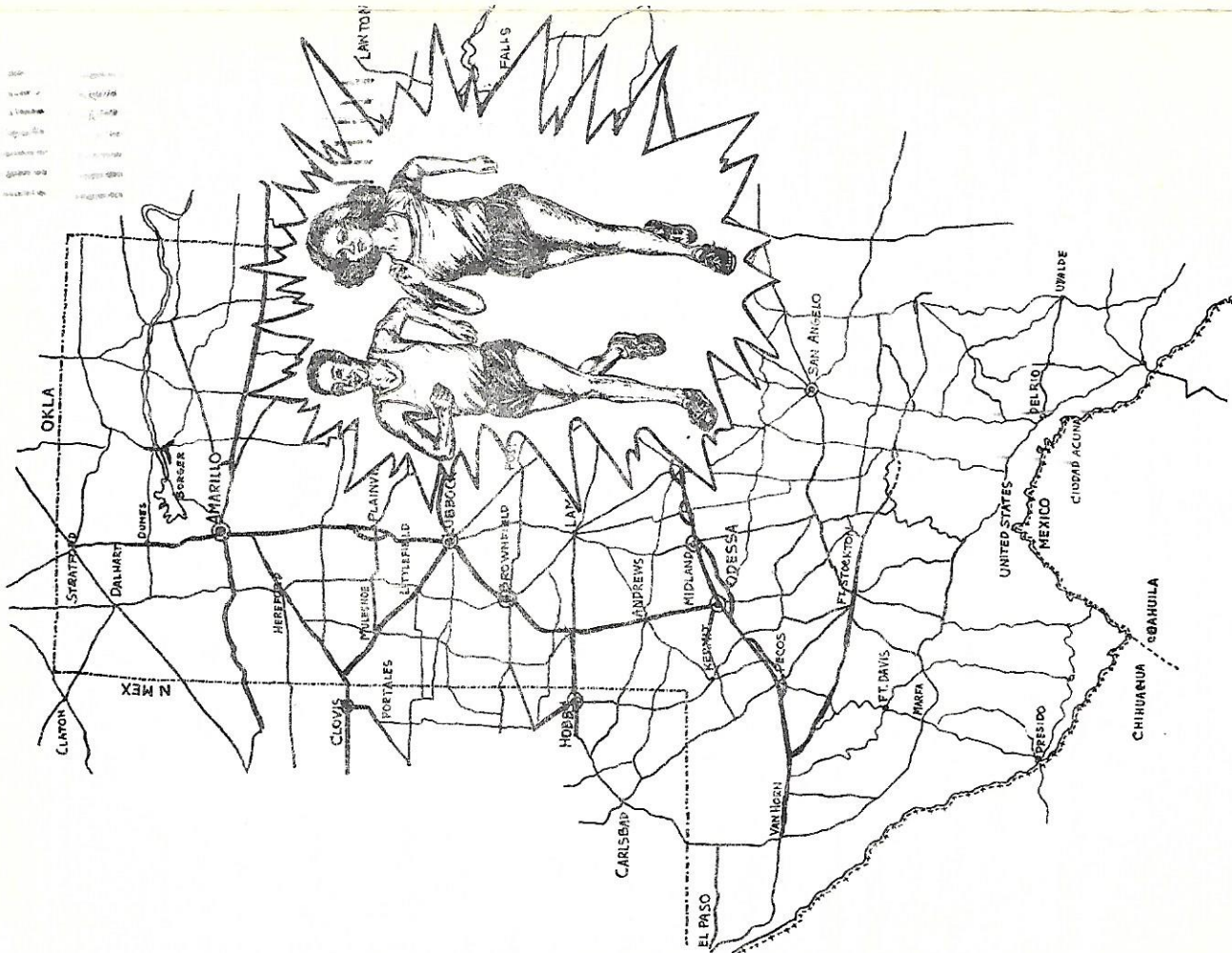


October 1979

Gene Adams  
Route 1  
Brownfield, TX 79316



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



COURSE RECORDS

13 MILE

Overall Course Record:  
 Club Member's Record:  
 30-39 Record:  
 40-49 Record:  
 50 & Over Record:  
 Ladies Record:

Dan Clark Bergstrom AFB 1:08:18 1972  
 John Bednarski 29 Odessa 1:08:39 1978  
 Tom Mayfield 38 San Angelo 1:14:06 1977  
 Dale Thompson 43 Amarillo 1:19:17 1977  
 Tom Rowser 51 Odessa 1:40:21 1978  
 Caylene Caddell 27 Lubbock 1:44:30 1978

2 MILE

Overall Course Record:  
 Club Member's Record:  
 High School & Under:  
 Club Member Record:  
 30-39 Record:  
 Ladies Record:  
 Club Member's Record:

Mark Johnson 19 Lubbock 9:52 1975  
 Cliff McCurdy 23 Lubbock 10:11 1977  
 Curtis Conaway Lubbock 9:54 1977  
 Kim Winkle 17 Big Spring 10:08 1975  
 Jack Petty 31 Odessa 11:05 1974  
 Isabel Navarro 17 Brownfield 12:06 1975  
 Carol Tyika 17 Odessa 13:09 1978

SCHEDULE OF UPCOMING EVENTS

\*Saturday November 10:

4th Annual Buffalo Springs Lake 13 mile and 2 mile runs. 10:00 A.M., Lubbock, TX, Contact Ray Lamont 743-2890 for information.

Saturday November 10:

3rd Annual Killseen Marathon, Half Marathon, and 5 mile runs. Ellison High School, 9:00 A.M., T-shirts for all. Contact 2707 Reed Lane, Killeen, TX 76541.

Sunday November 11

Turkey 10,000, The Athlete's Foot, #149 Westgate Mall, Abilene, TX 79605, 2:00 p.m., Nelson Park off Hwy 36 and Loop 277.

Saturday, November 17:

National AAU 25 KM Championship 12:00 noon, Mohawk Park, Tulsa, Okla. Contact Tulsa Road Runners Club, 7734 East 53rd Pl., Tulsa, Okla. 74145.

Saturday November 17:

Thanksgiving Day Turkey Trot, 5 miles, 9:00 A.M. McAllister Park, San Antonio, TX. Contact SARR Box 12474, San Antonio 78212.

Saturday December 1:

19th Annual Dallas White Rock Marathon 9:00 A.M. AAU Card Required. Register before November 26. Contact White 213, 6434 E. Mockingbird Lane, Dallas, TX. 75214.

\*Saturday December 8:

7 Mile and 2 Mile Runs, 10:00 A.M. North Concho Lake, San Angelo, TX. Contact Tom Mayfield, 2537 TCU, San Angelo 76901, (915) 944-3157.

Saturday December 15:

Davis Mountain Marathon, 9:00 A.M., Prude Ranch Fort Davis, TX. Contact John Prude, Prude Ranch, Box 1431, Fort Davis, TX 79734 (915) 426-3347.

WEST TEXAS RUNNING CLUB NEWSLETTER

OCTOBER 1979

\*\*\*\*\*

NOVEMBER CLUB RACE

DISTANCE: 13 Miles and 2 Miles  
 DATE: Saturday, November 10, 1979  
 TIME: 10:00 A.M.  
 LOCATION: Buffalo Springs Lake, Lubbock, Texas (See Map)

DIVISIONS AND AWARDS:

	13 MILE	2 MILE	No. of Trophies
Open	6	Open	4
30-39	6	High School & Under	4
40-49	6	30-39	7
50 & Over	3	40 & Over	3
Ladies	4	Girls	4
		Ladies	4

Entry Fee:

Club Members \$1.00  
 Non-club Members \$2.00  
 An entry fee of 50¢ per person is required to enter Buffalo Springs Lake Park. None of this accrues to the West Texas Running Club.

Course:

13 Mile - Two loops around the Lake. Asphalt roads with some tough hills  
 2 Mile - Out and back, asphalt roads, flat

Race Director (For More Information Contact):

Ray Lamont  
 5204 47th St.  
 Lubbock, TX 79414  
 Phone (work) (806) 743-2890  
 (home) (806) 797-2460



\*Saturday January 12: Palo Duro Canyon Marathon and 4 Mile run, 10:00 A.M.  
 Contact Bob Dunbar 6526 Fulton, Amarillo, TX 79109.

\*Regular WTRC Monthly Race

9 MILE AND 2 MILE RACES, SATURDAY, OCTOBER 13, 1979  
 10:00 A.M. Coleman Park, Brownfield, Texas

A small group of runners destroyed the course records on this cool and breezy day. Only one record remained intact after the two races were finished. Obviously, this was one you should not have missed. See the course records and race results for details.

Outstanding runs were made by overall 9 mile victor John Bednarski and overall 2 mile victor Jimmy Whitley. Also of note were the winning performances of Isabel Navarro, Sherrill Easterling, Sarah Lamont, Carlos Ybarra, Cliff McCurdy, Bob Dunbar, Tom Bowser, and Bobby Richardson.

Buddy Wise, a faithful and steadily improving runner, has made a gracious monetary donation to the club. As you know, we do not actively solicit gifts, but we do gratefully accept them. Thanks, Buddy.

While El Presidente has been in Germany training at the Octoberfest, several runners have assisted in preparing this newsletter. Our sincere appreciation to Ann Trompler, Sarah Lamont, Richard Morgan, Bruce Blankenship, and Dr. George Jury. More club members need to be involved in the continuing preparation of the newsletter. Come on runners; it's your club. Help Gene out by volunteering to work 2 to 4 hours a month. There are plenty of jobs to go around.

See you all at Buffalo Springs Lake on November 10.

Rambling Ray

9-Mile Results  
 DIVISION TROPHY WINNERS

LADIES

- \*1. Sherrill Easterling 29 Coahoma 60:29
- 2. Sompis Richardson 35 Brownfield 71:47
- 3. Nancy Adams 37 Brownfield 72:12
- 4. Suzanne Wilson 26 Seminole 77:14

OPEN

- 1. Cliff McCurdy 25 Lubbock 48:53
- 2. Henry Arellano 21 Lubbock 51:17
- 3. John Leonard 23 Lubbock 52:54

9 Mile Division Winners (Cont'd)

- 4. Alberto Alvarez 27 Pecos 53:32
- 5. Ron Shew 28 Lubbock 53:49
- 6. John Elsweller 27 Lubbock 55:22

30-39 DIVISION

- \*\*1. John Bednarski 30 Odessa 46:37
- 2. Bobby Cunningham 39 Lubbock 50:08
- 3. John Trompler 32 Lubbock 54:16
- 4. Terry Diveley 34 Odessa 56:28
- 5. Peter Van Bever 37 Lubbock 60:21
- 6. Dave Drennan 37 Midland 62:07

40-49 DIVISION

- \*1. Bob Dunbar 45 Amarillo 52:40
- 2. Don Sanderson 49 Tulia 56:44
- 3. Howard Millsap 43 Odessa 57:46
- 4. Bob Hamrin 44 Lubbock 58:59.7
- 5. George W. Jury 43 Lubbock 61:31
- 6. Bernard Hartman 45 Lubbock 61:38

50 & OVER DIVISION

- \*1. Tom Bowser 52 Odessa 60:19
- 2. Warren G. Brown 58 Amarillo 65:08
- 3. Bob Ezzell 55 Borger 65:26

\*\*NEW OVERALL COURSE RECORD AND DIVISION RECORD  
 \*NEW DIVISION RECORD

2-Mile Results  
 DIVISION TROPHY WINNERS

GIRLS (24 & Under)

- \*1. Isabel Navarro 20 Brownfield 11:25
- 2. Debbie Moreno 23 Lubbock 14:11
- 3. Mary Whitten 9 Canyon 15:36

LADIES (25 & Over)

- 1. Sarah Lamont 31 Lubbock 14:35
- 2. Pat Dolan 29 Lubbock 15:30

OPEN

- \*\*1. Jimmy Whitley 29 Odessa 9:25
- 2. Herbert Perez 18 Brownfield 9:30
- 3. Pat Handren 20 Lubbock 11:24

2 Mile Division Winners (Cont'd)

HIGH SCHOOL AND UNDER

*1. Carlos G. Ybarra	17	Lamesa	9:26
2. Shane Cunningham	17	Abernathy	9:35
3. Mark Morris	15	Amarillo	12:23
<u>30 &amp; OVER</u>			
1. Bobby Richardson	33	Dumas	9:40
2. Norman Pittenger	42	El Paso	11:45
3. Robert Gorsline	37	Lamesa	12:48
4. Ray Barbosa	32	Amarillo	13:30

\*\*NEW OVERALL COURSE RECORD  
\*NEW DIVISION RECORD

NEW OCTOBER COURSE RECORDS

9 MILE	Overall Course Record: John Bednarski	30,	Odessa	46:37	1979
	30-39 Record: John Bednarski	30,	Odessa	46:37	1979
	40-49 Record: Bob Dunbar	45,	Amarillo	52:40	1979
	50 & Over Record: Tom Bowser	52,	Odessa	60:19	1979
	Ladies Record: Sherrill Easterling	29,	Coahoma	50:29	1979
2 MILE	Overall Course Record: Jimmy Whitley	29,	Odessa	9:25	1979
	High School Record: Carlos Ybarra	17,	Lamesa	9:26	1979
	30 & Over Record: Bobby Richardson	33,	Dumas	9:40	1979
	Girls Record (24 & Under): Isabel Navarro	20,	Brownfield	11:25	1979
	Club Member: Debbie Moreno	23,	Lubbock	14:11	1979
	Ladies Record (25 & Up): Caylene Caddell	27,	Lubbock	12:36	1978

9 MILE RESULTS

<u>Place</u>	<u>Name</u>	<u>Age</u>	<u>City</u>	<u>Time</u>	<u>Per Mile Avg.</u>
1.	John Bednarski	30	Odessa	46:37	5:10.8
2.	Cliff McCurdy	25	Lubbock	48:53	5:25.9
3.	Bobby Cunningham	39	Abernathy	50:08	5:34.2
4.	Henry Arellano	21	Lubbock	51:17	5:41.9
5.	Bob Dunbar	45	Amarillo	52:40	5:51.1
6.	John Leonard	23	Lubbock	52:54	5:52.7
7.	Alberto Alvarez	27	Pecos	53:32	5:56.9
8.	Ron Shew	28	Lubbock	53:49	5:58.8
9.	John Trompler	32	Lubbock	54:16	6:01.8
10.	John Eisweiler	27	Lubbock	55:22	6:13.6
11.	Joe Longoria	28	Plainview	56:08	6:14.2
12.	Terry Diveley	34	Odessa	56:28	6:16.4
13.	Don Sanderson	49	Tulia	56:44	6:18.2
14.	Howard Millsap	43	Odessa	57:46	6:25.1
15.	Randy Stewart	26	Lubbock	58:31	6:30.1
16.	Bob Hamrin	44	Lubbock	58:59.7	6:33.3
17.	Shawn Stovall	21	Lubbock	59:47	6:38.5
18.	Tom Bowser	52	Odessa	60:19	6:42.1
19.	Peter Van Bever	37	Lubbock	60:21	6:42.3
20.	Sherrill Easterling	29	Coahoma	60:29	6:43.2
21.	Freddy Longoria	22	Lubbock	61:18	6:48.7
22.	George W. Jury	43	Lubbock	61:31	6:50.1
23.	Bernard Hartman	45	Lubbock	61:38	6:50.8
24.	Dave Drennan	37	Midland	62:07	6:54.1
25.	Kevin Worthington	23	Midland	62:54	6:59.3

26.	Ray Lamont	33	Lubbock	63:28	7:03	11.	Mark Morris	15	Amarillo	12:23	6:11.5
27.	Samuel Richardson	34	Brownfield	63:53	7:05.9	12.	Robert Gorsline	37	Lamesa	12:48	6:24
28.	Larry Isom	30	Idalou	64:19	7:08.8	13.	Ray Barlosa	32	Amarillo	13:30	6:45
29.	Richard Moran	35	Lubbock	64:35	7:10.5	14.	Ralph Wolf	42	Abernathy	13:36	6:48
30.	Frank Barrow	35	Tahoka	64:45	7:11.7	15.	Debbie Moreno	23	Lubbock	14:11	7:05.5
31.	Warren S. Brown	58	Amarillo	65:08	7:14.2	16.	James Livermore	32	Lubbock	14:22	7:11
32.	Bob Ezzell	55	Borger	65:25	7:16.2	17.	Jerry James Whitten	9	Canyon	14:29	7:14.5
33.	Ed Vernon	49	Snyder	69:03	7:40.3	18.	Sarah Lamont	32	Lubbock	14:35	7:17.5
34.	Bob Schultz	37	Lubbock	69:13	7:41.4	19.	Pat Dolan	29	Lubbock	15:30	7:45
35.	Baugh Lewis	53	San Angelo	69:29	7:43.2	20.	Mary Whitten	9	Canyon	15:36	7:48
36.	Sompis Richardson	35	Brownfield	71:47	7:58.5	21.	Rosanne Whitten	12	Canyon	16:06	8:03
37.	Luddy Wise		Lubbock	72:12	8:01.3	22.	Jerry Whitten	36	Canyon	16:14	8:07
38.	Nancy Adams	37	Brownfield	72:12.1	8:01.3	23.	Becky Arderm	24	Lubbock	16:59	8:29.5
39.	Suzanne Wilson	26	Seminole	77:14	8:34.9	24.	Ray Barlosa, Jr.	9	Amarillo	19:46	9:53
40.	Denise Stiten	25	Lubbock	84:44	9:44.9	25.	Tina Kennedy	12	Canyon	21:33	10:46.5
41.	Robert Stiten	35	Lubbock	94:44.1	9:44.9	26.	Dolores Barbaros	10	Amarillo	21:54	10:57
						27.	Jimmy Whitten	6	Canyon	22:00	11:00

2 MILE RESULTS

1.	Jimmy Whitten	29	Ddessa	9:25	4:42.5
2.	Carlos Verra	17	Lamesa	9:26	4:43
3.	Herbert Perez	10	Brownfield	9:30	4:45
4.	Shane Cunningham	17	Abernathy	9:35	4:47.5
5.	Bobby Richardson	33	Dumas	9:40	4:50
6.	Pat Handren	29	Lubbock	11:24	5:42
7.	Isabel Mavario	20	Brownfield	11:25	5:42.5
8.	Norman Pittenger	42	El Paso	11:45	5:52.5
9.	Marc Martinelli	21	Lubbock	12:16	6:08
10	Grag Anderly	29	Lubbock	12:19	6:09.5

OCTOBER HANDICAP RESULTS

	Name	Handicap Time	Actual Time	Differen
* 1.	Sompis Richardson	83:06	71:47	-11:19
** 2.	Larry Isom	73:43	64:19	- 9:24*
3.	Ed Vernon	77:25	69:03	- 8:22
4.	Sam Richardson	71:05	63:53	- 7:12
5.	Frank Barrow	69:54	64:45	- 5:09
6.	Bob Dunbar	57:37	52:40	- 4:57
7.	Tom Bowser	64:51	60:19	- 4:32
8.	Bernard Hartman	66:09	61:38	- 4:31

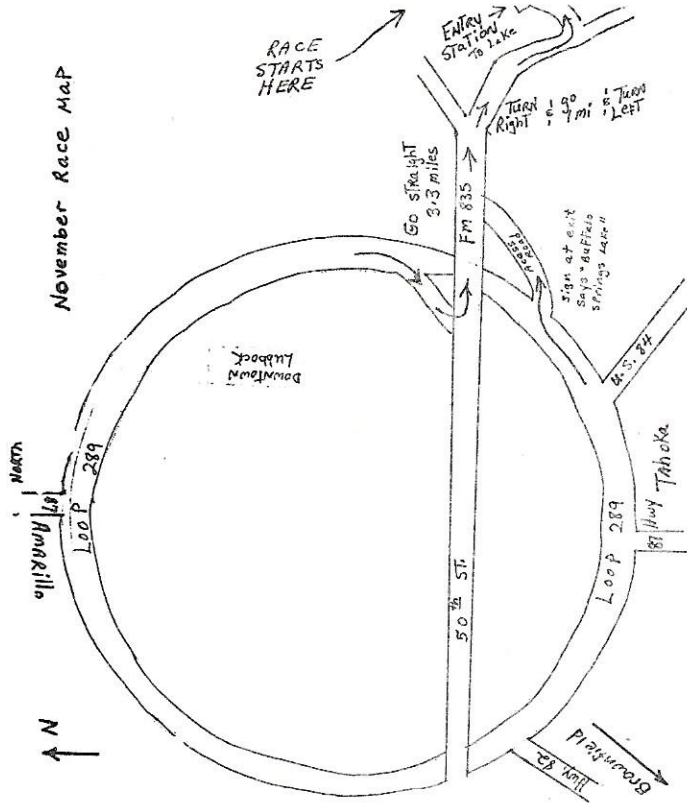




HANDICAPS (Cont'd)

25.	Norman Pittenger	---	503.214	518.403	1:27:104	410.465	---	410.465	1:35:31
26.	Don Sanderson	494.572	559.259	516.970	1:27:110	384.263	398.788	409.575	1:35:35
27.	David Drennan	---	449.630	515.851	1:27:115	265.160	408.056	408.056 *	1:35:43
28.	Howard Pillsap	488.378	536.296	509.300	1:27:143	404.654	---	404.654	1:36:00
29.	Pee Wee Haiseil	508.161	---	508.161	1:27:148	403.620	---	403.620	1:36:05.5
30.	Joe Tighe	504.556	534.217	504.556	1:28:104	377.416	457.778	403.497	1:36:06
31.	Ford Roberson	502.213	---	502.213	1:28:114	402.371	---	402.371	1:36:12
32.	Bob Hamrin	483.426	509.250	502.190	1:28:14.3	397.862	---	397.862**	1:36:35
33.	Thomas Boyle	497.507	---	497.507	1:28:35	393.611	---	393.611	1:36:58
34.	Bob Nelson	495.021	---	495.021**	1:28:46	392.015	---	392.015**	1:37:06
35.	Tommy Slaughtor	483.761	---	483.761	1:29:36	358.138	394.444	361.659	1:39:53
36.	Richard Kleinhans	481.409	---	481.409	1:29:47	341.573	403.611	361.393	1:39:54
37.	Joe Longoria	---	572.593	479.273	1:29:56	319.962	400.833	336.560	1:42:17
38.	John Yee	471.065	---	471.065	1:30:34	219.887	331.667	331.667 *	1:42:46
39.	Danny Kenney	464.855	---	464.855	1:31:03	327.431	---	327.431	1:43:12
40.	Sherrill Easterling	442.828	479.444	458.588	1:31:33	325.178	---	325.178**	1:43:25
41.	Gene Adams	455.059	---	455.059	1:31:50	318.203	---	318.203	1:44:08
42.	Donald Webb	445.352	---	445.352	1:32:36	311.808	---	311.808	1:44:47
43.	George Jury	415.466	459.722	439.845	1:33:03	306.608	---	306.608	1:45:19
44.	Gene Coppin	432.103	---	432.103	1:33:41	304.489	---	304.489	1:45:33
45.	Bynne Bass	431.455	---	431.455**	1:33:44	318.5575	263.095	300.070	1:46:01
46.	Ray Lamont	404.362	424.722	422.762	1:34:27	155.0045	292.889	292.889 *	1:46:47
47.	Tom Bowser	399.157	482.963	422.682	1:34:27.6	279.409	325.556	291.019	1:46:58
48.	David Hilburn	420.484	---	420.484	1:34:39	269.844	286.667	279.156	1:48:16
49.	Samuel Richardson	302.285	417.037	417.037 *	1:34:56	265.783	---	265.783	1:49:46
50.	Mindie Mayfield	415.747	---	415.747	1:35:03	260.894	---	260.894	1:50:19





November Race Map

78. Bill Cagle	255.064	----	255.064	1:51:00
79. Dan Pulattie	249.974	----	249.874	1:51:36
80. Clyde Wilson	249.790	----	249.798	1:51:36.4
81. Janet Mitchell	249.147	----	249.147	1:51:41
82. Sarah Lamont	234.082	255.000	245.572	1:52:06
83. Frank Taylor	244.290	----	244.290	1:52:16
84. Brenda Barrett	230.132	----	230.132	1:53:57
85. James Livermore	199.701	271.463	215.955	1:55:35
86. Nancy Adams	----	206.639	215.185	1:55:49
87. Mary Whitten	199.625	189.192	190.172	1:58:15
88. Darlene Roos	187.173	----	187.173	1:59:27
89. Melissa Gebhart	178.794	----	178.794	2:00:35
90. Arlyne Ragan	170.659	----	170.659	2:01:43
91. Roxanne Whitten	163.4685	159.428	162.122	2:02:54
92. Jerry Whitten	102.502	151.809	130.540	2:07:33
93. Rob Schooler	109.003	----	105.003	2:10:57
94. Cathy Roberson	101.273	----	101.273	2:12:12
95. Dianna Fayo	87.940	----	87.940	2:14:25
96. Jane Miller	84.998	----	84.998**	2:14:56
97. Tina Kennedy	54.097	zero	14.164	2:28:15
98. James Whitten	zero	zero	0.000	2:31:14

\*New Average Performance Level = last race performance due to a greater than 100 point level improvement standard rule (This better approximates the actual training level)

\*\*Runner must run the November race in order to stay on the handicap list (3 races within 12 months required)

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