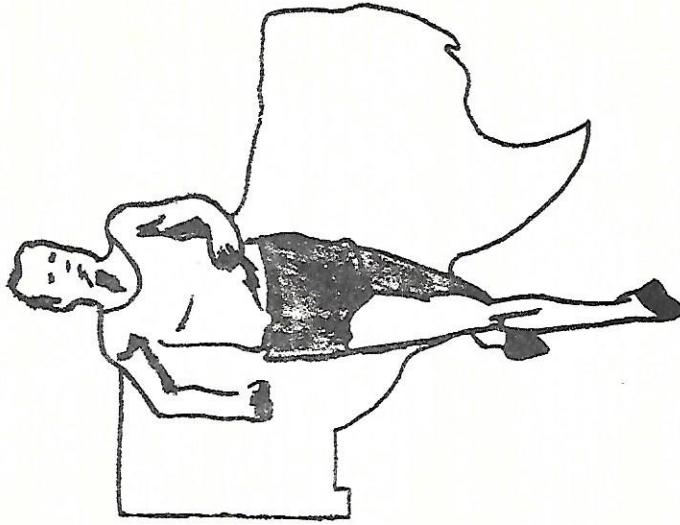


December 1978

WEST TEXAS



RUNNING CLUB

1978

December

*West Texas Running Club*

*2410 North Fowler  
HOBBS, NEW MEXICO 88240*

WEST TEXAS RUNNING CLUB NEWSLETTER

December 1978

THIRD ANNUAL PALO DURO MARATHON AND FOUR MILE RUN  
"The Southwest's Most Scenic Course"

Sponsored by the West Texas Running Club,  
Co-Sponsored by: Nautilus Fitness Center and Athletic Attic of Amarillo

DATE: Saturday, January 13, 1979

TIME: Start for Marathon and Four Mile Run 11:00 A.M.

SIGN-IN: As shown on the map, the sign-in table will be located at the last camp site on the main Canyon Road. This will also be the starting location for both races.

ENTRY FEE: \$4.00 all runners except high school & 15 and under if received on or before January 12, 1979. \$5.00 on race day. High School & 15 and under division entry fee \$2.00. T-shirts may be purchased from West Texas Running Club. UIL Rules prevent giving T-shirts to High School Four Mile Runners.

COURSE: MARATHON: The course is located entirely within beautiful Palo Duro Canyon State Park. It will consist of an initial out and back portion of six miles and four laps around a five mile loop. The course will be entirely on asphalt roads and is undulating. There are no major hills. The Canyon offers relatively sheltered location. Temperatures in the Canyon normally average 10 degrees warmer than on the table land above. The Canyon also offers some protection on a windy day. Wind velocity in the Canyon is normally appreciably less than on the surface above the Canyon. This is an exact course, measured with a calibrated wheel in exact accordance with procedures established by the AAU standards committee. The Course is certified.

FOUR MILE: Will be run around the same loop that the marathoners will use, but will not complete a full loop.

NUMBERS: Numbers will be provided and must be fastened securely on front and back of runner. Visible numbers are the only means of recording each runner as they pass the check points. Since this is essentially a multi-lap course, it is vital that your numbers be visible and be recorded at each check point. Your failure to be recorded at a check point could result in your disqualification in the event of a protest by another runner.

AID STATIONS: The first aid station will be located at six miles, thereafter there will be an aid station each 2.5 miles.

WAIVER OF RESPONSIBILITY: Park officials insist that all runners sign a waiver of responsibility (one is attached to this notice). In the case of minors, the waiver must be signed by a parent or guardian. This rule will be strictly adhered to.

DIVISIONS:	MARATHON	FOUR MILE
	Open	15 & under
	High School	High School
	30-39	Open
	40-49	30-39
	50 & Over	40 & above
	Ladies	Ladies (25 & over)
		Girls (under 25)

AWARDS: First Place overall (Marathon)-Champion's Trophy  
First Place Each Division (Marathon) Electronic Stop Watch  
Trophies to 1st through 6th place (marathon) each division  
Trophies to 1st six places (4miles) each division  
Medals to 7th through 10th High School 4 mile  
Handicap trophy to WTRC member  
Tee shirts to all entrants except high school & 15 & under

RESULTS: Results will be mailed to all entrants

ENTRY TO PARK: The Palo Duro Canyon State Park requires a flat fee of \$1.00 per car to enter the park. This is over and above race entry fees and goes entirely to the State as standard fee for entering the park.

COURSE RECORDS: MARATHON

Overall Record: Michael Jenkins	25, Lubbock	2:42:06	1978
High School Record: Octaviano Ramirez	19, Brownfield	3:02:45	1977
30-39 Record: Tom Mayfield	38, San Angelo	3:03:51	1977
40-49 Record: Dale Thompson	42, Amarillo	2:59:00	1978
50 & Over Record: Robert Hammond	57, Clovis, N. Mex.	3:39:25	1977
Ladies Record: Isabel Navarro	18, Brownfield	3:48:47	1977

4MILE

Overall Record	Larry Sims	21, Amarillo	20:22	1978
Club Member	Joel Thompson	18, Amarillo	20:40	1978
High School Record:	Jeff Cochran	18, Hugoton, Ks.	21:30	1978
Club Member	Howard Loehr	16, Amarillo	21:32	1978
30 & Over Record:	Lou Allred	32, Pampa	22:27	1978
Club Member	Robert Dunbar	44, Amarillo	22:52	1978
Ladies Record:	Elizabeth Holguin	15, Brownfield	27:06	1978
Club Member	Caylene Caddell	26, Lubbock	27:58	1978

ACCOMMODATIONS: We suggest making reservations in advance if you plan to stay overnight. The motels are not super large, and you can avoid being disappointed if you register in advance.

Trail Motor Hotel- Manager (Ted Smith)  
Route 2, Box 142  
Canyon, Texas 79015  
Telephone - 806-655-2561

Rates: One person, double bed \$15.00 Arrival before 6:00 P.M. requires  
Two beds, two people \$20.00 no advance payment  
One person, king size \$16.00

Buffalo Motel  
300 23rd St.

Canyon, Texas 79015 Telephone: 806-655-2124  
Rates: 1 person or two persons same price \$16.00 plus 3% tax  
2 Beds, 2 to 4 people \$22.66

There are numerous hotels and motels located in Amarillo, Texas 20 miles North of Canyon, including all of the major names (Holiday Inn, Ramada, Travel Lodge, etc.) For more information on Amarillo hotels & motels, write or phone Race Director Bob Dunbar, 6526 Fulton, Amarillo, Texas 79109. Telephone: Day (work) 806-378-3675; Evening & Weekend (Home) 806-353-2725.

MINORS USE THIS FORM

WAIVER OF RESPONSIBILITY

In consideration of my (son's, daughter's, ward's) entry acceptance in the West Texas Running Club's Palo Duro Canyon Marathon and Four Mile Run to be held on January 13, 1979, I hereby agree to (his,her) participation and waive, release and forever discharge any and all rights and claims for damages which may accrue against the West Texas Running Club, the State of Texas Parks and Wildlife Department, the State of Texas or their respective officials, agents and employees, for any and all damages which may be suffered by my said (son, daughter, ward) in connection with (his,her) entry and participation in said run.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian of:

\_\_\_\_\_  
Date:

Please enter me in the Palo Duro Canyon \_\_\_\_\_ Marathon

(check one) On January 13, 1979. My entry fee and waiver of responsibility are enclosed. PLEASE PRINT ALL INFORMATION

Age \_\_\_\_\_

Address \_\_\_\_\_

Competing in (division) \_\_\_\_\_ T-shirt size \_\_\_\_\_

Make checks or money orders payable to "The West Texas Running Club" Mail entry blank with entry fee and signed waiver of responsibility to:

Bob Dunbar  
6526 Fulton  
Amarillo, Texas 79109

ADULTS USE THIS FORM

WAIVER OF RESPONSIBILITY

In consideration of my entry acceptance in the West Texas Running Club's Palo Duro Canyon Marathon and Four-Mile Run to be held on January 13, 1979, I do hereby, for myself, my heirs and executors, release and forever discharge any and all rights and claims for damages which I may have or which may accrue to me against the West Texas Running Club, the State of Texas Parks and Wildlife Department, and the State of Texas of their respective officers, agents and employees, for any and all damages which may be suffered by me in connection with my participation in said run.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
DATE:

Please enter me in the Palo Duro Canyon \_\_\_\_\_ Marathon

Four Mile Run

(check one) On January 13, 1979. My entry fee and waiver of responsibility are enclosed. PLEASE PRINT ALL INFORMATION

Age \_\_\_\_\_

Address \_\_\_\_\_

Competing in (division) \_\_\_\_\_ T-Shirt size \_\_\_\_\_

Make checks or money orders payable to "The West Texas Running Club" Mail entry blank with entry fee and signed waiver of responsibility to:

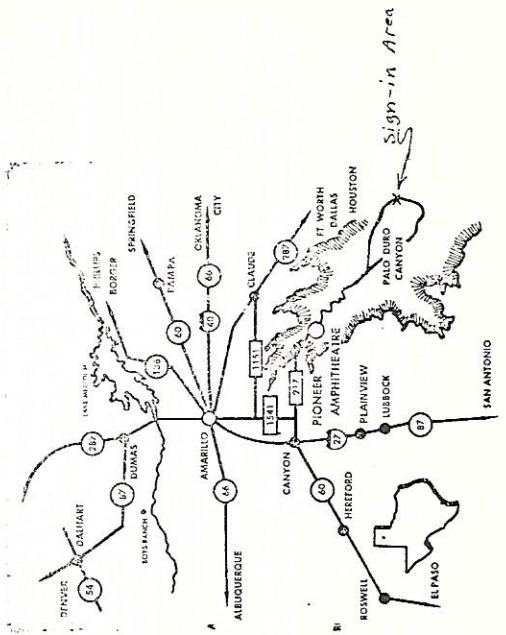
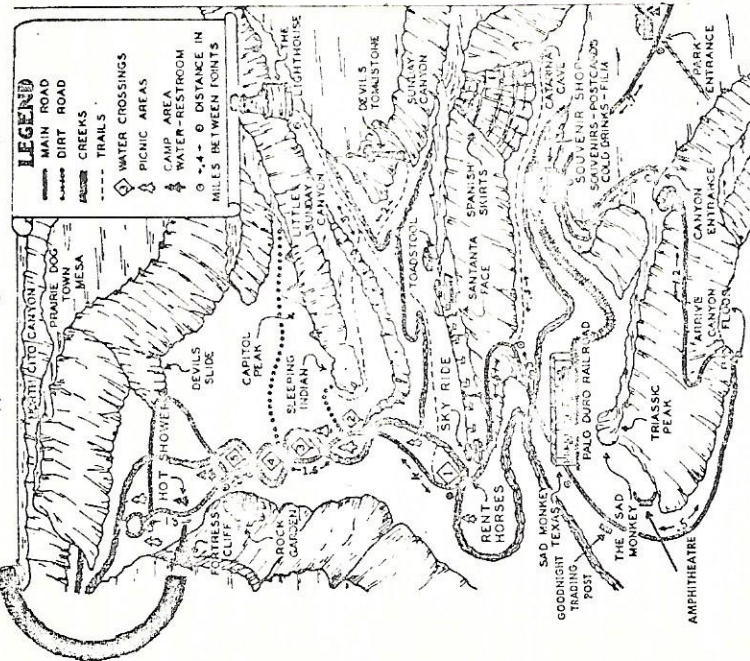
Bob Dunbar  
6526 Fulton  
Amarillo, Texas 79109

SCHEDULE OF EVENTS

1. Saturday, January 6: 10.8 Mile (around the lake) and 3 mile 9:00 a.m. Big Thicket Cabin, White Rock Lake, Dallas, TX. Contact: Jesse Leutwyler (214) 946-0978.
2. Saturday, January 13: 8th Annual NTSU-USSTF Marathon, 9:00 a.m., Fouts Field, NTSU, Denton, TX. Contact: John McKenzie, (214) 267-0661 or (817) 788-2662.
3. Saturday, January 13: 3rd Annual Palo Duro Canyon Marathon and 4 Mile Run. "The Southwest's Most Scenic Course." 11:00 a.m. Canyon, TX. Contact: Bob Dunbar, 6526 Fulton, Amarillo, TX 79109. Phone (work) 806-378-3675 or (home) 353-2725.
4. Saturday, January 20: 7th Annual Houston Marathon. (Senior Men's Championship, Gulf AAU Championship & Women's Championship.) Memorial Park; Houston, TX 77024. Phone: (713) 461-2639.
5. Saturday, February 10: 7th Annual 8 Mile and 3 Mile "Cotton Patch" Runs. 10:00 a.m., Brownfield, TX. Contact: Gene Adams, Rt. 1, Brownfield, TX 79316. Phone: (work) 806-637-2521, or (home) 806-637-6533.
6. Saturday, February 17: Cowtown Marathon, Fort Worth, TX. 10:00 a.m. Contact: Bob Karon (817) 338-1175.
7. Saturday, March 3: Arkansas Marathon, Booneville, AR. 10:00 a.m. Contact: Bob Waid, 118 E. Main, Booneville, AR 72927. Phone: (501) 675-3266 or (501) 675-4219.
8. Saturday, March 10: 4th Annual WTRC Handicap 4 Mile Run. 10:00 a.m., Lubbock, TX.
9. Saturday, March 24: 9th Annual Oil Capitol Marathon & 5 km. Run. Mohawk Park, Tulsa, OK. 8 & 9 a.m. Contact: Larry Adudell, 6200 S. 221st East Ave., Broken Arrow, OK 74102. Phone: (918) 258-5008.
10. Saturday, March 31: Third Annual Oil Town Minithon. 15 km., Corsicana, TX. Contact: Bill Lagomarsino, 1906 Mimosa, Corsicana, 75110.

\* West Texas Running Club Event

Race site approximately 7 miles from park entrance



7 miles and 2 mile runs, Saturday December 9, 1978  
 10:00 a.m., San Angelo, Texas  
 Temperature 15 degrees, wind 15 MPH

The weather turned out to be what has become typical for this race ..... chilly city! However, neither the cold nor wind not infamous Highland Range Park Hills seemed to bother John Bednarski or Cliff McCurdy a whole lot. John he did manage to get a new club member's record. Cliff did likewise in winning the two mile in 10:34, which is a fine time on what may be the toughest two mile course anywhere. Carlos Ybarra also set a new high school record in the two mile. Tom Mayfield, making his first start in the 40-49 division in a club race, grabbed first place in that division. If we know Tom, that scene is going to be repeated with disgusting regularity.

We were gratified to see three ladies in the seven mile despite the tough course and frigid weather. Also we were disappointed to hear that Mary Ann Whitten had to remain home with the flu. She had made every race this year and was aiming for all of them. Along that line, a tip of the sweat band should go to Ed Vernon and Ray Lamont. Ed finished the 7 mile run despite having been sick all week and not really feeling well on race day. He also wanted to keep his perfect attendance and mileage string intact. Ray started the 7 mile despite having a recently broken arm in a cast, but had to turn back after he had put in a couple of miles.

7 Mile Results

	7 Mile	Per Mile
	Avn.	
1. John Bednarski	35:26	5:03.7
2. Tom Mayfield	39:47	5:41.0
3. J. Rendon	41:19	5:54.1
4. Jack Petty	43:59	6:17.0
5. Y. Green	45:39	6:31.3
6. Roger Anderson	46:11	6:35.9
7. M. Brown	47:59	6:42.4
8. Gene Adams	48:41	6:51.3
9. Lawrence Bridges	52:03	6:57.3
10. Tom Bowser	53:01	7:26.1
11. Skipper Duncan	53:49	7:34.4
12. Gene Sanders	54:26	7:41.3
13. Bill Moore	55:01	7:46.6
14. Jim McDonald	55:27	7:51.6
15. Bruce Blankenship	48:01	7:55.3
16. Dan Pulattie	49:24	8:17.3
17. Baugh Lewis	59:46	8:29.1
18. M. Lewis	60:59	8:32.3
19. J. Thomas	61:54	8:42.7
20. Lana Tighe	65:05	8:50.6
21. Ed Vernon	69:42	9:17.9
22. Sarah Lamont		9:57.4

23. Charles Neil 62 Lubbock 77:54  
 24. Ray Lamont 32 Lubbock DNF  
 11-07-7

\*New club member's course record.

DIVISION AWARD WINNERS

	1st	2nd	3rd	4th
Open	John Bednarski	J. Rendon	Y. Green	M. Brown
30-39	Jack Petty	Skipper Duncan	Bill Moore	Jim McDonald
40-49	Tom Mayfield	Roger Anderson	Gene Adams	Lawrence Bridges
50 & Over	Tom Bowser	Baugh Lewis	Charles Neil	
Ladies	Gene Sanders	Lana Tighe	Sara Lamont	

2 Mile Results

* 1. Cliff McCurdy	24	Lubbock	10:34
* 2. Carlos Ybarra	16	Lamesa	10:53
3. Roger Robles	17	Lubbock	11:25
4. Jimmy Whitley	28	Odessa	11:28
5. Bob Nelson	29	Odessa	12:03
6. Frank Donaldson	16	Lubbock	12:04
7. Joe Tighe	31	Odessa	12:19
8. David Hart	27	San Angelo	13:17
9. Stewart Brann	13	Lubbock	13:21
10. Clay Clark	14	Brownfield	13:29
11. Alan Borger	42	San Angelo	14:03
12. Robert Gorsline	36	Lamesa	14:18
13. Kelly Ralls	13	Lubbock	14:33
14. Rickey Howell	14	Lubbock	14:44
15. Robby Blocker	13	Lubbock	14:55
16. Carol Tyka	17	Odessa	15:05
17. Eddie Pedreira	13	Lubbock	15:25
18. Leon Castillo	13	Lubbock	15:28
19. Clyde Wilson	35	San Angelo	15:55
20. Otto Tetzlaff	48	San Angelo	16:22
21. Jerry J. Whitten	8	Canyon	17:14
22. Harriett Borger	41	San Angelo	17:49
23. Gary Peterson	13	Lubbock	17:51
24. Roxanne Whitten	11	Canyon	18:23
25. Jerry E. Whitten	35	Canyon	18:24
26. Jim Whitten	5	Canyon	22:00
27. Susie Tetzlaff	12	San Angelo	DNF

\* New Club Member's Record.  
 \*\* New age group record.

DIVISION AWARD WINNERS

Open	1st	2nd	3rd	4th
15 & Under	Cliff McCurdy	Jimmy Whitley	Bob Nelson	David Hart
High school	Stewart Brann	Clay Clark	Kelly Ralls	
30& over	Carlos Ybarra	Roger Robles	Frank Donaldson	
Girls	Joe Tighe	Alan Borger	Robert Gorsline	Clyde Wilson
Ladies	Carol Tylika	Roxanne Whitten		
	Harriet Borger			

HANDICAP RESULTS December 9, 1978 7 MILE RUN

	Handicap Time	Actual Time	Difference
* 1. Bill Moore	55:54	54:26	- 1:28
* 2. John Bednarski	35:26	35:26	- 0:16
* 3. Tom Mayfield	39:51	39:47	- 0:04
* 4. Gene Adams	47:32	47:59	+ 0:27
* 5. Tom Bowser	51:00	52:03	+ 1:03
* 6. Lana Tighe	60:25	61:54	+ 1:29
** 7. Dan Pulattie	55:16	58:01	+ 2:45
	41:12	43:59	+ 2:47
8. Jack Petty	51:42	55:27	+ 3:45
9. Bruce Blankenship	64:31	69:42	+ 5:11
10. Sarah Lamson	54:35	65:05	+10:30
11. Ed Vernon	66:08	77:54	+11:46
12. Charles Neil			

\* Not Eligible - Won Division or Age Group Award  
 \*\* Handicap Winner.

MAYFIELD ACHIEVES GOAL!  
First In White Rock Marathon!

Tom Mayfield, the hardware collectors from San Angelo, had come in second in the 34-39 age group of the White Rock Marathon for two years in a row prior to this year's race. This year was to be his last chance to run in that age group, since he turned 40 three days after the race. Tom responded to the pressure however, and came from behind in the late stages of the race to take the coveted first place in his age group with a fine 2:36:57 performance. Tom's fine time was also good for 16th place overall out of a field of 2,404 runners. The time itself is very deceptive, since the weather was very warm and very humid, and undoubtedly equates to a much faster clocking. Tom was also stricken with stomach cramps during the race and was forced to walk for an estimated two minutes. Tom now has the opportunity to achieve something really unique. He has the possibility of coming back next year and winning a first in the 40's age group. Thus he would have a 30's and a 40's first in two consecutive years.

The overall winner of this year's White Rock Marathon Country runner from SMU, who managed a 2:18:55 performance.

NOTICE: CLUB MEMBERS: Palo Duro Canyon Marathon Special!

- There will be an electronic stopwatch award for the marathon handicap winner this year, but the tules will be changed slightly (for the race only). The watch will go to the best handicap performance regardless of whether or not the runner has won another trophy, unless the best handicap performance is by a runner who receives a first place award and thereby automatically receives a watch. In this event, the handicap watch will go the best non-first place performance. There will also be the regular handicap trophy. If the winner of the handicap watch has received a trophy in one of the marathon divisions, he will not receive the handicaps trophy. It will go to the best handicaps performer who has not won a trophy. If the overall best handicap performance is turned in by a runner who has not received any divisional award, he will receive both the watch and the trophy.
- For this race, a handicap trophy will be given in the four mile race also (no watch, and club members only).
- All club members are eligible, including last month's handicap winner.

Handicaps for Palo Duro Canyon Marathon and 4 mile run

	Pre. Avg. Performance Level	7 mi./2 mi. Performance Level	New Avg. Performance Level	Marathon Handicap Time	4 mile Handicap Time
1. John Bednarski	829.8	841.4	831.0	2:27:05	19:40
2. Cliff McCurdy	760.2	645.6	701.5	2:40:51	21:26
3. Michael Jenkins	687.6	-----	687.6	2:42:30	21:38
4. Kim Wrinkle	685.5	-----	685.5	2:42:45	21:40
5. Howard Loehr	674.0	-----	674.0	2:44:08	21:51
6. Tom Mayfield	671.4	673.3	672.5	2:44:19	21:52
7. Carlos Ybarra	698.3	604.5	668.0	2:44:52	21:56
8. Steve Stallings	663.3	-----	663.3	2:45:24	22:00
9. David Nelson	653.3	-----	653.3	2:46:40	22:10
10. Jimmy Whitley	719.5	534.6	646.3	2:48:49	22:17
11. Robert Schooler	635.3	-----	635.3	2:48:57	22:28
12. Gary Harter	628.2	-----	628.2	2:49:52	22:34
13. Bruce Faulk	623.1	-----	623.1	2:50:32	22:40
14. Dale Thompson	614.9	-----	614.9	2:51:36	22:48
15. Don Hood	603.9	-----	603.9	2:53:04	22:59
16. Matt Minson	601.8	-----	601.8	2:53:22	23:01
17. Jack Petty	624.4	540.0	598.0	2:53:53	23:05
18. Bob Dunbar	594.3	-----	594.3	2:54:23	23:09
19. Gary Schorajsa	567.0	-----	567.0	2:58:11	23:38
20. John Tronapler	563.6	-----	563.6	2:58:41	23:42
21. Rick Ricketts	560.1	-----	560.1	2:59:11	23:45
22. Joe Stewart	558.5	-----	558.5	2:59:24	23:47
23. Steve Ireland	530.8	-----	530.8	3:03:31	24:18
24. Bob Nelson	535.3	471.6	527.3	3:04:03	24:22
25. Manuel Trevino	523.9	-----	523.9	3:04:34	24:26

75.	Karla Schertz	282.7	282.7	3:50:43*
76.	Bill Moore	269.7	281.5	3:51:00
77.	Dan Pulattie	269.5	281.4	3:51:01
78.	Richard Morgan	285.2	265.2	3:54:58
79.	Charles Russel	248.9	248.9	3:58:05
80.	Steve Shropshire	246.5	246.5	3:59:42
81.	Michael Johns	244.5	244.5	4:00:13
82.	Travis Rector	244.0	244.0	4:00:22
83.	Ed Vernon	294.4	130.2	4:04:08
84.	Doug Hale	222.3	222.3	4:06:07
85.	John Thomas	none	174.0	4:06:47
86.	Lana Tighe	160.3	175.6	4:19:31
87.	Jerry Whitten	190.0	169.3	4:21:26
88.	Hardy Williams	150.2	150.2	4:27:27
89.	Arlayne Ragan	140.3	140.3	4:30:39
90.	Tracy Adams	139.2	139.2	4:31:02
91.	Mary Ann Whitten	130.3	130.3	4:33:59
92.	Edward Adams	127.4	127.4	4:34:58
93.	Brenda Barrett	120.5	120.5	4:37:21
94.	Bob Schooler	116.0	116.0	4:38:55
95.	Sarah Lamont	138.4	73.7	4:41:16
96.	Roxanne Whitten	127.0	98.4	4:45:10
97.	Charles Heil	117.4	below zero	4:51:42
98.	Jerry E. Whitten	79.5	43.4	4:54:35

26.	Jim Haynes	521.4	521.4	3:04:57	24:29
27.	John Elsweller	518.7	518.7	3:05:21	24:32
28.	Howard Meyer	515.0	515.0	3:05:26	24:37
29.	Bob Giffu	511.8	511.8	3:06:25	24:40
30.	Howard Millsap	497.1	497.1	3:08:45	24:58
31.	Wally Hawin	496.9	496.9	3:08:47	24:58
32.	Jack Schropshire	496.8	496.8	3:08:47	24:58
33.	Thomas Boyle	490.3	490.3	3:09:51	25:06
34.	Jasper Peoples	479.0	479.0	3:11:42	25:20
35.	John Buddington	477.3	477.3	3:11:59	25:22
36.	Jack Wilkinson	476.2	476.2	3:12:10	25:24
37.	Bob Hamrin	474.5	474.5	3:12:26	25:26
38.	Norman Pittenger	471.4	471.4	3:12:57	25:55
39.	Terry Modisette	460.7	460.7	3:13:04	25:30
40.	Roy Gee	459.4	459.4	3:14:59	25:45
41.	Ford Roberson	459.5	459.5	3:15:40	25:50
42.	Grant Ward	454.9	454.9	3:15:46	25:51
43.	Jeff Stewart	453.6	453.6	3:15:59	25:52
44.	Danny Kennedy	440.4	440.4	3:18:17	26:10
45.	Edward Smith	433.3	433.3	3:19:33	26:23
46.	Peewee Halsell	430.3	430.3	3:20:04	26:26
47.	Gene Adams	426.2	426.2	3:30:24	26:29
48.	Jerry Jones	426.2	426.2	3:20:49	26:29
49.	Ray Lamont	412.8	412.8	3:23:17	26:47
50.	Gene Coppin	412.5	412.5	3:23:20	26:48
51.	Rod Probst	411.3	411.3	3:23:34	26:45
52.	Swoose Alexander	408.3	408.3	3:24:08	26:54
53.	Roy King	402.2	402.2	3:25:16	27:02
54.	Dau Turner	396.6	396.6	3:26:20	27:10
55.	Jim Walton	391.6	391.6	3:27:17	27:17
56.	Tour Sowy	386.3	386.3	3:28:20	27:25
57.	Hercub Perez	381.1	381.1	3:29:21	27:33
58.	Bruce Blankenship	352.3	352.3	3:32:01	27:53
59.	Jeff Rowland	366.1	366.1	3:32:20	27:55
60.	Gene Carlisle	364.8	364.8	3:32:36	27:57
61.	Tom Bowser	367.1	367.1	3:33:08	28:01
62.	Warren Brown	356.0	356.0	3:34:24	28:10
63.	Caylene Caddel	355.7	355.7	3:34:28	28:11
64.	Norbert Cannon	343.0	343.0	3:37:06	28:31
65.	Mickey McClure	340.8	340.8	3:37:36	28:34
66.	Mike R. Greer	331.0	331.0	3:39:42	28:50
67.	Robert Gorsline	328.6	328.6	3:40:13	28:54
68.	Frank Barrow	321.3	321.3	3:41:50	29:06
69.	Oscar Zertuche	320.8	320.8	3:41:56	29:06
70.	Miudee Hayfield	319.0	319.0	3:42:20	29:05
71.	Virgil Davis	312.3	312.3	3:43:51	29:21
72.	Card Tyika	311.0	311.0	3:44:07	29:23
73.	Bill Kozar	308.3	308.3	3:44:44	29:27
74.	Elvin Rogers	294.4	294.4	3:47:57	29:51

THE CASE OF NUCLEAR ATTACK,  
ONLY JOGGERS TO SURVIVE

In an article in the Tulsa Tribune on November 24, 1978, Dick West stated that if a nuclear attack were ever aimed at Washington, D.C., only the joggers would survive. His reason is based on the fact that you can't even get out of the city by car during a light snowfall, and therefore, it would be impossible to evacuate the city by auto even if advance warning were given. "If traffic problems were any worse than what comes out of the Pentagon parking lot on a normal afternoon, just forget it!" Faced with having to rely on his own lower appendages to propel him a safe distance from the city in a relatively short time, the average sedentary urbanite is doomed to become a cinder. When asked what the short-of-breath, non-jogger, who couldn't run to the next bus stop, much less beyond the city limits, should do, Dick said (tongue-in-cheek) "Pray that the war doesn't start until rush hour is over."

COMPETITION FOR ANNUAL AWARDS

Listed below are the standings in the various annual award categories after one-half of our 1978-79 races have been completed. If you will compare this list with the one published in the September newsletter, you will see that many changes have taken place. There will probably be more changes forthcoming before the year is out, so don't give up. Bear in mind that a runner may receive only one annual award each year, so second and perhaps third place could be important. Ties are listed in alphabetical order.

TOP RECRUITER

1. Ray Lamont 17
2. Otto Tetzlaff 8
3. Jack Petty 5
4. Bob Dunbar 4

ATTENDANCE (NUMBER OF RACES)

1. John Bednarski 6
2. Ray Lamont 6
3. Sarah Lamont 6
4. Charles Neil 6
5. Ed Vernon 6
6. Jerry E. Whitten 6
7. Jerry J. Whitten 6
8. Roxanne Whitten 6
9. Tom Bowser 5
10. Cliff McCurdy 5
11. Bob Nelson 5
12. Tom Mayfield 5
13. Mary Ann Whitten 5

MILEAGE AWARD

1. Sarah Lamont 50
- Charles Neil 50
- Ed Vernon 50
- Ray Lamont 43
- Tom Mayfield 40
- Gene Coppin 38
- Bob Hamrin 37
- John Trompler 34
- Tom Boyle 33
- Charles Russell 33
- Swoose Alexander 30
- Mike R. Greer 30
- John Eisweiler 23

VICTORS AWARD

1. John Bednarski 344
2. Cliff McCurdy 270
3. Tom Mayfield 250
4. Michael Jenkins 199
5. John Trompler 197
6. Carlos Ybarra 188
7. Bob Hamrin 183
- Bob Nelson 183
8. Bob Dunbar 175
9. David Nielsen 170
10. Jimmy Whitley 167

OPPONENTS DEFEATED

MOST EFFECTIVE RUNNER

1. John Bednarski 35,278
2. Tom Mayfield 26,626
3. Cliff McCurdy 23,458
4. Joe Stewart 20,156
5. John Trompler 17,290
6. Bob Hamrin 17,023
7. Tom Boyle 15,762
8. Ray Lamont 15,573
9. Michael Jenkins 15,454
10. Gene Coppin 14,699

MOST IMPROVED RUNNER

1. Ray Lamont +124.0
2. Robert Schooler +94.4
3. Charles Russell +76.3
4. Bob Nelson +69.9
5. Jerry J. Whitten +51.0
6. Tom Lowry +48.1
7. Bob Dunbar +40.5
8. Jack Shropshire +38.3
9. Caylene Caddell +32.9
10. Warren Brown +21.8
11. Bob Hamrin +21.6
12. Bob Schooler +12.3
13. Cliff McCurdy +12.3
14. Hardy Williams +10.0
15. Tom Mayfield +3.0