

1861 Running

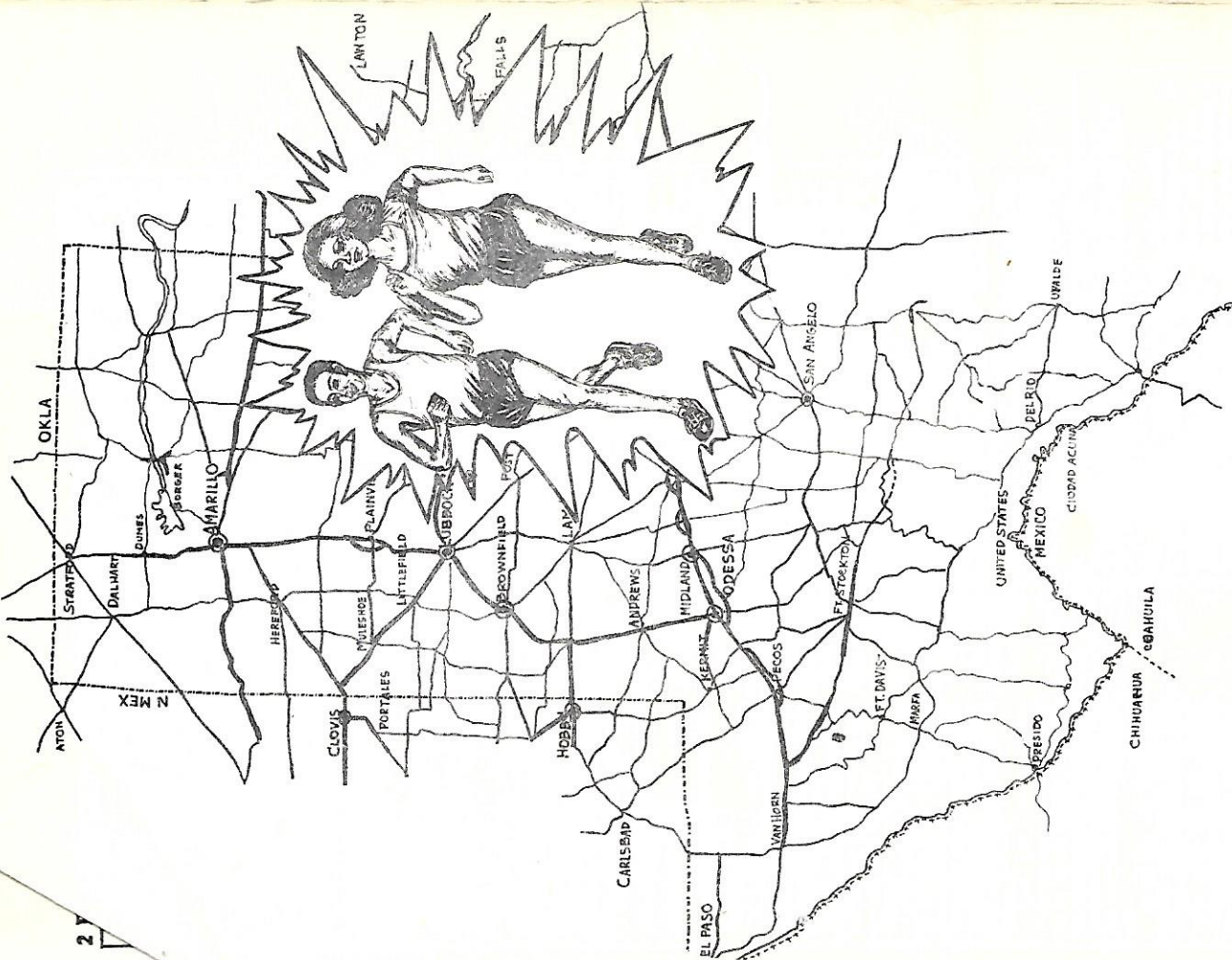
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Brownfield, Texas 79316
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James Livermore
5707 2nd Place
Lubbock, TX 79416

10/29/81

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



3 MILE COURSE RECORD

Overall Record:	Sammy Sitorik	22	South Plains College	14:09	1980
Club Member:	Cliff McCurdy		Lubbock	14:33	1978
15 & Under Record:	Danny Lopez	15	Lovington	17:32	1979
Club Member:	Andrew Molabae	15		19:24	1980
High School & Under:	Benny DeLaCruz	16	Lovington	15:20	1979
Club Member:	Gary Jenkins	16		15:37	1980
30-39 Record:	Jack Petty	36	Odessa	18:12	1979
40 & Over Record:	Jasper Peeples	40	Dumas	18:15	1975
Girls Record:	Donna Reppan	10	Midland	18:23	1980
Ladies Record:	Reenie Smith		Odessa	21:58	1977
Club Member:	Teri Valero	29	Midland	22:24	1980

Bobbi Curran 41 16:54

SCHEDULE OF EVENTS

- Saturday, August 22: Davis Mountain Half Marathon, 6 Mile and 3 Mile. 9:00 a.m., Prude Ranch. Contact: Prude Ranch, Box 534, Ft. Davis, Tx 79734. Phone (915) 426-3347.
- *Saturday, September 5: UTRC 6 Mile and 3 Mile Runs, 9:00 a.m., Floyd Gwin Park, Odessa, Texas. Contact: Tom Bowser (915) 337-5418 or 337-5521.
- Saturday, September 12: T.A.A.F. State 5K and 10K, 9:00 a.m., Mackenzie State Park, Lubbock, Texas. Contact: Sam Gentry (806) 762-6411 ext. 2669. \$6.00 by September 4, \$9.00 September 5-12.
- Sunday, September 13: Le Marathon International de Montreal, 8:00 a.m., Montreal, Quebec, Canada. Contact: COMIM, Box 1570, Station B, Montreal, Quebec, H3B3L2.
- Saturday, September 19: FWRC Ft. Worth to Denton 50K. Contact FWRC, 4821 Langley Road, Ft. Worth, Texas 76114.
- Saturday, September 19: Texins Striders Autumn Equinox 45K, White Rock Lake. Contact: Walt Abercrombie (214) 995-6506.
- Saturday, September 26: 2nd Annual Travel On 10 Mile and 3 Mile, 9:00 a.m. Carlstad, New Mexico. Contact: Hardy Williams (806) 866-5060.
- Saturday, September 26: The WCA - L'egas 10K, 8:30 a.m., Winfrey Point at White Rock Lake. Contact: Barbara Blachly at (214) 827-5600.
- Saturday, October 3: Allsup's Marathon, 1/2 Marathon and 10K, 7:00 a.m. (Mountain), Clovis, New Mexico. Contact: Roy Jones, 3532 Brynhurst, Clovis, New Mexico 88101.

WEST TEXAS RUNNING CLUB NEWSLETTER

AUGUST 1981

SEPTEMBER CLUB RACE

DATE: Saturday, September 5, 1981

TIME: 9:00 a.m.

DISTANCE: 6 Miles and 3 Miles

LOCATION: Floyd Gwin Park, W. 10th Street & County Road see map

DIVISIONS AND AWARDS:

	6 MILE	3 MILE	Trophies
Open	6	Open	6
High School & Under	3	15 & Under	3
30-39	6	High School & Under	10
40-49	6	30-39	3
50 & Over	3	40 & Over	3
Ladies	3	Girls (24 & Under)	3
		Ladies (25 & Over)	3

COURSE: Flat, grass, one mile loop

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

RACE DIRECTOR: (contact for more information)

Tom Bowser
2301 Production
Odessa, Texas 79763
Phone: Home - (915) 337-5418
Work - (915) 337-5521

COURSE RECORDS

Overall Record:	Kigen Wilson	22	South Plains	29:31
Club Member:	John Bednarski		Collene	30:12
30-39 Record:	Dennis Williams	29	Odessa	30:57
Club Member:	Bobby Cunningham		Albuquerque	33:06
40-49 Record:	Bobby Cunningham	39	Abernathy	33:28
50 & Over Record:	Don Sanderson	40	Abernathy	37:44
Ladies Record:	Sherrill Easterling	50	Tulia	38:24
		30	Coahoma	

10TH ANNUAL 5 MILE RUN

Coleman Park, Brownfield, Texas
August 1, 1981

SCHEDULE OF EVENTS (continued)

- *Saturday, October 10: WTRC 9 Mile and 2 Mile Runs, 9:00 a.m., Coahoma, Texas. Details to follow. Contact: Sherrill Easterling, Box 320, Coahoma, Texas 79511.
 - Saturday, October 17: Fall Classic 20K, Benbrook, Texas, 8:30 a.m. Challenging, certified course. Contact FRRC, 4821 Langley, Ft. Worth, Texas 76114.
 - Saturday, November 21: Old Fort Davis Marathon, Prude Ranch, Ft. Davis, Texas. Details to follow.
 - * Saturday, November 14: 10th Annual Buffalo Springs Lake 13 Mile & 2 Mile Runs. 10 A.M., Lubbock, Texas. Details later.
- *Regular WTRC Monthly Race
- UPCOMING MARATHONS
- September 26, 7:00 a.m.: Bayfest Marathon, 1/2 Marathon, and 4 Mile. Contact: Corpus Christi Roadrunners, Box 3012, Corpus Christi, Texas 78400.
 - October 10, 9:00 a.m.: North Texas State University Marathon, Denton, Texas. Contact: NTSU Athletic Dept., Box 13917, Denton, Texas 76203.
 - October 17, 7:00 a.m.: Chisolm Trail Marathon. Enid, Oklahoma. Contact: Enid YMCA, 415 W. Cherokee, Enid, Oklahoma 73701.
 - November 1, 8:00 a.m.: Oklahoma City Marathon. Contact Dan Metcalf, 2240 N.W. 114th, Oklahoma City, Oklahoma 73120.
 - November 7, 7:00 a.m.: Las Colonias De San Antonio. Contact: Westside YMCA, Box 37170, San Antonio, Texas 78237.
 - December 5, 9:00 a.m.: White Rock Marathon. Contact: White Rock Marathon Committee, 6434 E. Mockingbird #213, Dallas, Texas 75214.
 - December 5, 10:00 a.m.: Will Rogers Marathon, Tulsa, Oklahoma. Contact: Joe McDaniel, 1416 S. Marion, Tulsa, Oklahoma 74112.
 - January 23, 7:00 a.m.: Houston Tenneco Marathon. Details to follow.
 - February 27, 9:00 a.m.: Cowtown Marathon and 10K. Fort Worth, Texas. Contact: Jim Gilliland, Box 662, Ft. Worth, Texas 76101.

This is the oldest continuous race sponsored by the WTRC. Inaugurated on August 19, 1972 the initial race was described in the first newsletter in the following terms by our own Gene Adams:

"The weather cooperated with a clear sky, balmy temperatures and just enough breeze to cool without hindering as the West Texas Running Club held its inaugural event: a 5 mile run in Brownfield, Texas on Saturday morning, August 19th. The event was a huge success with 23 runners toing the mark for the start, more than we anticipated for our first event. Even more noteworthy was the fact that we had 23 finishers. This proves what we have suspected all along: there are many people in this part of the state interested in running, and they will turn out for events if given the chance."

Running in that 1st race and charter members of the club were Jack Petty (the winner in 30:19), Gene Adams (4th in 34:20) Howard Millsap, Warren Brown, and James Morris. Annual dues were \$5.00 then as now. Gene, you either overcharged then or we're being undercharged now. Hats off to these WTRC pioneers! From the original 23, club membership has grown to 300.

The 1981 tour of Coleman Park and environs was won by Wilson Kigen (Levelland) in an excellent 25:59. This threatened but did not break Dennis Williams (Lubbock) longstanding record of 25:31 (1976). Close on Kigen's heels was Steve Stallings (Stanton) who turned in a fine 26:06. Gary Jenkins (Lovington, NM) who finished fifth, set a high school club members mark with a quick 27:41. Jimmy Whitley (Midland) captured the 30-39 age category in 28:30, George Jury (Lubbock) won the 40-49 class in 33:25, and Freddy Ortiz (Brownfield) took the 15 and under division in 31:29.

The Girls (24 and under) were led to the finish line by Mindee Mayfield (Lubbock) in 33:34 while Sherrill Easterling (Coahoma) took honors in the Ladies Division. Welcome back Sherrill!

Bobby Cunningham (Abernathy) hasn't missed many races in the past two years, but he wasn't able to make this one to go after his 40-49 record of 27:47. A hernia operation can cut into your mileage. Speedy recovery, Bobby!

5 MILE RESULTS

1. Wilson Kigen	24	Levelland	5:11.8
2. Steve Stallings	29	Stanton	5:12.2
3. Quinn Smith	21	Lovington, NM	5:14.4
4. Cliff McCurdy	27	Lubbock	5:21.0
5. Gary Jenkins	17	Lovington, NM	5:32.2
6. Jimmy Whitley	31	Midland	5:42.0
7. Perry Toles	24	Tulsa, OK	5:54.3
8. Erik Packard	16	Hobbs, NM	5:55.6
9. Karl Wolfe	17	Sin Springs	5:58.2
10. Daniel Fonseca	34	Brownfield	5:58.8
11. John Trompler	33	Lubbock	6:02.2
12. Thomas Colvin	17	Hobbs, NM	6:05.2
13. Stan Leech	21	Brownfield	6:07.0
14. Robert Guajardo	38	Levelland	6:07.6
15. Freddy Ortiz	15	Brownfield	6:17.8
16. John Birdwell	22	Lubbock	6:19.6
17. Rick Ricketts	33	Midland	6:21.2
18. Randy Johnston	23	Lubbock	6:25.6
19. Charles Davis	37	Lubbock	6:28.4
20. George Jury	44	Lubbock	6:41.0
21. Hindee Mayfield	18	Lubbock	6:42.8
22. Monty Wright	16	Hobbs, NM	6:43.8
23. Terry Barker	26	Lorenzo	6:45.6
24. Bobby Birdsong	40	Levelland	6:45.8
25. Don Grimes	29	Lubbock	6:53.8
26. Neil Haas	20	Santa Fe, NM	6:55.2
27. Bob Grady	30	Andrews	6:58.0
28. Hugh Smith	33	Abernathy	6:59.2
29. James Livermore	34	Lubbock	7:00.2
30. Mitch Biggs	16	Hobbs, NM	7:01.4
31. Mike Northup	15	Plainview	7:01.6
32. Bernard Hartman	47	Lubbock	7:02.2

5 MILE RESULTS (continued)

33. Norman Pittenger	44	El Paso	35:18
34. Don Kephart	29	Lubbock	35:23
35. Mike Kelley	32	Lubbock	35:42
36. Bobby Timberlake	33	Levelland	35:43
37. Sal Duarte	17	Hobbs, NM	35:49
38. Francis Johns	47	Midland	35:51
39. Kevin Black	15	Hobbs, NM	36:02
40. Donny Gordon	17	Hobbs, NM	36:12
41. Rick Green	29	Midland	36:12
42. Sherrill Easterling	31	Coahoma	36:18
43. Bruce Blankenship	32	Lubbock	36:40
44. Raul Flores	22	Smyer	37:01
45. Scott Yarrowrough	19	Levelland	37:21
46. Jay Kelly	48	Odessa	37:39
47. Dub Mantis	44	Lubbock	37:50
48. Steven Gill	15	Hobbs, NM	38:03
49. Dale Tervooren	37	Midland	38:17
50. Alonzo Mendoza	23	Levelland	39:25
51. J. J. Whitten	10	Canyon	39:46
52. Doug Hale	36	Lubbock	40:26
53. Johnny Nava	34	Staton	40:41
54. Martin Ellis	20	Dallas	42:17
55. Margie Ranc	40	El Paso	43:21
56. Arlyne Ranan	45	Odessa	43:41
57. Todd Birdwell	21	Lubbock	45:15
58. Mary Whitten	11	Canyon	45:32
59. Terry Northup	40	Plainview	48:14
60. Gary Moore	30	Odessa	48:35
61. Jimmy Whitten	8	Canyon	50:33
62. Cherie Livermore	34	Lubbock	53:05
63. Linda Gordon	32	Coahoma	55:32
64. Harry Howell	45	O'Donnell	73:00

5 MILE AWARDS

CLUB MEMBERS' ALL TIME MARATHON LISTING

Listed below are the best marathon times for all club members from whom we have received data. There are probably other club members who have completed a marathon, but obviously we couldn't list those who didn't respond to our questionnaire. You see before you the names of winners. Anyone who has completed this classic distance is a **WIMPER** in capital letters and deserves to feel justifiably proud of his/her accomplishments.

OPEN

1. Wilson Kigen
2. Steve Stallings
3. Quinn Smith
4. Cliff McGurdy
5. Perry Toles
6. Stan Leech

30 - 39

1. Jimmy Whitley
2. Daniel Fonseca
3. John Trompler
4. Robert Guajardo
5. Rick Ricketts
6. Charles Davis

40 - 49

1. George Jury
2. Bobby Birdson
3. Bernard Hartman
4. Norman Pittenger
5. Francis Johns
6. Jay Kelly

15 & Under

1. Freddy Ortez
2. Mike Northup
3. Kevin Black

Girls (24 & Under)

1. Mindee Mayfield
2. Mary Whitten
3. Arlyne Ragan

Ladies (25 & Over)

1. Sherrill Easterling
2. Margie Ranc
3. Arlyne Ragan

High School & Under

1. Gary Jenkins
2. Erik Packard
3. Karl Wolfe
4. Thomas Colvin

Marathon	Date	Age	Male(M)/ Female(F)	Time
1. Jack Petty USTFF, Denton, Tx	1/72	29	M	2:33:04
2. Bobby Cunningham Clovis, Clovis, NM	10/6/79	39	M	2:36:46
3. Robert Schooler Tenneco, Houston, Tx	1/19/80	16	M	2:37:30
4. John Trompler White Rock Dallas, Tx	12/1/79	32	M	2:40:31
5. Steve Stallings White Rock Dallas, Tx	12/6/80	28	M	2:43:45
6. Bob Dunbar Pampa, Tx	1979		M	2:45:02
7. Richard Kleinmans White Rock Dallas, Tx	12/6/80	31	M	2:56:08
8. Howard Millsap Odessa, Odessa, Tx	12/73	37	M	2:59:09
9. Sherrill Easterling Cowntown Fort Worth, Tx	2/28/81	31	F	3:05:2
10. Gene Adams White Rock Dallas, Tx	2/23/74	39	M	3:15:20
11. Mickey McClure Odessa, Odessa, Tx	12/75	33	M	3:23:26
12. George Jury Funfest, Amarillo, Tx	5/24/80	43	M	3:25:34
13. Bymie Bass Clovis, Clovis, NM	10/4/80	33	M	3:26:10
14. Frank Barrow White Rock Dallas, Tx	12/79	35	M	3:26:2
15. James Bozzell Mardi Gras New Orleans, LA	1/78	54	M	3:26:2
16. A. A. Montgomery Cowntown Fort Worth, Tx	2/26/81	59	M	3:28:04
17. David Hart Marathon of the Great Southwest, Abilene	3/28/81	28	M	3:29:2
18. James Livermore Cowntown Fort Worth, Tx	2/28/81	33	M	3:30:54
19. David Bass Clovis, Clovis, NM	10/4/80	31	M	3:32:00
20. Bernard Hartman Palo Duro Canyon Canyon, Tx	1/10/81	47	M	3:32:18

MARATHON LISTING (continued)

	Marathon	Date	Age	Male(M)/ Female(F)	Time
21. Don Kephart	Golden Yucca Hobbs, NM	4/25/81	28	M	3:33:30
22. Gene Coppin	Funfest Amarillo, Tx	5/23/81	48	M	3:34:24
23. Mike Greer	White Rock Dallas, Tx	12/6/80	42	M	3:35:20
24. Ray Lambert	White Rock Dallas, Tx	12/1/79	33	M	3:36:2
25. Ed Vernon	White Rock Dallas, Tx	12/1/79	49	M	3:46:2
26. Warren Brown	Palo Duro Canyon Canyon, Tx	1/10/81	59	M	3:48:48
27. Bobby Birdsong	Clovis, Clovis, NM	10/6/79	38	M	3:52:54
28. Henry Arellano	Funfest Amarillo, Tx	5/26/80	22	M	3:55:14
29. Norman Pittenger	College of Artesia Artesia, NM	2/28/70	33	M	3:56:34
30. Lyn Bowie	Golden Yucca Hobbs, NM	4/23/81	28	F	5:10:2

The MEDIAN TIME is: 3:51:30

The AVERAGE TIME is: 3:24:48

Congratulations to all of those listed above! You have persevered!

ANNUAL SUMMARY FOR ALL CLUB MEMBERS
WHO PARTICIPATED IN AT LEAST ONE
RACE DURING THE CLUB YEAR 7/80 - 6/81

NAME	No. of Races	Opponents Defeated	No. of Trophies	Race Miles
Gene Adams	3	23	-	11
Jose Aguayo	3	114	1	12
Emmett Allen	1	8	-	5
Greg Anderle	4	85	2	11
Henry Arellano	1	58	1	3
Ralph Arrell	1	23	1	6
Frank Barker	5	176	-	18
Sandra Barker	4	10	3	13
Terry Barker	5	80	-	30
Frank Barrow	4	30	-	28
Byrnie Bass	3	84	3	18
David Bass	3	74	2	18
John Bednarski	3	121	3	16
Bobby Birdsong	10	228	6	52
Patsy Birge	1	4	1	4
Bruce Blankenship	2	28	1	4
Lyn Bowie	2	13	2	5
Jimmy Don Bowman	1	45	-	3
Tom Bowser	5	120	-	52
Thomas Boyke	3	71	1	13
James Bozzel	1	7	1	6
Gary Britt	1	29	1	26
Warren Brown	3	36	3	43
Bill Cagle	2	52	2	17
Anne Carr	1	2	1	3
Ray Chaffee	1	65	-	4
Andra Chamberlin	1	2	1	4
Chuck Chamberlin	2	25	1	13
Larry Chavez	2	89	2	10
Melinda Cherryhomes	1	1	1	4
Pat Cleer	4	74	-	13
Alex Cruz	1	7	1	2
Richard Cummins	1	20	-	10
Bobby Cunningham	12	489	12	111
Shane Cunningham	5	155	1	30
Dirk Davis	1	8	1	2
Bob Dunbar	3	193	3	12
Charles Davis	3	87	1	24
Jerry Dunn	1	33	1	4
Sherrill Easterling	4	103	4	26
Pat Escamilla	3	96	2	10

NAME	No. of Races	Opponents Defeated	No. of Trophies	Race Miles	NAME	No. of Races	Opponents Defeated	No. of Trophies	Race Miles
John Fairbanks	1	10	-	6	Steve McCleery	1	36	-	3
Barbara Frankhauser	1	6	1	5	Cliff McCurdy	12	592	12	72
John Franknecht	1	27	-	8	Herb McDaniel	2	126	-	7
Lee Frey	1	3	-	6	C.G. McKnight	3	49	1	18
					Tim McNamara	2	39	1	10
Chris Gaddy	1	19	-	6	Dub Manis	3	19	-	38
Sam Gentry	1	15	-	13	Jose Mendez	2	51	1	25
Bob Giffin	4	176	4	25	Johnny Mercado	3	98	3	28
Suzie Goen	2	9	2	8	Lolo Mercado	2	73	2	18
Sandy Goff	1	17	1	4	David Metcalf	1	43	1	3
Ann Gordhamer	5	36	-	9	Howard Millisap	9	229	9	91
Patrick Gordon	2	24	-	9	Andrew Molabee	1	15	1	3
Robert Gorsline	6	124	4	19	Monty Montgomery	1	10	1	7
Rick Green	2	22	-	13	Bob Mooty	1	21	-	10
Robert Grady	1	22	-	8	Richard Morgan	1	2	-	3
Mike Greer	5	71	-	46	Becky Munden	1	12	1	13
Don Grimes	4	82	-	38	Roland Murray	3	62	-	13
Liana Guajardo	2	13	1	5	Johnny Nava	3	22	2	5
Robert Guajardo	5	224	2	31	Pike Northrup	3	37	2	8
Doug Hale	5	107	-	26	Terry Northrup	3	23	-	11
Steve Hamilton	1	35	-	5	Keith Novick	1	27	-	6
Bob Hamrin	2	49	1	22	Paul Orr	2	12	-	25
Sherrrie Harmon	1	2	1	3	George Payne	1	1	-	6
H.B. Hartman	11	205	8	101	Mitchell Pearce	1	19	1	2
Hugh Haynes	1	44	1	12	Dan Penneck	8	277	7	78
Jim Haynes	1	44	1	3	Herbert Perez	9	347	7	76
Roger Haynes	4	60	-	59	Darrel Phillips	1	23	1	6
Tevis Herd	1	29	-	6	Bennie Pickrell	2	44	2	18
Jerry Hewett	2	22	-	21	Norman Pittenger	4	171	4	13
Herbert Hicks	1	7	-	5	Richard Porter	1	11	1	3
Garren Hill	1	2	-	7	Arlene Ragan	3	13	2	8
Rodger Hill	1	1	-	7	Jim Ravanelli	1	19	-	3
Elizabeth Holguin	1	33	1	3	Donna Repman	3	56	3	9
Harry Howell	1	3	1	5	John Rhyne	3	111	1	10
Buddy Hutto	3	201	3	10	Bobby Richardson	3	198	3	17
Gary Jenkins	3	182	3	12	Rick Ricketts	1	61	1	5
Francis Johns	2	15	2	5	Roger Robles	1	49	-	3
Paul Johnson	1	10	-	4	Milton Sanchez	3	133	1	10
Randy Johnston	1	31	-	4	Don Sanderson	9	302	9	83
George Jury	8	271	8	66	David Schmidt	1	10	-	8
Leo Karlin	1	47	1	5	Bob Schooler	1	7	1	3
Mike Kelley	6	112	2	56	Robert Schooler	1	61	1	3
Don Kephart	10	168	2	71	Gary Schovajsa	2	66	2	8
Richard Kleinhaus	4	172	4	38	Ron Shew	4	188	1	31
Ray Lamont	6	118	1	21	Jack Shropshire	1	18	1	6
Sarah Lamont	4	21	4	10	Berry Simpson	3	18	-	18
Stan Leech	1	37	1	3	D. Tracy Skeen	2	4	-	21
Lawrence Leonard	1	2	1	2	Beth Sloane	1	3	1	6
James Livermore	8	126	-	71	Becky Smiley	1	0	-	3
Gerald Long	3	35	-	25	Dennis Smiley	1	10	-	6
Joe Longoria	1	69	-	5					
Bob Lowrinore	1	8	1	3					
James Lundy	1	8	1	6					

"THE WINNERS CIRCLE"

Featured Runner of the Month
Non-Club Member

Race
Miles

No. of
Trophies

Opponents
Defeated

No. of
Races

NAME

Dennis Smith	19	1	3	1	
Don Smith	34	-	22	2	
Quinn Smith	445	7	27	7	
Ramond Smith Jr.	29	-	7	2	
Mike Sparks	121	2	15	3	
Stephen Stallings	94	3	24	2	
Jeff Stewart	198	2	14	1	
Jan Taylor	4	1	9	1	
Kevin Taylor	2	-	9	1	
Richard Templeton	27	-	5	1	
W. Dale Tervooren	67	-	14	1	
Joe Tighe	33	-	3	1	
Robby Timberlake	23	-	16	2	
Lynn Todd	19	-	12	1	
David Tomlinson	13	-	8	1	
Sandra Tomlinson	4	1	3	1	
John Trompler	111	3	28	3	
Teri Valero	27	2	6	2	
Ed Vernon	80	3	55	8	
Jimmy Whitley	155	4	18	4	
James Whitten	24	-	11	5	
Jerry Whitten	20	-	7	4	
Jerry James Whitten	99	2	9	4	
Mary Ann Whitten	50	4	11	5	
Roxanne Whitten	18	1	1	1	
Jim Wilhelm	16	-	16	2	
Buddy Wise	17	1	14	3	
Ralph Wolf	91	2	8	3	
Karl Wolfe	185	4	20	5	
Scott Yarborough	83	3	11	3	
Kenneth Young	54	2	6	2	

NAME: Gayle Garrison Age: 36 HEIGHT: 5'5" WEIGHT: 120 lbs.

Gayle took up running in her late 20's and quickly became a force in the then early days of women's road racing. Her times of 5:16 - mile, 35:40 - 10K, 59:40 - 10 mile, and 2:47:40 - marathon were among the best in the world only 5 to 6 years ago. She made the covers of many magazines and enjoyed a couple of years of particular notoriety. Still a fairly well-known runner, Gayle has taken a more laid back role as author, exercise instructor, running camp director, and is still a capable road racer. She is one of the leaders of the running boom in the Atlanta area, where she resides.

Gayle shows a good, well-rounded approach to life, health, and running. She uses yoga and several flexibility exercises, along with engaging in tennis, racquetball, swimming, and biking to add to her running program. She avoids white flour, sugar, and red meat in her diet. Her running program is based on the hard/easy principle, but she now never overtrains. She claims running is the big joy in her life as she can get off and think things over. She puts a big emphasis on being able to run (avoiding injuries) and listens to her body closely.

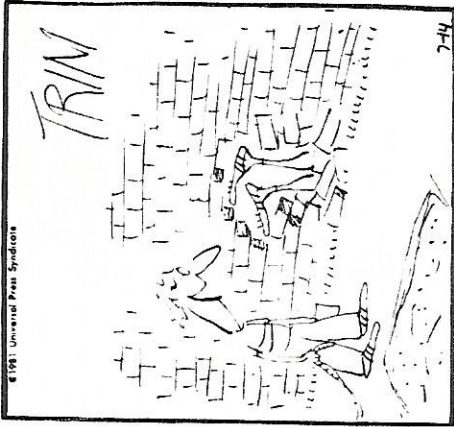
Gayle trains daily at 5:30 p.m. along these lines:

- Monday - 6 miles at 7:00/mile
- Tuesday - 10 miles with either intervals or fartlek
- Wednesday - 8 miles at 7:30/mile
- Thursday - 14 miles at 8:00/mile
- Friday - 5 miles at 8:00/mile
- Saturday - race
- Sunday - 20 miles at 8:00/mile

Gene Adams recently received a letter from R. C. Ezell who lives in England. He renewed his membership to West Texas Running Club and the Newsletter. He enjoys reading about his running friends here in West Texas. He recently participated in a "Lyke Wake Walk" which is a 40 mile walk across the North Yorkshire Moors in less than 24 hours. The group he was with covered the distance in just under 14 hours. Most of them were British, as very few Americans do this particular walk.

WE NEED SOME INPUT!! If you have any race results, information on personal performances, general notes of interest or news of upcoming events, please send to Doug Hale, 707 76th Street, Lubbock, Texas 79423. Thanks.

Thanks to Tom Bowser for donating an extra \$5.00 to the club treasury.

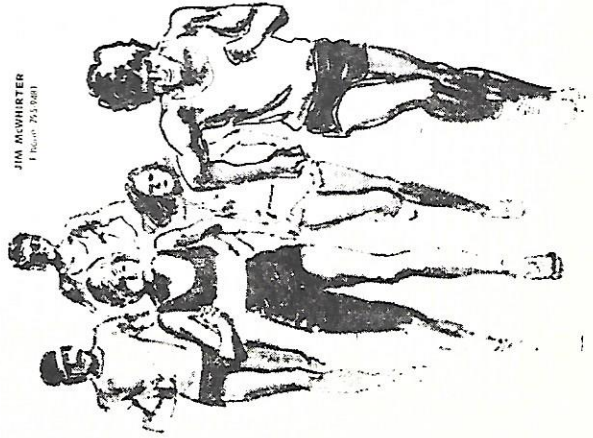


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"RUNNING IN YOUR DIRECTION"

Miles to go

Dallas philosophy instructor his Western States 100 road

By Temple Pouncey
Staff Writer of The News

Five years ago, 62, 225-pound Dallasite Luke Barber could barely jog. One mile was a grand achievement.

Saturday, 20 marathons later, 183-pound philosophy teacher Luke Barber will attempt to complete a 100-mile run within 24 hours.

That's not a level run, either. The 36-year-old Barber will essay the Western States 100, a near-suicidal trek from the floor of Squaw Valley through rock-strewn wild-

"The world is short of heroes; I don't have any, so I have to be my own hero. It's heroic to do this."

—Luke Barber

erness trails in California's Sierra Nevada. The course winds through two mountain passes — the Donner Party vanished here — and into and out of five canyons.

At least eight hours will be run in darkness. Entrants must ford a river after 80 miles. Temperatures will range from 25 degrees at the top of Squaw Peak (elevation 8,670 feet) to 115 degrees on canyon floors.

"Last year," Barber noted, "they took one guy out of a canyon by Devil's Thumb. He'd been five hours trying to get out of the canyon. Finally, they hauled him out on horseback with an IV in his arm."

In the first four hours alone, Barber will ascend 2,850 feet. Within the 100 miles he will climb some 17,000 feet and descend another 24,000, before finishing in the town of Auburn, at the southwest edge of the Placer Valley.

Over the next 10 months, Barber deluged Gardner with letters — some postmarked by a Washington, D.C., friend and signed by Barber's "good friends," Jimmy Carter, Ronald Reagan and John Anderson, advocating his entry. He told her the patron saint of running, Pheidippides, came to him in a dream and told him that "the king of beasts would get me in, except that she would be a queen this time." Gardner, he had discovered, was born in August — a Leo.

Eventually, so many original entrants were injured in training for the race that Barber got in. He's run some 110 to 120 miles a week in Dallas and two weeks ago he drove to Squaw Valley to train on the course. So far, his odyssey seems to have been blessed.

He stopped along the way in Las Vegas and Reno and won \$180 at blackjack, which enabled him to fly his regular running partner, wife Jean, to the race. She and Barber's "pacer," running with him in Saturday night's darkness with flashlights, food, water and reassurance

The race has drawn a crowd: national magazines and camera crews are on hand, three of them having rented helicopters to photograph the agonized competitors along the route. They're asking King Barber and the others, who include one entrant from Holland, the inevitable question: Why?

"I want to be individualized from the crowd," replied Barber, who already has run the original marathon course in Greece. "Fourteen thousand people ran the New York City Marathon this year. It's hard to see that as something special, anymore. . . . The world is short of heroes; I don't have any, so I have to be my own hero. It's heroic to do this. There are so many chances of failure."

"People, say we runners like pain," Barber said. "That's not true. We like what's on the other side of the pain."

Dallas resident nearly loses life

Special to The News

AUBURN Calif. — Dallas philosopher Luke Barber was released from Mercy Hospital Sunday after failing in his first attempt to complete the grueling Western States 100-mile wilderness run.

Barber, 36, was among the first 60 of the 250 entrants to reach the 75-mile mark Saturday night. But

when he was examined at the White Oak Flat check point, his blood pressure had dropped to 60/50. When his pulse also began to drop, the medical team inserted an intravenous tube into his arm. Moments later, as his pulse fell below 40 beats per minute, Barber was disqualified and taken by ambulance to the hospital.

