

December 1980

Dec. 8

HARTMAN DR BERNARD
DEPT OF BIOLOGICAL SC
TEXAS TECH UNIVERSITY
LUBBOCK, TX 79409

2:44
2.8

6 = 46.5
11 = 85.25 = 2:04
16 = 124.00 = 2:43
21 = 162.75 = 3:25
26 =

5/6
11 miles

2:43.0
4.5
2.8
4.5
3:24.5



5 mile

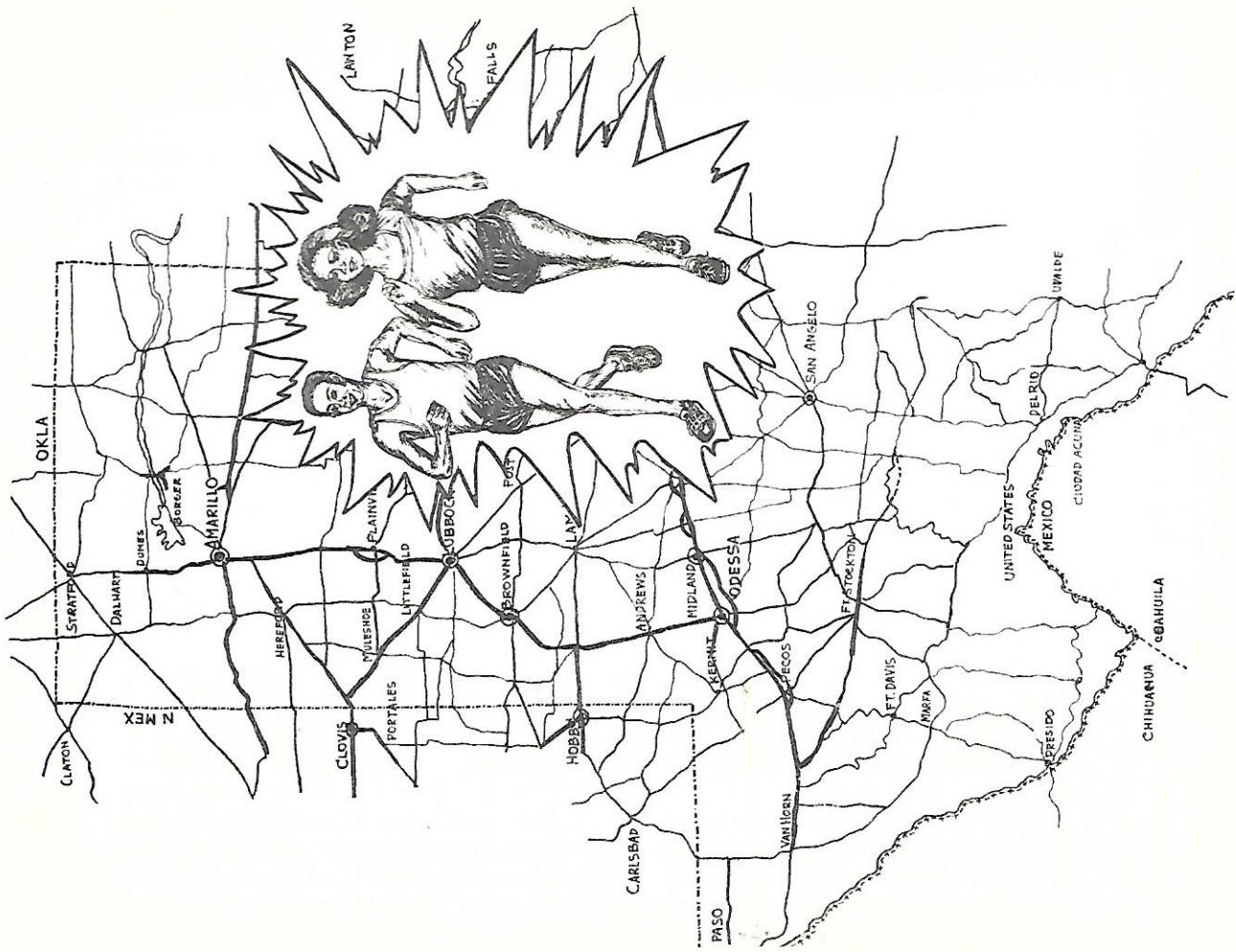
5.2 = 40:37
10.5 = 1:11
15.7 = 2:02
21.0 = 2:43
26.2 = 3:24

Route 1, Brownfield,
Brownfield, Texas 79316

Very busy

Very busy

3 miles out
3 miles in
3 miles out



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

Sponsored by the West Texas Running Club, and
 "The Hub Clothiers", 604 South Polk and 7 Sunset Center
 in Amarillo, and also located in Pampa

DATE: Saturday, January 10, 1981

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 9, 1981. \$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. UIL rules prevent giving T-shirts to High School Four Mile Runners.

COURSE: Marathon: The course is located entirely within beautiful Palo Duro Canyon State Park. It will consist of 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. Temperatures in the Canyon normally average 10 degrees warmer than on the table land above. The Canyon also offers some protection on a windy day. Wind velocity in the Canyon is normally appreciably less than on the surface above the Canyon. This is an exact course, measured with a calibrated wheel in exact accordance with procedures established by the AAU standards committee. The course is certified.

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

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

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

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

DIVISIONS: MARATHON FOUR MILE

- Open
 - High School
 - 30-39
 - 40-49
 - 50 & Over
 - Ladies
- 15 & Under
 - High School
 - Open
 - 30-39
 - 40 & Above
 - Ladies (35 & Over)
 - Ladies (25-34)
 - Girls (under 25)

AWARDS: First Place overall (Marathon) - Champion's Trophy
 First Place Each Division (Marathon) Electronic Stopwatch
 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
 T-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:	Royce Jones	35	Clovis, NM	3:38:01	1977
40-49 Record:	Dale Thompson	42	Amarillo	2:59:00	1978
Club Member:	Al Becken	49	San Angelo	3:59:30	1978
50 & Over Record:	Tom Bowser	52	Odessa	3:28:14	1980
Ladies Record:	Odette Bonnett	29	Albuquerque, NM	3:05:48	1980
Club Member:	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:	Bruce Washburn	17	Tucumcari, NM	20:25	1980
Club Member:	Buddy Hutto	17	Clovis, NM	23:05	1979
15 & Under Record:	Howard Loehr	15	Amarillo	22:23	1977
Club Member:	Mike Northrup	14	Plainview	24:30	1980
30-39 Record:	Louis Allred	32	Pampa	22:27	1978
Club Member:	Jack Petty	33	Odessa	22:58	1977
40 & Over Record:	Bob Dunbar	46	Amarillo	23:50	1980
Ladies Record:	Sherrill Easterling	30	Coahoma	26:52	1980
Girls Record:	Elizabeth Hoiguin	17	Brownfield	26:32	1980

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)

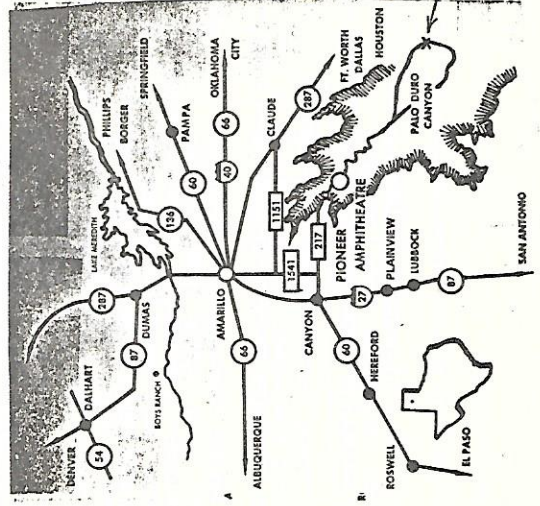
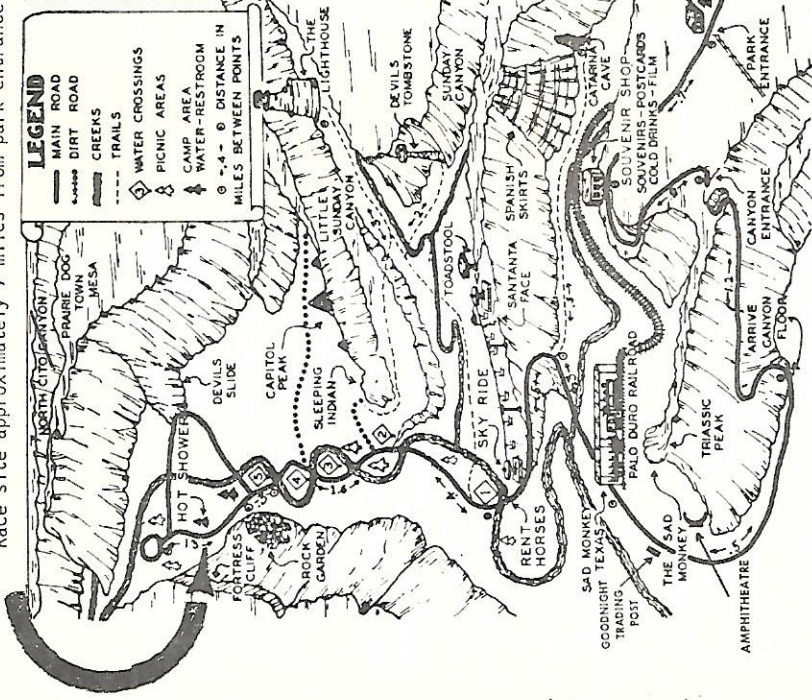
Route 2, Box 142
 Canyon, Texas 79015
 Telephone (806) 655-2561

Arrival before 6:00 p.m.
 requires no advance payment

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, Travelodge, 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

Race site approximately 7 miles from park entrance



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 10, 1981, 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 _____

Signature of Parent or Guardian, if a minor _____

Please enter me in the Palo Duro Canyon _____ Marathon _____ Four Mile Run (check one) on January 10, 1981. 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

SCHEDULE OF EVENTS

- Thursday, January 1, 1981: 1, 3, 5 and 10 mile races in Carlsbad, New Mexico. 10:00 a.m. Contact John Alexander, 704 N. Hickory, Carlsbad, New Mexico 88220.
- *Saturday, January 10, 1981: 5th Annual Palo Duro Canyon Marathon and 4 Mile. Palo Duro Canyon, Canyon, Texas. Contact Bob Dunbar, 6526 Fulton, Amarillo, Texas 79109, (806) 353-2725.
- Saturday, January 24, 1981: Cross Country Individual and Team Championship 5 Mile Race. 10:00 a.m., Dry Creek Park, O. C. Fisher Lake, San Angelo, Texas. For further information, call (915) 949-8937 after 5:00 p.m.
- *Saturday, February 14, 1981: 9th Annual 8 Mile & 3 Mile "Cotton Patch" Run. 10:00 a.m., Brownfield, Texas.
- Saturday, February 14, 1981: Woodlands Inn Marathon. 8:00 a.m. at The Woodlands (25 miles north of Houston). Contact: Mary Beth Von Oehsen, The Woodlands Inn, 2301 N. Millbend Drive, The Woodlands, Texas 77380.
- Saturday, February 28, 1981: Cowtown Marathon and 10K. 9:00 a.m., Fort Worth, Texas. Contact: Cowtown Marathon, Institute for Human Fitness, Camp Bowie at Montgomery, Fort Worth, Texas 76107, (817) 870-5270.
- *Saturday, March 14, 1981: 4 Mile Run, 10:00 a.m., Hodges Park (Community Center) 40th & University, Lubbock, Texas. Contact: Don Kephart (806) 797-4604, evenings.
- Saturday, March 21, 1981: Oil Capital Marathon, Tulsa, Oklahoma, 9:00 a.m. Contact: Tulsa Running Club, 6200 South 221 East Avenue, Broken Arrow, Oklahoma 74012.
- Sunday, March 22, 1981: Capital 10,000. Austin, Texas. Contact Austin American-Statesman, Austin, Texas.
- Saturday, March 28, 1981: Marathon of the Great Southwest. 7:00 a.m., Abilene, Texas. Contact Mike Osborn, Box 3137, Abilene, Texas 79604.
- Saturday, April 25, 1981: Golden Yucca Marathon, 8 Mile and 3 Mile. 7:00 a.m., Hobbs, New Mexico. Contact Steve McCleary (505) 392-6561.

7 MILE and 2 MILE RESULTS
SATURDAY, DECEMBER 13, 1980

SAN ANGELO, TEXAS

Forty - five runners toed the starting line on a pleasant December morn for the 9th annual running of the "Concho Crawl" at North Concho Lake in San Angelo. When the sweat had cleared (and undeterred by a pile of gravel at one point and a 1½ to 2 mile stretch of roadway repair at another) Gary Gabriel (San Angelo) and Cliff McCurdy (Lubbock) had emerged overall winners. Gabriel outlegged his nearest rival Herbert Perez (Brownfield) by a comfortable forty-two second margin in winning the two miler. Ruben Aguillon (San Angelo) captured honors in the High School Division while Norman Pittenger (El Paso) won the 30 and Over Division. Donna Repman (Midland) set a new Girls (24 and under) course record with a 12:47. She broke the mark set just last year by Velma Arroyos by 66 seconds!

In the 7 Miler, Cliff McCurdy running in the Open Division, won by a 42 second margin over Chandler Pruitt (San Angelo). And, in a battle of 40-49 Division titans, Tom Mayfield (San Angelo) conquered Bobby Cunningham (Abernathy), Mayfield breaking Dale Thompson's record by 24 seconds in the process. Tommy Wilson (Fort Worth) and sixteen year old Karl Wolfe (Big Spring) also turned in very good times.

Tom Bowser (Odessa) knocked 14 seconds off his own 50 and Over record set last year with a tidy 46:39. Fine wine and fine runners (Chateau le Sprint ?) improve with age. Austin Helm (San Angelo) captured the 30-39 Division while Liz Humphries (San Angelo) took honors for the Ladies.

7 MILE RESULTS

1. Cliff McCurdy	27	Lubbock	37:48	5:24.0
2. Chandler Pruitt	19	San Angelo	38:30	5:30.0
3. Tom Mayfield	42	San Angelo	39:20	5:37.1
4. Bobby Cunningham	40	Abernathy	39:48	5:41.1
5. Tommy Wilson	19	Ft. Worth	40:44	5:49.1
6. Karl Wolfe	16	Big Spring	41:41	5:57.3
7. James Martin	20	San Angelo	42:55	6:07.9
8. Curtis Harris	16	Big Spring	43:38	6:14.0
9. Dave Moritz	27	San Angelo	43:51	6:15.9
10. Austin Helm	32	San Angelo	45:25	6:29.3
11. Dan Pennock	25	Odessa	45:36	6:30.9
12. Tim McNamara	16	Big Spring	45:51	6:33.0
13. Ross Dawkins	38	San Angelo	45:55	6:33.6
14. Howard Millsap	44	Odessa	46:00	6:34.3
15. Ed Humphries	35	San Angelo	46:24	6:37.7
16. Tom Bowser	53	Odessa	46:39	6:39.9
17. Jim Pool	30	Odessa	47:07	6:43.9
18. Mark Hitt	16	Big Spring	47:24	6:46.3
19. Roger Anderson	43	San Angelo	47:45	6:49.3
20. John Long	28	Snyder	48:12	6:53.1
21. Chuck Chamberlin	33	Midland	49:12	7:01.7
22. Don Kephart	28	Lubbock	50:12	7:10.3
23. A. A. Montgomery	59	San Angelo	50:18	7:11.1
24. Bill Cullins	32	San Angelo	50:20	7:11.4
25. Terry Gayle	41	San Angelo	51:52	7:24.6
26. Alan Borger	44	San Angelo	51:52	7:24.6
27. Rick Green	28	Midland	51:56	7:25.1
28. De Wayne Halley	31	San Angelo	51:59	7:25.6
29. Liz Humphries	32	San Angelo	55:19	7:54.1
30. Ed Vernon	11	Snyder	58:26	8:20.9
31. Garren Hill	11	San Angelo	62:42	8:57.4
32. Rodger Hill	30	San Angelo	63:55	9:07.9
33. Gene Adams	46	Brownfield	70:58	10:08.3

7 MILE TROPHIES

<u>Open</u>	<u>30-39</u>	<u>40-49</u>
1. Cliff McCurdy	1. Austin Helm	1. Tom Mayfield
2. Chandler Pruitt	2. Ross Dawking	2. Bobby Cunningham
3. Tommy Wilson	3. Ed Humphries	3. Howard Millsap
4. Karl Wolfe	4. Jim Pool	4. Roger Anderson

Ladies

1. Liz Humphries

50 & Over

1. Tom Bowser
2. A. A. Montgomery
3. Ed Vernon

2 MILE RESULTS

1. Gary Gabriel	19	San Angelo	10:29	5:14.5
2. Herbert Perez	20	Brownfield	11:11	5:35.5
3. Ruben Aguillon	17	San Angelo	11:17	5:38.5
4. Dirk Davis	17	San Angelo	11:29	5:44.5
5. Alex Cruz	16	San Angelo	12:25	6:12.5
6. Norman Pittenger	43	El Paso	12:42	6:21.0
7. Donna Repman	18	Midland	12:47	6:23.5
8. David Hart	28	San Angelo	13:12	6:36.0
9. Francis Johns	46	Midland	14:05	7:02.5
10. Lawrence Leonard	36	San Angelo	14:59	7:29.5
11. Janis Kent	17	San Angelo	14:59	7:29.5
12. Stacie Van Deman	16	San Angelo	15:44	7:52.0

2 MILE TROPHIES

Girls (24 & Under)

1. Donna Repman
2. Janis Kent
3. Stacie Van Deman

High School and Under

1. Ruben Aguillon
2. Dirk Davis
3. Alex Cruz

Open

1. Gary Gabriel
2. Herbert Perez
3. David Hart

30 & Over

1. Norman Pittenger
2. Francis Johns
3. Lawrence Leonard

APPROVAL NEEDED FOR NEW VICE-PRESIDENT

As most of you know, Jack Petty has moved to South Texas. This has left a void for the important activities that need to be accomplished by the Vice-President.

Don Kephart has been actively assisting with race direction, newsletter publication, and general club administration for the last year. His contribution and enthusiasm have been greatly appreciated. We would like to nominate Don for the position of Vice-President of the West Texas Running Club.

If any club member would like to nominate someone else for the position, please feel entirely free to do so. Nominations should be sent to Gene Adams, Route 1, Brownfield, Texas 79316, and should be submitted by January 31, 1981 at the latest.

Please do not nominate someone else because you think they are a nice person or because they are a good runner. This is not an honorary position. It is a working position. There are many time-consuming tasks and responsibilities which the Vice-President will have. If you intend to submit another name in nomination, please check with that person first to be sure that they will accept the position and will accept the work and responsibility that goes with it.

You also may send in your votes of approval for Don if you so desire. We feel that he will do an excellent job as Vice-President. If there are no other nominations, then one vote will serve to elect Don and we will feel that he has been approved by acclamation. If there are other nominations we will publish a ballot in the newsletter and allow you to express your choice.

"THE WINNER'S CIRCLE"

Featured Runner of the Month

NAME: Ed Vernon AGE: 50 HEIGHT: 6 feet WEIGHT: 165#
OCCUPATION: Civil engineer with the Snyder Highway Department

Ed was an outstanding trackster in high school posting times of 10.1 and 50.0 - both were quality marks for 100 and 440 yard runs. From 1947-1953 he played football and basketball while in junior college and the service. Then from age 22 to 39 he did no training at all. He gained up to 200 pounds while smoking 3 packs of cigarettes daily. Later, in 1969, he read Ken Cooper's book and began training. It took a full year to work up to an 8-minute mile. By 1975 he had quit smoking and he joined the WTRC a year later. His first race was a 5 mile in 45:22.

Since then Ed has become a consistent racer with good marks of: 5 miles - 39:22, 6 miles - 45:38, 9 miles - 69:08, 12 miles - 1:43:35, ½ marathon - 1:51:38, and marathon - 3:46. One especially significant race was his first place on the always tough Palo Duro Marathon course in 1978.

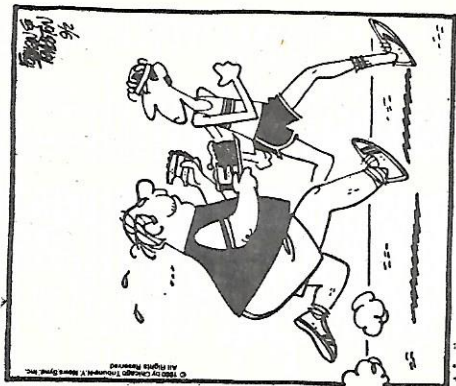
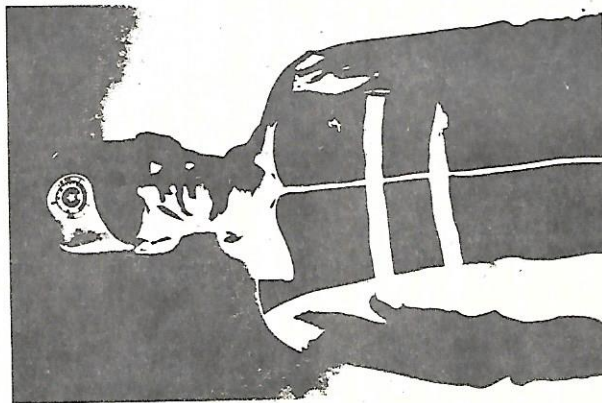
Ed usually trains at 6:00 each morning, covering 6 miles at 9-minute pace. If a longer race is coming up he adds an afternoon run of 4 to 6 miles. June and July are his easy months where he cuts his mileage in half. But he goes hard the other 10 months, surpassing 2,000 miles annually the last three years.

Running has brought Ed's weight down, while also improving his cardiovascular system. He enjoys running especially with his friends from the WTRC. He mentioned his appreciation for the encouragement and interest of other runners. He notes that all finishers get cheers at WTRC races regardless of place or time.

His awards from 1977-1980 include perfect attendance once, mileage champion once, and 75 mile club all 3 years. He has run in 44 of 52 possible races since joining WTRC and at one time had a streak of 25 straight.

THANKS, BUDDY !

Speaking for all the members of the WIRC, we would like to express our gratitude to club member Buddy Wise who has donated \$50.00 to the club. We certainly appreciate it, Buddy, and we thank you for your generosity.



OH YEAH? WELL, THINK WHAT KINDA SHAPE I'D BE IN IF I DIDN'T JOG !!

"ACTIVE SPORTSWEAR FOR GUYS · GALS & LITTLE PALS"

the
SWIFT FOOT

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3002 Slide Rd. - Suite B-4
LUBBOCK, TEXAS 79414

"RUNNING GEAR"
OUR SPECIALTY

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PUMA NEW BALANCE
BROOKS ETONIC TRED-2 SAUCONY
SUB 4 ASPEN JELENK FRANK SHORTER

OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980
(as recognized by the Road Runners Club of America and the Athletics Congress)

25 kilo	Men	Women	100 mile	Men	Women		
1:14:20	Greg Nevez, 23 MI	12 May 79	at MI	1304:09	Stuart Kittleman, 29, NJ	13 Jun 80	at NY
1:10:126	Mary Cox, 23 MI	15 Jun 80	at MI	1414:09	Park Barrow, 35, PA	13 Jun 80	at NY
1:22:131	Thomas Hunt, 16, CA	21 Dec 74	at CA	13136:135p	Don Harvel, 37, MD	13 Jun 80	at NY
1:22:154	Randall Hoffman, 37, MI	13 May 78	at MI	1102:116	Stan Havis, 24, CO	27 Jan 80	at LA
1:22:118	Ken Hueller, 40, MA	5 Mar 77	at MA	1141:64	Patricia Lyons, 26, MA	23 Sep 79	at VT
1:25:153	Hal Higdon, 49, IN	10 May 80	at IN	1105:154	Tommy Hunt, 19, CA	4 Jul 77	at CA
1:25:100	Jim O'Neill, 53, CA	17 Sep 78	at CA	1104:24	Barry Brown, 35, FL	27 Jan 80	at LA
1:29:43	Alex Ratelle, 55, MN	10 May 80	at MN	1107:154	Herb Lorenz, 40, IN	16 Sep 79	at VA
1:46:103	Paul Reese, 61, CA	17 Sep 78	at CA	111:40	Hal Higdon, 49, IN	21 Sep 80	at VA
1:54:15	Cleo Casady, 66, MO	17 Nov 80	at MO	1116:53	Ed Almeida, 54, CA	5 Jul 76	at CA
2:01:35	Ed Ribery, 72, MI	10 May 80	at MI	113:51a	Alex Ratelle, 54, MN	25 Aug 79	at CA
1:33:105	Roxanne Bier, 16, CA	17 Sep 78	at CA	115:26	Ed Almeida, 55, CA	4 Jul 77	at CA
1:38:145	Cindy Dalrymple, 35, HI	2 Oct 77	at HI	1126:59	Wayne Zook, 61, CA	4 Jul 78	at CA
1:38:40	Miki Gorman, 41, CA	12 Mar 77	at CA	1136:01	William Brobston, 66, NY	23 Sep 79	at VT
1:47:10	Ruth Anderson, 48, CA	12 Mar 78	at CA	1149:00	Paul Fairbank, 71, MD	10 Sep 78	at MD
1:45:14	Margaret Miller, 54, CA	2 Mar 80	at CA	1119:43	Cinda Girard, 18, NY	8 Sep 79	at NY
1:52:46	Mary Storey, 55, CA	2 Mar 80	at CA	1119:122p	Anne Zampardo, 18, CA	4 Jul 80	at CA
2:20:27	Kay Atkinson, 61, CA	17 Sep 78	at CA	1141:50a	Amy Hintie, 19, CA	25 Aug 79	at CA
1:34:20	Tom Fleming, 27, NJ	23 Dec 78	at NJ	1122:59	Erma Tranter, 36, IL	18 Nov 79	at IL
1:29:04a	Bill Rodgers, 28, MA	28 Mar 76	at NY	1124:01	Sandra Kiddy, 43, CA	4 Jul 80	at CA
1:50:45	Marty Cooksey, 25, OR	10 May 80	at CA	1124:07	Dorothy Stock, 47, CA	4 Jul 80	at CA
1:50:21	John Doyle, 19, NY	23 Dec 78	at NY	1129:19	Toshiko D'Elia, 50, NJ	6 Sep 80	at NY
1:48:34p	Thomas Downes, 18, NY	23 Dec 78	at NY	1131:39	Mary Storey, 56, CA	4 Jul 80	at CA
1:38:53a	Mike Cotton, 17, NY	28 Mar 76	at NY	1103:28	Alice Wezbel, 64, CA	7 Dec 79	at NY
1:45:07	Allan Kirik, 35, NY	23 Dec 78	at NY	1148:17p	Althea Wetherbee, 61, NY	6 Sep 80	at NY
1:38:09a	Norbert Samder, 35, NY	19 Mar 78	at NY	2123:27	Bess James, 70, CA	4 Jul 80	at CA
1:40:52	Hal Higdon, 42, IN	23 Sep 73	at IN	2110:20	Tony Sardoval, 25, OR	9 Sep 79	at OR
1:53:32	Joe Erskine, 49, NY	22 Dec 79	at NY	2110:22	Jeff Wells, 25, OR	9 Sep 79	at OR
1:43:56a	Ed Stabler, 49, NY	18 Mar 79	at NY	2109:12a	Bill Rodgers, 31, MA	16 Apr 79	at MA
1:51:43	Jim O'Neill, 52, CA	9 Apr 78	at CA	2135:41	Joan Benoit, 22, ME	9 Sep 79	at ME
1:47:33a	Ed Almeida, 53, CA	Apr 76	at CA	2135:08a	Patricia Lyons, 27, MA	21 Apr 80	at MA
2:04:12	Walter Brown, 55, NY	22 Dec 79	at NY	2130:17p	Kirk Pfeiffer, 18, CA	80 at CA	
2:10:46	Wayne Zook, 51, CA	11 Mar 73	at CA	2117:44	Norm Higgins, 35, CT	5 Dec 71	at CA
2:06:03a	John Wall, 62, MD	28 Mar 76	at NY	2115:52	Jerry McNeal, 41, MN	22 Oct 78	at MN
2:13:34a	Joseph Abbas, 65, OH	27 Sep 80	at NY	2127:30	Herb Lorenz, 40, NJ	16 Apr 79	at MA
1:57:38p	Beth Guerin, 19, PA	18 Mar 79	at NY	2124:41a	Bill Fouk, 47, MT	7 Sep 80	at OR
2:05:05	Julie Isphording, 18, OH	6 May 79	at OH	2132:42p	Hal Higdon, 48, IN	15 Jun 80	at MB
2:03:29a	Kathy Loper, 35, MI	10 May 80	at CA	2128:49a	Jim McDonagh, 46, NY	20 Apr 70	at MA
2:03:17	Miki Gorman, 43, CA	19 Mar 78	at NY	2135:24	Alex Ratelle, 54, MN	9 Sep 79	at OR
2:14:29	Toshiko D'Elia, 49, NJ	9 Apr 78	at CA	2131:56a	Alex Ratelle, 53, MN	24 Jun 78	at MN
2:10:422a	Janet Grenda, 53, NY	18 Mar 79	at NY	2136:104	Alex Ratelle, 55, MN	21 Oct 79	at MN
2:12:59	Helen Dick, 55, CA	22 Dec 79	at NY	2135:05a	Alex Ratelle, 55, MN	15 Jun 80	at MB
2:18:59	Maxion Epstein, 61, NY	10 May 80	at CA	2142:44	Clive Davies, 64, OR	28 Oct 79	at OR
3:157:144	Chuck Smead, 24, CA	22 Dec 79	at NY	2153:03	Monty Montgomery, 71, CA	5 Dec 71	at CA
2:50:46	Jenice Arenz, 29, MN	21 Mar 76	at CA	3107:26	Paul Spangler, 81, CA	16 Oct 77	at CA
3:00:28	David Cortez, 16, CA	16 Mar 80	at MN	4150:00	Celia Peterson, 18, IN	4 May 80	at CA
2:56:43	John Cedarholm, 36, MA	31 Aug 74	at WA	2141:48	Cindy Dalrymple, 37, WA	16 Jul 78	at IN
3:03:156	Bernad Heanrich, 40, VT	16 Sep 79	at VT	2143:38	Miki Gorman, 40, CA	7 Sep 79	at OR
3:18:07	Howard Miller, 47, WA	14 Sep 80	at VT	2147:45	Miki Gorman, 40, CA	24 Oct 76	at CA
3:21:102	Alex Ratelle, 52, MN	31 Aug 74	at WA	2139:11a	MCKI Hobson, 48, CA	21 Mar 76	at CA
3:20:49	Ed Almeida, 55, CA	19 Mar 77	at MN	2157:41	Maxion Epstein, 50, CA	4 May 80	at CA
4:40:51	Charles Seekins, 61, CA	23 Apr 78	at CA	3102:01	Helen Dick, 55, CA	7 Jun 80	at CA
5:40:122	John Newdorp, 69, VA	23 Apr 78	at CA	3113:07	Marcie Trent, 60, AK	7 May 78	at CA
4:54:20	Jim Bole, 71, CA	16 Sep 79	at VT	3126:16	Havis Lindgren, 72, CA	9 Sep 79	at OR
4:26:16	Yvette Collier, 16, CA	29 Apr 79	at CA	4137:137			
4:12:43	Cindy McIlwain, 39, MA	21 Mar 76	at VT				
3:36:50	Sandra Kiddy, 43, CA	17 Sep 78	at VT				
4:10:34	Sue Nedaglia, 45, NY	27 Apr 80	at CA				
45-49		14 Sep 80	at VT				

OFFICIAL US OPEN AND AGE-GROUP ROAD RUNNING RECORDS - as of 1 Dec 1980
(as recognized by the Road Runners Club of America and the Athletics Congress)

30 kilo	Men	Women	Marathon	Men	Women
35-39	Men 16-19	Women	Men 16-19	Men	Women
40-44	40-44	45-49	40-44	40-44	45-49
50-54	50-54	55-59	50-54	50-54	55-59
60-64	60-64	65-69	60-69	60-69	70+
70-79	70-79	70+	70+	70+	
80+	80+				

"g" indicates a mark on a point-to-point course that is faster than the official record.
"p" indicates a mark is pending, usually because birthdates have not been reported to verify age-group marks or final course certification approval has not been received.
Official US road running records are compiled by National Running Data Center, Box 42888, Tucson, AZ 85733. Please send race information and birthdates to the NRDC.
All age groups currently tabulated are shown for the 10 kilo. For other events, if an age group is not shown, no record has yet been set.