

October 1980  
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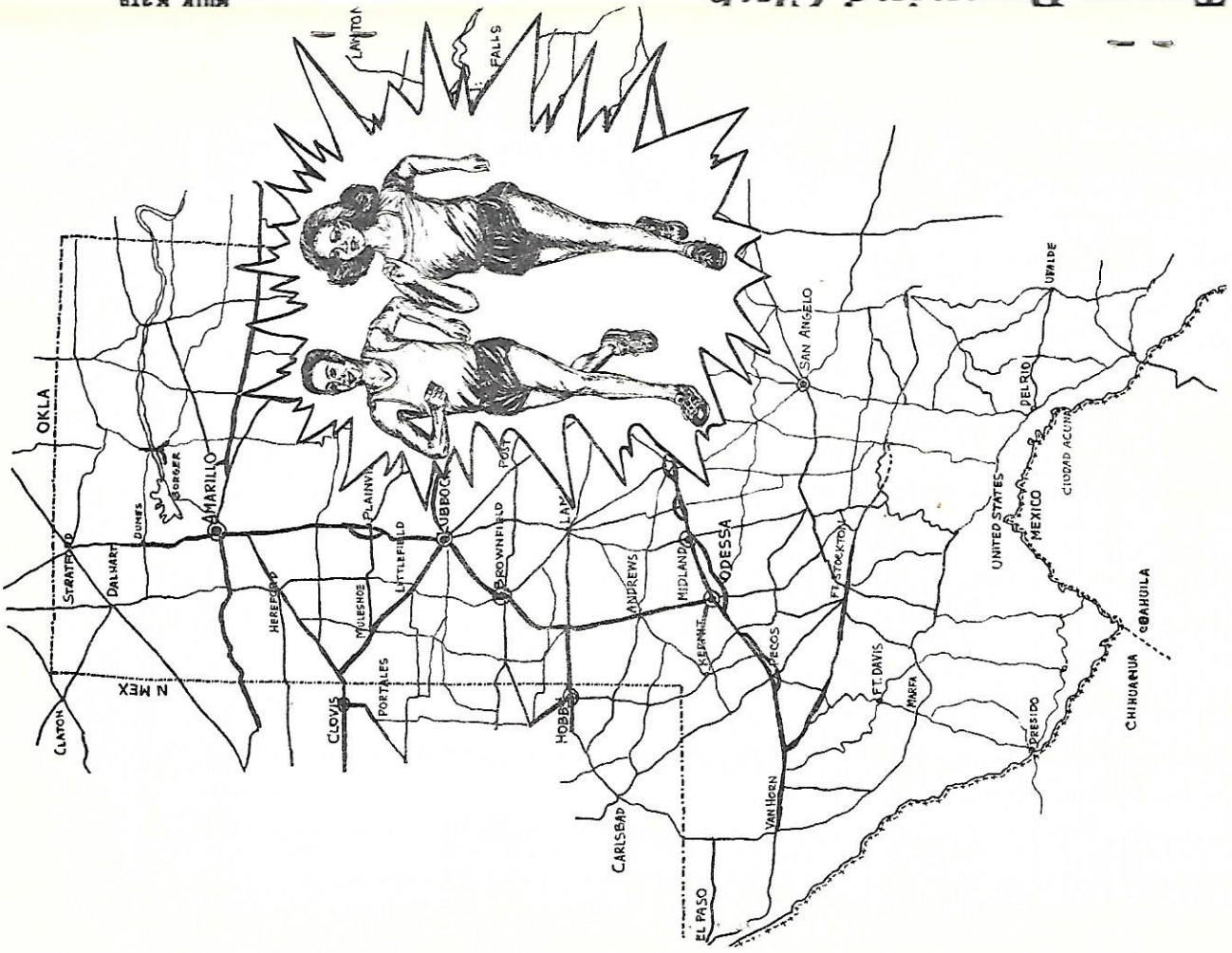
Dr. Bernard Hartman  
Dept. of Biological Sciences  
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Lubbock, TX 79409

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John Mackenzie

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WEST TEXAS RUNNING CLUB NEWSLETTER

OCTOBER 1980

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NOVEMBER CLUB RACE

DISTANCE: 8th Annual Buffalo Springs Lake 13 Mile & 2 Mile Runs  
 DATE: Saturday, November 15, 1980  
 TIME: 10:00 a.m.  
 LOCATION: Buffalo Springs Lake (just inside entrance)  
 Lubbock, Texas (see map)

DIVISIONS AND AWARDS:

13 Mile		2 Mile		Trophies	
Open	3	Open	3	Open	3
30-39	3	High School & Under	3	High School & Under	3
40-49	3	30 & Over	3	30 & Over	3
50 & Over	3	Ladies	4	Ladies	4
Ladies	3				

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

COURSE: Asphalt roads all the way.  
 2 Mile - Out and back, flat.  
 13 Mile - Looped course (2 loops), some tough hills.

RACE DIRECTOR (contact for more information):

Ray Lamont  
 5204 47th Street  
 Lubbock, Texas 79414  
 Phone (work) - (806) 743-2890  
 or  
 Don Kephart, phone (home) - (806) 797-4604 (before 9:00 p.m., please!)

\*NOTE: An entry fee of 50¢ per person is required to enter Buffalo Springs Lake Park. This does not accrue to the West Texas Running Club.

SCHEDULE OF EVENTS

- \*1. Saturday, November 15: 9th Annual Buffalo Springs Lake 13 mile and 2 mile runs, 10:00 a.m., Lubbock, Texas. Contact Ray Lamont at 743-2890 or Don Kephart at 797-4604.
2. Saturday, November 22: Davis Mountain Marathon, 9:00 a.m. Contact John R. Prude, Prude Ranch, Box 1431, Ft. Davis, Texas 79734.
3. Thursday, November 27: 1st Annual Coors Light Sun Bowl Run. Half Marathon, 5 mile and 2.5 mile. 8:30 a.m., El Paso, Texas. Contact Southwestern Sun Carnival Assn. (915) 533-4416.
4. Thursday, November 27: Dallas Turkey Trot, 8 miles. 9:00 a.m., Union Station. Contact Larry Hall (214) 742-3251.
5. Saturday, December 6: Dallas White Rock Marathon, 9:00 a.m. Race Director James Thurston, (214) 826-8260.
6. Saturday, December 6: Will Rogers Marathon, 9:00 a.m., Mohawk Park, Tulsa, Oklahoma. Contact Tulsa Road Runners (918) 834-3259.
- \*7. Saturday, December 13: 9th "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.
- \*8. 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.
9. Saturday, February 14: Woodlands Inn Marathon, Houston, Texas. 8:00 a.m. (Details later)
10. Saturday, February 28: Cowntown Marathon and 10K. Ft. Worth, Texas. (Details later)
11. Saturday, April 25: Golden Yucca Marathon, 8 mile and 3 mile. 7:00 a.m., Hobbs, New Mexico. Contact Steve McCleery (505) 392-6561.

COURSE RECORDS

13 Mile

Overall Course Record:	Dan Clark	Bergstrom AFB	1:08:18	1974
Club Member's Record:	John Bednarski	Odessa	1:08:39	1978
30-39 Record:	Tom Mayfield	San Angelo	1:14:06	1977
Club Member:	Bobby Cunningham	Abernathy	1:19:58	1979
40-49 Record:	Tom Mayfield	San Angelo	1:15:45	1979
Club Member:	Howard MTTI Sap	Odessa	1:31:07	1979
50 & Over Record:	Tom Bowser	Odessa	1:35:50	1979
Ladies Record:	Caylene Caddell	Lubbock	1:44:30	1978

2 Mile

Overall Course Record:	Marc Johnson	Lubbock	9:52	1975
Club Member's Record:	Jimmy Whitley	Odessa	10:09	1979
High School & Under Record:	Curtis Conway	Lubbock	9:54	1977
Club Member:	Shane Cunningham	Abernathy	11:57	1979
30 & Over Record:	John Bednarski	Odessa	10:09	1979
Ladies Record:	Isabel Navarro	Brownfield	12:06	1975



9 MILE RESULTS

1. Steve Stallings	28	Midland	50:33
2. Cliff McCurdy	26	Lubbock	51:29
3. Sam Sitonik	21	Levelland	53:07
4. Jimmy Whitley	30	Midland	53:41
5. Bobby Cunningham	40	Abernathy	55:06
6. Jose Mendez	29	Lubbock	61:19
7. Daniel Fonseca, Jr.	33	Brownfield	61:24
8. George Jury	44	Lubbock	61:33
9. Sherill Easterling	30	Cochoma	62:44
10. Bobby Birdsong	39	Levelland	65:02
11. Bernard Hartman	46	Lubbock	65:54
12. Don Kephart	28	Lubbock	66:35
13. James Livermore	33	Lubbock	69:40
14. Jan Taylor	24	Lubbock	70:22
15. Mike Greer	41	Lubbock	70:23
16. Kevin Taylor	25	Lubbock	71:08
17. Buddy Wise	50	Lubbock	77:20
18. Berry Simpson	24	Brownfield	93:39

9 MILE TROPHIES

<u>Ladies</u>		
1. Sherill Easterling		
2. Jan Taylor		
<u>Open</u>		<u>30-39</u>
1. Steve Stallings		1. Jimmy Whitley
2. Cliff McCurdy		2. Daniel Fonseca, Jr.
3. Sam Sitonik		3. Bobby Birdsong
<u>40-49</u>		<u>50+</u>
1. Bobby Cunningham		1. Buddy Wise
2. George Jury		
3. Bernard Hartman		

9 MILE AND 2 MILE RACE RESULTS

SATURDAY, OCTOBER 18, 1980

9:00 a.m., Coleman Park, Brownfield, Texas

A stunning autumn morning greeted the small band of runners at Coleman Park. Following the usual clamorous start, the thirty thinculds fanned out over the countryside, each person mixing the pain of exertion with jiggers of the pastoral scene.

Steve Stallings (Midland), led the way to the finish line in the 9 MILE tour while Pat Escamillo (Meadow) paced the 2 MILE finishers. Winners also included Sherill Easterling, Jimmy Whitley, Bobby Cunningham, Buddy Wise, Teresa Castro, Greg Anderle, and Ralph Wolf.

For the first time in many months, no club records were broken. Indeed, none were seriously threatened. You may recall that only one record wasn't broken in last year's breezy and cool October races. It seems certain that PW's (personal worsts) outnumbered PR's this time out. Whatever the cause(s) for the slower times, the beauty of the morning, combined with the monthly ritual of pre and post-race banter, tempered any disappointment.

Person nature will certainly provide better weather than last year for the races at Buffalo Springs Lake on November 15. The 13 MILE run is a timely tune-up for the White Rock Marathon. Club members are urged to attend the November races, and further encouraged to bring a running or jogging friend. Let's boost attendance!

2. MILE RESULTS

1. Pat Escamilla	Meadow	11:30
2. Alonzo Mendoza, Jr.	Levelland	12:20
3. Ralph Wolf	Abernathy	13:01
4. Greg Anderle	Lubbock	13:23
5. Bruce Blankenship	Lubbock	13:58
6. Ray Lamont	Lubbock	13:59
7. Jay Whitten	Canyon	14:15
8. Teresa Castro	Meadow	14:40
9. Jerry E. Whitten	Canyon	16:09
10. Mary Whitten	Canyon	16:53
11. Jimmy Whitten	Canyon	17:23
12. Sarah Lamont	Lubbock	18:08

2. MILE TROPHIES

- Ladies
1. Teresa Castro
  2. Mary Whitten
  3. Sarah Lamont
- Open
1. Pat Escamilla
  2. Alonzo Mendoza, Jr.
  3. Jay Whitten

40+

1. Ralph Wolf

Due to a mail delivery delay (three weeks to travel from Lubbock to Brownfield) last month's newsletter never reached the printers. Therefore, September results have been included in this flyer. Remember, you can always check places, dates, and times of upcoming events in past newsletters. However, we will attempt to avoid your missing any further notices in the future. Thanks for your patience.

3. MILE RESULTS

Position	Name	Age	City	Time	Avg.
1	Sammy Stonik	22	South Plains Track	14:09	4:43
2	Steve Stallings	28	Midland	15:10	5:03
3	Pat Vargas	19	South Plains Track	15:26	5:09
4	Buddy Hutto	19	South Plains Track	15:28	5:09
5	Billy Gonzales	19	Victoria	15:30	5:10
6	Joe Hermonly	24	Midland	15:35	5:12
7	Gary Jenkins	16	Lovington, N.M.	15:37	5:12
8	Jimmy Whitley	30	Midland	15:57	5:19
9	Ulysses Bell	19	South Plains Track	16:01	5:20
10	Paul Penā, Jr.	38	Midland	16:17	5:26
11	Karl Wolfe	16	Big Spring	16:21	5:27
12	David Gonzales	16	Lovington, N.M.	16:39	5:33
13	Mike Palamarchuck	32	Odessa	17:04	5:41
14	Marty Leicht	18	Odessa	17:11	5:44
15	Kenneth Young	17	Lovington, N.M.	17:22	5:47
16	Dennis Smith	17	Lovington, N.M.	18:12	6:04
17	Tim McLamara	16	Big Spring	18:17	6:06
18	Donna Repman	13	Midland	18:23	6:08
19	Bernard Hartman	46	Lubbock	18:49	6:16
20	Andrew Molsbee	15	Lovington, N.M.	19:24	6:28
21	Robert Gorsline	38	Lamesa	19:38	6:33
22	Fernando Aguirre	22	Odessa	19:41	6:34
23	Francis Johns	46	Midland	20:30	6:50
24	Richard Porter	16	Lovington, N.M.	20:31	6:50
25	John Bergman	24	Midland	20:46	6:55
26	Manuel Aguirre	27	Odessa	22:01	7:20
27	Bob Lowrimore	31	Odessa	22:03	7:21
28	Dale Tervoorean	36	Midland	22:17	7:27
29	Jimmy Lewis	38	Andrews	22:23	7:28
30	Teri Valero	29	Midland	22:24	7:28
31	Jim Curtis	30	Odessa	23:09	7:43
32	Steve Shropshire	15	Lubbock	23:13	7:44
33	Anne Carr	24	Odessa	25:58	8:39
34	Vicki Castillejos	28	Odessa	29:30	9:50
35	Becky Smiley	25	Big Spring	29:51	9:57

3 MILE TROPHY WINNERS

Open	High School	30-39
1. Sammy Sitonik	1. Gary Jenkins	1. Jimmy Whitley
2. Steve Stallings	2. Karl Wolfe	2. Paul Penā, Jr.
3. Pat Vargas	3. David Gonzales	3. Mike Palamarchuck
4. Buddy Hutto	4. Dennis Smith	4. Robert Gorsline
5. Billy Gonzales	5. Kenneth Young	5. Bob Lowrimore
6. Joe Hermonly	6. Tim McNamara	6. Jim Curtis
	7. Richard Porter	

Girls (24 & Under)

1. Donna Rezman
2. Annie Carr

Ladies (25+)

1. Teri Valero
2. Vicki Castillejos
3. Becky Smiley

40 & Over

1. Bernard Hartman
2. Francis Johns

15 & Under

1. Andrew Molsbee
2. Steve Shropshire

6 MILE TROPHY WINNERS

Open	30-39	40-49
1. Kigen Wilson	1. John Bednarski	1. Bobby Cunningham
2. Leon Hall	2. Bernie Wall	2. Howard Millsap
3. Cliff McCurdy	3. Ralph Arrell	3. George Jury
4. Herbert Perez	4. Juan Manuel	4. Jack Shropshire
5. Jeff Jacobs	5. Bobby Birdsong	
6. Richard Cummins	6. C. Chamberlain	

50+

1. Don Sanderson
2. John Alexander
3. Jim Bozzell

Ladies

1. Sherill Easterling
2. Beth Stoane

6 MILE RESULTS

Position	Name	Age	City	Track	Time	Avg.
1	Kigen Wilson	22	South Plains	Track	29:31	4:55
2	Leon Hall	19	--	--	32:11	5:22
3	Cliff McCurdy	26	Lubbock	--	32:26	5:24
4	John Bednarski	31	Odessa	--	33:16	5:33
5	Bobby Cunningham	40	Abernathy	--	33:28	5:35
6	Herbert Perez	19	South Plains	Track	35:50	5:58
7	Jeff Jacobs	19	Farmington	--	35:52	5:59
8	Richard Cummins	27	Hobbs, N.M.	--	36:47	6:08
9	Bernie Wall	31	Odessa	--	37:06	6:11
10	Dan Pennock	24	Odessa	--	37:36	6:16
11	Don Sanderson	50	Tulia	--	37:44	6:17
12	Ralph Arrell	37	Midland	--	38:11	6:22
13	Sherill Easterling	30	Coahoma	--	38:24	6:24
14	Howard Millsap	44	Odessa	--	38:30	6:25
15	George Jury	44	Lubbock	--	38:32	6:25
16	Juan Manuel	30	Snyder	--	38:56	6:29
17	Jack Shropshire	43	Lubbock	--	38:57	6:29
18	Bobby Birdsong	39	Levelland	--	41:10	6:52
19	Rick Green	28	Midland	--	42:06	7:01
20	Don Kephart	28	Lubbock	--	42:23	7:04
21	Fred Stark	28	Odessa	--	43:50	7:18
22	C. Chamberlain	33	Midland	--	43:57	7:20
23	Jerry Hewett	38	Seminole	--	44:37	7:26
24	Ray Lamont	34	Lubbock	--	44:38	7:26
25	Dennis Smiley	29	Big Spring	--	44:42	7:27
26	John Alexander	64	Carlsbad, N.M.	--	44:48	7:28
27	Mickey Wilson	27	Odessa	--	45:12	7:32
28	Jim Bozzell	56	Midland	--	45:30	7:35
29	Ed Vernon	50	Snyder	--	46:28	7:45
30	Douglas Hale	35	Lubbock	--	47:15	7:53
31	Pat Gordon	36	Midland	--	48:17	8:03
32	Beth Stoane	26	Odessa	--	50:12	8:22
33	Arlyne Ragan	44	Odessa	--	DNF	--
34	Glenn Rouppe	21	Odessa	--	DNF	--
35	Herb Richardson	26	Odessa	--	DNF	--



"THE WINNER'S CIRCLE"

Featured Runner of the Month

NAME: Sherill Easterling    AGE: 30    HEIGHT: 5' 5 1/2"    WEIGHT: 105  
OCCUPATIONS: Mathematics Professor at Howard College

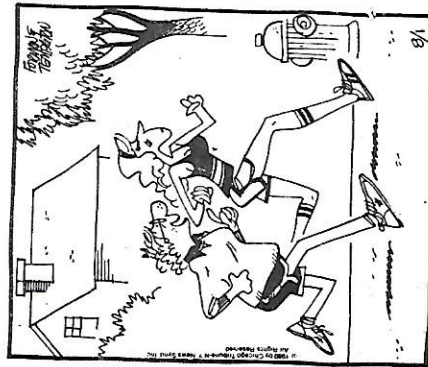
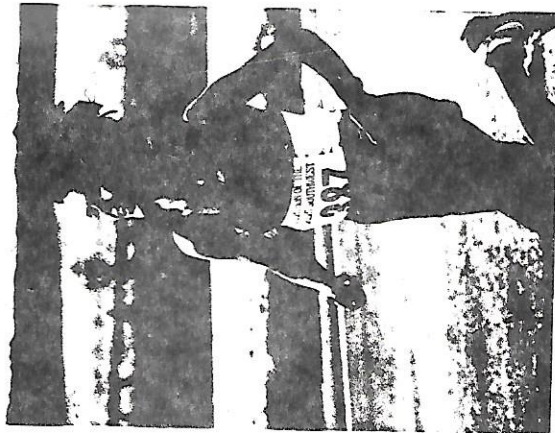
Until about two years ago Sherill had never been a runner. With no high school or college experience, she entered a Thanksgiving race. Since then she has been hooked on running and there has been no stopping her. "I'm addicted!" she says, "It gives me great self-confidence, relaxes me, is great physical exercise, and makes me a happier person." She has already recorded the following personal records: 5 km - 19:07, 10 km - 38:31, 10 miles - 67:26, 13.1 mile - 90:17 and the Marathon - 3:09.

Most of her races end with new course records and should continue to do so. Her future goals center on a sub 3 hour marathon. Her training consists of 70 plus miles per week following a hard/easy pattern. One long run of 14 - 20 miles is run every week. All this is worked around her job and home responsibilities.

Under ideal conditions, she would get up to 90 miles weekly alternating long easy runs with short fast ones. Also a training partner would be a welcome addition.

The 1979-1980 WTRC Most Effective Female Runner enjoys the club races and the many friends she has in the club. She feels she represents the WTRC in all of her non-club races and so tries to do well in them. Sherill seems to balance a friendly, cheerful disposition with the competitive drive necessary to become the dominant female runner in West Texas. Watch for her to get even better, especially in the Marathon which is her favorite. All WTRC people join in hoping for her continued success and that some of her ability and enthusiasm rubs off on us.

(see photo next page)



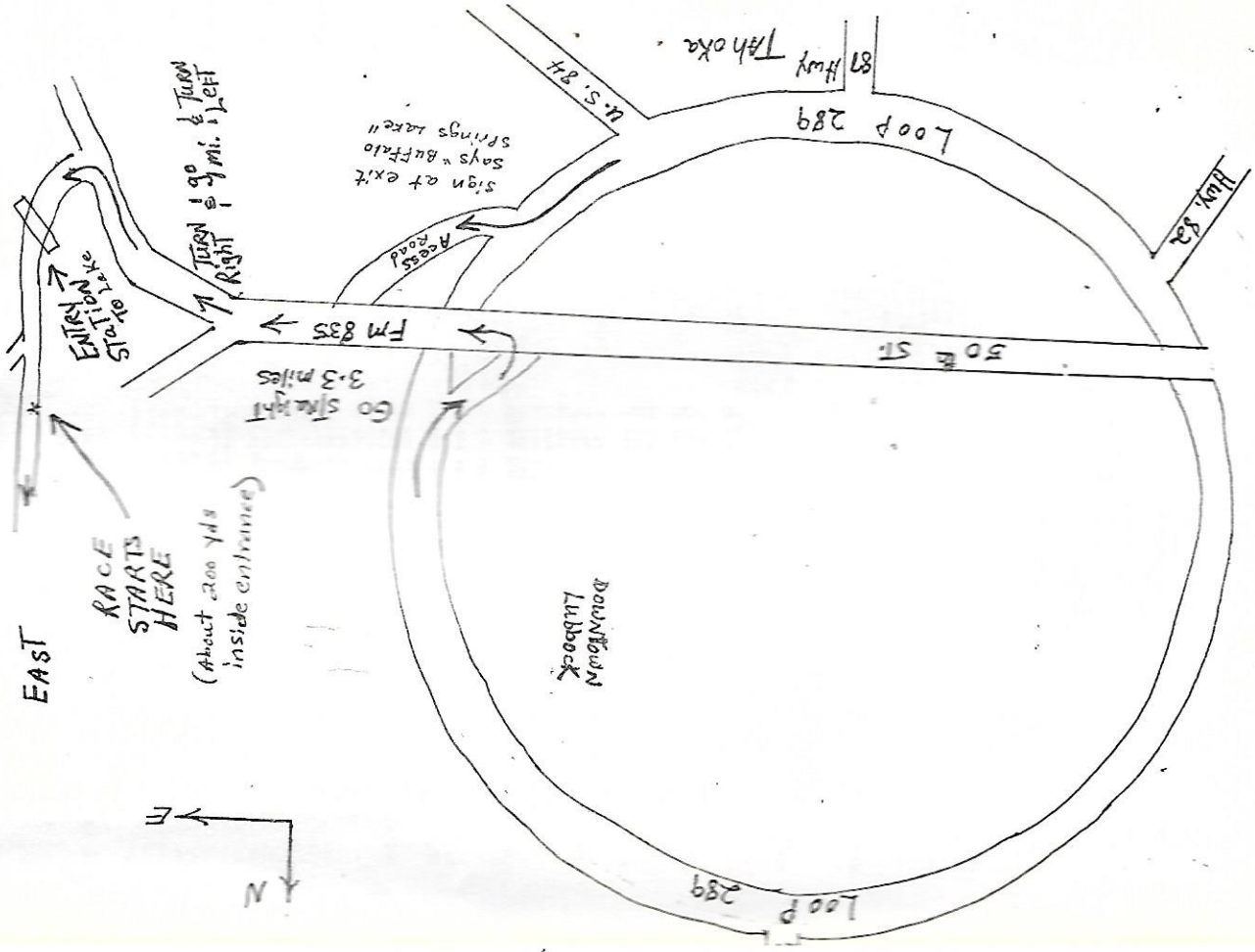
"WOULD YOU KIND GOING FAST MY HOUSE I'M TRYING TO GET MY HUSBAND INTERESTED IN JOGGING."

NEWS OF CLUB MEMBERS

Several members of the West Texas Running Club did very well in the Prude Ranch runs at Ft. Davis on August 23. Club member Steve Stallings was the race director. There were 3, 6 and 13.1 races. Our congratulations to the following people for their outstanding performances.

<u>3 Mile</u>			
Steve Stallings	2nd Place Overall	15:16	
John Bednarski	1st, 30-39	15:41	
Norman Pittenger	1st, 40-49	18:49	
<u>6 Mile</u>			
Robert Schooler	1st High School (2nd Overall)	31:40	
Timmy Whitely	1st, 30-39 (3rd Overall)	32:33	
<u>13.1 Mile</u>			
Al Becken	1st, 50-59	78:35	
Tom Bowser	2nd, 50-59	91:09	
Sherill Easterling	1st, Ladies	87:06	

The club was well represented in the Corpus Christi Bayfest Marathon. Don Sanderson won the 50 and over division of the half marathon on the humid and hot day in a cool 1:25:42. George Jury also participated in that race while Don Kephart and Hugh Haynes ran the full marathon.





NEW US SINGLE-AGE RECORDS (as recognized by the RRCA and by IAC)

10 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes Gregory Sproule, Patricia Catalano, Dorothy Stock, Mary Storey.

15 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes Aaron Charman, Mark Hudson, Brad Anderson, Peter Fritzinger, etc.

20 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes Danny Tenck, Guy Medost, Randall Hoffman, Tom Bailey, etc.

25 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes Colleen Joiner, Pauline Stevens, Gary Middleton, George Lish, etc.

30 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes Colleen Joiner, Pauline Stevens, Gary Middleton, George Lish, etc.

NEW US BIRTHDAY-AGE RECORDS (as recognized by the RRCA and by IAC)

50 KILOMETERS

Table with 4 columns: Name, Date, Location, State. Includes John Greenplate, George Gardiner, Bernard Heintich, etc.

100 MILES

Table with 4 columns: Name, Date, Location, State. Includes Stuart Attkinham, Fred Savitz, Dave Chelkevitch, etc.

ONE HOUR RUN

Table with 4 columns: Name, Date, Location, State. Includes Frank Bautista, Wesley Paul, Hal Higdon, etc.

HALF-MARATHON

Table with 4 columns: Name, Date, Location, State. Includes Wesley Paul, Hal Higdon, Jerry Morrison, etc.

MARATHON

Table with 4 columns: Name, Date, Location, State. Includes Sucky Coy, Bruce Clossmith, Gary Sandoval, etc.