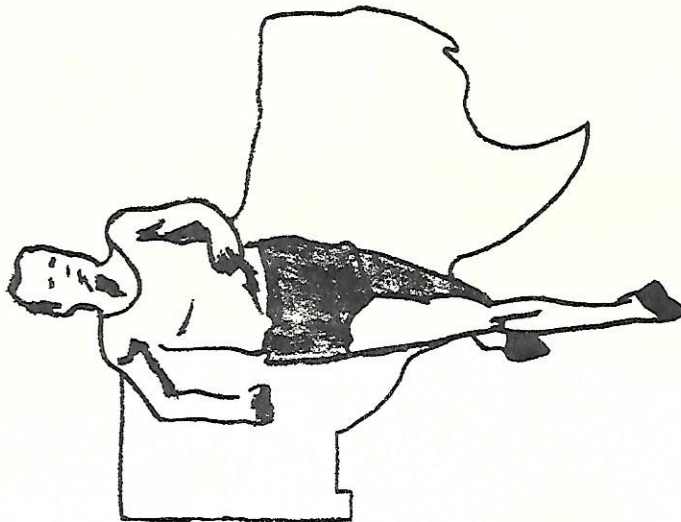


August 1978

WEST TEXAS



RUNNING CLUB

August 1978

42:11  
 6.03675  
 42 17.6  
 41 55.1

43:56  
 20.77023  
 44 16.4  
 45 51.7

# West Texas Running Club

2410 North Fowler  
HOBBS, NEW MEXICO 88240



ADAMS NANCY  
ROUTE 1  
BROWNFIELD, TX 79316

COURSE RECORDS

6 Mile

Overall Record:	John Kebiro	ACU	29:48	1977
Club Member's Record:	Michael Jenkins	Lubbock	31:15	1977
30-39 Record:	Dennis Williams	Albuquerque	30:57	1977
Club Member:	Jack Petty	Odessa	33:29	1974
40-49 Record:	Dale Thompson	Amarillo	35:22	1977
50 & Over Record:	Will Samples	Dallas	39:58	1977
Club Member:	John Alexander	Carlsbad, NM	43:42	1973

3 Mile

Overall Record:	Larry Sims	South Plains College	14:24	1977
Club Member:	Cliff McCurdy	Lubbock	15:02	1977
30-39 Record:	Jack Petty	Odessa	16:08	1977
40 & Over Record:	Jasper Peoples	Dumas	18:15	1975
Girls Record (24 & Under)	Postia Harter	New Mexico	21:36	1977
Ladies Record (25 & Over)	Reenie Smith	Odessa	21:50	1977

2 Mile

Boys Record:	Mike Pinocci, 17	Odessa	9:30	1972
Girls Record:	Isabel Navarro, 18	Brownfield	14:00	1976
15 & Under Record:	Don Hood, 14	Abilene	10:45	1977

**Awards:** 13.1 Mile: Trophies to first three placed high school and 50 and over.  
Trophies to first six places all other divisions.

5 Mile: Trophies to first five places each division.

T-shirts to first 100 advance registrants (Note: Current UIL rules prohibit high school runners from receiving T-shirts). Free gift pack from Mennen Company to all runners in 13.1 mile, including their new hair product "Pretty Fast".

**Entry Fee:** \$3.00 before race day.  
\$4.00 race day.

Send advance registration to:

Duane Polster  
Amarillo Parks and Recreation Department  
P.O. Box 1971  
Amarillo, Texas 79186

Contact Duane Polster for additional information.

First Annual Fiberglass Trailblazer  
Amarillo, Texas

**Distances:** 3, 7 and 11 miles  
**Date:** Saturday, September 23, 1978  
**Time:** 8:00 a.m.  
**Place:** SW Swim Center (SW Park), Bell and 45th, Amarillo, Texas

**Awards:** First 30 runners in 11 mile and first 10 runners in 3 and 7 mile, tickets to West Texas State University versus Wichita State University football game on Saturday, September 30, 1978.

**Entry Fee:** \$5.00  
advanced entry can be sent to:  
The Amarillo YMCA  
816 South Van Buren  
Amarillo, Texas

or the Amarillo United Way.

## 2 MILE

High School Boys: Trophies to 1st and 2nd; Medals 3rd - 15th.

High School Girls: Trophy to 1st; Medals 2nd - 5th.

15 and under: Trophy to 1st; Medals 2nd - 5th.

**Course:** Flat, grass, 1 mile loop.

**Entry Fee:** Club Members - \$2.00 anytime.  
High School - \$2.00 anytime.  
Non-club Members - \$2.00 before race day.  
\$3.00 on race day.

**Race Director:** Jack Petty  
Route 4, Box 1077  
Odessa, Texas 79763  
Telephone: 915 - 381-4804  
(contact for additional information)

Mail advance entries to race director.  
Registration on race day begins at 9:00 a.m.

MAYOR'S MINIMARATHON  
AMARILLO, TEXAS

Co-sponsored by the Mennen Company and the Amarillo Parks and Recreation Department.

**Distances:** 13.1 Mile and 5 Mile.  
**Date:** September 30, 1978 ( Saturday )  
**Time:** 8:00 a.m.  
**Place:** Wallace Boulevard, near High Plains Baptist Hospital.

**Division:** 13.1 Mile  
High School  
Open  
30-39  
40-49  
50 and over  
Ladies 35 and under  
Ladies 36 and over  
5 Mile  
High School  
Open  
30-39  
40 and over  
Ladies - High School  
Ladies 35 and under  
Ladies 36 and over

5 MILE RACE RESULTS

Saturday, August 12, 1978

9:00 a.m.  
Coleman Park  
Brownfield, Texas

John Bednarski led all the way to record a relatively easy win in the five-mile run. His time of 25:40 was a shade off of the course record. However, Cliff McCurdy, who ran in second place all the way, recorded a 26:34 to tie Marc Johnson's club member's course record. Several other course records were broken also. These are indicated in the tabular results. Noteworthy was Isabel Navarro's 31:14 to break her own girls record by 2:30. Her old record was in itself outstanding. Isabel's time was good for a 19th place finish overall out of 102 runners.

The practice that some runners have of using two or three pins on their numbers instead of four (one in each corner) and thereby allowing the corners of the numbers to droop and obscure the number, caused mass confusion at the finish line as harried officials attempted to record the proper order of finish. Other runners had their numbers on their back instead of their front, or had taken off their shirts and numbers during the race. These practices are just as tough on the race officials, who have a difficult job in the best of circumstances. Corrective measures must be taken to eliminate these thoughtless practices if they continue.

Something also must be done about the numbers that disappear at each race. It is an expense, but beyond that, a very tedious and time consuming job to make new numbers. It is understandable that someone could accidentally go home with a number pinned on, but there is no excuse for not returning it. Perhaps we will have to begin charging a deposit on the numbers which will be refundable when the number is turned in. Suggestions are welcome.

RACE RESULTS

	2.5 Miles	4 Miles	Finish ***** 5 Miles	Per Mile Average
1. John Bednarski	29	20:34	25:40	5:08.0
* 2. Cliff McCurdy	24	21:23	26:34	5:18.8
** 3. Carlos Ybarra	16	21:40	26:54	5:22.8
4. Kim Wrinkle	20	21:39	27:01	5:24.2
5. David Nelson	17	22:36	28:21	5:40.2
6. F. Red			28:33	5:42.6
7. Tom Mayfield	39	23:01	28:41	5:44.2
8. Henry Lozoya	16	22:49	28:45	5:45.0
** 9. Robert Schooler	15	23:01	28:46	5:45.2
10. Don Hood	15	23:02	29:07	5:49.4
11. Michael Jenkins	25	23:42	29:58	5:59.6
12. Johnny Navarro	18	24:17	30:13	6:02.6
13. Cedric Byrom	17	24:12	30:21	6:04.2

	2.5 Miles	4 Miles	Finish ***** 5 Miles	Per Mile Average
14. Manuel Trevino	15		30:34	6:06.8
15. David Howard	16	24:52	30:49	6:09.8
16. Leland Brooks	17		30:54	6:10.8
17. Jack Shropshire	42	24:52	31:04	6:12.8
18. Mike Brooks	16	25:08	31:09	6:13.8
** 19. Isabel Navarro	20	25:16	31:14	6:14.8
20. Bob Giffin	33		31:16	6:15.2
21. Matthew Spears	18		31:18	6:15.6
22. Fernando Aguirre	19		31:19	6:15.8
23. Kevin Wolfe	45		31:21	6:16.2
24. John Pritchett	16		31:22	6:17.6
25. Anthony Henry	22	25:12	31:28	6:17.8
26. Howard Meyer	30		31:30	6:18.0
27. John Elswesler	26	25:10	31:45	6:21.0
28. Bob Hamrin	43	25:25	31:45	6:21.0
29. Johnny Gonzales	21	26:02	31:55	6:23.0
30. Bob Ray	38	25:43	31:56	6:23.2
31. Howard Millap	42	25:40	32:07	6:25.4
32. Kent Waldrop	17	15:50	32:30	6:30.0
33. John Trompler	31	16:01	32:39	6:31.8
34. Benny de La Cruz	15	15:56	32:39	6:31.8
35. Sam Sample	36		32:39	6:31.8
36. Bob Nelson	29	16:18	32:43	6:32.6
37. Robert Sears	27		32:43	6:32.6
38. Steve Naegelle	14	26:47	33:15	6:39.0
39. Jef Mann	15	15:45	33:21	6:40.2
40. Don Sanderson	48	16:13	33:24	6:40.8
41. Kirk Bane	14		33:29	6:41.8
42. David Bass	29		33:35	6:43.0
43. Burnie Bass	31		33:43	6:44.6
44. Gilbert Cannedy	17	27:00	33:47	6:45.4
45. Nicky Perez	18		33:49	6:45.8
46. George Tijerina	17	27:35	33:51	6:46.2
47. Andrew MacArthur	16	16:04	33:54	6:46.8
48. Tom Boyle	28	16:27	34:14	6:50.8
49. Danny Pina	16		34:19	6:51.8
50. Gene Carlisle	39		34:38	6:55.6
51. Joe Tighe	31		34:45	6:57.0
52. Roy King	36	27:50	35:01	7:00.2
53. Jimmie Jones	48	27:51	35:34	7:06.4
54. Larry Isom	29	18:09	35:39	7:07.8
55. Ray Lamont	32	28:18	35:47	7:09.4
56. Swoose Alexander	58	17:35	35:50	7:10.0
57. Robert Goosline	36	17:31	35:54	7:10.8
58. Jerry Hildeland	16	28:31	36:18	7:15.6
59. Oscar Zertuche	37		37:02	7:24.4
60. Danny Kennedy	30	17:55	37:12	7:26.4
61. David Biggs	17	17:50	37:13	7:26.6
62. Portia Harter	24	29:54	37:14	7:26.8
63. Mike Greer	39	18:32	37:15	7:27.0
64. Jeff Rowland	40	29:47	37:17	7:27.4
		18:25	37:57	7:35.4

AMARILLO RUNNERS GARNER HONORS

On Saturday, August 12th, Bob Dunbar and Dale Thompson traveled to Borger, Texas to compete in the half and quarter marathon being held there. The Dynamic Duo returned wearing laurel wreaths as Bob Dunbar not only took first place in his division (40-49) of the quarter marathon, but was first overall with a time of 36:19. Sidekick, Dale, not to be outdone, placed first in his division (36 and over) of the half marathon in 1:24:05 and was second in the race overall. The winner in the half marathon was former club member Dickie Patterson (time unknown).

Following this feat, Bob Dunbar left town on vacation, and as part of his program of rest and relaxation, he journeyed to New Knoxville, Ohio where he took part in The Way International 13 Mile Run on August 17th. Bob earned honors for the club by winning his division (40-49) in a time of 1:16:42 (5:54 per mile) and placing 5th overall against very tough competition.

HANDICAP RESULTS - AUGUST 12, 1978 5 MILE RUN

Finish **** 5 Miles	Per Mile Average	4 Miles		2.5 Miles		NAME	HANDICAP TIME	ACTUAL TIME	DIFFERENCE
		Miles	Miles	Miles	Miles				
30:02	7:36.4	30:26				1. Bob Schooler	48:32	44:37	-3:55
30:17	7:39.4	30:32				2. Ray Lamont	39:23	35:50	-3:33
30:23	7:40.6					3. Mike R. Greer	40:19	37:17	-3:02
38:54	7:46.8					4. Charles Neil	45:52	44:16	-1:36
30:57	7:47.4	31:09				5. Jack Shropshire	32:12	31:04	-1:08
39:07	7:49.4	31:11				6. Bob Hamrin	32:42	31:45	-0:57
39:19	7:51.6					7. Charles Russell	42:37	41:42	-0:55
39:28	7:53.6					8. John Bednarski	26:10	25:40	-0:30
39:39	7:55.6					9. Robert Schooler	29:16	28:46	-0:30
40:06	8:01.2					10. Kim Winkle	27:28	27:01	-0:27
40:23	8:04.6					11. Manuel Trevino	30:43	30:34	-0:09
40:54	8:10.8					12. Cliff McCurdy	26:20	26:34	+0:14
41:36	8:19.2					13. Johnny Navarro	29:54	30:13	+0:19
41:42	8:20.4					14. Howard Millsap	31:44	32:07	+0:23
41:49	8:21.6					15. Howard Meyer	30:51	31:30	+0:24
42:24	8:28.8					16. Bob Giffin	35:28	35:54	+0:26
42:39	8:31.8					17. Swoose Alexander	35:28	35:54	+0:26
42:45	8:33.0					18. Tom Mayfield	28:09	28:41	+0:32
42:51	8:34.2					19. Hardy Williams	45:13	45:45	+0:32
43:49	8:45.8					20. Jerry E. Whitten	49:19	50:22	+1:03
43:50	8:46.0					21. Roy King	34:17	35:34	+1:17
44:16	8:51.0					22. Bob Nelson	31:21	32:43	+1:22
44:35	8:55.4					23. Sarah Lamont	44:33	46:01	+1:28
44:37	8:55.4					24. Michael Jenkins	27:38	29:58	+2:20
44:44	8:56.8					25. Robert Goosline	33:21	36:18	+2:57
45:45	9:09.0					26. Ed Vernon	39:40	43:50	+4:10
46:01	9:12.2					27. Jerry J. Whitten	42:06	46:16	+4:10
46:16	9:15.2					28. Mary Ann Whitten	45:23	50:32	+5:09
46:18	9:15.6					29. Roxanne Whitten	46:27	54:19	+7:52
46:25	9:17.0					30. Herbert Perez	30:42	38:54	+8:12
47:43	9:32.6								
50:22	10:04.4								
50:32	10:06.4								
50:45	10:09.0								
54:19	10:51.0								
DNF									
DNF									

\* Ties club member's course record.

\*\*\* Age group or division course record

**AWARD WINNERS**

	1st	2nd	3rd	4th	5th	6th
<b>OPEN:</b>	John Bednarski	Cliff McCurdy	Kim Winkle	F. Red	Michael Jenkins	Johnny Havarro
<b>15 &amp; UNDER:</b>	Robert Schooler	Don Hood	Manuel Trevino	Benny de la Cruz	Steve Raegele	Jef Mann
<b>HIGH SCHOOL:</b>	Carlos Ybarra	David Nelsen	Henry Lozoya	Cedric Byron	David Howard	Kevin Wolfe
<b>30-39:</b>	Tom Mayfield	Bob Giffin	Howard Meyer	Bob Ray	John Trompler	Sam Sample
<b>40-49:</b>	Jack Shropshire	John Pritchett	Bob Hamrin	Howard Hillisap	Don Sanderson	Jimmie Jones
<b>50 &amp; OVER:</b>	Swoose Alexander	Tom Bowser	Charles Neff	Hardy Williams		
<b>GIRLS (24 &amp; UNDER):</b>	Isabel Navarro	Partia Harter	Carol Tyika	Mary Powell	Jan Taylor	Kathy Cook
<b>LADIES (25 &amp; OVER):</b>	Cindy Sample	Lana Tighe	Sarah Lamont	Arlayne Ragan		

**SCHEDULE OF EVENTS**

- Sunday, September 3:** Southwestern Open Masters and Submasters Track and Field Championships (men and women), University of New Mexico Track, Albuquerque, NM. First event 9:00 a.m. Contact Dave Douglass (505) 264-8940 Office, (505) 296-0398 Home.
- Saturday, September 9:** 6 mile, 3 mile and 2 mile runs. 10:15 a.m. - 6 and 3 mile. 11:30 a.m. - 2 mile. Floyd Guin Park, Odessa, Texas.
- Saturday, September 16:** Gulf AAU 10 Km Championship. Tyrrell Park, Beaumont, TX 9:00 a.m. Contact Bob Keith, San Jacinto Building, Beaumont, TX 77701. Phone (713) 835-5011 (work), or Dan Stewart, 4410 Catherine Lane 77708. (713) 898-0613.
- Saturday, September 15:** State Chili Cook-off, 10,000 meter run, 9:00 a.m. Hayes County Civic Center, San Marcos, Texas. Deadline for mail entries (\$15.00), is September 8. Free T-shirts. Contact Chillypiad 10,000 meter run, Parks and Recreation Department, 630 East Hopkins, San Marcos, TX 78666

\* Denotes WTRC sponsored event.

**DO NOT FORGET THE CLOVIS MARATHON**

**SATURDAY OCT 7 ALSO 13 MILE AND 6 MILE RUNS**

- Saturday, September 23:** First Annual Fiberglass Trailblazer, 3,7 and 11 miles. 8:00 a.m. SW Swim Center, Amarillo, TX. Contact Bob Dunbar 6526 Fulton, Amarillo, TX 79109. Phone: (806) 378-3675 (Office) or 353-2725 (Home).
- Saturday, September 23:** WOMEN ONLY. L'eggs 10,000 meter run. 10:00 a.m. Bachman Lake, Dallas, TX Free T-shirts. Two pair of panty hose to all entrants. Contact Barbara Blackly, Park North YMCA, 4434 West Northwest Highway, Dallas, TX 75220. Phone: (214) 357-6575.
- Saturday, September 23:** 5 KM and 15KM runs. 8:00 a.m. Big Thicket Cabin, White Rock Lake. Dallas, TX Texin Striders First Annual Autumn Equinox Run. Contact James Thruston, 12829 Pandora, Dallas TX 75238.
- Saturday, September 23:** Brazos Valley 3, 5 and 10 mile runs. 7:00 a.m. G. Rollie White Coliseum, College Station, TX Contact Rusty Rush. (713) 822-0891.
- Saturday, September 23:** 3 Mile Run. 8:00 a.m. McAllister Park, San Antonio, TX. Contact SARR, PO Box 12474, San Antonio, TX 78212
- Saturday, September 30:** Mayor's Minimarathon, 8:00 a.m. 1.3 and 5 miles. Wallace Boulevard near High Plains Baptist Hospital, Amarillo, TX Contact Duane Polster Parks and Recreation Department, P.O. Box 1971, Amarillo, TX 79186.
- Saturday October 7:** 9 mile Run. 9:00 a.m. Coleman Park Brownfield, TX. Contact Gene Adams, Route 1, Brownfield TX 79316. (806) 637-2521 or 637-6533. Mickey McClure 1211 East Ward, Brownfield, TX 79316. 637-2521 or 637-3781
- Saturday October 7:** Gulf AAU 20 KM Championship. 9:00 a.m. Johnson Spacecraft Center, Houston, TX Contact Rick Barton, 1861 Dolphin Drive, Seabrook, TX 77586. (713) 474-2110 or Richard Arbaugh, Route 2, Box 469W, Pearland, TX 77581. (713) 482-0032.
- Saturday, October 28:** 4 Mile Run. 9:00 a.m. McAllister Park, San Antonio, TX Contact SARR, P.O. Box 12474, San Antonio, TX 78212.
- Saturday, November 4:** Las Colonias Marathon, San Antonio, TX Contact Diego Vacca, Central YMCA, 903 North St. Mary's, San Antonio, TX 78215 (512) 227-5221.
- Saturday, November 4:** Gulf AAU 25 KM Championship. 10:00 a.m. Woodlands Park, Houston, TX. Contact George Kleeman, 227 Faust, Houston, TX 77024 (713) 461-2639.
- Saturday, November 11:** 13 Mile and 2 mile Runs. 10:00 a.m. Buffalo Springs Lake, Lubbock, TX.

SEPTEMBER 9, 1978 6 MILE HANDICAPS

	PREVIOUS AVG. PERFORMANCE LEVEL	5 MILE PERFORMANCE LEVEL	NEW AVG. PERFORMANCE LEVEL	6 MILE HANDICAP TIME			
1.	John Bednarski	758.0	787.5	765.8	31:39	Dan Turner	396.6
2.	Cliff McCurdy	749.4	736.0	760.9	31:46	Jim Walton	391.6
3.	Jimmy Whitely	747.4	-----	747.4	32:04	Steven Winter	387.8
4.	Joel Thompson	746.4	-----	746.4	32:06	Robert Gorsline	385.3
5.	Carlos Ybarra	None	717.7	698.3	33:09	Gene Coppin	383.7
6.	Kim Wrinkle	687.4	711.4	685.5	33:27	Swose Alexander	366.9
7.	Howard Loehr	674.1	-----	674.1	33:43	None	370.2
8.	Tom Mayfield	653.1	627.5	666.4	33:55	Jimmie Jones	364.8
9.	David Nelson	None	643.5	663.5	33:59	Warren Brown	352.5
10.	Rudy Garcia	655.9	-----	655.9	34:10	David Hart	343.2
11.	Michael Jenkins	679.2	569.1	642.8	34:19	Norbert Cannon	343.0
12.	Bob Dunbar	627.8	-----	627.8	34:53	Caylene Caddell	329.3
13.	Gary Harter	615.3	-----	615.3	35:12	Danny Kennedy	None
14.	Dale Thompson	614.9	-----	614.9	35:13	Mindee Mayfield	319.0
15.	Al Becken	611.9	-----	611.9	35:17	Mickey McClure	317.9
16.	Don Hood	None	607.2	603.9	35:30	Tom Lowry	314.5
17.	Robert Schooler	600.5	623.5	596.9	35:41	Frank Barrow	314.4
18.	Johnny Navarro	571.8	558.4	569.6	36:26	Virgil Davis	308.3
19.	Gary Schovajsa	567.0	-----	567.0	36:33	Elvin Rogers	308.0
20.	Matt Minson	566.0	-----	566.0	36:31	Gerald Marshall	292.9
21.	Jack Petty	559.9	-----	559.9	36:43	Ray Lamont	257.5
22.	Jim Haynes	532.2	-----	532.2	37:31	Mike R. Greer	234.7
23.	Steve Ireland	530.8	-----	530.8	37:34	Karla Schertz	282.7
24.	Manuel Trevino	523.9	543.6	523.9	37:37	Dan Putattie	282.5
25.	Howard Meyer	521.6	505.7	515.0	38:02	John Alexander	275.7
26.	Rick Ricketts	513.6	-----	513.6	38:05	Richard Morgan	268.7
27.	Bob Giffin	532.1	514.9	511.8	38:08	Jon Omdahl	261.2
28.	Howard Millsap	496.9	481.9	497.8	38:35	John Thomas	253.6
29.	Wally Hamrin	496.9	DNF	496.9	38:36	Steve Shropshire	246.5
30.	Jack Shropshire	479.0	523.0	496.9	38:41	Jeff Rowland	246.5
31.	Bob Nelson	511.5	459.6	494.2	38:53	Michael Johns	244.5
32.	Dan Pennock	488.0	-----	488.0	39:10	Travis Rector	244.0
33.	Jasper Peoples	479.0	-----	479.0	39:14	Ed Vernon	250.4
34.	John Buddington	477.3	-----	477.3	39:16	Charles Russell	182.1
35.	Jack Wilkinson	476.2	-----	476.2	39:25	Jerry J. Whitten	179.3
36.	Rick Farias	471.8	-----	471.8	39:25	Nancy Adams	160.1
37.	Norman Pittenger	471.4	-----	471.4	39:25	L. T. Smith	159.7
38.	Bob Hamrin	460.0	495.9	471.4	39:25	Tracy Adams	139.2
39.	Terry Modisette	470.7	-----	470.7	39:27	Charles Adams	127.4
40.	Edward Smith	450.0	-----	450.0	40:08	Arlyne Ragan	None
41.	Herbert Perez	538.3	269.8	448.8	40:11	Sarah Lamont	142.5
42.	Gene Adams	438.1	-----	438.1	40:33	Hardy Williams	129.5
43.	Roy Gee	431.2	-----	431.2	40:47	Roxanne Whitten	106.7
44.	Jerry Jones	None	-----	426.2	40:58	Bob Schooler	70.5
45.	John Trompler	None	462.0	422.6	41:06	Mary Ann Whitten	126.5
46.	Pee Wee Halseil	405.4	-----	405.4	41:43	Jerry E. Whitten	57.8
47.	Roy King	405.0	363.9	402.2	41:50		

\* Must run in September Club Meet to remain on handicap list.

NEWS FROM AROUND WEST TEXAS - NEW MEXICO

Jack Petty, Bud Morgan, Larry Ritchie, and Phil Eggleston ran at the San Antonio AAU Master's Track Meet. The group finished 1st in the 1600 m. relay and 3rd in the 400 m. relay. Jack's day was busy with a 1st in the 1500 meter - 4:34; 1st - 800 m. - 2:08; 2nd - 5 km. - 13:40; 4th - Javelin - 95'; 4th - discus - 85'. Bud Morgan was 1st in the high hurdle in 17.6 and Larry Ritchie was 4th in the 100 and 200.

Bob Russell from Hobbs just returned from a 2 week trip to Europe. He ran a couple of times while on tour and he tells of an exciting Highland Games Competition while in Scotland. Supposedly he ran a sub-6:00/mi. 14 miler. Ask him about the facilities in which he dressed.

I understand from the grapevine that Royce Jones from Clovis went under 3 hours in the San Francisco marathon.

I'm sure sorry some of you missed the Fort Davis Half-marathon. The country was beautiful and Norm Smith and his lovely wife did a lot of work to put the races on. We'll all need to help him a little next year so they're just not swamped with all the details. I heard Tom Mayfield say that he thought the course was too easy. He hoped next year the race would be an out-and-back marathon. Tom would probably try and go under 2:30. You know he'll be 40 then.

We all need to be aware of heat exhaustion and heat stroke. Another episode happened at Fort Davis and there was some confusion as to care of the person. We'll be glad to go over the care and treatment; however, prevention is important. I'll bet it is going to be hot in Odessa and the need to take fluid is going to be important.

If you didn't notice, the 'ol-man with the bowlegs was Screamin' Eagle.

WEST TEXAS RUNNING CLUB NEWSLETTER  
AUGUST 1978

SEPTEMBER CLUB RACE

DATE: Saturday, September 9, 1978

DISTANCE: 6 mile, 3 mile and 2 mile

TIME: 6 mile and 3 mile 10:15 a.m.  
2 mile 11:30 a.m.

LOCATION: Floyd Gwin Park, West 10th Street and County Road, Odessa, Texas.

DIVISIONS  
and

AWARDS: T-shirts to first four dozen entries in 6 mile and 3 mile.  
Random merchandise drawings for all finishers in 6 mile and 3 mile.

6 MILE

Open - Trophies to 1st, 2nd, 3rd; Medals 4th - 10th.

30-39 - Trophies to 1st, 2nd; Medals 3rd - 6th.

40-49 - Trophies to 1st, 2nd; Medals 3rd - 6th.

50 and over - Trophies to 1st 2nd; Medals 3rd - 5th.

Ladies - Trophies to 1st, 2nd, 3rd.

Handicap award to club member.

3 MILE

Open - Trophy to 1st; Medals 2nd and 3rd.

30-39 - Medals to 1st, 2nd and 3rd.

40 and over - Medals to 1st, 2nd and 3rd.

Ladies - Trophies to 1st and 2nd; Medals to 3rd - 5th.