

March 1979

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

WEST TEXAS RUNNING CLUB NEWSLETTER

March 1979

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APRIL CLUB RACE

DATE: Saturday April 14, 1979

TIME: 10:00 A.M.

DISTANCE: 5 Miles Plus 2 Mile for 12 and Under

LOCATION: Wallace Blvd. Near High Plains Baptist Hospital, 1 Mile North of I-40 W. and Coulter Road, Amarillo, Texas (See Map)

COURSE: Asphalt Roads

DIVISIONS AND AWARDS:

12 & Under (2 Mile)	Trophies To:
15 & Under	First 3
Open	First 4
30-39	First 6
40-49	First 6
Girls (24 & younger)	First 3
Ladies (25 & Older)	First 4
50 & Older	First 3

ENTRY FEE: Non-Club Members \$2.00  
Club Members \$1.00

RACE DIRECTOR: (contact For More Information)

Bob Dunbar  
6526 Fulton  
Amarillo, Texas 79109  
Phone: (Home) 806-353-2725  
(Work) 806-378-3675

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COURSE RECORDS

New Course - No Records Established

SCHEDULE OF EVENTS

1. Saturday, March 31: Third Annual 011 Town Minitthon, 15 Km. Commerce and Collins Sts. Corsicana, TX. Contact: Bill Lagonarsino, 1906 Mimosa, Corsicana, 75110.
2. Saturday March 31: Masters Mile, 3:45 P.M., Loos Field, Dallas Texas, Phone (806) 327-2992
3. Sunday April 1: Casa de Carlos 10,000 M. Run, 8:00 A.M., Roswell YMCA, 202 S. Sunset, Roswell, New Mexico. Contact Casa de Carlos, 1300 S. Main, Roswell, 88201, (505) 623-3010
4. Saturday April 7: Arrowhead Mills 20 KM, 9:00 A.M., Hill middle School, 505 Easton Rd., Dallas, Texas. Contact Gene Greer, 11317 Earlywood Dr., Dallas, 75218. Phone (214) 328-0115
5. Saturday April 7: Fifth Annual Texas Relays Marathon, Half-Marathon and Quarter Marathon, 8:00 A.M., Auditorium Shores, South end of First St. Bridge by Austin. City Auditorium, Austin, Texas. T shirt transfers all entrants. Contact Marathon director, Austin YMCA, 1100 W. First, Austin, 78703.
6. Saturday April 7: Marathon of the great Southwest, plus 5,000 Meter Run and Half-Marathon, 7:00 A.M., Abilene YMCA, 3250 State St., Abilene, Texas. Entries must be received by April 1st. Contact Mike Osborn, Abilene YMCA, Box 3137, Abilene, 79604. Phone (915) 677-8144.
7. Saturday April 7: Gulf AAU 15 KM Championships, 9:00 A.M. Kingwood - US 59 N. of Humble, Houston, Texas. Contact Harry McLeod, 7618 Twin Hills Dr., Houston 77071, Phone (713) 772-1492
- \*8. Saturday April 14: 5 Mile Run, 10:00 A.M., Amarillo, Texas Contact: Bob Dunbar 6526 Fulton, Amarillo, 79109 Phone: Home (806) 353-2725, Work (806) 378-3675
9. Saturday April 28: Fiesta Mission 10,000 meter Run, 9:00 A.M. Mission County Park, San Antonio, Texas Contact: SARR, Box 12474, San Antonio, 78212 Phone (512) 732-3301
10. Saturday May 5: Gulf AAU 5KM Championships, 9:00 A.M., Johnson Spacecraft Center Houston, Texas. Contact Richard Arbaugh, Route 2 Box 469M, Pearland, Texas, 77681. Phone (713) 482-0032 or Rick Barton, 1861 Dolphin Dr. Seabrook, Texas 77586 Phone (713) 474-2110
- \*11. Saturday May 12: 7th Annual Horseshoe Bend Canyon 12 Mile and 2 Mile Runs. 9:00 A.M. Station, Texas.
12. Saturday May 26: 2nd Annual Amarillo Funfest Marathon 7:00 A.M. Contact: Don Moreland 1700 S. Polk St., Amarillo, 79102 Phone (806) 353-2389
13. Saturday May 26: 11th Annual Gage Roadrunner Marathon 6:00 A.M., Gage Oklahoma
- \*14. Saturday June 9: 8000 Meter "Run in the Sun", San Angelo, Texas Contact Roger Anderson, Roger Anderson, Route 2, Box 1056 San Angelo, Texas 76901. Phone (915) 655-2181

\* Denotes WTRC Regular Monthly Race

MARCH 10, 1979 - 4 MILE CROSS COUNTRY RACE

Hodges Park, Lubbock, Texas 10:00 A.M.  
 Temperature: 430 F Humidity: 79%  
 Wind: 9 MPH FROM NW

Most of the runners who had to travel very far to get to Lubbock for the 4 Mile Race, and who consequently had to get up fairly early, were treated to the delights of driving through heavy snow early Saturday morning. At this point, the alternative of reversing course and going home to watch Saturday morning Cartoons must have seemed rather attractive. Meanwhile, race officials were morosely pondering the question of how to lay down a white chalk line on top of equally white snow. Visions of having to take a broom to the entire two mile loop were cropping up, when true to its reputation, the West Texas weather did a complete about-face, the skies cleared off and the sun came out.

The champion of the 4 mile handicap event was Sarah Lamont who became the first female runner to ever win this particular race. Sarah, who ran 6:14 below her handicap in last month's 8 miler, turned in another fine performance as she ran 2:51 below her handicap in the 4 mile event.

John Bednarski, despite recent illness and injuries, turned in the fastest time of the day as he finished in 20:51. This was good enough for a new course record as he broke Cliff McCurdy's mark of 21:50. Cliff meanwhile, did almost as well as started out 49th out of 51 runners, passed an army of people, and ended up 16th in 20:53.

New records were set in every division except High School and Ladies as Jack Petty, Tom Mayfield, Tom Bowser and Carol Tylika laid claim to the new marks in the 30-39, 40-49, 50 and over and Girls Divisions respectively.

It was reported that Howard Millsap found one of mud puddles so fascinating that he just had to stop and inspect it more closely (SPLASH!).

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"ACTIVE SPORTSWEAR FOR GUYS & LITTLE PALS"



THE UNIVERSITY OF TEXAS AT LUBBOCK, TEXAS 79401

- 'RUNNING GEAR'
- OUR SPECIALTY
- NIKE ADIDAS TIGER
- PUMA NEW BALANCE
- BROOKS ETONIC TRED-2 SAUGONY
- SUB 4 ASPEN JELENK FRANK SHORTER

4 MILE HANDICAP RUNNERS

Order of Start	Order of Finish	Handicap Performance
1. James Whitten	1. Sarah Lamont	33:12(38:50) -2:51
2. Jerry Whitten	2. Jerry Whitten	35:45(38:53) -2:48
3. Roxanne Whitten	3. Richard Morgan	28:09(39:07) -2:34
4. Jonna Atkinson	4. Bill Oates	28:44(39:38) -2:03
5. Sarah Lamont	5. Brenda Barrett	34:07(39:54) -1:27
6. Brenda Barrett	6. Steve Shropshire	29:02(39:59) -1:42
7. Darlene Roos	7. Grant Ward	24:45(40:35) -1:06
8. Mary Ann Whitten	8. Jay Whitten	33:24(40:35) -1:06
9. Jay Whitten	9. John Elsweller	24:57(40:37) -1:04
10. Ed Vernon	10. Elmer Chavez	23:19(40:39) -1:02
11. Doug Hale	11. Joe Fiola	26:51(40:44) -0:57
12. Bill Cagle	12. Tom Bowser	27:02(40:51) -0:50
13. Baugh Lewis	13. Frank Barrow	28:18(40:52) -0:49
14. Bill Oates	14. Doug Hale	30:59(40:53) -0:48
15. Dan Pulattie	15. Bobby Birisong	28:50(40:55) -0:46
16. Steve Shropshire	16. Cliff McCurdy	20:53(41:06) -0:35
17. Richard Morgan	17. Dan Pulattie	30:19(41:15) -0:26
18. Bobby Birdsong	18. Baugh Lewis	30:50(41:17) -0:24
19. Carol Tylika	19. Jack Shropshire	24:17(41:19) -0:22
20. Mike Greer	20. Bobby Cunningham	23:39(41:21) -0:20
21. Frank Barrow	21. Jonna Atkinson	35:58(41:26) -0:15
22. Denny Pickett	22. Bobby Richardson	26:14(41:36) -0:05
23. Warren Brown	23. Darlene Roos	35:29(41:41) -0:00
24. Tom Bowser	*24. Don Sanderson	25:43(41:49) +0:08
25. Joe Fiola	25. Carol Tylika	29:34(41:52) +0:11

4 Mile Non-Handicap Runners

26.	Ray Lamont	14:43	26.	Warren Brown	28:28(41:59)	+0:18
27.	Edward Lynch	14:47	27.	Bill Cagle	31:51(42:00)	+0:19
28.	Swoose Alexander	14:47	28.	Danny Kennedy	26:31(42:01)	+0:20
29.	Gene Coppin	14:53	29.	JJ Jenkins	21:55(42:02)	+0:21
30.	Bobby Richardson	15:22	30.	Mary Ann Whitten	35:26(42:03)	+0:22
31.	Danny Kennedy	15:30	31.	John Trompler	24:05(42:05)	+0:24
32.	Bob Hamrin	15:36	32.	Tom Boyle	25:33(42:11)	+0:30
33.	John Elsweller	15:40	33.	Jim Hogan	22:06(42:12)	+0:31
34.	Grant Ward	15:50	34.	Gene Adams	26:03(42:14)	+0:33
35.	Don Sanderson	16:06	35.	Howard Millsap	25:53(42:20)	+0:39
36.	Gene Adams	16:11	36.	Edward Lynch	27:37(42:24)	+0:43
37.	Howard Millsap	16:27	37.	Tom Mayfield	22:39(42:28)	+0:47
38.	Thomas Boyle	16:38	38.	Gene Coppin	27:39(42:32)	+0:51
39.	Wally Hamrin	16:43	39.	Ray Lamont	27:57(42:40)	+0:59
40.	Jack Shropshire	17:02	40.	Mike Greer	30:09(42:41)	+1:00
41.	Bob Nelson	17:19	41.	Joe Stewart	24:52(42:46)	+1:05
42.	Elmer Chavez	17:20	42.	Swoose Alexander	28:03(42:50)	+1:09
43.	Bobby Cunningham	17:42	43.	John Bednarski	20:51(42:52)	+1:11
44.	Joe Stewart	17:54	44.	Jack Petty	22:36(43:06)	+1:25
45.	John Trompler	18:00	45.	Bob Hamrin	27:44(43:20)	+1:39
46.	Tom Mayfield	19:49	46.	Denny Pickett	30:34(43:23)	+1:42
47.	Jim Hogan	20:06	47.	Bob Nelson	26:13(43:32)	+1:51
48.	JJ Jenkins	20:07	48.	Ed Vernon	33:44(43:35)	+1:54
49.	Cliff McCurdy	20:13	49.	Wally Hamrin	30:44(47:27)	+5:46
50.	Jack Petty	20:30	50.	James Whitten	47:37(47:37)	+5:56
51.	John Bednarski	22:01	51.	Roxanne Whitten	DNF	

AWARD WINNERS

First 20 Runners

\*Handicap Winner- Don Sanderson (first eligible runner who did not win a place award.)

1.	Ron Stangeland	22:25	19.	Mike Bobo	27:39
2.	Bill Brasch	22:38	20.	Layton Duer	27:44
3.	John Leonard	22:49	21.	David Hilburn	28:05
4.	Joe Murray	23:00	22.	Mark Bennett	28:13
5.	David Stanz	23:13	23.	George Jury	28:39
6.	Justin Raef	23:56	24.	Don Address	29:08
7.	Kevin H. Lllman	24:05	25.	Pat McDonald	29:48
8.	Robby Gee	24:29	26.	Roy Braswell	30:07
9.	Manuel Salinas	24:48	27.	Buddy Wise	30:08
10.	Mark Rickman	25:11	28.	Don Braswell	30:11
11.	Ron Lubowicz	25:19	29.	Mark Griffin	31:12
12.	Drew Diaz	25:40	30.	Gerald Long	31:38
13.	Kevin Wilcox	26:02	31.	Wayne Pelchford	32:09
14.	Paul Miller	26:12	32.	Frank Taylor	32:16
15.	Roger Anderson	26:14	33.	Heath Stephens	37:57
16.	John Dupre	26:24	34.	James Kennedy	43:32
17.	Sonny McGuire	26:35	35.	Mike Korsene	No Time
18.	Alan Borger	26:48	36.	Shawn Stovall	DNF
			37.	Ed Smith	DNF

Division Award Winners

	<u>Open</u>	<u>15 &amp; under</u>	<u>High School</u>	<u>30 &amp; Over</u>
1st	Ron Stangeland	Joe Murray	Robby Gee	Ron Lubowicz
2nd	Bill Brasch	David Stanz	Manuel Salinas	Roger Anderson
3rd	John Leonard	Justin Raef	Sonny McGuire	John Dupre

Tylka To Run in Mexico City

Club member Carol Tylka has been selected to compete for the Texas Track club at the Mexico City Olympic Invitational track meet on March 17th and 18th. Plans are for her to run the 800 meters on Saturday the 17th (and possible to 1500 meters also if the altitude effects are not too deleterious) and the 3000 meters on Sunday.

The Texas Track Club is an independent nationally known organization, based in Abilene, that traditionally selects the outstanding Texas female athletes to represent them. Carol was chosen based on her 1500 meter performances in last year's Texas relays and last November's AAU National Girls Cross Country championship in Albuquerque.

Carol will also represent the Texas Track Club in the 1500 meter and 3000 meter runs in this year's Texas Relays (April 7th), the Drake Relays at Des Moines, Iowa, Houston's "Meet of Champions" on May 5th, and the TFA-USA National meet in Wichita, Kansas on May 25-26.

GOOD LUCK CAROL!

75 Mile Club

As a result of the March race, Sarah Lamont became the first club member to make the 75 mile club this year, and become eligible for a patch. There is a maximum of 22 miles in club races remaining this year, and seven runners who have a mathematical possibility of making it.

	<u>Miles to Date</u>	<u>Miles Needed</u>
1. Ray Lamont	71 76	4
2. Mike Greer	68 73	7 2
3. Ed Vernon	65	10
4. Gene Coppin	58 63	17 12
5. Charles Neil	54	21
6. Ford Roberson	54 59	21 16
7. Tom Bowser	53	22

TFA-USA ONE 3RD ANNUAL ONE HOUR RUN NATIONAL CHAMPIONSHIPS

ODESSA, TX 3/17/79  
WINDY, WET, HUMID,  
15-20 MPH, SOUTH 630  
WATER PUDDLES ON TRACK

Steve Stallings of Midland held back from Jack Petty's (Odessa) early 5:15 mile pace but made his move in the middle stage of the race to win the TFA-USA open and overall title of the ONE-HOUR RUN CHAMPIONSHIPS. Steve made his initial move just before the 30-minute mark and ran a steady confident run throughout.

Norm Smith (Midland) 30-39 winner also held back until the final 12 minutes and as he eased alongside Petty said "Come on Jack, we'll finish together!" It was noted that Petty had some minor dry heaves and muttered for Norm to go on. Norm did, with 109 yd. lead at the end.

Jack Shropshire (Lubbock) went out with Petty and held 2nd overall for quite sometime and said he just wanted to stay "ahead of schedule." Insuring his division title after the runners had shuffled a few laps, he trailed Petty for a few miles and said "I'll just hang here and let you break the wind as long as I can!" Howard Millsap, (Odessa) still on his "comeback" was 2nd.

Pam Muller (Ladies Division) questioned Debra Montgomery's apparent win and a check of time sheets showed Debra's 5th and 6th laps to be 56 sec. and 66 sec. respectively. Although Debra stated she was most capable of a 2-minute 880 (enroute), meet officials overruled her and adjusted an obvious error placing Pam first. Had Arlyne Ragan (3rd Place) questioned, it is likely there could have been further correction based on the time sheets. The official time sheets do prevent such errors and this is an excellent example of same.

Pam completed a shut-out of Odessa's 1st places. In past years the locals dominated at least 3 of the 5 divisions annually.

One of the original club members from years back returned to the participation scene, taking 3rd in the 50's! Bert Smith, formerly Andrews resident, now Odessa, and his wife Earlene, who took the 6th place medal (Ladies) are in action.!

Snoose Alexander of McCamey had no side stitch today besting his close rival Tom Bowser of Odessa. Snoose bettered his last year's winning mark of 8-miles with another lap and 224 yds in teh 50-Over Division.

Bowser, admitted to "playing around for a workout" when Petty urged him to run in lane one instead of lanes 2 & 3! Tom also would pick up his pace and run a curve or straight with Petty throughout the run, urging the other to go faster.

With 6 awards in the divisions, everyone who had the time and guts to show, did well. Bernie Wall -- where are you? Bernie left without his medal or result sheet and so did someone else where name is misplaced.

An extra division was created for all age 15 and under runners but Steve Shropshire covered 10 yds. Short of 7 1/2 mile to win handily.

There was the usual shortage of lap-counters but those who were there preserved for the unaware and unable we had enough competent help who counted for two, three and (yes, some) for 4 people. Our most sincere thanks to all for your help and understanding. Especially John Blackman, timer, and Rick Picketts, results recorder.

Division Results

Open	Laps	Yards	40's	Laps	Yards
1. Steve Stallings	41	35	1. Jack Shropshire	38	288
2. Rick Rodriguez	36	275	2. Howard Millsap	35	100
3. Ford Roberson	36	235	3. J. Price	30	306
4. - Brevard	29	420	4. W. Merritt	29	150
5. Johnny Blackman	26	360	5. Phil Eggleston	27	152
6. Mark Blackman					
<u>30's</u>			<u>50's</u>		
1. Norman Smith	39	405	1. Snoose Alexander	33	224
2. Jack Petty	39	294	2. Tom Bowers	32	282
3. "Doc" Palamarchuk	39	220	3. Bert Smith	24	0
4. Bob Cunningham	38	420			
5. Rick Ricketts	37	177	<u>15 and Younger</u>		
6. Bernie Wall	37	110	1. Steve Shropshire	29	430
7. Terry Diveley	35	145	2. James Kennedy	21	6
8. Bud Morgan	31	5	<u>Ladies</u>		
9. Joe Tave	29	304	1. Pam Miller	27	5
10. Charles Lowrance			2. Debra Montgomery	26	220
11. - Tomlinson	27	20	3. Arlyne Regan	25	365
12. - Anderson	26	220	4. Donna Dozier	24	390
13. John Gihomski	25	157	5. M. Hague	24	271
			6. Earlene Smith	24	217
			7. D. Fagan	24	29
			8. Terri Valero	23	200

HELP! HELP! HELP!

We need your help in holding down rates and in insuring that you receive your newsletter on time. We are now mailing the newsletter as third class matter. The Post Office department will NOT forward third class material if you have moved. They will return it to us and charge us an additional \$0.25 for returning it. If we then remail it to you, we must send it first class, which is an additional \$0.15. This means that every newsletter that is returned is costing us about \$0.49 to get it to you. The ridiculously low level of our dues will not permit this type of mailing expense. We had 20 newsletters returned this month because the recipients had moved. If your newsletter is returned to us it will also practically guarantee that you will receive it late. So, please, please, please, notify us immediately if you change addresses. It will help us hold expenses down and it will permit you to receive your newsletter on time.

FIRST ANNUAL  
KIMANIS BUFFALO RUN

April 21, 1979 Hunsley Hills Golf Pro Shop 9:00 A.M. Start  
U.S. 87 and S.H. 60

13.1 Mile Mini-Marathon and 2 Mile Race

Prizes: Gold, silver, and bronze medals in Open Division only.  
All other divisions, 1st and 2nd place medals.  
Each Finisher will receive: T-shirt, time and order of finish, free refreshments.

Refreshment stand available for everyone.

ENTRY FEE: \$5.00

Mini-Marathon Divisions:

MEN:	<input type="checkbox"/> Open	<input type="checkbox"/> Open
	<input type="checkbox"/> 12 and under	<input type="checkbox"/> 12 and under
	<input type="checkbox"/> 13-18	<input type="checkbox"/> 13-25
	<input type="checkbox"/> 19-29	<input type="checkbox"/> 26 and over
	<input type="checkbox"/> 30-39	
	<input type="checkbox"/> 40-49	
	<input type="checkbox"/> 50 and over	

2 Mile Race Divisions:

MEN:	<input type="checkbox"/> 12 and under	<input type="checkbox"/> 12 and under
	<input type="checkbox"/> 13-18	<input type="checkbox"/> 13-25
	<input type="checkbox"/> 19-29	<input type="checkbox"/> 26 and over
	<input type="checkbox"/> 30-39	
	<input type="checkbox"/> 40-49	
	<input type="checkbox"/> 50 and over	

Check Only One Division In Only One Of The Races

NAME:  
ADDRESS:  
CITY, STATE, ZIP:

For more information contact John Eder, 806/655-7735 or 806/655-7316 or P.O. Box 149 Canyon, Texas 79015.

Note :

Several missing pages

From this newsletter -

Steel7