

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAR. 7 W.T.R.C. Business Meeting, 7 P.M., 5517 74th St., Lubbock
- * MAR. 9 PRAIRIE DOG TOWN RUN: MACKENZIE PARK, Lubbock, 4 Mile, 9 A.M., Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- MAR. 24 CAPITAL 10,000: Austin, FMI, call 1-512-445-3598
- MAR. 30 MARATHON OF THE GREAT SOUTHWEST: Abilene, FMI, 1-915-677-8144
- * APR. 13 FLIGHT LINE RACES: REESE AFB, 8 A.M., 2 Mile, 10K, and Half Marathon, Mark Wagon, Race Director, 791-0365
- APR. 15 100th BOSTON MARATHON
- APR. 20 RUN FOR THE ARTS: Lubbock, 15K & 2 Mile, Children's 1 Mile, Bob Bernero, Race Director, 742-3310(d), 793-1667(n)
- APR. 27 THE RACE FOR KIDS: Open 5K and Children's 1 Mile, 8 A.M., Memorial Circle, TTU Campus, Marjory Stewart, RD, 792-1085(n)
- MAY 4 RUN FOR THE ARTS: Midland, 5K, Details Later
- MAY 4 SPRING SWING RUN: Lake Ransom Canyon, 1 Mi. Kid's, 8 A.M., 5K & 10K, 8:30 A.M., Race Director, Ron Key 794-5833
- * MAY 11 HORSESHOE BEND SPRING FROLIC: 8 A.M., N. of Slaton, 11, 6 & 2 Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- MAY 18 LCOADA SPRING HIGH RUN: 10K & 2 Mile, 8 A.M., BUDDY HOLLY PARK Jim Leser, Race Director, 746-6101(d), 794-2474(n)
- MAY 25 LONESTAR PAPER CHASE: Amarillo, 7 A.M., Marathon & Half Marathon, 8 A.M., 10K & 2 Mile Run/Walk, FMI, 806-345-3451
- * JUNE 8 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8 A.M., 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 30 BUFFALO SPRINGS LAKE TRIATHLON: Mike Greer, 796-8213
- * JULY 4 27th ANNUAL FIRECRACKER RUN: Brownfield, 8:00 A.M., 10 Mile and 3 Mile, Children's 1 Mile Run, Jim Leser, RD, 794-2474
- AUG. 4 PRUDE RANCH RACES: Ft. Davis, Details Later
- * AUG. 10 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- * SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 A.M., Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- SEPT 21 SUSAN G. KOMEN RACE FOR THE CURE: TTU Campus, Details Later
- SEPT 29 DUKE CITY MARATHON: Albuquerque, also 5K & Half Marathon
- * OCT. 5 RED RAIDER ROAD RACE: 5K and 10K, 8 A.M., Lubbock, TTU, Randy Wolfcott, Race Director, 793-8869



P.J. & Rodger Mitchell
8006 Dover Avenue
Lubbock, TX. 79424

12-31-96

Details Inside Back Cover

March 9, 1996; 9 A.M.

PRAIRIE DOG TOWN 4 MILE

March W.T.R.C. Race



MARCH 1996

Lubbock, Texas 79408

P.O. Box 2921

Newsletter



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 Harn**
(H) 784-0806 (O) 742-3908
- Treasurer - David Higgins**
(H) 744-8328 (O) 744-2626
- Past President - Ronald Key**
(H) 794-5833 (O) 794-3300
- Directors**
- Bob Bernero**
(H) 793-1667 (O) 742-3310
- Teresa Greer**
(H) 762-6244 (O) 766-8866
- George W. Jury**
(H) 792-1237 (O) 792-3291
- David Lightner**
(H) 793-3484
- Dwayne Oakeley**
(H) 799-4473
- Mark Wagnon**
(H) 791-0365 (O) 792-1014

W.T.R.C RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH.
The WTRC Monthly Business Meetings are held on the first Thursday of the month, 7:00 p.m. at 5517 74th St.

1996 RUN FOR THE ARTS

It is official! We have signed a formal agreement with the LUBBOCK ARTS ALLIANCE to direct this year's RUN FOR THE ARTS, on April 20, 1996. This will bring this running event back to the WTRC after a three year hiatus. We are very excited about returning these races to the level of quality and participation enjoyed in 1992, the last year WTRC sanctioned the event. We will again have a 15K, 2 mile run and 2 mile fun walk, as well as the 2 mile corporate run and 1 mile kid's run. The T-shirt looks to be a collectors item. Instead of using the Arts Festival logo as in years past, the Alliance had decided to use the art work from the Festival poster.

In order to put on a quality event and to attract lots of participants we will need to have many volunteers. We are listing the major areas where help is needed along with those individuals that have agreed to quarterback these responsibilities:

- Advertising & Promotion - Vacant
- Registration - Ron Key (O) 794-3300 (H) 794-5833
- Course Layout - George Jury (O) 792-3291 (H) 792-1237
- Aid Stations & Splits - Vacant
- Finish Line & Results - James Livermore (O) 762-5281 (H) 792-5815
- Pre-Race Activities - Vacant
- Treasurer - David Higgins (O) 744-2626 (H) 744-8328
- Children's Run - Becky & Jon Omdahl (O) 766-0600 (H) 794-7823
- Walk Division - Vacant
- Corporate Division - Bob Bernero - Race Director (O) 742-3310 (H) 793-1667
- Awards - Jim Leser - Asst. Director (O) 746-6101 (H) 794-2474

We need you to volunteer for one of the vacant leadership positions or as an assistant in one or more of these areas. Please give us a call. We can come out "smelling like roses" if we get behind this event and provide the support it needs. Thanks!

WEST TEXAS RUNNING CLUB COTTON PATCH RUN

EIGHT MILE

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	PerF
1	BOB JACKSON	HOBBS	1	M3539	37	M	45:36	5:42	792
2	MONTE WELLS	AMARILLO	1	M3034	34	M	49:58	6:15	723
3	TIM KEY	LUBBOCK	1	M2029	28	M	50:30	6:19	715
4	CLIFF CHAMBERS	LUBBOCK	2	M3034	30	M	50:33	6:19	714
5	HAWK HARRIS	HOBBS	1	M1619	19	M	50:44	6:21	712
6	AUGUSTINE GARCIA	LUBBOCK	2	M1619	17	M	51:20	6:25	703
7	MARJORY STEWART	LUBBOCK	1	F3539	37	F	52:11	6:31	692
8	MIKE SANFORD	WOLFFORTH	3	M1619	17	M	52:15	6:32	691
9	IVAN DeANDA	LOVINGTON	2	M3539	38	M	52:53	6:37	683
10	RANDY WOLCOTT	LUBBOCK	3	M3539	39	M	53:27	6:41	676
11	SCOTT FINNELL	WHITEFACE	4	M3539	39	M	53:48	6:44	671
12	BILL HARN	LUBBOCK	1	M4044	41	M	54:30	6:49	663
13	CHRIS LONNGREN	LUBBOCK	5	M3539	36	M	54:41	6:50	660
14	DWAYNE OAKELEY	LUBBOCK	6	M3539	39	M	55:09	6:54	655
15	AL GARDNER	LEVELLAND	7	M3539	39	M	55:19	6:55	653
16	RICHARD FISCHENICH	LUBBOCK	1	M4549	48	M	55:23	6:55	652
17	DAVID LARD	AMARILLO	1	M5559	58	M	55:34	6:57	650
18	DENNIS BELL	LUBBOCK	8	M3539	35	M	58:43	7:20	615
19	DAVID LIGHTNER	LUBBOCK	2	M4549	46	M	58:55	7:22	613
20	MICKEY DAVIS	LUBBOCK	9	M3539	39	M	59:46	7:28	604
21	JIM FORTE	LUBBOCK	3	M4549	45	M	1:00:07	7:31	601
22	LARRY BYRD	SHALLOWATER	1	M5054	54	M	1:00:46	7:36	594
23	RON NUGENT	LUBBOCK	4	M4549	49	M	1:01:49	7:44	584
24	JOE MARTINEZ	LUBBOCK	2	M5054	50	M	1:03:16	7:55	571
25	RICHARD BRAY	LUBBOCK	3	M5054	51	M	1:03:18	7:55	570
26	BILL ROGER	LEVELLAND	2	M5559	56	M	1:03:22	7:55	570
27	JACQUE COLLINS	LUBBOCK	1	M6099	62	M	1:04:48	8:06	557
28	KEITH REEGER	LUBBOCK	2	M4044	43	M	1:06:05	8:16	546
29	RON HILLIS	LUBBOCK	4	M5054	52	M	1:06:35	8:19	542
30	HOPE JIMENEZ	LAMESA	1	F0112	11	F	1:07:06	8:23	538
31	ANNE PLACHETKA	LUBBOCK	1	F1619	18	F	1:07:57	8:30	531
32	CINDY PIERCE	LUBBOCK	2	F3539	36	F	1:07:58	8:30	531
33	JOHN STALCUP	LUBBOCK	2	M6099	62	M	1:08:33	8:34	527
34	SONIA AGUIRRE	LUBBOCK	1	F3034	30	F	1:08:39	8:35	526
35	ETA MAYER	LUBBOCK	1	F4549	46	F	1:10:27	8:48	513
36	JAMES LIVERMORE	LUBBOCK	5	M4549	48	M	1:10:56	8:52	509
37	KEN MCEACHERN	LUBBOCK	3	M5559	55	M	1:10:57	8:52	509
38	MIKE KELLEY	LUBBOCK	6	M4549	47	M	1:11:25	8:56	506
39	P. J. MITCHELL	LUBBOCK	1	F5099	51	F	1:13:57	9:15	488
40	MARSHA BENNETT	LUBBOCK	2	F3034	32	F	1:16:14	9:32	474
41	DAHLIA HOOD	LUBBOCK	3	F3539	37	F	1:16:55	9:37	469
42	MIKE STARR	LUBBOCK	4	M5559	55	M	1:16:56	9:37	469
43	ADAM ANDREWS	LUBBOCK	3	M4044	42	M	1:20:28	10:00	417

WEST TEXAS RUNNING CLUB
FOUR MILE COTTON PATCH RUN
February 10, 1996

OVERALL RESULTS

PLACE NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	Perf
1 TREY JERNIGAN	SUNDOWN	1	M1619	18	M	23:32	5:53	731
2 FRANK SUMPTER, SR.	LAMESA	1	M4044	42	M	23:34	5:54	730
3 JEREMY GRANGER	HOBBS	2	M1619	16	M	24:06	6:02	714
4 KEN JERNIGAN	SUNDOWN	2	M4044	44	M	24:58	6:15	689
5 MIKE FLORES	LUBBOCK	1	M3539	39	M	25:35	6:24	673
6 RODNEY HENDRIX	LUBBOCK	1	M3034	30	M	26:19	6:35	654
7 JACKIE CANNON	AMARILLO	3	M4044	40	M	26:29	6:37	650
8 CRAIG LANGFORD	LUBBOCK	2	M3034	34	M	26:57	6:44	639
9 CHRIS ZAMORA	HOBBS	3	M1619	16	M	27:10	6:48	634
10 REFUGIO SAMARRON	AMARILLO	1	M2029	23	M	28:02	7:01	614
11 RUSSEL MARTIN	LUBBOCK	2	M3539	37	M	28:13	7:03	610
12 DON SANDERSON	TULIA	1	M6099	66	M	28:17	7:04	609
13 CHADD LOWE	LUBBOCK	1	M1315	15	M	28:24	7:06	606
14 JIM HARRIS	HOBBS	1	M5054	53	M	28:29	7:07	604
15 SCOTT HAYWARD	LUBBOCK	3	M3034	32	M	28:34	7:09	603
16 TARA JERNIGAN	SUNDOWN	1	F1315	14	F	28:48	7:12	598
17 STACY GILL	TAHOCA	4	M4044	40	M	28:49	7:12	597
18 CHUCK JOHNSON	LUBBOCK	3	M3539	38	M	30:13	7:33	570
19 JUAN JIMENEZ	LAMESA	2	M1315	15	M	30:55	7:44	557
20 MARY LOU JIMENEZ	LAMESA	2	F1315	14	F	31:00	7:45	555
21 HENRY SAMARRON	LEVELLAND	2	M2029	23	M	31:12	7:48	552
22 SHELBY CARTER	LUBBOCK	1	F1619	18	F	31:28	7:52	547
23 TERESA GREER	LUBBOCK	1	F4549	45	F	32:47	8:12	525
24 CHRIS DILLMAN	LUBBOCK	4	M3034	31	M	33:20	8:20	516
25 GLEN LOWE	LUBBOCK	5	M4044	40	M	33:25	8:21	515
26 DAVID ELDER	LUBBOCK	6	M4044	41	M	34:24	8:36	500
27 GUY CAMPBELL	LUBBOCK	3	M2029	25	M	34:37	8:39	497
28 VICKI FISCHENICH	LUBBOCK	1	F3034	30	F	35:15	8:49	488
29 BETTY JOHNSON	LUBBOCK	1	F3539	37	F	35:32	8:53	484
30 JOSIE ALEMAN	LUBBOCK	1	F4044	44	F	36:04	9:01	477
31 JOHNNY SCOTT	LUBBOCK	2	M5054	52	M	36:20	9:05	474
32 SARAH ALLEN	LUBBOCK	1	F2029	22	F	36:31	9:08	471
33 KRYSTLE LOWE	LUBBOCK	3	F1315	13	F	37:23	9:21	460
34 MARGARITA JIMENEZ	LAMESA	1	F0112	6	F	37:50	9:28	455
35 RICK LAMPE	LUBBOCK	3	M5054	51	M	39:14	9:49	439
36 MANON LANGFORD	LUBBOCK	2	F3034	32	F	41:42	10:26	413
37 BO MINNIS	LUBBOCK	4	M5054	53	M	42:07	10:32	409
38 DEBBIE FORTE	LUBBOCK	2	F3539	38	F	43:28	10:52	396
39 MATT VAUGHAN	LUBBOCK	1	M0112	11	M	51:46	12:57	332
40 VERONICA JIMENEZ	LAMESA	2	F0112	9	F	52:07	13:02	330

W.T.R.C. 1996 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS

YTD TOTALS		YTD TOTALS		YTD TOTALS			
MILES	PTS	MILES	PTS	MILES	PTS		
PTSE	VTOL	PTSE	VTOL	PTSE	VTOL		
Age Male(6-12)	4	10	1	Age Male(40-44)	5	0	1*
11 Matt Vaughan	13	0	2*	David Hegstrom	13	0	2*
6 Ian Stewart	9	18	2	David Skelton	9	18	2
Age Female(6-12)	13	20	2	44 Ken Jernigan	5	9	1
6 Margarita Jimenez	5	9	1	40 Jimmy Samarron	13	18	2
11 Hope Jimenez	9	9	2*	41 Bill Harn	0	15	2
12 Krystle Lowe	5	9	2*	40 Jackie Cannon	21	6	2**
9 Veronica Jimenez	9	20	2	43 David Higgins	13	5	2*
Age Male(13-15)	9	18	2	41 J.Mark Wagnon	5	4	1
15 Chadd Lowe	9	18	2	41 Steve Nieman	5	2	1
15 Juan Jimenez	9	20	2	43 Dan Brown	5	2	1
Age Female(13-15)	9	18	2	40 Glen Lowe	9	7	2
14 Tara Jernigan	9	18	2	41 Matt Galagos	5	0	1
13 Mary Lou Jimenez	4	8	1	42 Frank Sumpter, Sr.	4	10	1
13 Krystle Lowe	5	10	1	40 Stacy Gill	4	7	1
Age Male(16-19)	9	19	2	41 David Elder	4	5	1
17 Jay Truitt	13	18	2	43 Keith Reeger	8	9	1
17 Trey Jernigan	13	18	2	42 Adam Andrews	13	8	2*
19 Hawk Harris	13	14	2	Age Female(40-44)	5	10	1
17 Mike Sanford	5	5	1	42 Shirley Wigley	9	19	2
16 Chris Thomas	4	8	1	41 Josie Aleman	13	0	2*
18 Chris Zamora	9	20	2	Age Male(45-49)	13	7	2*
Age Female(16-19)	8	10	1	46 Tony Aleman	5	10	1
18 Shelby Carter	13	19	2	49 Ron Nugent	13	15	2
18 Anne Flaheika	5	4	1	48 James Livermore	13	13	2
Age Male(20-28)	5	10	1	47 Mike Kelly	8	10	1
29 Jesse Hilliard	5	8	1	48 Richard Fischenich	8	9	1
28 Tim Key	4	7	1*	45 Jim Forte	8	8	1
28 Barry Henry	13	20	2	Age Female(45-49)	13	20	2
Age Female(20-28)	4	10	1	46 Etta Mayer	4	10	1
24 Sydney Morris	4	7	1*	45 Teresa Greer	18	8	2**
Age Male(30-34)	5	9	1	Age Male(50-54)	13	10	2*
30 David Preston	13	9	2*	51 Richard Bray	5	9	1
30 Rodney Hendrix	8	0	1*	53 Robert Guajardo	9	18	2
34 Craig Langford	4	10	1	52 Joe Gomez	13	17	2
31 Chris Dillman	4	9	1	52 Jim Harris	13	15	2
Age Female(30-34)	4	7	1*	54 Lerry Bird	13	5	2*
30 Sonia Aguirre	5	10	1	50 Joe Martinez	5	4	1
34 Jenna Wolcott	13	9	2*	53 Bob Bemero	9	12	2
32 Marsha Bennett	8	0	1*	52 Johnny Scott	9	8	2
Molly Santese	4	9	1	51 Rick Lampe	9	8	2
30 Vicky Fischenich	4	9	1	53 Bo Minnis	8	7	1
32 Manon Langford	5	10	1	52 Ron Hillis	13	20	2
Age Male(35-39)	13	7	2	Age Female(50-99)	13	0	2*
38 Britt Tidwell	13	4	2	51 P.J. Mitchell	5	0	1*
35 Jeffery Jury	13	4	2	Eva Martinez	13	0	2*
36 Charles Frizzell	5	8	1	Maurine Bray	13	0	2*
39 Mike Flores	9	18	2	Age Male(55-59)	13	0	2*
36 Chris Lonngren	13	11	2	59 George Jury	13	19	2
39 Randy Wolcott	13	12	2	56 James Bone	5	9	1
39 Al Gardner	13	7	2	54 Bill Roger	5	8	1
39 Dwayne Oakeley	13	4	2	54 Mike Greer	13	14	2
35 Dennis Bell	13	4	2	54 Joe Naylor	5	8	1
39 Mickey Davis	5	0	1*	55 Mike Starr	13	19	2
38 Ed Dabrowski	4	8	1	55 Ken McEachern	13	19	2
37 Russel Martin	4	8	1	Age Male(60-99)	4	10	1
38 Chuck Johnson	8	10	1	62 John Stalcup	4	10	1
37 Bob Jackson	8	9	1	66 Don Sanderson	8	10	1
38 Ivan DeAruda	8	7	1	62 Jacque Collins	8	10	1
39 Scott Ffneil	13	20	2				
Age Female(35-39)	9	18	2				
37 Marjory Stewart	13	15	2				
37 Betty Johnson	5	6	1				
37 Dahlia Hood	4	8	1				
38 Ann Davis	4	8	1				
38 Debbie Forte	8	9	1				
36 Cindy Pierce	8	9	1				

LESER'S LINES

100th BOSTON MARATHON. By now those of you wanting to be a part of the 100th Boston Marathon know whether you'll be at the starting line or not—either as a qualifier or a winner of the lottery. I grew up at the foot of Heartbreak Hill when the marathon was still a small event. I thought those runners were crazy at the time and sometimes even now wonder about the sanity of those that choose to run marathons and ultra events. Once I became a runner I too wanted to run the Boston Marathon, partly because of all the typical reasons most runners give but also because I still have my roots in Boston and the marathon is considered almost a rite of passage—or at least a celebration of Spring and the passing of winter. If you are going to run Boston this year, I'd like to know. So far my list includes: Marjory Stewart, P. J. Mitchell, Bill Roger, Larry Byrd, Randy Wolcott, Carlos Vigil, Richard Fischelich, Joe Martinez, Cliff Chambers and Brent Tidwell. The starting line area is going to be a madhouse with up to 25,000 participants. I have friends in Hopkinton who can provide us a place for drinks and restrooms. I will be staying with my sister in Ashland, at the 5K mark from the starting line. Let me know if I can be of any assistance. See You there!

INSURANCE COVERAGE. Some of you may still be wondering why we continue to give you a hard time if you are wearing headphones in one of our races. We pay considerable money each year to purchase liability insurance to protect both participants and volunteers involved in any of the RRCA events and club activities. In any event that is club managed and directed, we have insurance coverage. However, our insurance will not cover bodily injury or medical expense for any participant who is injured while using, or that results from their involvement with any of the following: animals, bicycles, skateboards, baby strollers, roller skates or blades, multi-sport events, radio headsets or other portable sound systems. We want our events to be safe and to have all participants protected in case of an accident. Please help us by doing your part. Thanks.

DIRECTOR'S DUTIES. Our 1996 directors have a number of responsibilities I thought you might like to know about. Bob Bernero is our External Race Director and assists Jon Omdahl as well as acting as our historian (this is a new responsibility). Teresa Greer is our Membership Director and is responsible for maintaining a current member list on computer and developing activities and benefits that promote membership. George Jury is of course our newsletter editor. George would really appreciate short articles from guest writers and any news you are aware of including out-of-town race results. David Lightner is in charge of our equipment and trailer. Dwayne Oakeley is responsible for picking up and delivering our mail. He also is to become more involved in club publicity. Mark Wagnon is our Internal Race Director and as such assists Marjory Stewart. Mark also has been helping us with contract agreements in his capacity as an attorney.

CLUB CLOTHING. As you already know, P. J. Mitchell has been doing a stupendous job along with James Bone in running a club store with various for sale items. P. J. needs your help at running events to assist her in running the store. Give her a call if interested. Our club is always looking for items that club members would like to purchase to stock the store with. Any suggestions? We are currently looking into quality singlets complete with a WTRC logo. Great for those out-of-town races. Do we need other clothing items? Is it time for another jacket order. Let P. J. know

ACHILLES TRACK CLUB is an international organization that is designed to encourage physically and mentally challenged members to participate in road races as a means to improve the quality of life its members. The WTRC has been involved in this program in the past, but has been relatively inactive in recent months. We've even had some of our Achilles members run in the New York Marathon. I would like to encourage our club to again develop a strong chapter. We do have funds in our account for this endeavor. All we need is volunteers to help us put together a quality program. Please give me a call if you are interested.

MORE CLUB ACTIVITIES. We are looking for suggestions for more club activities. Any suggestions should be given to Teresa Greer. Bob Bernero has suggested a quarterly series of club meetings featuring speakers on topics we might all be interested in such as nutrition for the athlete, use of heart rate monitors, how to pick the best running shoes based on your own biomechanical features, etc. We have also talked about clinic for beginning runners or those thinking of their first marathon. Any suggestions or comments? Let us know.

MULTI-SPORT CLUB. I know the WTRC promotes distance running. So why might you ask am I supportive of the new multi-sport club? Because it may be just the ticket to keep you motivated to keep on running! As you know, the multi-sport approach to fitness has many advantages: it promotes better muscle balance for injury prevention, provides opportunities to cross train when injuries prevent or limit running activities, non-running activities avoid the pounding of running that often leads to injuries, and cross training is good insurance for avoiding burnout. I have found the need to be involved in other athletic activities for all the above reasons. Because I am competitive, I have opted to compete in duathlons. It has been a blast! Duathlons have been like a breath of fresh air when running got kind of stale. But running is still overwhelming my first love. A lot of folks need to exercise every day to get their endorphin fix. Now you can do it without punishing your body so much. Don't be a Single Sport Snob. At least consider cross training and look into this new multi-sport club. It is not just for triathletes. If you are interested in checking out this new club, give Tim Key a call at home at 796-1824. He is the president. Better yet, attend the next meeting at the Methodist Hospital Lifestyles Center on Tuesday, March 5th at 7:00 PM.

W. T. R. C. NEWS & NOTES COTTON PATCH REPORT

After the past two years of "bone chilling" weather for this race, Saturday Feb. 10, 1996 was a perfect running day and many of the 84 entrants were overdressed and had to shed a lot of clothing along the way. The 83 finishers was the highest for the past 7 years since the race was moved from Brownfield. The last 2 years there only drew 33 and 54 respectively. Race Director, David Higgins was blessed with a total of 13 other volunteers, so the total club participation was 98! On hand to assist were George and Jeffrey Jury, Eva Martinez, James Bone (2 days after knee surgery), Ian Stewart, Tony Aleman, Mark Wagnon, Jim Leser, Jon Omdahl, Robert Guajardo, Jesse Hilliard, Molly Santese, and David Skelton. A special thanks to Rodney Hendrix, who arrived early to open the cafeteria and rest rooms as he has the past 3 years. It is really nice to have a place out of the weather to rest after the race and have refreshments and awards. Rodney, the owner of 2 of our other course records is Cross Country coach for Frenship High School. We are sorry that we ran out of the awards, but 69 of the 83 finishers earned awards and those of you who were left out will get yours at the next race.

AT THE RACES

Richard Fischelich and Richard Bray ran HOUSTON/TENNECO in 3:56 and 4:07 respectively.

Marjory Stewart, Martin Leodgard, Brent Tidwell and Jeffrey Jury were the winning mixed team at the Midland RESOLUTION RUN, January 20th, bringing home a nice cash prize. They were second to an all male team. Marjory ran the first leg of their race and then ran the final leg for a female team which was first also, and brought home some more cash!

CONGRATULATIONS

Terry and Tracy Baugh are the proud parents of their third child, a little girl, born February 12, 1995.

THIS N THAT

Theresa Marez was one of ten lucky winners of a pair of running shoes in a drawing of over 2,000 people who sent in their responses to a survey on cross training exercise equipment, conducted by RUNNER'S WORLD MAGAZINE.

The TTU Committee of Champions is considering conducting a marathon September 7th. We will keep you informed as to the status of this event.

Bob Bernero is seeking historical data of the WTRC for newsletter contributions similar to Mike Greer's article on page 10.

The calendar of running events is pretty well lined out for the year with the exception of the TOYS FOR TOTS RUN and the JINGLE BELL RUN if they are to be held this year.

If any of you members are engineers, architects or draftsmen that could help with making race course maps, this would be valuable aid to the club. Course certification requires pretty detailed maps.

The loan of a 2 wheeled 4x8 or 5x10 trailer would be especially helpful for the bigger races like the Arts Run, to distribute course equipment and supplies.

W.T.R.C. MEMBER CONTRIBUTION

FIRST MARATHON

WALT DISNEY WORLD, JANUARY 7, 1996

Thought I would pass on to you, how I, (Bill Hopkins) and Gayle Blackmon did and thought of our first MARATHON. To start off with, the weather was not exactly what one would hope for in a race. Of course I'm talking about rain. Let me go back to the beginning. We arrived at WALT DISNEY WORLD (WDW) on Friday evening 2 days before the race, so we could relax and enjoy ourselves before the big day. This was not to really be...for all we thought of was the race. The old adrenalin was really pumped up. The excitement was wonderful, to say the least. To think of our very FIRST MARATHON.

Well, we must say that Disney World put on an excellent marathon. The support staff was great and ran a well prepared system. We attended a pre-race pasta party the night before, on Saturday evening, which was really outstanding. We got to visit with other marathon runners and received some very helpful advice since this was our first 26.2 miler. We also got to see and hear two very special guests, Alberto Salazar and Joan Benoit-Samuelsen. They held an open question forum where runners could ask questions about marathon running. We learned much about the sport of mrrathoning from the masters.

Race day, Sunday, January 7. 3 AM, up and about to start preparing for the race. First look outside, pouring down rain. 4 AM, still raining...I'm thinking great!!!! I don't want to run in this. Gayle just bouncing around ready to go, me, I want to go back to bed. 4:30 AM, we leave our bungalow to catch the bus to EPCOT. Still raining! 5:30 AM, at EPCOT at starting line, still pouring rain. 6:30 AM, race is underway with a fireworks sendoff along with a cast of characters from WDW... Mickey, Minnie, Goofy and Snow White. Still raining but not as bad. Now that we are actually running, nerves are ok. After about an hour into the race the rain quit and temperature was 64. Not too bad, I'm thinking. Race started at EPCOT then proceeded to MAGIC KINGDOM (12 miles) then to BLIZZARD BEACH (near 20 miles) then to DISNEY-MGM STUDIOS (23 miles) then back through EPCOT for the final 3.2 miles. At about 11:30 AM, a cold front came blasting through...you guessed it...more rain. Only this time the temperature fell to 42 degrees and the wind got up to about 40 mph. The wind was not a factor thanks to our experience living in West Texas. But the horizontal rain was tough. Oh well, the race was a great experience for the both of us and we really enjoyed it. My time was 5:25:57...and Gayle after struggling with severe toe blisters came hobbling in at 6:28:00. We felt so overwhelmed afterwards that it is hard to explain. Guess to find that feeling one needs to run a MARATHON. But the bottom line is we did it and are proud to be a part of the 7 to 11 percent of the population that have run a race of this magnitude. We now know how to do the "MARATHON WALK" (for those wondering folks who wish to know what that is...run a MARATHON). Yes we do intend to run it again next year, January 5, 1997. If anyone is interested in going along, give us a call. A special thanks to all the runners over the years who have shared their running experience with us and thanks to the West Texas Running Club for your continued support in providing races for the people of this great city.

Bill and Gayle

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After completing the recent Loop the Lake 5 miler, it became obvious to me that life, as we currently know it, passes by really fast. As I observed my blazing finishing time of 42:12, I reflected back to the very first race I competed in with the WTRC, a 5 miler held in Brownfield, TX some 19 years ago. When looking at this in more depth I found that my finishing time, at the ripe ole age of 38 was 43:24 and my son, age 16, finished in 43:15, neither of us placed in our age group and in fact we were close to last. The only other competitor that day who also competed in the 1996 version was Jon Omdahl. While I do not have his exact times I do remember that he beat me very thoroughly in 1977 and then remained consistent by doing the same in 1996.

So what you say, you were slow in 1977 and still the same in 1996. So what is the great reflection here and what is the significance of this writing? Well bear with me and I think you will get the point. FIRST, the fact that the WTRC put on this race in Brownfield and is still putting on monthly, or more, races is very amazing. Since it is one of the oldest Running clubs in the state of Texas, if not the oldest, it is amazing how it has stayed in business and provided its members with a quality club and quality races. When James Morris came up with the idea for the club, I doubt if he had the thought it would last this long. It has gone through the days of when Gene Adams did all of the jobs in the club, until it was moved to Lubbock and it developed a working Board of Directors. This has enabled more people to get the many jobs done and has spread the work load. Now the real point I would like to make is that the WTRC has been around for a long time and is consistently putting on quality monthly races, providing an excellent newsletter, providing a scholarship, providing consulting services to inexperienced race directors, promoting the fitness lifestyle and is frequently asked to lend their name to an event so it will increase the credibility of that event. This says a lot for the Board of Directors and the members of WTRC. We should all take the time to thank the people who put in time and effort for our benefit and remember that they are all VOLUNTEERS. As I remember that race in 1977 it was accurately measured, had mile markers, had water on the course, was properly and safely monitored, had a properly marked starting and finishing line, had plenty of volunteers, accurate finishing results and awards at the end. All of these features were also very obvious in 1996, THANKS AGAIN.

SECOND, so you run for 46,000 miles, over 300 races (road races, triathlons, duathlons) for the past 19 years and you only improve by 1:12 minutes. What kind of justice is this and what does it prove? Well it proves that I was slow when I was young and I remained slow as I aged. While I did have a 37:30 PR at some point in my life I do feel that the 42:12 was not all that bad. When talking to my son, now 34, the other day he said he could probably do a 5 miler in 45:00 if the weather was good. This did not surprise me since he has not been able to run very much and I am very aware of his genetics (and we all know what that means). The real conclusion is that I am proud and thankful to still be running, at whatever pace, and I am thankful that we have local races to run in.

See you at the races and keep on running and volunteering!!

Mike Greer, Member of
WTRC since 1977

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN

EVENT # 3

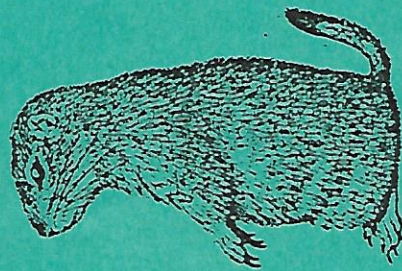
Of the 1996 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 9, 1996
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

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WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49 and 50 Plus

RACE DIRECTOR: Chuck Johnson Office 743-5700

Home 797-0381

REMAINDER OF THE CALENDAR OF EVENTS

Continued

- OCT. 26 PUNKIN DAYS 5K: Floydada, 9 A.M., Julianne Cornelius, 983-2988
- * NOV. 9 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1231
- NOV. 28 W.T.R.C. TURKEY TROT: Lubbock, 9 A.M., MACKENZIE PARK, 10 Mile and 2 Mile, Details Later
- DEC. 1 WHITEROCK MARATHON: Dallis, (214) 526-5318
- * DEC. 14 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 AM Mike Kelley, Race Director, 798-0113