

June 1979

June 79

Dr. Bernard Hartman
Dept. of Biological Sciences
Texas Tech University
Lubbock, Texas 79409

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WEST TEXAS RUNNING CLUB NEWSLETTER

JUNE 1979

ELEVENTH ANNUAL FIRECRACKER 10 MILE & 3 MILE RUNS

PLUS YOUNGSTER'S 1 MILE

DATE: Wednesday, July 4, 1979

TIME: Youngster's 1 Mile 8:45 a.m.

10 Mile & 3 Mile 9:00 a.m.

LOCATION: Colonial Heights School (1100 E. Repto), Brownfield, Texas. Race start at corner of Elm & Hester Sts. on school grounds (see map).

DIVISIONS & AWARDS (Number of Trophies):

	10 MILE	3 MILE	1 MILE
Open	6	Open	3
High School & Under	3	15 & Under	3
30-39	6	8-9	3
40-49	6	High School & Under	3
50 & Over	3	30-39	3
Ladies	3	40& Over	3
	3	Girls (15 & Under)	3
	3	Girls (16-24)	3
	4	Ladies (25 & Over)	4

- AWARDS: (1) Trophies to places as shown above
 (2) Handicap Award to club member
 (3) 75 Mile Club patches to be awarded
 (4) Annual awards to be presented

COURSE: Asphalt Road - Flat

ENTRY FEE: 10 Mile & 3 Mile: Club Members \$1.00
 Non-club Members \$2.00
 1 Mile: All Runners \$1.00

NOTE: Due to the fact that the 1 Mile starts 15 minutes prior to the 10 Mile & 3 Mile it would be theoretically possible for one mile runners to also participate in the 10 Mile or 3 Mile. If a runner intends to participate in two events as an OFFICIAL entry, it will be necessary to pay entry fees for both events. Also, if a runner chooses to participate in two events, the data which will be used in calculating handicaps, annual awards, etc., will be taken from the event which is the most disadvantageous to the runner in each category.

* Divisions which are specified as being for female runners are naturally for females only. All Divisions which are not specified for female runners are not and never have been "For Men Only," however, and female runners may enter these divisions rather than those limited to females if they choose. For example, a female runner in her 30's could run either Open, or in the 30-39 age group, rather than in the ladies division. Normally it will be to their advantage to run in the divisions restricted to females, but there may be cases when they would wish to do otherwise. This naturally also applies to the youngster's one mile.

RACE DIRECTOR: For additional information contact:

James Morris
 1203 East Warren
 Brownfield, Texas 79316
 Telephone: (806) 637-2728

COURSE RECORDS

10 MILE

Overall Record:	Dan Clark	21,	Austin	52:44	1974
Club Member's Record:	Cliff McGurdy	22,	Lubbock	58:38	1976
High School Record:	Kim Winkle	17,	Big Spring	55:57	1975
Club Member:	Jamie Vandivere	17,	Lamesa	1:10:52	1974
30 - 39 Record:	Tom Mayfield	37,	San Angelo	59:01	1976
40 - 49 Record:	Dale Thompson	43,	Amarillo	61:30	1978
50 & Over Record:	John Alexander	59,	Carlsbad, N.M.	74:08	1975
Ladies Record:	MaryJane Powers	25,	Amarillo	81:38	1978
Club Member:	Donna Long	28,	Amarillo	1:38:01	1978

3 MILE

Overall Record:	Dennis Williams	29,	Lubbock	14:23	1975
Club Member's Record:	Jimmy Whitley	27,	Odessa	15:12	1978
15 & Under Record:	Carlos Ybarra	15,	Lamesa	15:58	1978
High School Record:	Willie McCool	16,	Lubbock	16:02	1978
Club Member:	Johnny Navarro	17,	Brownfield	17:54	1977
30 - 39 Record:	Jack Petty	33,	Odessa	16:26	1977
40 & Over Record:	Bob Dunbar	44,	Amarillo	16:44	1978
Girls Record:	Isabel Navarro	20,	Brownfield	18:27	1978
Club Member:	Mindee Mayfield	15,	Lubbock	21:06	1978
Ladies Record:	Teri Valero	26,	Midland	21:53	1978

SCHEDULE OF EVENTS

1. **Saturday June 30:** Second Annual S.A.R.R. Downtown 4 Mile Run, 8:00 a.m., Alamo National Bank parking lot, Commerce St. at St. Marys, San Antonio, Texas. Contact S.A.R.R., 235 E. Commerce St. San Antonio, 78205 or phone Jack Peterson, (512) 225-7800.
2. **Saturday June 30:** 7 Mile Run, 8:00 a.m., Waxahachie, Texas. Contact Waxahachie Chamber of Commerce, P.O. Box 187, Waxahachie, Phone (214) 937-2390.
3. **Wednesday July 4:** Independence Day 7.6 mile run 7:00 p.m., Denton, Texas. Contact (817) 387-6323 (day).
- * 4. **Wednesday July 4:** 12th Annual 10 Mile and 3 Mile "Firecracker Runs," 9:00 a.m., Colonial Heights School, Brownfield, Texas. Contact James Morris, 1203 E. Warren, Brownfield, TX 79316. Phone (806) 637-2728.
5. **Wednesday July 4:** 3 Mile Ryan Run, 8:30 a.m., Daggett Middle School, 1108 Carlock, Ryan Place Addition, Fort Worth, Texas. Contact Marcella Daniel, Pioneer American Insurance Co., P.O. Box 12127, Fort Worth 76116.
6. **Wednesday July 4:** Four on the Fourth 4 Mile Run, 8:00 a.m., Freeman St., next to Panther Stadium Road Jr. High School, Duncanville, Texas. Phone (214) 298-9552.
7. **Wednesday July 4:** 10,000 Meter Run, 8:00 a.m., Finch Park, McKinney, Texas. Contact Mrs. Stan Lockett, 510 Foote St., McKinney 75069 (214) 542-6437.
8. **Wednesday July 4:** Kilgore 13.1 and 5 Mile Freedom Runs, 7:00 a.m., Main City Park, Kilgore, Texas. Contact Jack Moore or Nina Mata (214) 984-9084).
9. **Saturday July 7:** Dallas Cross Country Club 4 & 2 Mile Runs, 8:00 a.m., Big Thicket Cabin, Lawther Drive, White Rock Lake, Dallas, Texas. Contact DCCC, P.O. Box 2713, Dallas 75221 or phone Wayne or Marietta Snapp, (214) 333-3978.
10. **Thursday July 12:** Pikes Peak 28 Mile Run, Manitou Springs, Colorado. Contact Rudy Paul, 559-E Gastle Road, Colorado Springs, Colo. 80904.
11. **Saturday July 14:** Wylie Jubilee Days 10 KM, 8:00 a.m., Downton Wylie, Texas. Contact Cecil Hackler, P.O. Box 918, Wylie, TX. 75098. *D-11*
12. **Saturday July 21:** Black-Eyed Pea 10 KM Jamboree Jaunt, 8:30 a.m., Athens, Texas. T-Shirts. Contact Black-Eyed Pea Jamboree, P.O. Box 608, Athens, Tx. 75751.
13. **Saturday July 28:** Independence Midnight 4 Mile run, register 10:30 p.m., McAllister Park, San Antonio, Texas. Contact SARR, Box 12474, San Antonio, TX. 78212.

- * 14. **Saturday August 11:** 5 Mile Run, 9:00 a.m., Coleman Park, Brownfield, Texas. Contact Mickey McClure, 1211 E. Ward, Brownfield, Tx. 79316. Phone (806) 637-2521 (day) or 637-3781 (evening).
15. **Sunday August 12:** 24th Annual Pikes Peak Marathon, 7:00 a.m., Manitou Springs, Colorado.

- * 16. **Saturday September 8:** 6 Mile, 3 Mile and High School 2 Mile Runs, Floyd Gwin Park, Odessa, Texas. Contact Jack Petty, Route 4, Box 1077, Odessa, Tx. 79763. Phone (915) 381-4804.

* WTRC Regular Monthly Run

Race Results 8000 Meter "RUN IN THE SUN"
(Saturday June 9, 1979, 9:00 a.m., Temp. 73°, Humidity 74%, Wind 7 MPH from the South).

The trend for the "Run in the Sun" to become bigger and better continued as 266 runners blasted out of the starting gate. The overcast and relatively cool weather (for San Angelo at this time of year) was appreciated by all and resulted in a new course record by overall winner John Bednarski. Runner-up Cliff McCurdy, 4 seconds back, was also under the old course record and the third place runner, 16 year old Carlos Ybarra, was only two seconds over. Many Division and Age Group records were set and many, many outstanding individual performances were turned in --- too many to mention individually. Most encouraging was the large turnout of female and very young runners. As usual, this was one of the best organized races that a runner could hope to attend.

		8 KM	AVG. PER MILE	AVG. PER KM
** 1.	John Bednarski	30,	25:16	3:09.5
2.	Cliff McCurdy	25,	25:20	3:10.0
** 3.	Carlos Ybarra	16,	25:25	3:10.6
4.	Stephen Stallings	27,	26:24	3:18.0
5.	Jimmy Whitley	28,	26:28	3:18.5
6.	Robert Schooler	16,	26:34	3:19.25
7.	Tim Olson	25,	26:45	3:20.6
8.	David Workman	20,	27:09	3:23.6
9.	Bobby Cunningham	39,	27:11	3:23.9
** 10.	Tom Mayfield	40,	27:15	3:24.4
11.	Frank Rodriguez	16,	27:47	3:25.9
12.	Jay Hendry	17,	27:47	3:28.4
13.	Lonnice Mendez	19	27:56	3:29.5
14.	Blaine Alford	18,	28:00	3:30.0

		8 KM	AVG. PER MILE	AVG. PER KM.
110.	W. Welby Cox	36,	7:08.3	4:26.1
111.	Skipper Duncan	37,	7:09.3	4:26.75
112.	Gerald Benner	26,	7:09.5	4:26.9
113.	Don Lowery	30,	7:10.3	4:27.4
114.	Joe Van Arsdale	34,	7:10.5	4:27.5
115.	Unknown Runner	35:46	7:11.7	4:28.25
116.	Bob Byrns	26,	7:11.7	4:28.25
117.	Jim Hadley	28,	7:12.5	4:28.75
118.	Richard Blum	25,	7:12.7	4:28.9
** 119.	Mary Gene Sanders	38,	7:13.1	4:29.1
120.	Tony Dutton	38,	7:15.5	4:30.6
121.	William Parmenter	25,	7:16.9	4:31.5
122.	Unknown Runner	36:13	7:17.1	4:31.6
123.	Valeriano Cantu	28,	7:19.2	4:32.9
124.	Mickey Torres	20,	7:21.2	4:34.1
125.	Ronnie Burnett	16,	7:21.8	4:34.5
126.	Richard Meeks	26,	7:22.2	4:34.75
127.	Harry Brodnay	19,	7:22.6	4:35.0
128.	Raul Balderrama	41,	7:22.8	4:35.1
129.	Robert Gorsline	37,	7:23.2	4:35.4
130.	Lynn McFaddin	24,	7:23.8	4:35.75
131.	Austin Helm	30,	7:25.2	4:36.6
132.	Jeff Währmund	26,	7:25.4	4:36.75
133.	Mike Barrett	32,	7:25.6	4:36.9
134.	Ricky Colom	15,	7:27.8	4:38.25
135.	Deborah Hobbgood	24,	7:31.2	4:40.4
136.	Marío Rodriguez	20,	7:32.4	4:41.1
137.	Fred Girard	23,	7:32.6	4:41.25
138.	Tony Hernandez	25,	7:33.2	4:41.6
139.	Kenneth Burney	16,	7:35.4	4:43.0
140.	Charles Shita	27,	7:36.5	4:43.6
141.	Robert Hamblen	43,	7:36.9	4:43.9
142.	Baugh Lewis	53,	7:37.1	4:44.0
143.	Scott Campbell	24,	7:38.1	4:44.6
144.	Brook Baker	38,	7:38.3	4:44.75
145.	Yvonne LeVrier	19,	7:38.5	4:44.9
146.	Richie Gravens	35,	7:39.1	4:45.25
147.	White Cook	22,	7:41.9	4:47.0
148.	Byron Griffin	35,	7:43.5	4:48.0
149.	Jerry Birdsong	17,	7:44.9	4:48.9
150.	Glen Hanus	24,	7:45.7	4:49.4
151.	Kirk Daugherty	21,	7:46.7	4:50.0
152.	Ed Vernon	49,	7:48.7	4:51.25
153.	Wallace Hauschild	40,	7:50.1	4:52.1
154.	Williams Roberson	38,	7:54.4	4:54.75
155.	John Goyan	31,	7:54.6	4:54.9
156.	Tom Gearhart	34,	7:55.6	4:55.5
** 157.	Clodene Greer	41,	8:56.2	4:55.9
158.	Jimmy Womack	11,	8:57.8	4:56.9
159.	Samuel Richardson	33,	8:59.2	4:57.75
160.	Jay Whitten	8,	8:00.2	4:58.4
161.	George Harrison	36,	8:01.2	4:59.0
162.	Gene Grafenstein	37,	8:02.8	5:00.0
163.	Otto Tetzlaff	48,	8:03.0	5:00.1
164.	Ken Walton	22,	8:04.0	5:00.75
165.	Russell Burnett	10,	8:04.6	5:01.1
166.	Jerry Burnett	39,	8:04.6	5:01.1
167.	Timothy Norton	30,	8:05.0	5:01.4
168.	Sam Peters	30,	8:05.2	5:01.5
169.	David White	24,	8:05.4	5:01.6
170.	Jim White	27,	8:05.6	5:01.75
171.	Carra Norwood	54,	8:06.0	5:02.0
172.	George Baker	52,	8:06.2	5:02.1
173.	Susie Girard	23,	8:06.4	5:02.25
174.	Lana Tighe	32,	8:07.0	5:02.6
175.	Keith Nichols	22,	8:07.2	5:02.75
176.	Vickie Anderson	32,	8:14.9	5:07.5
177.	Jackie White	18,	8:16.1	5:08.25
178.	Patrick Gordon	35,	8:17.3	5:09.0
179.	David Akers	51,	8:17.7	5:09.25
180.	Duane Eberhardt	44,	8:18.1	5:09.5
181.	Sarah Lamont	32,	8:19.5	5:10.4
182.	Willard Mumford	45,	8:20.3	5:10.9
183.	John Stell	11,	8:23.1	5:12.6
184.	Robert Carter	34,	8:24.7	5:13.6
185.	Ricky Rodriguez	8,	8:24.9	5:13.75
186.	Bert Johnson	31,	8:26.5	5:14.75
187.	Jim Schoonover	15,	8:29.0	5:16.25
188.	Steven Cross	22,	8:29.2	5:16.4
189.	Brent Baucum	15,	8:29.8	5:16.75
190.	Carolyn Olson	37,	8:29.8	5:16.75
191.	Mark Matson	21,	8:33.6	5:19.1
192.	Elvin Mathis	58,	8:34.0	5:19.4
193.	Lee Perry	60,	8:35.0	5:20.0
194.	Harriett Borger	42,	8:35.6	5:20.4
195.	Paul Guajardo	17,	8:36.0	5:20.6
196.	Jerome Skrock	41,	8:36.2	5:20.75
197.	Trevor Moore	9,	8:36.6	5:21.0
198.	William Moore	37,	8:36.8	5:21.1
199.	Mary Ann Whitten	9,	8:37.0	5:21.25
200.	Glen Gardner	35,	8:40.4	5:23.4
201.	Joe Jeffers	33,	8:40.4	5:23.4
202.	Williams Shea	32,	8:41.0	5:23.75
203.	Bob Marwood	19,	8:41.2	5:23.9
204.	Mark Wilson	18,	8:41.6	5:24.1

AVG. PER MILE
8 KM
AVG. PER KM

	8 KM	AVG. PER MILE	AVG. PER KM		
253.	David Fowler	7,	54:35	10:58.8	6:49.4
254.	Donna Fowler	36,	56:55	11:27.0	7:06.9
255.	Eric Anderson	10,	57:03	11:28.6	7:07.9
256.	Brandon Green	9,	57:12	11:30.4	7:09.0
257.	Brenda Green	35,	57:13	11:30.6	7:09.1
258.	Shane Fedon	7,	59:05	11:53.1	7:23.1
259.	Charles Fedon	29,	60:09	12:06.0	7:31.1
260.	John Lasch	14,	61:21	12:20.5	7:40.1
261.	Lynn Eberhardt	16,	61:24	12:21.1	7:40.5
262.	Parly Roberson	10,	61:25	12:21.3	7:40.6
263.	Sean Lasch	7,	61:40	12:24.3	7:42.5
264.	Beth Lasch	12,	61:42	12:24.7	7:42.75
265.	Carey Robeson	8,	61:43	12:24.9	7:42.9
266.	Jason Fedon	6,	DNE		

* NEW COURSE RECORD

** NEW AGE GROUP OR DIVISION RECORD

DIVISION AWARD WINNERS

MEN

	1st	2nd	3rd	4th	5th	6th
11-17	Carlos Ybarra	Robert Schooler	Frank Rodriguez			
18-29	Cliff McCurdy	Stephen Stallings	Jimmy Whitley	Tim Olson	David Workman	Lonnie Mendez
30-39	John Bednarski	Bobby Cunningham	Norman Smith	R.J. Weiss	Rick Ricketts	Richard Palmer
40-49	Tom Mayfield	Lawrence Bridges	James Thruston	Roger Anderson	Gene Adams	Dixon Coulbourn
50 & Over	Al Becken	John Caldwell	Donald Webb			

WOMEN

	1st	2nd	3rd	4th	5th	6th
11-15	Janis Kent	Roxanne Whitten				
16-23	Yvonne LeVrier	Susie Girard				
24-31	Melinda Carter	Sherrill Easterling				
32-39	Mary Gene Sanders	Lana Tighe				
40 & Over	Clodene Greer	Harriett Berger				

AVG. PER MILE
8 KM
AVG. PER KM

205.	Marlane Burns	25,	43:16	8:42.2	5:24.5
206.	Albert Stachnik	27,	43:19	8:42.8	5:24.9
207.	Ginger Hernandez	32,	43:19	8:42.8	5:24.9
208.	Fred Johnston	31,	43:26	8:44.2	5:25.75
209.	U. Cortez Cruz	23,	44:02	8:51.5	5:30.25
210.	Tom Keel	45,	44:03	8:51.7	5:30.4
** 211.	Janis Kent	15,	44:13	8:53.7	5:31.6
212.	Arlayne Ragan	43,	44:29	8:56.9	5:33.6
213.	Unknown Runner		44:29	8:56.9	5:33.6
214.	John Smith		44:49	9:00.9	5:36.1
215.	John Lasch	41,	44:53	9:01.7	5:36.6
216.	Bill Bingham	19,	45:03	9:03.8	5:37.9
217.	Jerry Whitten	35,	45:18	9:06.8	5:39.75
218.	Roxanne Whitten	11,	45:19	9:07.0	5:39.9
219.	John Williams	34,	45:20	9:07.2	5:40.0
220.	Sandra Day	34,	45:24	9:08.0	5:40.5
221.	Ranald Jones	26	45:44	9:12.0	5:43.0
222.	Mary Ellen Hague	22,	45:52	9:13.6	5:44.0
223.	Cavola Chastain	14,	46:25	9:20.3	5:48.1
224.	Angela McSwain	15,	46:40	9:23.3	5:50.0
225.	Kent Elliot	19,	46:41	9:23.5	5:50.1
226.	Linda Westerfeld	24,	47:13	9:29.9	5:54.1
227.	Juan Sanchez	22,	47:18	9:30.9	5:54.75
228.	Wendell Baucom	12,	47:51	9:37.6	5:58.9
229.	Ricky Carroway	18,	47:53	9:38.0	5:59.1
230.	Debra Clouse	22,	48:15	9:42.4	6:01.9
231.	Cathy Roberson	26,	48:50	9:49.4	6:06.25
232.	Carol Williams	33,	49:11	9:53.6	6:08.9
233.	Sompis Richardson	34,	49:16	9:54.7	6:09.5
234.	Mary Ann Henderson	32,	49:22	9:55.9	6:10.25
235.	Debbie Lambert	26,	49:30	9:57.5	6:11.25
236.	Shirley Morton	34,	49:43	10:00.0	6:12.9
237.	Dianna Fayo	32,	50:08	10:05.1	6:16.0
238.	Joe Van Arsdale	12,	50:14	10:06.3	6:16.75
239.	Bob Schooler	48,	50:28	10:09.1	6:18.5
240.	Joe Allen Baucom	10,	50:32	10:09.9	6:19.0
241.	Doug Clark	27,	50:49	10:13.4	6:21.1
242.	Joe Morgan	50,	50:50	10:13.6	6:21.25
243.	Walter Smith	36,	50:58	10:15.2	6:22.25
244.	Juan Hernandez	34,	52:03	10:28.2	6:30.4
245.	Tom Saunders	48,	52:17	10:31.1	6:32.1
246.	Floye Burnett	35,	52:22	10:32.1	6:32.75
247.	Robert Buck	46,	52:38	10:35.3	6:34.75
248.	Peggy Howard	43,	53:04	10:40.5	6:38.0
249.	Lei Ann Burnett	8,	54:06	10:53.0	6:45.75
250.	Sonia Rodriguez	10,	54:08	10:53.4	6:46.0
251.	Deborah Seldon	27,	54:12	10:54.2	6:46.5
252.	Audrey Smith	56,	54:35	10:58.8	6:49.4

CHILDREN 10 & UNDER

- 1. Jay Whitten 8
- 2. Russell Burnett 10
- 3. Ricky Rodriguez 8
- 4. Trevor Moore 9
- 5. Mary Ann Whitten 9
- 6. Joe Allen Baucum 10
- 7. Lei Ann Burnett 8
- 8. Sonia Rodriguez 10
- 9. David Fowler 7
- 10. Eric Anderson 10

We have received a very lengthy, well written and extremely interesting manuscript from Ed Smith entitled "Memoirs of Our Boston Trip" which describes Ed's experiences in, and impressions of, this year's Boston Marathon. It also outlines Ed's early motivations which caused him to attempt the Boston and his training leading up to the event. Due to space limitations in the newsletter, we have only been able to splice together a few excerpts from it and are presenting only a small portion of the entire text. The entire article is well worth reading and if you are interested, we suggest you contact Ed (3519 57th St., Lubbock, 79400) or club headquarters to obtain a copy.

Excerpted from "Memoirs of Our Boston Trip," by Ed Smith

One learns early, in serious running, that racing of all sorts, from two miles to 26 miles, is essential for development. Reading is also a must for the masses who have no personal coach. And in this running and reading, the sights of the serious distance runner will eventually and inevitably be drawn toward Boston. It is Mecca. It is the birthplace of the salmon. Boston, New York and Fukuosa (Japan) are the triple crown of marathoning. Fukuosa is by invitation only, to the world's elite. New York is magnificent, in the style of the nouveau riche, open to all without qualifying standards. It is Boston, with its 83 years of tradition, its devoted and supportive spectators, and its qualifying entrance standards, that is the most prestigious of all in marathoning.

It gets light early in Boston, and our room faced east. It was Easter Sunday, the most glorious day of our faith. We rose early. We couldn't pick up our number (and buy the \$2.00 bus ticket for Monday morning) until 11:00 a.m. Our hotel was only a few blocks from Prudential. We ended up milling aimlessly around the Prudential and Sheraton lobbies in a sea of runners (and their encouragements) simi-larly engaged, for well over two hours. Actually, Jock Semple, of the B.A.A., was plastering the computer sheets of names and numbers on the marble walls soon after we got there. Laid end to end, these probably would have been longer than a football field. At long last, he reached the Smiths, and I got mine -- X332. All runners qualifying under three hours simply had numbers. All others were preceded by a letter T, W or X. The W's are women. The T's, V's and X's were men over 40, and were in order of qualifying time. The booklet our kits contained showed 4403 regular qualifiers, 999 each of T's and V's, 517 W's and 941 X's.

--> excluded over 800 doctors of the AMA who get a different type number without

qualifying. And, of course, there are a few thousand who gather at the rear, uncontrollably, and run without numbers. So you can see that I had a few souls in front of me.

Having learned our numbers from the computer sheets, we located the station from which all X packets would be dispensed, and continued milling until 11:00 when everyone queued up at some station. It was the better part of another hour before they actually started giving out X packets. Eventually we got ours, then bought our bus ticket and cleared the area for the subway and back to the hotel.

All runners going by bus were told to be at Prudential no later than 8:30 Monday morning. Busses would leave from 7:30 through until 9:00. All runners were to be at Hopkinton by 10:00 though the race would start at 12:00 noon. So often when a major event looms I sleep well, while lesser excitements leave me tossing. With the passing years, my sound sleep ends by 3:00 or 4:00 a.m. This important day I slept until 4:15, having retired restfully at 9:00. I got up for a small can of orange juice -- no more nourishment until evening. I felt lean and good, with only a slight hint of discomfort in the intestines. All possible precautions had been taken.

- Monday Morning -

Already we had experienced the penetrating chill of this current Boston weather. Anticipating a long wait outdoors in Hopkinton, I dressed as warmly as possible. Vans were to be provided for runners to send back their top clothing in bags to be picked up underneath Prudential at the end. Each kit contained a tag with the runner's number and a particular color. All bags were both collected and dispensed by color, a tribute to organizational ingenuity.

I was at Prudential by 7:40 a.m. I've never seen more busses, almost all being of the austere yellow school bus variety. I boarded immediately and found a seat. There was almost total silence. I've ridden these leviathans to many an athletic event. Only for the most crucial games did the depth of silence ever approach that on this bus.

We were one of the early busses to arrive at the school. Outside the school I saw and visited with Dale Thompson, Amarillo, and Norman Smith, Midland, and all wished all well. Entry into the gym was easy. Some were already sprawled there or napping. I chose the line for the john instead. It was approximately 9:00, give or take a little. A half hour or so later I was through the john line. By that time not only was the gym packed, but the hall was so crowded it took about 10 or 15 minutes of struggling to get outside. I didn't relish killing time in the chilling cold, but staying inside was out of the question. At least the rain hadn't started. I was clad in my running shorts and T-shirt, thermal long handles, running suit, rain jacket with hood, wool ear band and blue dress sock over my low cut running sock. Eventually I found an incline to the south of the practice field and lay down on this, relaxing in the pervading chill as best I could. Across the field to the east and north was a wooded area. In view of the crowded conditions in the building, a more convenient woods was never known. Ten thousand sighs of relief could be heard

there, the greater depth of the woods being for the girls who passed by hundreds of unconcerned males en route.

Many runners were waiting until the last to shed their outer garments. The ones with experience had worn old, holey or cheap sweat clothes which could be worn to the last minute and thrown away. If I had one word of advice to other first-timers, it would be to go so prepared.

But by 11:15, I was stripped to shorts, T-shirt and terry cloth sweat band. The rain had begun to fall lightly. I headed toward town in the line going that way. Rumor had it that 1,000 runners still hadn't left Prudential. I doubt that, but truly the late arrivals were just getting to the high school and were expending precious energy running to get there and change. Printed instructions said portable Johns would be available downtown. I never saw one, and I needed it -- more from the virus than nerves. Modesty did not prevent many runners, including me, from the use of back yard tree trunks in town. Finally I hit the ground for more stretching and then headed to my starting gate by 11:40. Between the chill, the drizzle, and nerves I was shaking uncontrollably. My biceps had knotted so that I couldn't straighten my arms, and I bobbed constantly so people could not see the uncontrollable movement in my jawbone. Mercifully, the assembling mass of bodies itself both broke the slight east wind and gave off its own warmth. The countdown had begun.

Most had stop watches, set very close to correct time. By 11:58 there was a general readiness. We were probably a quarter of a mile from the starting line and down a hill. We could neither hear nor see what was taking place. The elite runners with single and low double digits had their own dressing room and transportation and were brought in at the last minute -- properly so. When all were in place, and within the last two minutes, all separating ropes were dropped, and the various segments closed ranks forward. But back where we were, one could only hope the starting gun could be heard so as to activate watches. Unfortunately this was not to be. Zero second came and went with no action, then a roar from the starting area and we activated our watches by educated guess only. Later in the race, I compared mine with official splits, and it appeared the gun was seven seconds into history when I clocked in.

The race was on! But we stood still. In a moment there was slow forward movement and we walked haltingly. Four minutes into the race (or 4:07 more precisely), I walked past the starting line. The walk turned into a slow jog at 5:30 (or 5:37). For the better part of a mile the course was downhill, but in this crowd that helped none. Nevertheless, we were on the run, assured that soon the aching chill would be past, and be gradually replaced by another type of ache. But with all the problems, I was filled with joy. For over three hours I was to feel a spiritual dialogue with those crowds along the way.

Most of you have seen pictures of the mob of runners. If 10,000 people were spread evenly over 26 miles, it would be one person about every 13 feet. Considering that all started together, and the vast majority finished within a 1-1/2 hour time span of each other, the event had some similarity to an infantry division double timing it for 26 miles down a two-lane highway. One cannot see down the road as far in New England as in West Texas. However, at a curve to the right by a body of water I judge to have been Fisk Pond at 9-1/2 miles, I expect we could see for 3,000

13

feet, and it was like a column intact. A fellow near me remarked, "It's got to be depressing to see than many runners out in front of you."

Spectators were abundant. The weather doubtless reduced their number, but there must have been a million anyhow. Few places were without any, and each little town was lined, with the main crossings being mob scenes.

Experienced runners are advised to wear shirts or something identifying themselves. I had two West Texas Running Club shirts along. I hadn't decided on the bus whether to put a running singlet on top for extra warmth. Frank McNellis said, "You have no choice. By all means display that West Texas." Which I did, to my great satisfaction. Countless times I heard it from the lips of the crowd. "Good going, West Texas, you're looking strong!" "West Texas, okay!" One shouted, "Yea, Texas -- Longview." Another, "Hey Texas, Lubbock" -- I wanted to stop but didn't. Two or three yelled, "Hook-em horns," and I grimaced slightly. Always I tried to wave or smile or yell, or some combination thereof -- with greater energy at first, but always with deepest sincerity and sometimes with a lump in my throat. At one point, a fellow who had been trailing me for some time came abreast and said, "You must be from West Texas."

A runner simply cannot escape being thankful to these Boston crowds. All along the way, individuals staked themselves out as good samaritans dispatching water, E.R.G., ice, orange slices, beer, soft drinks, band aids, and you name it. Actually, these sources were better than the formal aid stations because runners could stop individually rather than fight the crowds at the official stations. All this aid was less critical in this weather than if the weather had been warm. Nevertheless, it was necessary, and the loving concern of those people in providing it generated a lump or two in my throat. I always thanked these individuals pointedly.

There were three areas in which the crowd support was simply and uniquely magnificent. The first of these was at fabled Wellesley College. This stands at about 13 miles. At least a quarter of a mile before, runners can detect this special distaff roar -- like a grandstand filled with women. The approach is one crescendo, and the narrow path through this feminine crowd is like the pounding culmination of a vibrant concerto. No red-blooded man could be unaffected. When we were past it, all in my vicinity joked about finding a route back around to run through there again.

At the very time that Bill Rodgers was finishing in 2:09:27, I was entering the hills of Newton. Thankful was I for the days of training on the steeper hills at Buffalo. Without strain I leaned into these hills, determined to be steady but not over exert. I seemed to at least hold my own on the first two hills. I have no recollection of pain on them. It was almost as if they didn't exist. I just kept moving, seemingly slowly.

The last two hills seemed to come with relative ease. I couldn't believe it. Without a doubt, the crowds were a factor. It was here, on the upward grade of each of these four long hills, that collectively the second of the magnificent crowds assembled. The farther up the hills, the more intent this spectator support. There

... have been 50,000 or 100,000 cheerleaders in the group. Everyone seemed to reach

out an encouraging hand of support and cheer you on. They were like angels -- simply fantastic. Then on Heartbreak Hill, the last of the four, those on the top shouted jubilantly that "It's all downhill from here" -- a figurative, if not literal, truth.

About halfway up this last hill, it dawned on me that I didn't have the faintest indication of a loss of stamina. In the light of my two prior experiences, the realization was like the glorious blast of color at sunrise. I began ever so slightly to pick up my speed. It was here I began to pass group after group. Each time I would size up my own feelings and the pace of those ahead. At this stage it is a good idea to challenge only when you are satisfied you can do so decisively. Time and again it worked. While occasionally some runner would do the same to me, not many did. Thousands of better runners were ahead, but at this particular location I began to feel the aura of a hero coming in. It was as if I were running only a three or four mile race where one knows he will hurt but that his muscles will hold in there strongly to the finish if he endures the pain. I could feel the taste of blood. I knew the 3:30 was well within reach, and I was becoming increasingly confident of staying strong all the way in.

Somewhere along here a couple of miles out, on Beacon Street, or at Kenmore Square, the great crowd again became, for the third and last time, the magnificent throng. From here on in was crescendo all the way.

The Prudential Building disappeared from sight somewhere within the last two or three miles to reappear only sporadically. But the crowds kept us informed -- or tried. Actually as the final mile approached, the shout ceased to be how much further it was. Instead the pervading chant was, "You've got it made! Keep going!" It was almost 30 years ago since I was a high school athlete. Yet here I am in the avenues of Boston, heart pounding madly and joyfully, muscles responding beautifully, and spirit soaring like an eagle. No one can ever know the ecstasy who hasn't been there.

A word about crowd control is appropriate. Last year, with a field less than two-thirds the size of this, but with ideal spectator weather of about 50 degrees, the crowds pressed in to create problems for the runners trying to pass. It got publicity. The police this year were effective. The crowds everywhere were controlled. In the most enthusiastic spots, passage room was adequate given the number of runners. This police control worked a hardship on our picture-taking plans.

Finally came the parting tears. Several times on the course my emotions almost overcame me. Too many discouraging things had happened. Too many painful miles had been put in in the determination to be there this time. Sometimes when a spectator yelled out to me and I waved back and smiled, my face would contort as if I were going to bawl at the same time. In the final few miles, when everything was working so well, I could scarcely keep the tears back. I was a ball of pent-up emotion. Back in March in Maxey Park I thought of Boston together through pain, and the tears came. Today, at Boston, the crowds and cheers were there, in spades. Gone were the pains of Maxey, but there in Boston my mind went back to Maxey, and only

with effort could I defer the tears.

I entered the final chute and poured it on still more. The crowd of runners there required lateral movement, and some hesitation, but my final time was well under the 3:30 limit. My clock said 3:26:38. Add seven seconds, then subtract something (at least 5 minutes) and you have my best marathon time. Of the time in the abstract I am not proud, but under the circumstances it is all right. And of the endeavor, I say that if I live to be 100 I expect to remember few things with greater satisfaction and joy.

Some trips and experiences are so wonderful that we just hate to see them end. So it is with Boston and me. Boston, from conception to completion, has been both painful and richly rewarding. A major goal -- now accomplished. There is the happy, yet profoundly sad, feeling that a major phase of my life has come to an end. Most assuredly, I will always watch the Boston through a mist, even when the sun is shining.

* * * * *

HANDICAP RESULTS June 9, 1979 8000 METER RUN

	Handicap Time	Actual Time	Difference
* 1. Ed Vernon	42:28	38:50	-3:38
** 2. Lana Tighe	42:40	40:21	-2:19
*** 3. Bobby Birdsong	37:22	35:22	-2:00
4. Ray Lamont	35:30	33:34	-1:56
5. Sarah Lamont	43:18	41:23	-1:55
6. Carlos Ybarra	27:13	25:25	-1:48
7. Baugh Lewis	39:32	37:52	-1:40
8. Jimmy Whitley	28:07	26:28	-1:39
9. Arlyne Regan	45:59	44:29	-1:30
10. Steve Stallings	27:46	26:24	-1:22
11. Gene Adams	32:39	31:41	-0:58
12. Rick Ricketts	30:30	29:44	-0:46
13. Jay Whitten	40:32	39:47	-0:45
14. Cliff McCurdy	26:02	25:20	-0:42
15. Tom Mayfield	27:51	27:15	-0:36
16. Bob Giffin	31:32	30:58	-0:34
17. Robert Schooler	26:58	26:34	-0:24
18. Bobby Gunningham	27:32	27:11	-0:21
19. John Bednarski	25:24	25:16	-0:08
20. Don Hood	29:00	28:54	-0:06
21. Tom Bowser	33:53	33:51	-0:02
22. Jerry Whitten	45:15	45:18	+0:03
23. Mary Ann Whitten	42:45	42:50	+0:05
24. Robert Goosline	36:30	36:43	+0:13
25. Howard Millsap	32:26	32:46	+0:20
26. Roxanne Whitten	44:13	45:19	+1:06

27. Cathy Roberson	47:32	48:50	+1:18
28. Ford Roberson	30:52	31:19	+1:27
29. Bob Schooler	45:39	50:28	+4:49
30. Bill Moore	37:29	42:50	+5:21

* Not Eligible - Won Handicap Last Month (can only win once every three races).
 ** Not Eligible - Won Division Trophy
 *** HANDICAP WINNER

NEWS OF MEMBERS

Cliff McCurdy was the overall winner of the Funfest 10,000 meter run in Amarillo on May 26th. Cliff recorded an excellent 31:28 (5:04.5 per mile) enroute to the victory.

John Bednarski and Jack Petty both garnered some glory in Wichita, Kansas as they both won TFA/USA National Age Group Championships against stiff competition. John won his national championship in the 15 KM Road Run as he was 4th overall and first in the Submaster's (30-34) division with a time of 47:44.8 (5:07.4 per mile). That night John came back and ran a 15:47 (5:04.8 per mile) 5 KM on the track, and although he didn't place in this event, the fine effort after his outstanding 15 KM run earned him a standing ovation from the crowd.

Jack, who appears to be getting younger all the time, took his national championship in the 800 meter run with a super time of 1:56.2 (hand timed in 1:55.8). Apparently it was a real battle all the way, with Jack surging in the last 200 meters to win. Jack's time is only 3.5 seconds off his college PR, and he feels he can do better than this.

Jack and John were the only male Texas runners to win national championships.

The Texas Track Club, with WTRC members Mindee Mayfield and Carol Tyika running for them, managed to capture the women's team championship. Mindee ran a 4:57 (5:18 mile) 1500 meter while Carol clocked a 5:05 (5:27 mile) for a personal best.

HANDICAPS For July 6, 1978 - 10 Mile Run

Previous Avg. Performance Level	# RH Performance Level	New Avg. Performance Level
794.0	807.9	780.8
757.1	797.9	776.7
691.6	792.9	756.6
705.5	726.8	716.0
701.9		701.9
663.5	776.0	701.9
692.1		692.1
675.2	693.6	686.6
669.2		669.2
659.6	690.0	665.2
646.3	732.3	656.7
653.3		653.3
633.0		633.0
603.9	608.8	616.7
567.6		567.6
566.8		566.8
555.1		555.1
538.6	571.2	549.6
540.6		540.6
539.7		539.7
534.8		534.8
530.8		530.8
512.9		512.9
505.2		505.2
496.7	519.1	503.0
502.5		502.5
523.2	466.8	501.7
501.0		501.0
499.4		499.4
495.0		495.0
491.3		491.3
483.8		483.8
454.3	490.8	473.1
471.1		471.1
467.5		467.5
466.6		466.6
462.5	450.3	459.2
452.5		452.5
450.1		450.1
410.6		410.6
420.5		420.5
411.5	412.4	414.7
409.9		409.9
402.4		402.4

	Previous Avg. Performance Level	8 KM Performance Level	New Avg. Performance Level	10 Mile Handicap Time
45. Gene Coppin	400.1	---	400.1	72:43
46. Edward Lynch	397.9	---	397.9	72:51
47. Bruce Blankenship	395.6	---	395.6	73:00
48. Tom Lowry	392.0	---	392.0	73:14
49. Gene Carlisle	379.2	---	379.2	74:06
50. Ray Lamont	359.0	422.1	378.1	74:11
*51. Chris Mann	370.7	---	370.7	74:41 *
*52. Mindee Mayfield	369.4	---	369.4	74:47 *
53. Warren Brown	365.9	---	365.9	75:01
54. Richard Morgan	353.4	---	353.4	75:54
55. Robert Gorsline	329.4	322.85	344.9	76:31
56. Frank Barrow	343.2	---	343.2	76:38
57. Bobby Birdson	304.3	363.2	324.3	78:02
*58. Carol Tylka	318.2	---	318.2	78:29
59. Virgil Davis	314.6	---	314.6	78:46 *
60. Steve Shropshire	311.8	---	311.8	78:59
61. Jim Parris	308.4	---	308.4	79:15
62. Mike Greer	295.5	---	295.5	80:16
63. Clay Clark	287.3	---	287.3	80:55
64. Bill Oates	286.7	---	286.7	80:58
65. Doug Hale	286.1	---	286.1	81:01
66. Larry Isom	274.5	---	274.5	81:59
67. Baugh Lewis	247.6	290.7	273.9	82:01
68. Bill Moore	301.1	171.9	270.3	82:19
69. Buddy Wise	264.7	---	264.7	82:48
70. Charles Russell	248.9	---	248.9	84:09
71. Frank Taylor	244.3	---	244.3	84:33
72. Dan Pulattie	243.7	---	243.7	84:36
73. Jay Whitten	223.2	---	242.2	84:45
74. Bill Cagle	235.5	---	235.5	85:21
75. Ed Vernon	179.7	267.4	225.4	86:16
76. Brenda Barrett	205.1	---	205.1	88:10
77. Lana Tighe	175.6	227.7	191.0	89:33
78. Mary Ann Whitten	173.7	171.9	187.35	89:55
79. Darlene Roos	172.4	---	172.4	91:26
80. Sarah Lamont	162.2	203.6	166.9	92:01
81. Roxanne Whitten	143.4	122.2	153.0	93:29
82. Hardy Williams	150.2	---	150.2	93:48
83. Jerry Whitten	123.35	122.5	123.1	96:51
84. Arlyne Ragan	109.7	138.3	119.4	97:17
85. Jonna Atkinson	114.2	---	114.2	97:53
86. Bob Schooler	116.0	34.8	94.2	1:40:19
87. Cathy Roberson	82.3	50.3	71.6	1:40:12
88. Charles Neil	26.1	---	26.1	1:49:35
89. James Whitten	0.0	---	0.0	1:53:35

*Must run in club race on July 4th to remain on handicap list.

FREE MEMBERSHIPS OFFERED

WTRC member Frank Clevenger has very graciously donated four memberships to the club. If you know of anyone that would like to receive a free membership, please submit their names to Gene Adams, Route 1, Brownfield, 79316 or bring with you to the July 4th race. A drawing will be held at the July 4th race to determine the winners. The requirements are: the person must be in High School (or younger) and must not now be, or have been, a West Texas Running Club member. We would also prefer it if you would limit applicants to those who would truly be interested in receiving the newsletter and in participating in our races. Our intention is to draw two boy's and two girl's names.

4th of July Picnic

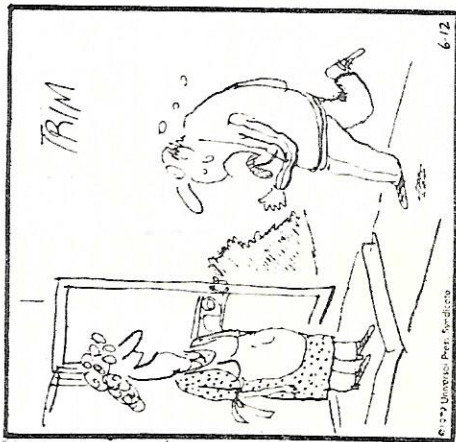
Don't forget to bring or buy a lunch and adjourn to Coleman Park following the race. Adult and kid's refreshments will be provided, and you will have the opportunity to sit in the shade and lie to your fellow runners.

75 MILE CLUB

Ford Roberson picked up the necessary distance in the 8000 meter run to achieve 75 miles in club races for the 1978-79 club year. Since this was the final race of our current year, the total number of 75 mile club members is six. Patches will be awarded at the 4th of July race. Remember that the 4th of July race begins a new club year and is the start of all competition for the 1979-80 annual awards and 75 Mile Club.

HAVE WE GOT A DEAL FOR YOU !

- The following real good deals will be given to all participants in the 4th of July races:
1. Free admission ticket to the Brownfield Municipal swimming pool. Good on race day only, for participant only.
 2. A "two-for-the-price-of-one" coupon good at the Brownfield Pizza Hut on race day only.
 3. 10 - 20 % discounts on all leading brands of running shoes at Cagle's Sportacular, 111 S. 6th, in Brownfield. Actual discount will depend on specific shoe purchased. Offer good on in-stock shoes only, race day only, participants only. 20% discount on all in-stock shorts, shirts and socks. Store will be opened following the race.



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