

Fred Weber
3003-23rd



WEST TEXAS RUNNING CLUB

FEBRUARY, 2000

FROM THE PRESIDENT

I drove to East Texas over the holidays to spend time at my sister's. She and my brother-in-law are caretakers of a piece of land near Denton which stretches for miles and encompasses woods, pasture, ponds – all far enough from “civilization” to give a feel for being lost in the wilderness. So, Christmas day I took my long run on the back road as my brother-in law suggested rather than the pavement of the farm-to-market road.

I ran into the woods on a grassy path, unsure where it would lead. I crunched through dried oak leaves and padded down grassy tracks barely kept alive by an occasional old pick-up. I turned down cow paths that had me ducking branches, dodging cactus and thorns, and side-stepping cow patties. I crossed pastures, forded creeks, passed through cattle gates left permanently open, vaulted and ran down fence rows. I climbed hills just high enough to view the open country for miles around and then forged back into the shaded wood.

I passed abandoned farmhouses, out houses, sheds, and old machinery in long forgotten piles of rust. I passed stock tanks and scared up flocks of duck unused to two-legged animals trotting by. I saw unnumbered armadillo foraging under the fallen ground cover and chased one until he ran surprisingly fast underneath the thick briar so prevalent in the Texas woods. I startled families of crow, flocks of duck and vultures. I heard the squirrels chatter, the woodpeckers knock, and I heard the red-tailed hawk call to me from his hiding spot. I felt the pad of grass path under my feet, the soft mud of the stream, the briars cut my ankles, the sweat on my brow and belly, the cool wind fill my lungs full. I stopped when I wanted....to examine animal tracks, stalk a bird, or just to take in the view. But mostly I ran, moving on and on at a constant trot, exploring, discovering, marveling at the woods and meadow that seemed to open forever in front of me. I ran to feel my body strain, I ran for my mental health; I carried on unspoken conversations in my head; I ran until there were no thoughts left, simply the feel of the run. I ran in moving meditation and felt a kinship with my ancient fathers of Africa and Ireland who knew their land with the same kind of unending movement. I ran 'till the sun began to drop to the trees and the air cooled, and I found my path back through the oaks and briars, by pond and meadow.

Today I ran for my heart and soul and renewed my kinship with the earth, just for the pleasure of running.

Mike Kelley

785-7361
Bob
Chavez

John

UPCOMING RACE:
COTTON PATCH RUNS
4 and 8 miles 9AM
FRENSHIP HIGH
CALL DAVID HIGGINS
W 748-5554 H 744-8328

WTRC RACES ARE USUALLY HELD
THE 2ND SATURDAY OF EA MONTH

WTRC WEB ADDRESS:
<http://members.tripod.com.wtrc>

MONTHLY MEETING:
The WTRC monthly business meeting is on Tuesday, February 1st, 7:00p.m.at 1623 10th Street, Conference Room, Bolinger, Segars, Gilbert & Moss, L.L.P. All members are welcome.

WTRC Training Runs:
Saturdays at 7:00a.m.
Sundays at 6:00a.m.
Meet at the Outdoor Center parking lot in MacKenzie Park. For more information contact Bob Bernero at 794-0929 (n).

" VICTORY IS NOT WON IN MILES BUT IN INCHES. WIN A LITTLE NOW, HOLD YOUR GROUND, AND LATER WIN A LITTLE MORE."
LOUIS L'AMOUR

WEST TEXAS RUNNING CLUB

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From the Editor....

After many years George Jury has decided to step down from his Newsletter Editor position. I have agreed to take on the new role and it will be very tough taking over from someone who has so much experience. Be patient with me it's going to take a lot of on the job training!! I have made a few changes and hope it remains interesting for all of you. I will need your help!! Any time you or someone you know competes or is doing something interesting please email me and let me recognize you (them). Remember it doesn't always have to have a happy ending either. We are all aiming for self-satisfaction and want to hear how others are accomplishing their goals. I am having members submit profiles and this month our guest of honor is Delores Key.

Please call or E-mail me with your profiles, suggestions, or comments.
Debbie Wilson

COMING UP NEXT MONTH:

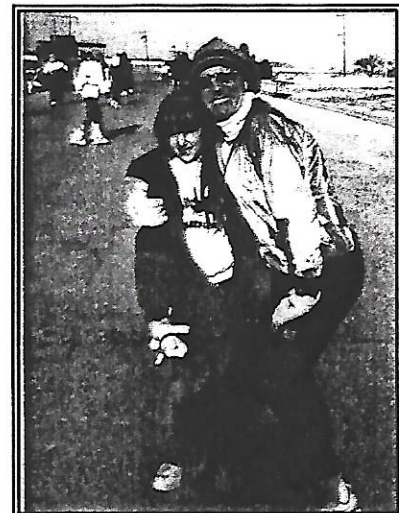
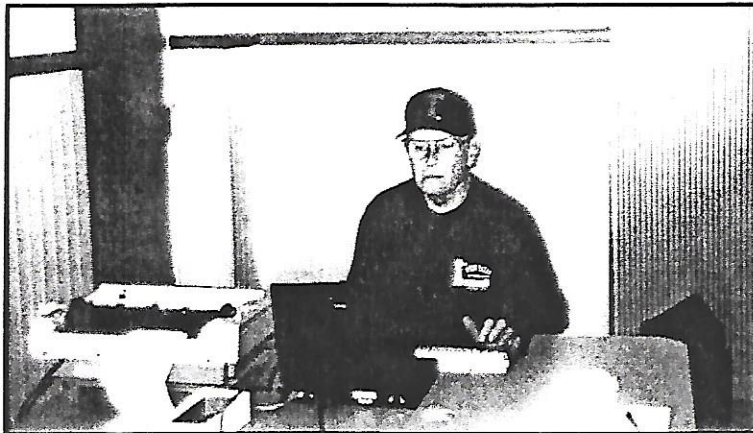
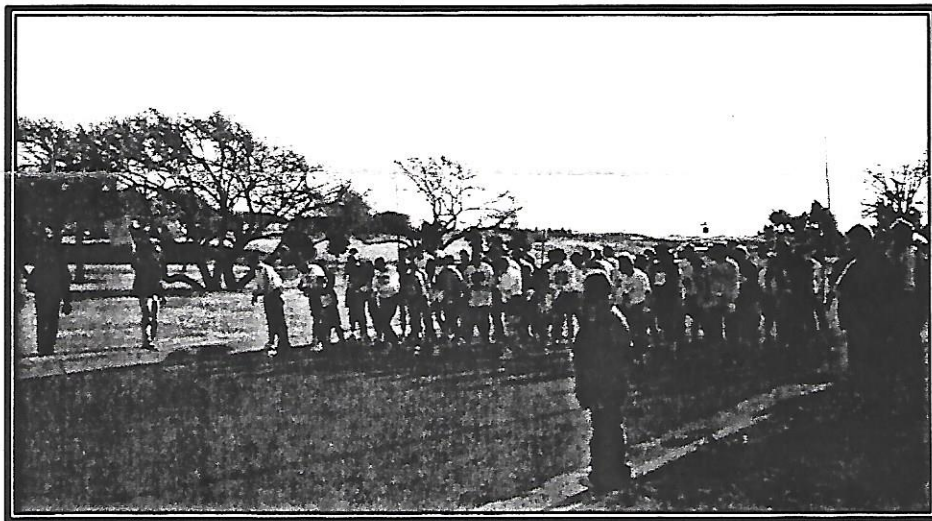
Millennium in New Zealand by Richard Bray
Challenge Series Rules and Regulations
Cotton Patch Results

LOOP THE LAKE 5 MILE ROAD RACE

Sun and wind greeted 71 runners for the 9th annual Loop the Lake 5-mile Road Race. This year's meandering course around Buddy Holly Lake/Park challenged all participants. Except for a few pulled and sore muscles sixty-six conquered the course and celebrated with awards and refreshments in the Landwer House. Chris Truitt took top honors for the men with a time of 28:34 and Marjorie Stewart led the women with an impressive 33:56. Congratulations to Drew Soucy, Marjorie Stewart and Cheryl Weber for establishing new course records for their respective age divisions.

This year's supporting staff was outstanding as usual. Many, many thanks to Joe Martinez, Ronnie Nugent, PJ Mitchell, Jim Leser, Jim Wilhelm, Ron Lubowicz, George Jury, Debbie Wilson, Traci Baugh, Bill Roger, Ed Dabrowki, Tony Alemon, Bill Trippe, Frank Sumpter, Ida Sumpter, Casey Sumpter, John Trompler, Landrum Medlock, Larry Byrd, and James Bone.... The race would not have occurred if it had not been for these people. Special Thanks to all of you that ran the race, you've started the New Year off right.... Until next time.

Bob Bernero, Race Director



WTRC CHALLENGE SERIES AWARDS

66 MILE CLUB

GEORGE JURY	106.2
FRANK EARNEY	99.3
DAMON RICHARDS	86.3
JOE POST	85.1
DAVID HIGGINS	84.7
BOB BERNERO	79.4
TONY ALEMAN	75.3
WADE WILSON	74.2
RICHARD THOMAS	73.3
JON OMADAH	71.0
DWAYNE OAKELEY	70.5
MIKE GREER	69.9
RON HEWETT	68.8
RICHARD BRAY	68.8
KIRK THOMAS	68.6
JIM HARRIS	68.5
BILL ROGER	68.2
MIKE KELLEY	68.0
AL GARDNER	67.5
JAMES BONE	67.4

MARSHA BENNETT	99.3
ETTA MAYER	91.8
SHIRLEY WIGLEY	82.4
JANDA IBBETSON	67.9
MADONNE MINER	67.2

MILEAGE AWARD

GEORGE JURY	106.2
MARSHA BENNETT	99.3

VOLUNTEERS OF THE YEAR

TONY ALEMAN
PAT JURY
DEBBIE WILSON

PARTICIPATION AWARD

FRANK EARNEY 12 RACES
SHIRLEY WIGLEY 11 RACES

VICTOR'S RANKINGS

0-12 MALE

KENNETH KINZENBOW

13-15 MALE

CASEY SUMPTER

20-29 MALE

HAWK HARRIS

30-34 MALE

TIM KEY

RICHARD VERRONE

35-39 MALE

RON HEWETT

BRAD EWING

40-44 MALE

AL GARDNER

CHRIS LONNGREN

KIRK THOMAS

DWAYNE OAKELEY

BOB JACKSON

45-49 MALE

RONNIE PRIGG

FRANK SUMPTER

DAMON RICHARDS

DAVID HIGGINS

50-54 MALE

JOE POST

LANDRUM MEDLOCK

FRANK EARNEY

MIKE KELLEY

55-59 MALE

JIM HARRIS

BOB BERNERO

RICHARD BRAY

RON HILLIS

60-69 MALE

JAMES BONE

RALPH WOLF

BILL ROGER

0-12 FEMALE

MARGARITA JIMENEZ

VERONICA JIMENEZ

13-15 FEMALE

HOPE JIMENEZ

30-34 FEMALE

JANDA IBBETSON

JUDY LAWLEY

VICKI FISCHENICH

35-39 FEMALE

MARSHA BENNETT

MELANIE MCVEY

40-44 FEMALE

MARTI GREER

IDA SUMPTER

45-49 FEMALE

SHIRLEY WIGLEY

JOSIE ALEMAN

MADONNE MINER

50-99 FEMALE

ETTA MAYER

DELORES KEY

P J MITCHELL

THE 9th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
******* EVENT NUMBER 1 OF THE 2000 WTRC CHALLENGE SERIES *******
 Lubbock, Texas January 15, 2000

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	CHRIS TRUITT	24	M	1	M2029	LUBBOCK	TX	28:34	5:43
2	HAWK HARRIS	23	M	2	M2029	HOBBS	NM	28:46	5:46
3	TIM KEY	32	M	1	M3034	LUBBOCK	TX	30:44	6:09
4	TODD MANN	34	M	2	M3034	LUBBOCK	TX	31:26	6:18
5	ROCKY REYES	15	M	1	M1315	FLOYDADA	TX	31:40	6:20
6	RALPH ESPINOSA	34	M	3	M3034	FLOYDADA	TX	32:32	6:31
7	LUIS NEVAREZ	34	M	4	M3034	LUBBOCK	TX	33:29	6:42
8	JIMMY SAMARRON	45	M	1	M4549	LEVELLAND	TX	33:30	6:42
*	9 MARJORY STEWART	41	F	1	F4044	LUBBOCK	TX	33:56	6:48
10	HOWARD NORMAN	48	M	2	M4549	LUBBOCK	TX	33:58	6:48
11	EPI AGUIRRE	41	M	1	M4044	LUBBOCK	TX	33:59	6:48
12	RICKY CAVAZOS	31	M	5	M3034	FLOYDADA	TX	34:16	6:52
13	KIRK THOMAS	41	M	2	M4044	LUBBOCK	TX	34:45	6:57
14	DANIEL HERMAN	36	M	1	M3539	HOBBS	NM	35:13	7:03
15	JOHN GREGORCYK	49	M	3	M4549	IDALOU	TX	35:39	7:08
16	RON HEWETT	38	M	2	M3539	LUBBOCK	TX	35:54	7:11
17	FARRELL MARTIN	33	M	6	M3034	LUBBOCK	TX	35:58	7:12
18	DIANE CALHOUN	41	F	2	F4044	IDALOU	TX	36:24	7:17
19	DANNY GALEY	54	M	1	M5054	COLORADO CITY	TX	36:28	7:18
20	SHANNON MOORE	31	M	7	M3034	LUBBOCK	TX	36:38	7:20
21	MARK ALBUS	43	M	3	M4044	WHITEFACE	TX	36:59	7:24
*	22 DREW SOUCY	11	M	1	M0112	LUBBOCK	TX	37:10	7:26
23	RONNIE PRIGG	48	M	4	M4549	LUBBOCK	TX	37:15	7:27
24	FRED WEBER	48	M	5	M4549	LUBBOCK	TX	37:20	7:28
25	DARREL McMILLEN	53	M	2	M5054	LUBBOCK	TX	37:52	7:35
26	RUSSEL MARTIN	41	M	4	M4044	SHALLOWATER	TX	38:25	7:41
27	WAYNE IVEY	30	M	8	M3034	SLATON	TX	38:29	7:42
28	JOE POST	51	M	3	M5054	LUBBOCK	TX	38:32	7:43
29	VICTOR CHAVARRIA	29	M	3	M2029	FLOYDADA	TX	38:35	7:43
30	DENISE BRAY	38	F	1	F3539	LUBBOCK	TX	38:51	7:47
31	DON SANDERSON	70	M	1	M6099	TULIA	TX	39:33	7:55
32	DWAYNE OAKELEY	43	M	5	M4044	LUBBOCK	TX	39:52	7:59
33	BRAD EWING	36	M	3	M3539	LUBBOCK	TX	40:00	8:00
34	MICKEY DAVIS	42	M	6	M4044	LUBBOCK	TX	41:24	8:17
*	35 CHERYL WEBER	46	F	1	F4549	LUBBOCK	TX	41:28	8:18
36	SHIRLEY WIGLEY	46	F	2	F4549	LUBBOCK	TX	41:53	8:23
37	JUNIOR MENDOZA	42	M	7	M4044	LEVELLAND	TX	41:59	8:24
(38)	DAVID HIGGINS	47	M	6	M4549	LUBBOCK	TX	42:04	8:25
39	LORENZO RAMIREZ	65	M	2	M6099	ROTAN	TX	42:06	8:26
40	AUBREY THOMAS	13	M	2	M1315	LUBBOCK	TX	42:07	8:26
41	KENNETH KINZENBAW	11	M	2	M0112	LUBBOCK	TX	42:16	8:28
42	STEVE NIEMAN	45	M	7	M4549	SHALLOWATER	TX	42:25	8:29
43	DAVID MALONE	42	M	8	M4044	LUBBOCK	TX	42:31	8:31
44	MADONNE MINER	47	F	3	F4549	LUBBOCK	TX	42:31	8:31
45	JIMMIE KEY	62	M	3	M6099	LUBBOCK	TX	42:39	8:32
46	MARK GARLAND	47	M	8	M4549	LUBBOCK	TX	42:47	8:34
47	RICHARD BRAY	55	M	1	M5559	LUBBOCK	TX	42:57	8:36
48	JERRY WRIGHT	61	M	4	M6099	LUBBOCK	TX	43:15	8:39
49	SCOTT HACKWELDER	29	M	4	M2029	LUBBOCK	TX	44:10	8:50
50	MIKE GREER	61	M	5	M6099	LUBBOCK	TX	44:25	8:53
51	CALEB BECK	16	M	1	M1619	LUBBOCK	TX	44:54	8:59
52	JAMES BONE	60	M	6	M6099	LUBBOCK	TX	45:10	9:02
53	ADAM PUCKETT	28	M	5	M2029	LUBBOCK	TX	45:43	9:09
54	NATALIE STEADMAN	32	F	1	F3034	LUBBOCK	TX	45:46	9:10
55	GINGER STANLEY	48	F	4	F4549	MIDLAND	TX	45:47	9:10
56	JO ANN PHILLIPS	41	F	3	F4044	LUBBOCK	TX	46:13	9:15
57	ETTA MAYER	50	F	1	F5099	LUBBOCK	TX	46:59	9:24
58	JIM BECK	40	M	9	M4044	LUBBOCK	TX	47:05	9:25
59	LINDA WALTER	40	F	4	F4044	LUBBOCK	TX	47:25	9:29
60	MARTI GREER	41	F	5	F4044	LUBBOCK	TX	48:03	9:37
61	DAVID MARTIN	43	M	10	M4044	LUBBOCK	TX	48:09	9:38
62	SUSIE COBOS	34	F	2	F3034	LUBBOCK	TX	50:15	10:03
63	JOSIE ALEMAN	48	F	5	F4549	LUBBOCK	TX	55:09	11:02
64	BEVERLY ENGLISH	29	F	1	F2029	LUBBOCK	TX	57:04	11:25
65	ADAM ANDREWS	45	M	9	M4549	LUBBOCK	TX	59:19	11:52
66	MARSHA BENNETT	36	F	2	F3539	LUBBOCK	TX	1:00:20	12:04

* = AGE GROUP RECORDS

**...RUN SMART...
WEEKLY WORKOUTS
WITH
TIM KEY**

TRAINING WITH A PURPOSE WILL ESTABLISH:

- Consistent running schedule
- Improved running form
- Proper stretching technique
- Stress management
- Nutrition guidelines

BENEFITS:

- Motivation
- Improve body composition
- Increase energy levels
- Having fun while training

ABOUT THE COACH: *Tim Key*

- 19 years of running experience
- 6 time Ironman Triathlon finisher
- 6 years of coaching experience
- 7 marathon finishes

Cost: \$20.00 per month

Contact: Tim Key or Brandy Temple

Telephone: 747-1967

E-Mail: vnc94@ttac.ttu.edu

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LOCATION: TEXAS TECH AQUATIC CENTER IN LUBBOCK, TX

DATE: MARCH 25, 2000

TUITION: \$139.00

Designed for beginner to intermediate level triathletes.

Spaces are limited. Participants accepted on first come, first serve basis.

Payment due with application.

LOOKING FOR THE FOUNTAIN OF YOUTH

I'm sure that most of you are aware of the ever-increasing interest in fitness and its benefits to good health, especially as we age. I am no exception. In fact I've carried this interest to a level that, for me, is unbelievable. I just did my first Half-Marathon this past November 27th in Seattle. Now, that doesn't sound like much to all you avid runners out there. But, to a person that has always figured that there's not much point in running anywhere if all you're going to do is wind up right back where you started from, where there's just a lot of hot sweaty people standing around talking about how hard it was to get there, it is a very big deal. Now, that I've succeeded in insulting all of you, I must say that I have finally seen what this running thing is all about. What brought about this revelation, you may ask? Any one who knows me would assume that since I have one of the regions top runners as a son that it would be natural for me to want to take a more active role in running. However, it would only take one glance at me to realize that just hasn't been the case. That is not until recently. It's funny how we have a subconscious image of ourselves that is usually quite different than the image that reflects back at us in a mirror or photograph. Last November I finally came to terms with the conflict of those two images of myself when I discovered that my normal cholesterol level had gone from below 150 to near 300 and that my normal blood pressure was not 100/60 but 160/95. Ouch!! I had to face the fact that I was also quite "fluffy". Like so many people seem to do, I thought that because I had always been fit, then I would just naturally stay that way, no matter how old I got or how much my life style changed.

After a somewhat stuttering start, I got really serious in January of this past year. I just happened to know a really good personal trainer and he teamed me up with another more mature lady that you may have noticed at our races this year, Carolyn Rice. Carolyn and I have been having a great time getting into shape. The first thing we did was set some goals. Right away, being the over achievers that we are, we immediately said, "Let's do a marathon!" Thankfully, Tim, having more common sense than we did, suggested that we work into a marathon by doing some half-marathons first. I said that, if I was going to run that much, then it had to be really fun. Fun, to me, meant going someplace with a really beautiful view. Since Carolyn's daughter lives in Seattle and since she never misses a chance to see this certain little granddaughter, we decided to shoot for the Seattle 30-year anniversary half-marathon/marathon race, Thanksgiving weekend. That settled, we started to work. Tim gave us each a training program that consisted of weight training, walking and running. We changed our eating habits and got on a good nutrition program. Weekends were the most fun. Carolyn and I met (and still meet) every Saturday and Sunday morning at one of the parks, usually Buddy Holly or MacKenzie, for a training run. We have run from one side of Lubbock to the other and had fun doing it. That is something that I never envisioned myself doing.

Tim also suggested that we enter as many of the WTRC races as possible. You can blame him for you all having to wait an extra 15 minutes to get your awards. About 6 weeks before leaving for Seattle, we started meeting with Tim once a week at one of the local tracks. That was when I began to really feel like a runner and began to see what running was all about. By then I wasn't nearly as "fluffy" and my cholesterol was down below 200 and by blood pressure was back to 100/60. Carolyn had been having some heart rate problems when we ran but now that was under control.

We arrived in Seattle on Monday prior to the race on Saturday and did all those pre-race things that runners do, go our packets, went to the exhibits, hit all the running stores in the area, and bought stuff that we thought we just had to have and couldn't possibly get anywhere else and had a great time. We fretted over the weather and what we were going to wear and whether we could finish and whether we would embarrass ourselves because we would be so slow and all that other stuff that you do prior to a big event. And of course, we drove the course. I couldn't believe I was behaving just like I have seen Jimmie and Tim do so many times before. How revolting! In a telephone conversation with Tim prior to the race, I was whining about how worried I was about having a slow time. His humorous response was, "Mom, lets face it, you are slow. Just go out there and have fun. We'll work on speed for the next race". I hoped it would be fun and I just prayed I wouldn't embarrass myself and that I would be proud of my effort.

The morning of the race was forecast to be just like every other morning had been since we had arrived, 37 degrees and cloudy, with the chance of showers. In the previous 5 days, we had seen the sun for about 10 minutes. The rest of the time it was cloudy, and usually raining at least half of every day. There were over 4,000 participants in the half-marathon and at least that many in the marathon. Tim had given us a plan to follow so that we could be relatively sure of finishing in our predicted time. I had it written down and tucked in my sleeve. When the gun sounded we were grinning like two idiots. We started under the Space Needle and ran out to the floating bridge that goes over to Mercer Island and then along the Lake Washington shoreline in euphoria. At about mile 9, it really hit. As I said, we had driven the course, however, the map that we had been given was for the course the year before and that this year's course was very different. We were unaware that the course from mile 9 to mile 12 was all straight up hill. It was not fun. Also, I don't know if any of you have noticed, but, Carolyn is a little bit taller than I am. Her legs stop at my shoulder level. When we hit those hills, she left me like I was standing still. The bottom line is she beat me by 15 minutes and was within 5 minutes of our goal. I had a very dejected last 3 miles. From mile 9 to about mile 12 we ran in a dark wooded park where the road was winding and straight up. This was a beautiful area with all sorts of ferns and unbelievable trees. Even with the wonderful scenery, this was the low point in the race for me. But the high point came at mile 12, when I came out into the most glorious sunshine that I have ever seen. I could see the bay in the distance and knew that I was almost to the finish line and I was exhilarated by what I had just done. I knew that I could run farther than I had ever thought I could and that I could have fun doing it. As I crossed that finish line I finally knew what running was all about. I may not have found the fountain of youth but I think I've found a way to put some excitement and fun into the rest of my life.

As someone once said, "It isn't the finish that is most rewarding, it's the experiences along the way that makes the finish so meaningful."

CALENDER

*Indicates W.T.R.C. Monthly Race and Challenge Series Event

- Feb. 6 **3M Half Marathon:** Austin, FMI, Call 512 984-7223
- * Feb. 12 **COTTON PATCH RUNS:** Frenship High, Wolfforth,
9am, 4 & 8 Miles, David Higgins, Race Director, 748-5554 (W)
744-8328 (H)
- Feb. 20 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI,
Call 512 505-8304
- Feb. 26 **FORT WORTH COWTOWN MARATHON:** Ft Worth,
Call 817 735-2033
- Feb. 26 **LCU PRESIDENT'S RUN :** 5K, LCU Campus, Call Jeff Key,
796-8800 or 799-8740 Email jeff.key@lcu.edu
- Mar. 5 **FORT SAM HOUSTON MEDCOM MARATHON:**
San Antonio, Call 210 826-1888
- * Mar. 11 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock,
4 Miles, 9 am, John Trompler, Race Director, 794-1359 (N),
775-2848 (D)
- Mar. 24 **LONE STAR RELAY,** Houston to Austin, Call 206 782-6547
- Mar. 25 **MARATHON OF THE GREAT SOUTHWEST:** Abilene,
FMI Call 915 677-8144
- Mar 25 Dietetic Run - 5K + 1M*
- * Apr. 1 **FLIGHT LINE RACES:** Reese Center, 8am, 2 mi, 10K,
Half Marathon, Jim Harris Race Director, 505 392-8945
- Apr. 2 **CAPITOL 10,000:** Austin, FMI Call 1-512-44-3598
- Apr. 2 **MARATHON MARATHON:** Marathon, Tx, Call 915 386-9011
- * May 13 **HORSESHOE BEND SPRING FROLIC :** N of Slaton, 8am, 11, 6, and 2 mile races,
Race Director Needed!!!!
- May 27 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call 806 345-3451
- * June 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am,
0K and 2 mi, Race Director Needed!!!!
- June 24 **TRI RAIDER SPRINT TRIATHLON:** Buffalo Springs Lake, 8am, Race Directors
Mike and Marti Greer , Call 806 796-8213, Fax 806 829-2407
- June 25 **BUFFALO SPRINGS LAKE TRIATHLON:** Buffalo Springs Lake, 6:30am, Race
Directors Mike and Marti Greer, Call 806 796-8213, Fax 806 829-2407
- * July 4 **31ST ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 mi & 3 mi, kids 1 mile,
Race Director Jim Leser, Call (N) 794-2474, (D) 746-6101

WTRC HOTLINE: 806 792-3293, LOCAL RUNNING EVENTS UPDATE