mile fun run and all were rewarded with a T Shirt and a medal for finishing.

The race drew 123 entrants and had 113 finishers on a perfect summer day. Overall winners were Martin Leodgard in 27:27 and Marjory Stewart in 32:42. Age group standards established were Bob Jackson's 28:31, beating Bob Finn's time set last year by 8 seconds in the M35-39 class. Josie Martinez revised her own record of a year ago by 27 seconds in the F16-19 class, and Race Director P.J. Mitchell lowered the F50 Plus record by over 8 minutes and set a new course PR as well.

Hard working club members earning their "miles" were James Bone, Joe Martinez, Jon Omdahl, Ron Key, Jay Truitt, Tony Aleman, Jimmy Samarron, Maurine Bray and David Skelton. Also a special thanks to Bob Bernero who arrived early to set up the course, and brought ice for the cold drinks which were provided by the C.A.R.E. CENTER staff and also to Arden Key.

## AT THE RACES

John Stalcup ran a 45:13 10K at the "ALIEN CHASE", Roswell, July 1st. Jim Leser earned second place age group at the DRAPER LAKE DUATHLON in Oklahoma City July 16th.

Alex Stewart recently ran an 18:23 5K and finished 4th overall at his professional meeting in Vancouver, BC.

Several members ran the PRUDE RANCH RACES August 6th. Running the half-marathon were Jim Deaver with a PR 1:34, Joe Martinez, 1:37:54, David Lightner, 1:38:42, Mark Wagnon, 1:39:59, Bob Bernero, 1:54:04, and Eva Martinez, with a PR of 2:05:41. Frank Sumpter, Sr. was the overall winner of the 10K with a 38:14. Ida Sumpter finished her first 5K and Casey also finished the 5K.

Mike Greer completed a half-ironman event in Florida on August 6th

## MORE ON VOLUNTEERISH

After the BUFFALO SPRINGS TRIATHLON, one of our younger members commented that he did not know it could bring so much joy to help at the aid stations and now realized how important the volunteers are, especially when they know what the competitors need. Then, I recently read the following article and thought it worth sharing with our membership also. ...printed from "On the run"...by Mike Dotson, The San Angelo Road Lizard Newsletter, July/August 1995...

### ON GIVING BACK: CONFESSIONS OF AN IGNORANT RUNNER

**One can never pay in gratitude; one can only pay "in kind" somewhere else in life. Anne Morrow Lindbergh**

For my first sixteen years of running I have been an ignorant runner. No, I don't mean ignorant as to specifics such as training methods, how to run hills, where the best races in the state are, etc.. Anyone who has run for a period of time acquires this type of knowledge fairly quickly. In fact up until about a year ago, I was feeling quite proud of myself for all the knowledge I have acquired of the sport I love. However, it has only been during the past year and a half that I have become acutely aware of my ignorance. Sure, I learned how to race but not how the races themselves came into being. It has been through working as a volunteer and helping put on several races that I have realized the many things that I had taken for granted. Looking back, after participating in probably over 300 races, I must confess that I only sporadically thanked the volunteers and organizers, even after selfishly enjoying the fruits of their labors.

Worse still, I had not responded to the numerous calls for help from my running club over the years, assuming that "someone else" would or deciding that I was "too busy" (after all, who isn't). Unfortunately, too many people have this attitude. I guess that in our fast-food-service-on-demand-channel-changing-give-me-what-I-want-now-and-it-better-be-good society, we expect, no, DEMAND that people and activities be ready and available to meet our wants and needs. I remain extremely grateful for the efforts of these volunteers but have come to the conclusion that my gratitude is not enough. After years of reaping the benefits from the sport, I decided that it was important to give back. I do not wish to preach. Instead I want to challenge other runners to contribute back to sport from which we all have benefited. In order for our sport to survive and flourish in the future, we all must return what we have taken and let others benefit as we have.

### THIS and THAT

On the same theme, Dwayne Oakeley could use some more help out at Shallowater, September 9th. Give him a call at 799-4473.

DUKE CITY MARATHON entry forms are available at my office at 4808 50th

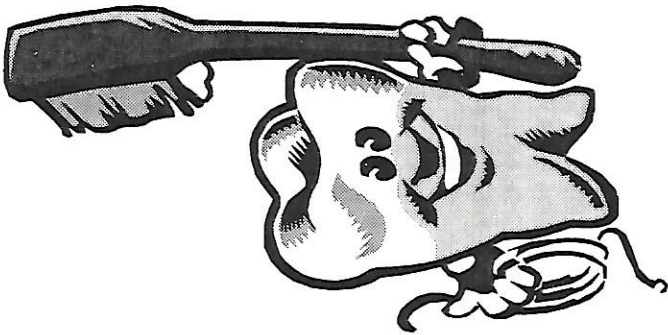
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SHOE



By JEFF MacNELLY

# The 14th Annual

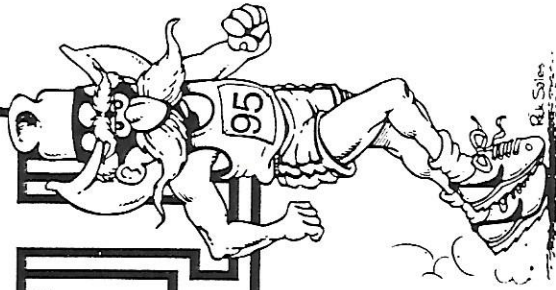
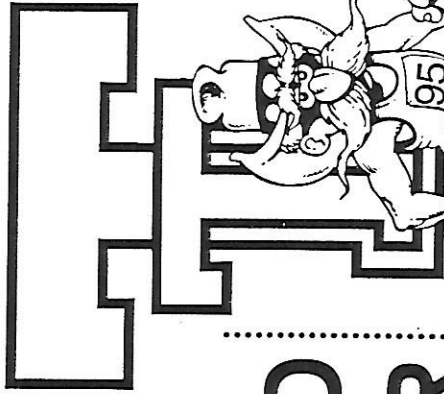
# RED RAIDER ROAD RACE

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



METHODIST HOSPITAL



THE TEXAS TECH  
EX-STUDENTS ASSOCIATION

## WEST TEXAS RUNNING CLUB'S 7th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS



### SHALLOWATER STAMPEDE

#### EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

**WHEN:** SATURDAY, SEPTEMBER 9, 1995  
REGISTRATION; 7:00 to 7:45 A.M., RACE DAY  
RACE START; 8:00 A.M., 10K and 2 Mile

**WHERE:** SHALLOWATER HIGH SCHOOL in Shallowater, Tx

**COURSE:** FLAT, OUT and BACK ON ASPHALT,  
Precisely measured course, eligible for  
certification

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

#### AGE DIVISIONS:

2 MILE		10K		FEMALE	
MALE	FEMALE	MALE	FEMALE	19 & Under	20 - 29
15 & Under	15 & Under	19 & Under	19 & Under	19 & Under	20 - 29
16 - 19	16 - 19	20 - 29	20 - 29	20 - 29	30 - 34
20 - 29	20 - 29	30 - 34	30 - 34	30 - 34	35 - 39
30 - 34	30 - 34	35 - 39	35 - 39	35 - 39	40 - 44
35 - 39	35 - 39	40 - 44	40 - 44	40 - 44	45 - 49
40 - 44	40 - 44	45 - 49	45 - 49	45 - 49	50 Plus
45 - 49	45 - 49	50 Plus	50 Plus	50 Plus	60 Plus
50 - 54	50 Plus	60 Plus	60 Plus	60 Plus	
55 - 59					
60 Plus					

**AT LEAST 3 "Stampede" Medallion AWARDS  
WILL BE GIVEN IN EACH CATEGORY and up to 50  
percent of each division will receive awards**

Delicious ice cold soft drinks will be provided for  
runners and volunteers

**RACE DIRECTOR:** Dwayne Oakeley; 799-4473