

December 1981

100d 1-5-81

DEC 81 Race

JAMES LIVERMORE
5707 2ND PLACE
LUBBOCK TX 79416

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



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

Sponsored by the West Texas Running Club,
 The Hub, and Jockey International

DATE: Saturday, January 9, 1982

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 near the SE end of Palo Duro Canyon State Park. This will also be the starting location for the Marathon.

ENTRY FEE: \$5.00 all divisions of Marathon.
 \$5.00 for 4-Mile open, 30-39, 40 & above, and 40 & above.
 \$3.00 for 4-Mile 12 & under, 13-15, and High School Divisions.
 There will be a Late Registration Fee of \$1.00 for all runners whose entry has not been received by January 8.

COURSE: MARATHON: The course is located entirely within beautiful Palo Duro Canyon State Park. It will consist of 3 miles out and back and four laps around a looped course. The course will be entirely on asphalt roads and is undulating. High and low elevation points on the loop are approximately 2,880 and 2,765 feet. The Canyon offers a relatively sheltered location. Temperatures in the Canyon normally average several degrees warmer than on the table land above. The Canyon also offers some protection on a windy day. The course is certified by the AAU standards committee.

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 of runner. 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	4-Mile
Male	Female
Open	12 & Under
High School	13 - 15
30 - 39	High School
40 - 49	Open
50 & Over	30 & Above
Ladies	40 & Above

AWARDS:

Marathon - First place overall - Champion's Trophy
 First place each division - runners watch
 Trophies to first six places each division

4-Mile - Trophies to first six places in High School, Open men, 30-39, 40 and above divisions.
 Trophies to first three places in Open women, 30 and over
 Medals to first six places in 12 and under, 13-15 divisions

Additional medal awards may be given in each division depending upon the number of entries.

T-shirts to all competitors in both races except for the following 4-Mile divisions: 12 and under, 13-15 and High School. T-shirts for the 12 and under, 13-15 and High School divisions may be purchased for \$2.00.

ENTRY TO PARK: The Palo Duro Canyon State Park requires a flat fee of \$2.00 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	Bob Jackson	22	Portales, NM 2:32:47 1981
High School Record	Octaviano Ramirez	19	Brownfield 3:02:45 1977
30-39 Record	Gary Britt	34	Hobbs, NM 2:46:27 1981
40-49 Record	Robby Cunningham	40	Abernathy 2:44.01 1981
50 & Over Record	Don Sanderson	51	Tulia 3:18:36 1981
Ladies Record	Odetta Bonnett	29	Albuquerque, NM 3:05:48 1980

4-Mile			
Overall Record	Chandler Pruitt	19	Panhandle 20:20 1981
High School Record	Bruce Washburn	17	Tucumcari, NM 20:25 1980
13-15 Record	Howard Loehr	15	Amarillo 22:23 1977
30-39 Record	Jim Hogan	30	Pampa 22:14 1981
40 & Over Record	Bob Dunbar	46	Amarillo 23:50 1980
Ladies Record	Sherrill Easterling	30	Coahoma 26:52 1980
High School (Girls)	Elizabeth Holguin	17	Brownfield 26:32 1980
12 & Under (Boys)	Sheldon Perry	12	Hugoton, KS 28:07 1981
12 & Under (Girls)	Jackie Ringo	12	Amarillo 32:06 1981

ACCOMMODATIONS:

Canyon: Trail Motor Hotel and Buffalo Motel

Amarillo: Holiday Inn, Ramada, Travelodge, Royal Inn, Quality, and Others

Canyon is approximately 18 miles from race site and Amarillo 28 miles. Camping is available in Palo Duro Canyon State Park.

ADDITIONAL INFORMATION: Call or write Race Director Bob Dunbar, 6526 Fulton, Amarillo, Texas 79109. Telephone: Home - (806)353-2725, Work - (806)378-3675.

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 9, 1982, 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 Hub, Jockey International, 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 _____

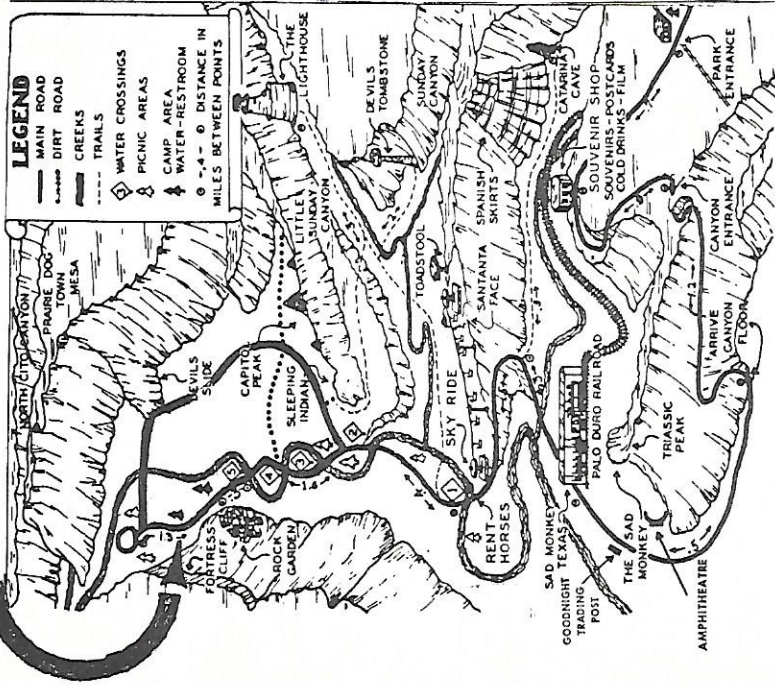
Please enter me in the Palo Duro Canyon _____ Marathon _____ Four Mile Run (Check One) on January 9, 1982. My entry fee and waiver of responsibility are enclosed. **PLEASE PRINT ALL INFORMATION**

NAME _____ AGE _____
 ADDRESS _____
 COMPETING IN (DIVISION) _____ T-SHIRT SIZE _____

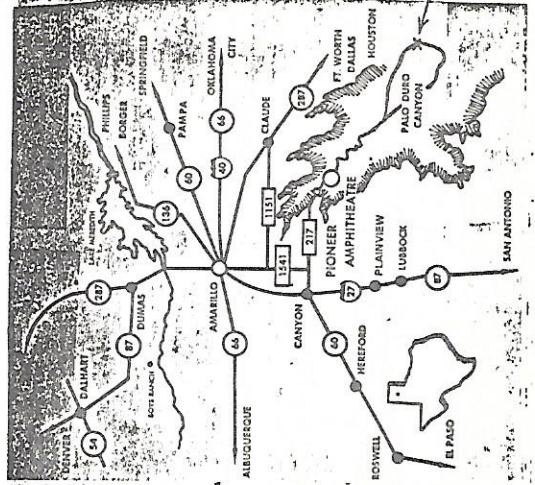
Make checks or money orders payable to "The West Texas Running Club".
 Mail entry blank with entry fee and signed waiver of responsibility to:

Bob Dunbar
 6526 Fulton
 Amarillo, Texas 79109

Race site approximately 7 miles from park entrance



Park Entrance



Sign-in Area

SCHEDULE OF EVENTS

Races

- Sunday, January 10: Avon Half-Marathon, Houston (Women Only). Contact: Avon Running, c/o Phidippiades, 7689 Clarendon, Houston, Texas 77036.
- Saturday, January 16: Jackson Five-0 (50 Mile Ultra Marathon), 8:00 a.m., Bachman Lake, Dallas. Contact: Ed Jackson, 214-385-2514 (day) or 214-278-1948 (night).
- Saturday, January 16: Austin Runners Club Grand Prix 20K Road Race. Contact: Joe Jamison (512) 459-5225 or Jimmie Dean (512) 442-0486.
- Saturday, January 30: Snowman Shuffle 10K. White Rock Lake. Contact: James Tipton, 3 Ridgeview Cr., Richardson, Texas 75080.
- *Saturday, February 13: Ninth Annual 8 and 3 Mile Cotton Patch Runs, Brownfield.
- *Saturday, March 13: Seventh Annual 4 Mile Grass Trample, Lubbock.
- Saturday, March 21: The Capitol 10,000 (10K). 12,000 entrants in 1981. Contact: Donya Andrews, Box 670, Austin, Texas 78767 (512) 445-3594.
- *Saturday, April 10: WTRC 5 Miler, Amarillo.
- *Saturday, May 8: 10th Annual Horseshoe Bend Canyon Spring Frolic (12 and 2 Miles), Slaton.
- * Regular WTRC Race
- 1982 Spring Marathons
- *Saturday, January 9: 6th Annual Palo Duro Canyon Marathon and 4 Mile. 11:00 a.m., Palo Duro Canyon State Park, Canyon, Texas. Contact: Bob Dunbar, 6526 Fulton, Amarillo, Texas 79109. (806) 378-3675 or 353-2725.
- Sunday, January 24: Houston Tenneco Marathon. Contact: Houston Tenneco Marathon, Box 19454, Houston, Texas 77024.
- Saturday, February 27: Fourth Annual Cowtown Marathon and 10K Run. Contact: Jim Gilliland, Box 662, Ft. Worth, Texas 76101.
- Saturday, February 27: 4th Woodlands Marathon. Contact: Woodlands Inn and Country Club, 2301 North Millbend Drive, The Woodlands, Texas 77380.
- Saturday, March 6: 15th Galveston Marathon (oldest Marathon in Texas). Contact: Dennis Flowers, Athletic Attic, 6402 Broadway, Galveston, Texas 77551.

SCHEDULE OF EVENTS (continued)

- Sunday, March 21: 5th Catalina Island Marathon. Extremely arduous and hilly (2980 ft. of climbing). 2 previous marathons required. \$50.00 entry fee (includes boat transportation, carbo dinner, lodging, and breakfast). Contact: Hans Albrecht, Catalina Marathon, 14232 Meadow Grass, Lake Oswego, OR 97034.
- Saturday, March 27: 5th Marathon of the Great Southwest. Contact: Mike Osborn, Box 3137, Abilene, Texas 79604.
- Saturday, April 3: 8th Texas Relays Marathon. Contact: Marathon Director, Austin YMCA, 1100 West 1st Street, Austin, Texas 78703.
- Saturday, April 10: 6th Texas A&M Marathon. Contact: Rusty Higham, P.E. Department, East Kyle 158K, Texas A&M University, College Station, Texas 77843.
- Saturday, April 17: 3rd Golden Yucca Marathon, 8.6 mile and 3 mile. 7:00 a.m. Contact: Steve McClerry, College of the Southwest, Lovington Hwy, Hobbs, New Mexico 82240.
- Saturday, April 17: 3rd UnBoston Marathon. Must not have met current Boston Qualifying Standards in last 5 years and must have completed a previous marathon. Contact: Ed Arenz, 4094 Flowerfield Road, St. Paul, MN 55112.
- Monday, April 19: Boston Marathon, Hopkinton, Massachusetts.
- Sunday, May 2: 11th Avenue of the Giants Marathon, Weott, Cal. within Humboldt Redwoods State Park. Contact: Six Rivers Running Club, Box 214, Arcata, CA 95521.
- Saturday, May 29: 5th Funfest Marathon. Contact: Funfest Marathon, 1700 Potik, Amarillo, Texas 79102.
- Sunday, June 13: 5th Estes Alpine Classic Marathon. Rocky, dirt, muddy and 14 miles of asphalt; devastating hills (some up to 15-30° grade), several 1000 ft. long grades; starting elevation, 8561 ft. up to 9320 ft.; finish 7522 ft. Contact: Carla Zuba, Box 2885, Estes Park, CO 80517.

9th Annual 7 Mile and 2 Mile Concho Crawl
 Highland Range Park, San Angelo, Texas
 December 12, 1981

Ideal running weather, a well organized race, and a challenging new course greeted sixty-six runners in the 9th annual San Angelo bash. The contestants confronted a tough hill less than one-eighth mile from the start. Miles one and two were also hilly while miles three, four, and five were merely rolling. And, how about a long steep hill to get to the finish line at mile seven?

The two mile race was captured by Gary Gabriel (San Angelo) in a quick 10:32. Running second and easily capturing the 30 and over Division in 11:05 was Bobby Cunningham (Abernathy). Ruben Aguillon took third and led a veritable unbroken parade as the next fifteen spots were captured by San Angelo runners. Anne Fish (San Angelo) won the Ladies Division while Beth Yarbrough (San Angelo) was victor in the Girls Division.

Cliff McCurdy (Lubbock) ran a determined race in winning the seven miles with a sparkling 38:32. Running second was Chandler Pruitt (San Angelo). Third place was taken by Tom Mayfield (San Angelo) who easily captured the 40-49 Division with an excellent time of 39:53. Malcolm Replogle (San Angelo) took fifth overall and first place honors in the 30-39 Division. A.A. Montgomery (San Angelo) blew away a sizable number of younger competitors in taking the 50 and over Division in 48:45. Carla Boling (Austin) was the first lady across the finish line.

As is evident by the good times recorded, while the course was tough, a lot of runners were tougher.

2 MILE RESULTS

			Time	Min/Mi
1.	Gary Gabriel	20	10:32	5:16.0
2.	Bobby Cunningham	41	11:05	5:32.5
3.	Ruben Aguillon	18	11:17	5:38.5
4.	Mike Dotson	16	11:38	5:49.0
5.	Daniel White	18	11:52	5:56.0
6.	James Aguirre	18	11:55	5:57.5
7.	John Rendon	24	12:06	6:03.0
8.	Ricky La Bedelle	19	12:15	6:07.5
9.	Ross Dawkins	39	12:17	6:08.5
10.	Mike McCracken	31	12:30	6:15.0
11.	Alex Cruz	17	12:34	6:17.0
12.	Don Lowery	32	13:02	6:31.0
13.	Steve Schmidt	22	13:40	6:50.0
14.	Scott Yarbrough	20	13:51	6:55.5
15.	Glenn Barnes	13	13:54	6:57.0
16.	Kent Fish	28	14:05	7:02.5
17.	Richard Alston	22	14:28	7:14.0
18.	Scott Hale	12	14:30	7:15.0
19.	Doug Hale	37	15:38	7:49.0
20.	Anne Fish	30	17:32	8:46.0
21.	Sam Curtis	47	17:47	8:53.5
22.	Beth Yarbrough	20	18:04	9:02.0
23.	Rachel Sanders	9	18:27	9:13.5
24.	Kathy Halley	30	18:40	9:20.0
25.	Debbie Roberson	28	19:39	9:49.5
26.	Vickie McAfee	32	21:11	10:35.5

7 MILE RESULTS

	Time	Min./Mi
1. Cliff McCurdy	38:32	5:30.3
2. Chandler Pruitt	39:18	5:36.9
3. Tom Mayfield	39:53	5:41.9
4. Mike Davis	40:33	5:47.6
5. Malcolm Replogle	42:48	6:06.9
6. Carlos T. Guerrero	44:14	6:19.1
7. Joe Tighe	44:22	6:20.3
8. Shane Cunningham	45:18	6:28.3
9. Max Sanders	46:03	6:34.7
10. Austin Helm	46:58	6:42.6
11. Bob Miller	47:27	6:46.7
12. Bill Ebersohl	47:35	6:47.9
13. Terry Barker	48:16	6:53.7
14. A. A. Montgomery	48:45	6:57.9
15. David Herreman	48:58	6:59.7
16. Ed Humphries	50:17	7:11.0
17. Ed Gillenwater	50:17	7:11.0
18. Dewayne Halley	50:33	7:13.3
19. Carla Boling	50:36	7:13.7
20. Don Kephart	50:42	7:14.6
21. Mike Kelley	50:56	7:16.6
22. Tom Bowser	51:33	7:21.9
23. Francis Johns	51:56	7:25.1
24. Nelby Cox	52:04	7:26.3
25. Dan Merkel	52:07	7:26.7
26. Vince Flores	52:09	7:27.0
27. Gene Adams	52:46	7:32.3
28. Bill Taylor	52:55	7:33.6
29. Jerry Stewart	53:46	7:40.9
30. Don Hatcher	53:51	7:41.6
31. Robby Timberlake	53:54	7:42.0
32. Mary Sanders	54:25	7:46.4
33. John Gandy	54:58	7:51.1
34. Jill Foster	55:10	7:52.9
35. Johnny Nava	56:25	8:03.6
36. Rick Ryberg	56:36	8:05.1
37. Liz Humphries	58:20	8:20.0
38. T. R. Ross	58:52	8:24.6
39. Baugh Lewis	64:04	9:09.1
Tommy Wilson	DNF	

2 MILE AWARDS

High School & Under

1. Ruben Aquillon
2. Mike Dutton
3. James Aguirre
4. Ricky LaBedeille

Open

1. Gary Gabriel
2. Daniel White
3. John Rendon
4. Steve Schmidt

30 & Over

1. Bobby Cunningham
2. Ross Dawkins
3. Mike McCracken
4. Don Lowery

Girls (24 & Under)

1. Beth Yarbrough
2. Rachel Sanders

Ladies (25 & Over)

1. Anne Fish
2. Kathy Halley
3. Debbie Roberson
4. Vickie McAfee

7 MILE AWARDS

Open

1. Cliff McCurdy
2. Chandler Pruitt
3. Mike Davis
4. Carlos Guerrero

30-39

1. Malcolm Replogle
2. Joe Tighe
3. Austin Helm
4. Bob Miller

40-49

1. Tom Mayfield
2. Max Sanders
3. David Herreman
4. Francis Johns

50 & Over

1. A. A. Montgomery
2. Tom Bowser
3. Baugh Lewis

Ladies

1. Carla Boling
2. Mary Sanders
3. Jill Foster

WHITE ROCK MARATHON

On Saturday, December 5, 1981, in Dallas, Texas, 3200 runners lined up at 9:00 AM for the 12th Annual White Rock Marathon. They came from San Diego, New York, Canada, Mexico, and the South Plains.

The weather on this sunny morning was excellent: 48 degrees at the start and 55 degrees at noon, with a 7 to 14 mph breeze. The course was well marked, the splits were given every mile, and aid stations came along every 2.5 miles.

A marathon is an accumulation of time and effort distributed over weeks and months that all focus on that day at that time.

Since the marathon is such a personal challenge where success is measured in personal terms, we have asked WTRC runners at White Rock to briefly tell of their run that day.

Many people chose not to make a profound statement, indeed you can hear the laughter at the end of some of the comments.

John Trompler (2:43:23)

"I ran more miles than ever before in preparation, hoping to get through the last 6 miles without slowing down terribly -- it didn't work!"

Randy Johnston (3:24:10)

"Long, tiresome, and fun!"

Jim McWhirter (4:50:00)

"Since the run, I've often wondered if some of the people I saw in the last 8 miles are still alive!"

"Also, I have submitted my time as a world record for my weight class."

Bernie Hartman

"At the end of training, I picked up the stomach virus (the Sunday before) and spent the next 3 days putting in mileage between the bedroom and bathroom. By Thursday, I had completed carbo unloading. Better luck next year."

Ann Gordhammer (4:45:00)

(Could not be reached for comment)

James Livermore(3:11:51)

"Wow! How did I ever get the necessary equipment to run like that?"

Dub Manis (3:40:35)

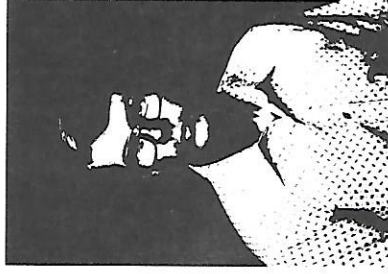
"At the end of the run another runner came up to me and asked me what was the winning time. I told him 3:40:35. He looked at me quizzically, and I told him that is my new PR."

Jim Wilhelm (3:48:38)

"I thought the course was supposed to be flat! All of a sudden at the 22 mile mark, I realized that I was going to finish my first marathon."

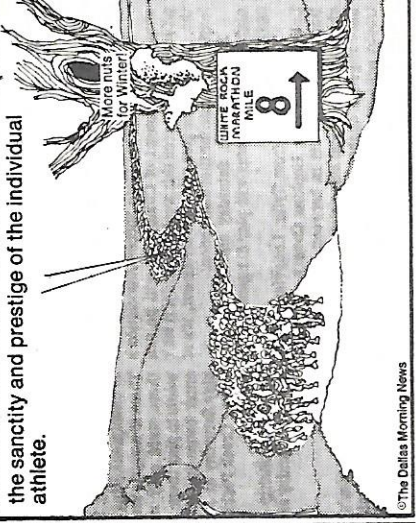
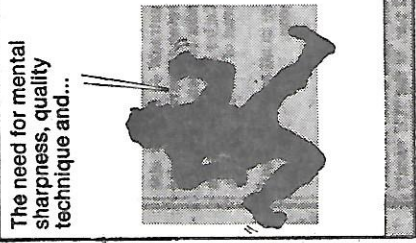
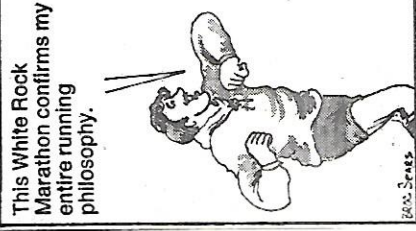
Zant Woodul (4:26:00)

"For my first marathon it was a thrilling conclusion to weeks of preparation, but at the end, my corpus was delecti!"



Bobby Birdsong - Featured Runner Of The Month(See Story Next Page)

SPORTSTOWN, U.S.A.



BY BROCK SEARS

"THE WINNERS CIRCLE"

Featured Runner of the Month

NAME: Bobby Birdsong **AGE:** 40 **HEIGHT:** 6'2" **WEIGHT:** 168
OCCUPATION: Levelland High Biology Teacher

Bobby had no background in running, but realized he needed to control his weight. This was June of 78 when he decided to take his first run down a turn row of a cotton patch. Not only has his weight dropped, but he has developed into a very competitive roadrunner also. This is because Bobby is very goal oriented, and really points to each WTRC race. Although he has a specific goal for each distance, the major goal is to see how long a distance he can carry a sub-seven minute pace. So far he is up to six miles at goal pace.

Competition aside, running is also Bobby's favorite recreation over tennis or golf. He's made some good friends through racing the WTRC circuit. He views roadracing as the most honest sport he's been involved in and through it, he's run further and faster than he dreamed was possible. So far his times are: 5:47, 12:36, 18:55, 26:51, 33:42, and 41:10 for one through six miles. Also he's hit 10 miles in 70:48 and run a 3:52 marathon.

With WTRC races being the primary motivating factor, it's no surprise to see his schedule set up to peak at races. He throws in an interval 440 session of a fartlek run when he's preparing for a race. He also tapers his mileage the week of a race. During the summer he runs every day, but during the school year he can only run 5 days due to night classes. Leg trouble limits his mileage to a 35 mile ceiling each week and also slows his pace somewhat.

A typical winter training week is along these lines:

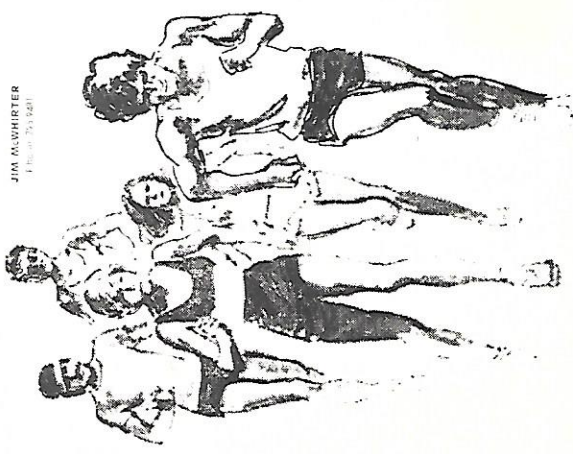
- Sunday - 10-12 miles at 8:15 pace
- Monday - classes
- Tuesday - 4-6 miles at 7:50 pace
- Wednesday - classes
- Thursday - 6-8 miles at 8:00 pace
- Friday - 3-4 miles at 7:50 pace
- Saturday - 3-4 miles at 7:50 pace

Bobby is a good example of what persistent, goal-oriented training can accomplish. We wish him continued success in extending his sub 7:00 distance in the future.

the **SWIFT** FOOT

JIM McWHIRTER
 LUBBOCK, TEXAS 79404

3607 41st Rd. - Suite B-4
 LUBBOCK, TEXAS 79404



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