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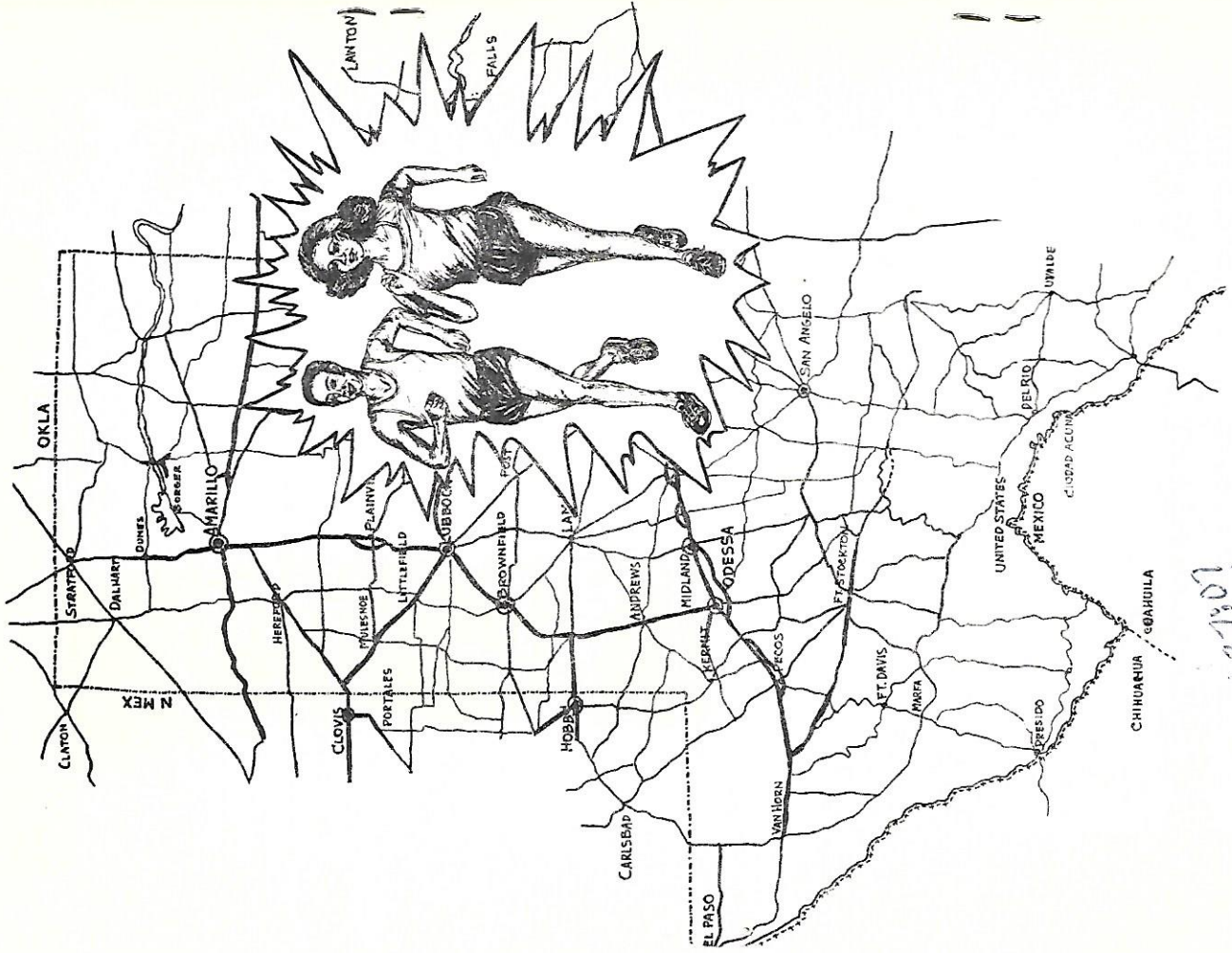
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WEST TEXAS RUNNING CLUB NEWSLETTER

NOVEMBER 1980

December Club Race
9th Annual "Concho Crawl"

Distance: 7 Mile and 2 Mile
Date: Saturday, December 13, 1980
Time: 10:00 a.m.
Location: Base of Wink Hill, Highland Range Park, North Concho Lake,
San Angelo, Texas (see Map)

DIVISIONS AND AWARDS

7 MILE	2 MILE
Division	Division
Open	Open
30-39	High School & Under
40-49	30 & Over
50 & Over	Girls (24 & Under)
Ladies	Ladies (25 & Over)
Trophies	Trophies
First 4	First 4
First 4	First 4
First 4	First 4
First 3	First 3
First 3	First 3

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

COURSE: Asphalt roads all the way, hilly
2 mile - out and back
7 mile - looped course

For More Information Contact:
Race Director - Bill Moore
1417 W. Avenue D
San Angelo, Texas 76901
(915) 653-3034 - home
(915) 658-4949 - office

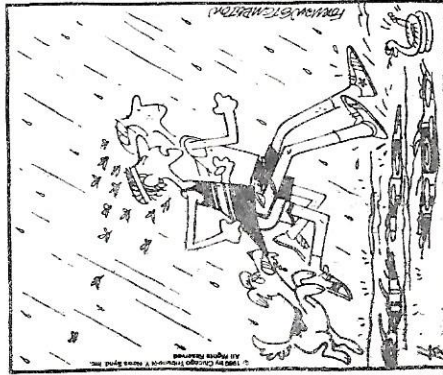
COURSE RECORDS

7 MILE

Overall Record: Desmond O'Conner 21 Ireland 35:12 1976
Club Member's Record: John Bednarski 29 Odessa 35:26 1978
30-39 Record: John Bednarski 30 Odessa 37:05 1979
40-49 Record: Dale Thompson ~ Amarillo 39:44 1977 ✓
50 & Over Record: Tom Bowser 52 Odessa 46:53 1979
Ladies Record: Sherrill Easterling 29 Coahoma 46:10 1979

2 MILE

Overall Record: Dave Bauer 18 San Angelo 10:05 1976
Club Member's Record: Cliff McCurdy 24 Lubbock 10:34 1978
High School Record: Carlos Ybarra 17 Lamesa 10:41 1979
30 & Over Record: Herb McDaniel 32 Hobbs, NM 11:47 1976
Girl's Record: Velma Arroyos 19 San Angelo 13:53 1979
Ladies Record: Caylene Caddell 25 Lubbock 13:43 1977



FOR THE LIFE OF ME I CAN'T UNDERSTAND WHY JESSIE IS LOSING ITS POPULARITY!

13 MILE AND 2 MILE RACE RESULTS
 SATURDAY, NOVEMBER 15, 1980
 10:00 A.M., BUFFALO SPRINGS LAKE, TEXAS

SCHEDULE OF EVENTS

- *1. Saturday, December 13: 9th Annual "Concho Crawl" 7 and 2 mile runs. 10:00 a.m., Highland Range Park, North Concho Lake, San Angelo, Texas. Contact: Bill Moore, 1417 W. Ave. D., San Angelo, Texas 76901. Phone (evenings) (915) 653-3033.
2. Saturday, December 20: Irving Christmas Classic 10K and 2 mile runs. 9:00 a.m. at North Lake College, Irving, Texas. Contact: Clyde DeLoach, (214) 258-3900.
3. Wednesday, December 31: 2nd Annual New Years Eve Midnight Run. Central Texas College, Killeen, Texas. Contact: Southwind Runners Club, (817) 699-1110.
- *4. Saturday, January 10: 5th Annual Palo Duro Canyon Marathon and 4 mile. Palo Duro Canyon, Canyon, Texas. Contact: Bob Dunbar, 6526 Fulton, Amarillo, Texas 79109. (806) 378-3675 or 353-2725.
5. Sunday, January 18: Houston Tenneco Marathon, 8:00 a.m. Entry Fee \$7.50 before January 5, \$25.00 after. Contact Houston Marathon, Box 19454, Houston, Texas 77024.
6. Saturday, February 14: Woodlands Inn Marathon. 8:00 a.m. at The Woodlands (25 miles north of Houston). Contact: Mary Beth Von Oehson, The Woodlands Inn, 2301 N. Millbend Drive, The Woodlands, Texas 77380.
7. Saturday, February 28: Cowtown Marathon and 10K. 9:00 a.m. Contact: Cowtown Marathon, Institute For Human Fitness, Camp Bowie at Montgomery, Fort Worth, Texas 76107. (817) 870-5270.
8. Sunday, March 22: Capital 10,000. Austin, Texas. Contact: Austin American-Statesman, Austin, Texas.
9. Saturday, April 25: Golden Yucca Marathon, 8 Mile and 3 Mile. 7:00 a.m., Hobbs, New Mexico. Contact: Steve McCleery (505) 392-6561.

NEWS OF CLUB MEMBERS

Several club members participated in the Tornado Running Club (Plainview) Fall Classic 1 and 5 Mile Races on October 25. Bobby Cunningham, Ralph Wolf, and Bernard Hartman took 1st, 2nd and 3rd in the 40 and over categories in each race, Bobby running the mile in a fantastic 4:37.

Wilson Kigen (Levelland) and Milton Sanchez (Meadow) set the pace in the 8th annual terrestrial frost bite derby known as the Buffalo Springs Lake 13 Mile and 2 Mile Runs. Kigen toured the former in a crisp 1:14:30 while Sanchez cruised the latter in 10:41. Probably the most praiseworthy performance of the day was turned in by 15 year old Tom Cavazos (Lubbock). Running in the Open Division, this high school transplant from Massachusetts turned in a splendid 1:23:00 in the 13 miler. A search of the club's records indicates that no runner this young has covered the course so quickly. In 1975, Johnny Navarro (Brownfield), then 15 years old, was timed in 1:28:36. Congratulations and welcome to West Texas, Tom.

Trailing 2nd place finisher Cliff McCurdy by 21 seconds, Bobby Cunningham (Abernathy) broke his PR for the course (the 30-39 club member record he set last year) and set a new 40-49 club member standard with a gutsy 1:18:24. Steadily improving George Jury (Lubbock) also eclipsed that record and the former record holder when he bested Howard Millsap (Odessa) by 29 seconds in a lengthy struggle.

Don Sanderson (Tulsa) fresh off his triumph in the 50 and over division in the Corpus Christi Bayfest Half-Marathon, broke Tom Bowser's record with a 1:28:29. And, Isabel Navarro (Brownfield), proving that the two-a-day training regime at Texas Tech pays dividends, evaporated the Ladies Division record by nearly 13 minutes with a 1:31:50. She now holds both the 2 mile and 13 mile records for the course. Richard Kleinhans (Midland) bested Corky Fritch (Amarillo) to win the 30-39 Division.

While no record breaking performances were recorded in the 2 Mile run, the race was not without its exciting moments. For instance, Ralph Wolf (Abernathy) and Bobby Birdsong (Levelland) staged a protracted dual for 30 and over division honors that was only decided in the last second with the edge going to Ralph. And, Greg Moon (Lubbock) and Mike Northup (Plainview) in the High School Division turned in good times. Mary Whitten (Canyon) captured first place in the Ladies Division.

13 MILE RESULTS

1. Wilson Kigen	22	Levelland	1:14:30	5:43.8
2. Cliff McCurdy	26	Lubbock	1:18:03	6:00.2
3. Bobby Cunningham	40	Abernathy	1:18:24	6:01.8
4. Richard Kleinmans	31	Midland	1:21:04	6:14.2
5. Corky Fritch	34	Amarillo	1:21:12	6:14.8
6. Tom Cavazos	15	Lubbock	1:23:00	6:25.1
7. Joe Mendez	29	Lubbock	1:28:10	6:46.9
8. Don Sanderson	50	Tulia	1:28:29	6:48.4
9. George Jury	44	Lubbock	1:28:29	6:48.4
10. Sam Gentry	32	Lubbock	1:28:45	6:49.6
11. Howard Millsap	44	Odessa	1:28:58	6:50.6
12. Charles Davis	37	Lubbock	1:31:48	7:03.7
13. Isabel Navarro	22	Brownfield	1:31:50	7:03.8
14. Allen Bradley	18	Lubbock	1:36:41	7:26.2
15. Jerry Hewett	38	Seminole	1:37:07	7:28.2
16. Gerald Long	45	Lubbock	1:39:32	7:39.4
17. Don Kephart	28	Lubbock	1:43:21	7:57.0
18. Juan Hernandez	30	Snyder	1:44:12	8:00.9
19. H. B. Hartman	46	Lubbock	1:45:06	8:05.1
20. Roger Haynes	15	Lubbock	1:45:40	8:07.7
21. Mike Greer	41	Lubbock	1:46:51	8:13.2
22. Don Grimes	29	Lubbock	1:47:46	8:17.4
23. Paul Orr	13	Slaton	1:53:49	8:45.3
24. James Morris	44	Brownfield	1:54:21	8:47.8
25. Ed Vernon	50	Snyder	1:58:27	9:06.7

13 MILE TROPHIES

- Ladies
1. Isabel Navarro
- Open
1. Wilson Kigen
 2. Cliff McCurdy
 3. Tom Cavazos
- 30-39
1. Richard Kleinmans
 2. Corky Fritch
 3. Sam Gentry

- 40-49
1. Bobby Cunningham
 2. George Jury
 3. Howard Millsap
- 50 & Over
1. Don Sanderson
 2. Ed Vernon

2 MILE RESULTS

1. Milton Sanchez	20	Meadow	10:41	5:20.5
2. Greg Moon	17	Lubbock	10:46	5:23.0
3. Alonzo Mendoza	23	Levelland	11:34	5:47.0
4. Mike Northup	14	Plainview	11:56	5:58.0
5. Ralph Wolf	43	Abernathy	12:35	6:17.5
6. Bobby Birdsong	40	Levelland	12:36	6:18.0
7. Robert Gorsline	38	Lamesa	13:18	6:39.0
8. Ray Lamont	34	Lubbock	14:38	7:19.0
9. Jerry E. Whitten	37	Canyon	16:17	8:08.5
10. Brant Hewitt	11	Seminole	16:42	8:21.0
11. Mary Whitten	11	Canyon	16:47	8:23.5
12. Terry Northup	39	Plainview	17:49	8:54.5
13. Sarah Lamont	33	Lubbock	18:42	9:21.0
14. Jimmy Whitten	7	Canyon	20:16	10:08.0
15. Pat Jury	40	Lubbock	21:20	10:40.0

2 MILE TROPHIES

- Ladies
1. Mary Whitten
 2. Sarah Lamont
 3. Pat Jury
- High School & Under
1. Greg Moon
 2. Mike Northup
 3. Brant Hewitt
- Open
1. Milton Sanchez
 2. Alonzo Mendoza
- 30 & Over
1. Ralph Wolf
 2. Bobby Birdsong
 3. Robert Gorsline

"THE WINNERS CIRCLE"

Featured Runner of the Month

Name: Bobby Cunningham Age: 40 Height: 5'9" Weight: 158
Occupation: Owner of "66" Butane & Fertilizer Co.

Bobby attended Littlefield High School from 1955-57. During this time period he finished 3rd (4:37), 2nd (4:34) and 1st (4:26) at the state meet. He won district and regional 3 consecutive years setting a regional record (4:31) which stood for 20 years. He also ran the 440 relay (Mike Greer was also on the team) and mile relays. He earned a scholarship to East Texas State, but decided to leave after 6 weeks.

Bobby took a break from running the next 20 some odd years. But on January 8, 1979 he returned with a half mile jog that nearly killed him. He started running primarily to knock off weight - 40 pounds in under 2 months, and has continued except to rest injuries. He has produced some pretty fair times in this short period. From a good 4 mile (21:10) up to the Marathon (2:36:47), and everything in between - 10,000 M (34:54), 10 mile (57:59) and Half Marathon (76:19) he has dominated the 40-49 record books in West Texas.

Bobby trains hard and a typical week might look something

like this:

Sunday - 20 miles in 2:10
Monday - 6 miles in 39:00
Tuesday - 10 miles in 65:00
Wednesday - 8 miles in 52:00
Thursday - 14 miles in 91:00
Friday - 7 miles in 45:30
Saturday - Rest

Generally he puts in 60-70 miles weekly for monthly totals of 240-260, all done at 6:30 pace or thereabouts. Bobby's ideal schedule would call for long morning runs for endurance at 6:25 to 6:40 pace. Then he would add evening speed sessions consisting of 220's, 440's, and 880's. He would still rest Saturday and run 18-24 miles on Sundays. This adds up to 90-110 miles weekly.

Present goals are to 1) stay healthy 2) race in and enjoy every club race hitting the longer race each month and 3) run a sub 2:30 marathon. Bobby believes in running consistently for conditioning and also to relieve the stress and strain of each work day. It also helps him to perform and feel better physically and mentally. He adds that he has to keep a careful eye on what he eats to keep his weight down.

Bobby has been married 21 years to his wife Missy, with 2 sons Scott and Shane. Abernathy has been his home the last 16½ years. He comments that he appreciates his many friends with the WTRC and the work put in by everyone associated with putting on races. The WTRC awards he received this year include Most Effective Runner and 75 mile club.

-REMINDER-

Don't forget the 5th Annual Palo Duro Canyon Marathon and Four Mile Run in Palo Duro Canyon on January 10, 1981. Plan to attend, and bring a friend! Entry Fee: \$5.00 all runners on or before January 9, 1981, \$6.00 on race day. High School and under Four Mile \$3.00. Electronic stopwatch to each division winner. T-shirts to all entrants (except High School and under Four Mile Runners due to UIL rules). Full details upcoming in next months newsletter.

ENTRY BLANK

Please enter me in the Palo Duro Canyon Marathon _____ Four Mile Run _____ (check one) to be held on January 10, 1981. My entry fee and Waiver of Responsibility are enclosed.

PLEASE PRINT:

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:

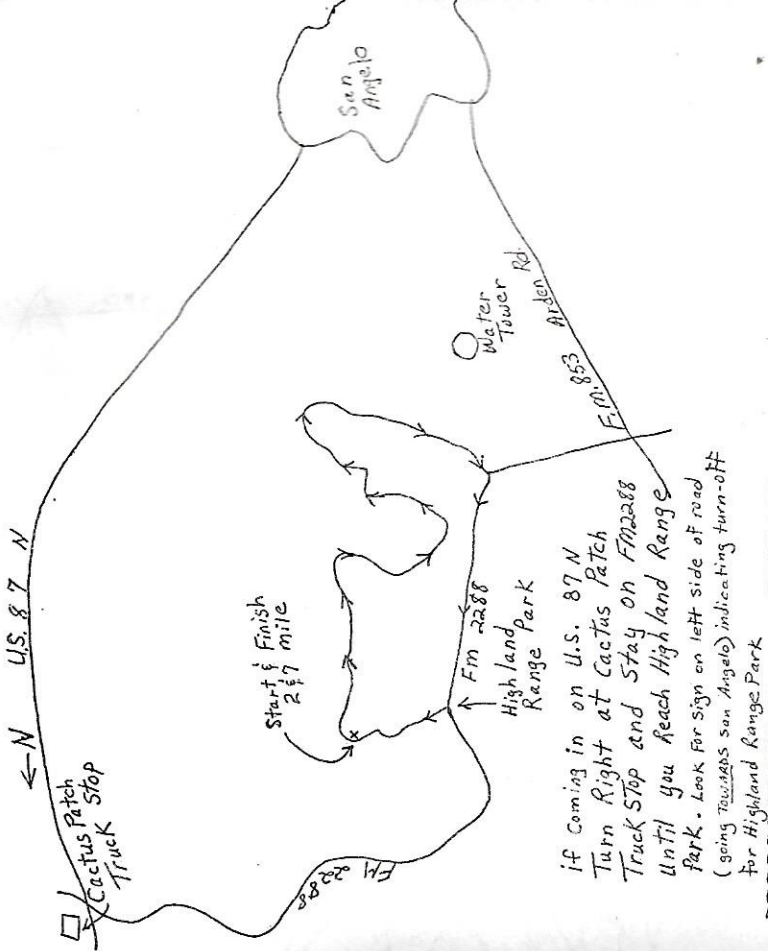
Bob Dunbar
 6526 Fulton
 Amarillo, Texas 79109

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 under 18 _____



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