

December 1979

SUMMERLIN ANNA  
5408 17TH PL  
LUBBOCK, TX 79416

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Brownfield, Texas 79316  
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West Texas Running Club  
Route 1, Brownfield,  
Brownfield, Texas 79316



Dec 79

FOURTH 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 12, 1980

TIME: Marathon 11:00 A.M. - 4 Mile 11:30 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: \$5.00 all runners except 4 mile high school & 15 and under if received on or before January 11, 1980. \$6.00 on race day. High School & 15 and under division entry fee \$3.00. T-shirts may be purchased from West Texas Running Club for \$2.00. ULL 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 five laps around a looped course. The course will be entirely on asphalt roads and is undulating. There are no major hills. The Canyon offers a relatively sheltered location. Temperature 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 appreciable 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  
 Open  
 High School  
 30-39  
 40-49  
 50 & Over  
 Ladies  
 FOUR MILE  
 15 & Under  
 High School  
 Open  
 30-39  
 40 & Above  
 Ladies (25-34)  
 Girls (under 25)  
 Ladies (35 & Over)

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 (4 miles) 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
Club Member:	Robert Schooler	15,	Snyder	3:23:03	1979
30-39 Record:	Jeffrey Fischer	35,	Springfield, MO	2:59:22	1979
Club Member:	Tom Mayfield	38,	San Angelo	3:03:51	1977
40-49 Record:	Dale Thompson	42,	Amarillo	2:59:00	1978
Club Member:	Al Becken	49,	San Angelo	2:59:30	1978
50 & Over Record:	Robert Hammond	57,	Clovis, N Mex	3:39:25	1977
Ladies Record:	Isabel Navarro	18,	Brownfield	3:48:47	1977

4 MILE

Overall Record:	Larry Sims	21,	Amarillo	20:22	1978
Club Member:	Cliff McCurdy	24,	Lubbock	21:21	1979
High School Record:	Jeff Cochran	18,	Hugoton, Kansas	21:30	1978
Club Member:	Johnny Navarro	17,	Brownfield	21:41	1978
15 & Under Record:	Howard Loehr	15,	Amarillo	22:23	1977
Club Member:	None				
30-39 Record:	Louis Allred	32,	Pampa	22:27	1978
Club Member:	Jack Petty	33,	Odessa	22:58	1977
40 & Over Record:	Bob Dunbar	44,	Amarillo	27:52	1978
Ladies Record:	Caylene Caddell	26,	Lubbock	27:58	1978
Girls Record:	Elizabeth Holguin	15,	Brownfield	27:06	1978
Club Member:	Isabel Navarro	20,	Brownfield	27:18	1979

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

Buffalo Motel  
 300 23rd Street  
 Canyon, Texas 79015  
 Telephone: 806-655-2124

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

Arrival before 6:00 P.M.  
 requires no advance payment

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 12, 1980, 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 12, 1980. My entry fee and waiver of responsibility are enclosed. PLEASE PRINT ALL INFORMATION

NAME \_\_\_\_\_ 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

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 12, 1980, 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  
Four Mile Run

(check one) On January 12, 1980 My entry fee and waiver of responsibility are enclosed. PLEASE PRINT ALL INFORMATION

Name \_\_\_\_\_ AGE \_\_\_\_\_

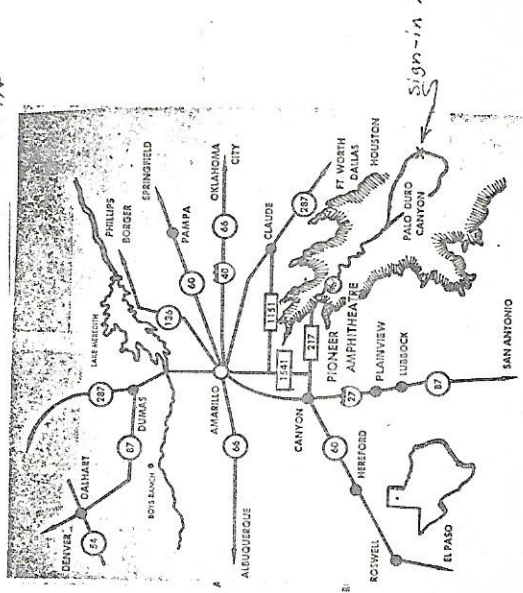
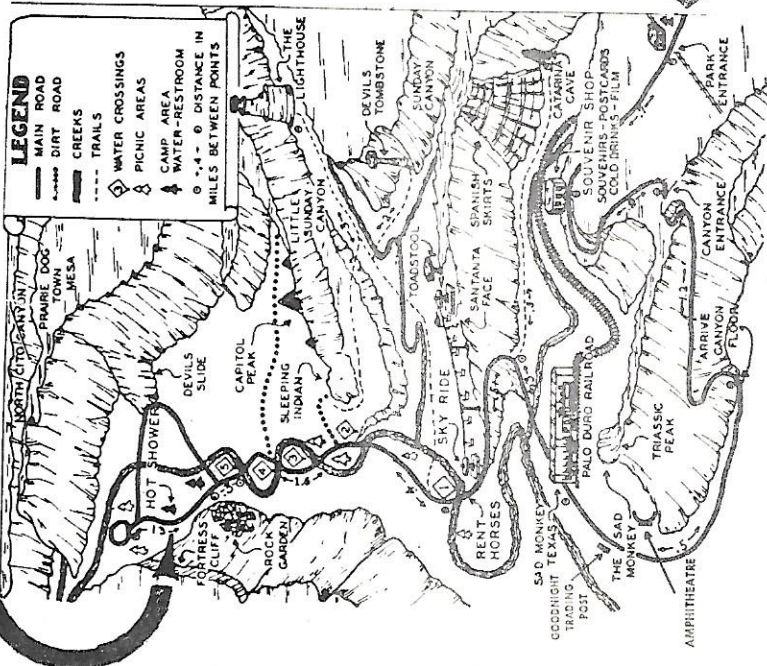
ADDRESS \_\_\_\_\_

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

Race site approximately 7 miles from park entrance



**SCHEDULE OF EVENTS**

1. **Saturday January 5:** 20KM & 5KM Runs, 9:00 AM, Big Thicket Cabin, White Rock Lake, Dallas, TX. Contact Don Mathis (home) 214-324-3278 (office) 214-746-3143 or 746-3140.
- \* 2. **Saturday January 12:** Palo Duro Canyon Marathon & 4 Mile Run, Marathon 11:00 AM, 4 Mile 11:30 AM, Contact Bob Dunbar, 6526 Fulton, Amarillo, TX 79109, phone: (office) 806-378-3675 (home) 806-353-2725.
3. **Saturday January 19:** Houston Marathon, 8:00 AM, Houston, TX. Contact Curry Hall 12318 Nova Ct. 77077, Houston, TX. Phone: 713-497-2298.
4. **Saturday February 2:** 24KM Endurance, Raymond Russell Park, San Antonio, TX. Contact SARR, P.O. Box 12474, San Antonio, TX 78212.
- \* 5. **Saturday February 9:** 8 Mile and 3 Mile Runs, 10:00 AM, Cub Stadium, Brownfield, TX. Contact James Morris, 1203 E. Warren, Brownfield, TX 79316 Phone 806-637-2728.
6. **Saturday February 23:** Downtown Marathon, 9:00 AM, Camp Bowie at Montgomery, Fort Worth, TX. Contact Bob Kaman, Institute for Human Fitness, Camp Bowie at Montgomery, Fort Worth 76107.
- \* 7. **Saturday March 8:** 4 Mile Run, 10:00 AM, Hodges Park, Lubbock, TX.
8. **Saturday March 22:** Oil Capitol Marathon, Mohawk Park, Tulsa, Okla, 8:00 AM, Contact Larry Auddehl 6200 S. 221st East Ave., Broken Arrow, Okla. 74012 Phone 918-258-5008.

7 MILE and 2 MILE RUNS, SATURDAY DECEMBER 8, 1979  
 10:00 AM, North Concho Lake, San Angelo, Texas  
 Temperature 41° F. Humidity 56% Wind 5 MPH from SW

For the first time in memory Mother Nature cooperated and shaved a really nice day at us for the December WTRC run in San Angelo. I mean, like, normally it's penguin city for those of you who haven't run this one before.

John Bednarski, who truly is running amazingly well for the very small amount of training he has been able to put in due to job commitments, gutted out the 7 Mile in 37:05 to win the event. His time was good for a new 30-39 course record. Sherill Easterling, who hasn't yet learned how good she can be, set a new Ladies record with a 46:10 on a very tough

course. Tom Bowser is continually improving, and is very close to becoming the first club member in the 50 & Over age group to break the 500 performance point level barrier. His 46:53 set a new 50+ course record.

John Rendon, of Victoria, TX, took the 2 mile in 10:36, and believe me, you won't see a tougher 2 mile course anywhere. Not far behind was Carlos Ybarra, who set a new High School record with 10:41. Velma Arroyos, a home town girl from San Angelo, set a new Girls record with a fine 13:53.

7 MILE RESULTS

		<u>5 Mile</u>	<u>7 Mile Finish</u>	<u>Per Mile Avg.</u>
1. John Bednarski	30, Odessa	26:40	37:05	5:17.9
2. Jack Petty	36, Odessa	27:03	37:47	5:23.9
3. Steve Stallings	27, Midland	27:18	38:10	5:27.1
4. Cliff McCurdy	25, Lubbock	27:40	38:25	5:29.3
5. Jeremy Krone	22, San Angelo	27:39	39:02	5:34.6
6. Robert Schooler	16, Midland	28:03	39:09	5:35.6
7. Alberto Alvarez	28, Pecos	29:02	40:31	5:47.3
8. John Trompler	32, Lubbock	29:30	40:56	5:50.9
9. Yantis Green	16, San Angelo	31:00	43:47	6:15.3
10. Peter Van Bever	37, Lubbock	33:13	45:53	6:33.3
11. Sherill Easterling	29, Coahoma		46:10	6:35.7
12. Rogér Anderson	42, San Angelo	33:13	46:19	6:37.0
13. Max Sanders	40, San Angelo	33:46	46:36	6:39.4
14. Jeff Theall	24, Big Lake	33:13	46:41	6:40.1
15. Tom Bowser	52, Odessa	33:45	46:53	6:41.9
16. Todd Marvin	19, San Angelo		47:35	6:47.9
17. Howard Millsap	43, Odessa	33:58	47:48	6:49.7
18. David Hart	28, San Angelo	33:59	47:55	6:50.7
19. John Long	27, Snyder	34:59	48:29	6:55.6
10. Gary Smith	24, San Angelo		48:37	6:56.7

21. Bruce Blankenship	30, Lubbock	48:57	6:59.6
22. Alan Borger	43, San Angelo	49:18	7:02.6
23. Ray Lamont	33, Lubbock	49:24	7:03.4
24. David Herreman	38, San Angelo	49:41	7:05.9
25. David Blythe	33, San Angelo	49:50	7:07.1
26. Robert Miller	35, San Angelo	50:23	7:11.9
27. Mary Gene Sanders	38, San Angelo	51:09	7:18.4
28. William Moore	38, San Angelo	52:23	7:29.0
29. Mickey Torres	21, San Angelo	53:09	7:35.6
30. Dennis Frerichs	28, San Angelo	54:27	7:46.7
31. Ed Vernon	49, Snyder	55:51	7:56.7
32. John Willis	32, San Angelo	58:03	8:17.6
33. Arthur Spragg	21, San Angelo	59:42	8:31.7
34. Pat Gordon	35, Midland	60:03	8:34.7
35. Judy Gordon	37, Midland	60:51	8:41.6
36. Steven Lancaster	26, San Angelo	60:51	8:41.6
37. Ron Jones	27, San Angelo	60:54	8:42.0
38. Mike Najim	19, San Angelo	61:09	8:44.1
39. Harriett Borger	42, San Angelo	68:59	9:51.3
40. Jackie Stephens	26, Midland	71:04	10:09.1
41. Sarah Lamont	32, Lubbock	DNF	

\*New Age Group or Division Record

DIVISION AWARD WINNERS

Open	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
	Steve Stallings	Cliff McCurdy	Jeremy Krone	Robert Schooler
<u>30-39</u>	John Bednarski	Jack Petty	John Trompler	Peter Van Bever
<u>40-49</u>	Roger Anderson	Max Sanders	Howard Millsap	Alan Borger
<u>50 &amp; Over</u>	Tom Bowser			

Ladies Sherill Easterling Mary Gene Sanders Judy Gordon

**2 MILE RESULTS**

1.	John Rendon	22, Victoria	10:36
* 2.	Carlos Ybarra	17, Lamesa	10:41
3.	John Hierholzen	20, Austin	11:29
4.	Danny Lucio	16, Lamesa	11:48
5.	Tim Doyal	20, San Angelo	12:24
6.	Ricky La Bedelle	17, San Angelo	12:35
7.	John Aguirre	16, San Angelo	12:43
8.	James Aguirre	16, San Angelo	12:51
* 9.	Velma Arroyos	19, San Angelo	13:53
10.	Ralph Wolf	42, Abernathy	14:14
11.	Bill Parmenter	26, San Angelo	14:23
12.	Mindy Winters	18, San Angelo	14:24
13.	Roberto Rodriguez	14, Abilene	14:25
14.	Terry Doyal	19, San Angelo	14:37
15.	Jay Whitten	9, Canyon	14:46
16.	Clyde Wilson	36, San Angelo	15:00
17.	Otto Tetzlaff	49, San Angelo	15:22
18.	Tricia Spreitzg	21, San Angelo	15:38
19.	Steven Cross	23, San Angelo	17:27
20.	Connie Walker	25, Coahoma	17:27
21.	Jerry Whitten	36, Canyon	18:30
22.	Ann Trompler	29, Lubbock	19:37
23.	Nathan Clark	10, San Angelo	19:40
24.	Michael Tetzlaff	9, San Angelo	20:37
25.	Lamonte Ross	37, Austin	23:52
26.	Dan Ross	40, Austin	23:52
27.	Joanna Horrell	11, Odessa	DNF

**\* New Age Group or Division Record**

**DIVISION AWARD WINNERS**

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
<u>Open</u>	John Rendon	John Hierholzen	Tim Doyal	Bill Parmenter
<u>High School &amp; Under</u>	Carlos Ybarra	Danny Lucio	Ricky LaBedelle	John Aguirre
<u>30 &amp; Over</u>	Ralph Wolf	Clyde Wilson	Otto Tetzlaff	Jerry Whitten
<u>Girls</u>	Velma Arroyos	Mindy Winters	Terry Doyal	
<u>Ladies</u>	Connie Walker	Ann Trompler	Lamonte Ross	

**HANDICAPS FOR JANUARY 12, 1980 PALO DURO CANYON MARATHON AND 4 MILE RUN**

	<u>Prev Avg Perf Level</u>	<u>7 Mi or 2 Mi Perf Level</u>	<u>New Avg Perf Level</u>	<u>Marathon Handicap Time</u>	<u>4 Mile Handicap Time</u>
1.	Bobby Richardson	777.4	----	777.4	2:32:30
2.	John Bednarski	----	----	771.8	2:33:05
3.	Jimmy Whitley	761.0	----	761.0	2:34:14
4.	Jack Petty	703.9	745.7	743.5	2:36:07
5.	Robert Schooler	753.2	694.8	742.5	2:36:14
6.	Steve Stallings	724.5	732.9	730.8	2:37:32
7.	Carlos Ybarra	741.7	630.2	721.2	2:38:36
8.	Cliff McCurdy	730.4	723.6	713.1	2:39:32
9.	Bobby Cunningham	684.5	----	684.5	2:42:52
10.	Tom Mayfield	674.7	----	674.7	2:44:03
11.	Jim Hogan	669.2	----	669.2	2:44:43
12.	Bob Dunbar	656.3	----	656.3	2:46:18
13.	John Trompler	614.6	647.1	628.8	2:49:47
14.	Henry Arrellano	609.7	----	609.7	2:52:18
15.	Johnny Navarro	594.9	----	594.9	2:54:18

16	Ron Shew	588.0	----	588.0	2:55:15	23:15	43. Jeff Theall	none	479.5	447.3	3:17:04	26:01
17	Shane Cunningham	586.4	----	586.4	2:55:28	23:17	44. Donald Webb	445.4	----	445.4	3:17:25	26:03
18	Wally Hamrin	581.6	----	581.6	2:56:08	23:22	45. George Jury	438.9	----	438.9	3:18:32	26:12
19	John Eisweiler	563.0	----	563.0	2:58:45	23:42	46. David Hilburn	420.5	----	420.5	3:21:52	26:37
20	Justin Raef	555.1	----	555.1	2:59:54	23:51	47. Sam Richardson	417.0	----	417.0	3:22:30	26:41
21	Joe Stewart	540.6	----	540.6	3:02:02	24:07	48. Mindee Mayfield	415.7	----	415.7	3:22:44	26:43
22	Jack Shropshire	534.8	----	534.8	3:02:54	24:14	49. Bernard Hartman	414.0	----	414.0	3:23:04	26:46
23	Rick Ricketts	534.0	----	534.0	3:03:02	24:15	50. Robert Gorsline	413.7	----	413.7	3:23:07	26:46
24	Joe Longoria	527.6	----	527.6	3:03:59	24:22	51. Gene Coppin	407.6	----	409.6	3:23:52	26:52
25	Jeff Stewart	524.4	----	524.4	3:04:29	24:26	52. Larry Isom	408.1	----	408.1	3:24:10	26:54
26	Terry Diveley	519.6	----	519.6	3:05:13	24:31	53. Gene Carlisle	404.7	----	404.7	3:24:48	26:59
27	Don Sanderson	517.0	----	517.0	3:05:37	24:34	54. Swoose Alexander	403.6	----	403.6	3:25:00	27:00
28	David Drennan	515.9	----	515.9	3:05:48	24:36	55. Joe Fiola	402.4	----	402.4	3:25:14	27:02
29	Pee Wee Halseil	508.2	----	508.2	3:06:59	24:45	56. Bruce Blankenship	410.5	411.1	396.0	3:26:27	27:11
30	Norman Pittenger	502.4	----	502.4	3:07:54	24:51	57. Jerry Birdsong	393.6	----	393.6	3:26:54	27:14
1	Ford Roberson	502.2	----	502.2	3:07:56	24:52	58. Ray Lamont	395.6	401.4	376.9	3:30:11	27:39
2	Bob Giffin	497.9	----	497.9	3:08:37	24:57	59. Bobby Birdsong	376.5	----	376.5	3:30:16	27:39
3	Thomas Boyle	497.5	----	497.5	3:08:41	24:57	60. John Mitchell	369.5	----	369.5	3:31:39	27:50
4	Howard Millsep	516.4	438.2	487.9	3:10:14	25:09	61. Richard Morgan	361.4	----	361.4	3:33:18	28:02
5	Bob Hamrin	485.3	----	485.3	3:10:40	25:12	62. Frank Barrow	341.1	----	341.1	3:37:32	28:34
6	Richard Kleinhans	481.4	----	481.4	3:11:18	25:17	63. Warren Brown	340.0	----	340.0	3:37:46	28:35
7	Sherrill Easterling	458.6	480.7	480.8	3:11:24	25:18	64. Mike R. Greer	311.8	----	311.8	3:43:57	29:21
8	Isabel Navarro	475.9	----	457.9	3:12:12	25:24	65. Steve Shropshire	311.8	----	311.8	3:43:57	29:21
9	John Yee	471.1	----	471.1	3:13:00	25:30	66. Bill Gates	306.6	----	306.6	3:45:07	29:30
0	Danny Kennedy	464.9	----	464.9	3:14:03	25:38	67. Doug Hale	304.5	----	304.5	3:45:37	29:34
1	Gene Adams	455.1	----	455.1	3:15:44	25:50	68. Sompis Richardson	292.9	----	292.9	3:48:18	29:54
2	Tom Bowser	447.3	460.5	450.0	3:16:36	25:57	69. Baugh Lewis	291.0	----	291.0	3:48:44	29:57





MAYFIELD TAKES FIRST PLACE IN WHITE ROCK MARATHON

Tom Mayfield achieved an unusual feat this year when he took a first place award at the White Rock Marathon (December 1st) for the second consecutive year, and did it in two different age groups. Last year Tom missed being able to run in the 40-49 division by a few days, so he responded by taking first in the 30-39 division with a 2:36:57 performance. This year Tom's time of 2:32:20 was good for first in the 40-49 division. At this rate of progression Tom will obviously run 2:00:00 in 1986.

Prior to last year, Tom had taken 2nd place in the 30-39 division for two years in a row.

TRIVIA

Although it has absolutely nothing to do with running, we came across a very entertaining book the other day called The Book of Sports Quotes. Here are a few excerpts for your amusement. All are actual quotes.

1. Mark Twain: "It's good sportsmanship not to pick up lost golf balls while they are still rolling."
2. Casey Stengel: "The secret of managing a baseball team is to keep the five guys who hate you away from the five who are undecided."
3. Philadelphia Phillies Manager Danny Ozark: "Half this game is 90 percent mental."
4. Anonymous Reporter to New York Yankees Pitcher Don Larsen after Larsen's perfect game in the 1956 World Series: "Was that the best game you ever pitched?"
5. Shirley Muldowney on why she competed as a drag racer: "I want to be the fastest woman in the world - in a manner of speaking."
6. Bowler Don Carter: "One of the advantages of bowling over golf is that you very seldom lose a bowling ball."
7. Paul Horning: "Its not a good idea to get married in the morning - you never know who you might meet later in the day."
8. Hot Rod Hundley on his playing days as a Los Angeles Laker: "My biggest thrill came the night Elgin Baylor and I combined for 73 points in Madison Square Garden. Elgin had 71 of them."
9. Colorado Rockies Coach Don Cherry: "When I said my prayers as a kid I'd tell the Lord I wanted to be a pro hockey player. Unfortunately, I forgot to mention the National Hockey League, so I spent 16 years in the minors."

ATTENDANCE (Cont'd)

George Jury	5
Tina Kennedy	5
Steve Stallings	5
Ed Vernon	5
Jay Whitten	5

VICTORS AWARD

	Opponents Defeated
1 Cliff McCurdy	361
2 Steve Stallings	351
3 John Trompler	303
4 Bobby Cunningham	292
5 Howard Millsap	251
6 Carlos Ybarra	229
7 John Bednarski	225
8 Johnny Navarro	215
9 Sherrill Easterling	192
10 John Eisweiler	190
11 Bobby Richardson	179

VICTORS AWARD (Female Division)

	Opponents Defeated
1 Sherrill Easterling	192
2 Isabel Navarro	183
3 Janet Mitchell	74
4 Roxanne Whitten	69
5 Mary Ann Whitten	68
6 Sarah Lamont	64
7 Cinda Adams	54
8 Sompis Richardson	49
9 Jan Taylor	46
10 Mindee Mayfield	44

MOST EFFECTIVE RUNNER

	Miles
1 Cliff McCurdy	31,199
2 John Trompler	30,308
3 Bobby Cunningham	29,167
4 Howard Millsap	24,472
5 Steve Stallings	22,253
6 Ray Lamont	18,961
7 Tom Bowser	18,899
8 John Eisweiler	18,415
9 John Bednarski	18,188
10 George Jury	18,142

MOST EFFECTIVE RUNNER (Female Division)

1 Sherrill Easterling	16,966
2 Isabel Navarro	5,771
3 Nancy Adams	5,168
4 Janet Mitchell	4,565
5 Sompis Richardson	4,385
6 Sarah Lamont	4,253
7 Cinda Adams	4,179
8 Arlyne Ragan	3,461
9 Jan Taylor	3,100
10 Donna Hilton	2,822

MILEAGE AWARD

Ray Lamont	50
Howard Millsap	50
John Trompler	50
Tom Bowser	45
Ed Vernon	45
Bobby Cunningham	43
George Jury	43
Cliff McCurdy	43
Bob Hamrin	38
Sherrill Easterling	37

MOST IMPROVED RUNNER

1 Jack Petty	+104.9
2 Sarah Lamont	+ 94.3
3 Jeff Stewart	+ 80.0
4 Bob Dunbar	+ 79.9
5 John Trompler	+ 74.3
6 John Eisweiler	+ 73.6
7 Robert Schooler	+ 67.9
8 Bobby Cunningham	+ 66.9
9 Robert Gorsline	+ 65.8
10 Jimmy Whitley	+ 65.4
11 Jay Whitten	+ 56.3
12 Tom Bowser	+ 55.0
13 Danny Kennedy	+ 53.5
14 Arlyne Ragan	+ 46.8
15 Bob Hamrin	+ 42.0

10. Former Detroit Tiger first baseman Norm Cash, reflecting on his team record 1,081 career strikeouts: "Pronated at 500 at-bats per year, that means that for two years out of the 14 I played, I never even touched the ball."

11. Bear Bryant on his self-prepared five year plan: "First year, a 0-500 season. Second year, a conference championship. Third year, undefeated. Fourth year, a national championship. By the fifth year, of course, we'll be on probation."

12. Philadelphia Phillies pitcher Jug McGraw on whether he favored grass or astroturf: "I don't know, I never smoked astroturf."

13. Dennis Harrison, 6-foot-8, 275 pound Philadelphia Eagles defensive end on why he was passed over in the first three rounds of the NFL draft: "The scouts said I looked like Farzan and played like Jane."

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For those of you who missed it, we thought the following article, which appeared in the December 6, 1979 issue of the *Avalanche-Journal*, might be of interest. Especially in view of the scare articles which find their way into print from time to time.

## Death Perils Of Jogging Discounted By Doctor

WASHINGTON (AP) — The next time you hear about a jogger who keels over and dies don't automatically blame it on the exercise. Chance alone could account for up to 15 heart attack deaths a year among joggers, a government doctor says.

"Some could be expected by chance to die while running. Just as some die while eating, reading and sleeping," said Dr. Jeffrey P. Koplan of the U.S. Center for Disease Control in Atlanta.

In an article in the latest issue of the *Journal of the American Medical Association*, Koplan calculated the number of heart attack deaths annually versus the time an estimated 4 million white American men spent jogging. He assumed they ran 20 miles a week, three times a week, for a total of 52 hours per year.

Four heart attack deaths annually would be predicted during that time if all the runners were lean non-smokers, similar to most marathoners. If they were more like the average male — fatter and more inclined to smoke — 15 deaths would be normal.

Koplan also figured that 30 to 104 deaths could occur by chance if the two hours immediately after jogging were counted.

Koplan, a 34-year-old epidemiologist

who normally jogs but is sidelined by injury, said his "brief article does not purport to resolve the complex inter-relationship of the short-term and long-term effects of vigorous exercise on cardiovascular disease."

The article was prompted by publicity given to the death of veteran marathon runner and congressman Goodloe Byron of Maryland while he was jogging in October 1978.

"Articles in the lay press explicitly or implicitly assume a cause-and-effect relationship between the exercise and the death," Koplan wrote.

In a telephone interview from his Atlanta office Koplan commented, "Whenever anyone is found in shorts on the street or in an emergency room, the assumption is the running is what did them in."

The estimate of 4 million white male runners came from a 1975 federal survey. Koplan said other studies indicate there are several times that many runners, which would make the "chance" heart attack death even more likely. He said running may increase the risk for persons with cardiac rhythm disturbances, but decrease the risk for those with clogged arteries.

Whatever effect running has, people

## NOTICE! CLUB MEMBERS! Palo Duro Canyon Marathon Special!

1. There will be an electronic stopwatch award for the marathon handicap winner this year, but the rules 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 received a first place award and thereby automatically receives a watch. In this event, the handicap watch will go to 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.

2. For this race, a handicap trophy will be given in the four mile race also (no watch, and club members only).

3. All club members are eligible, including last month's handicap winner.

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