

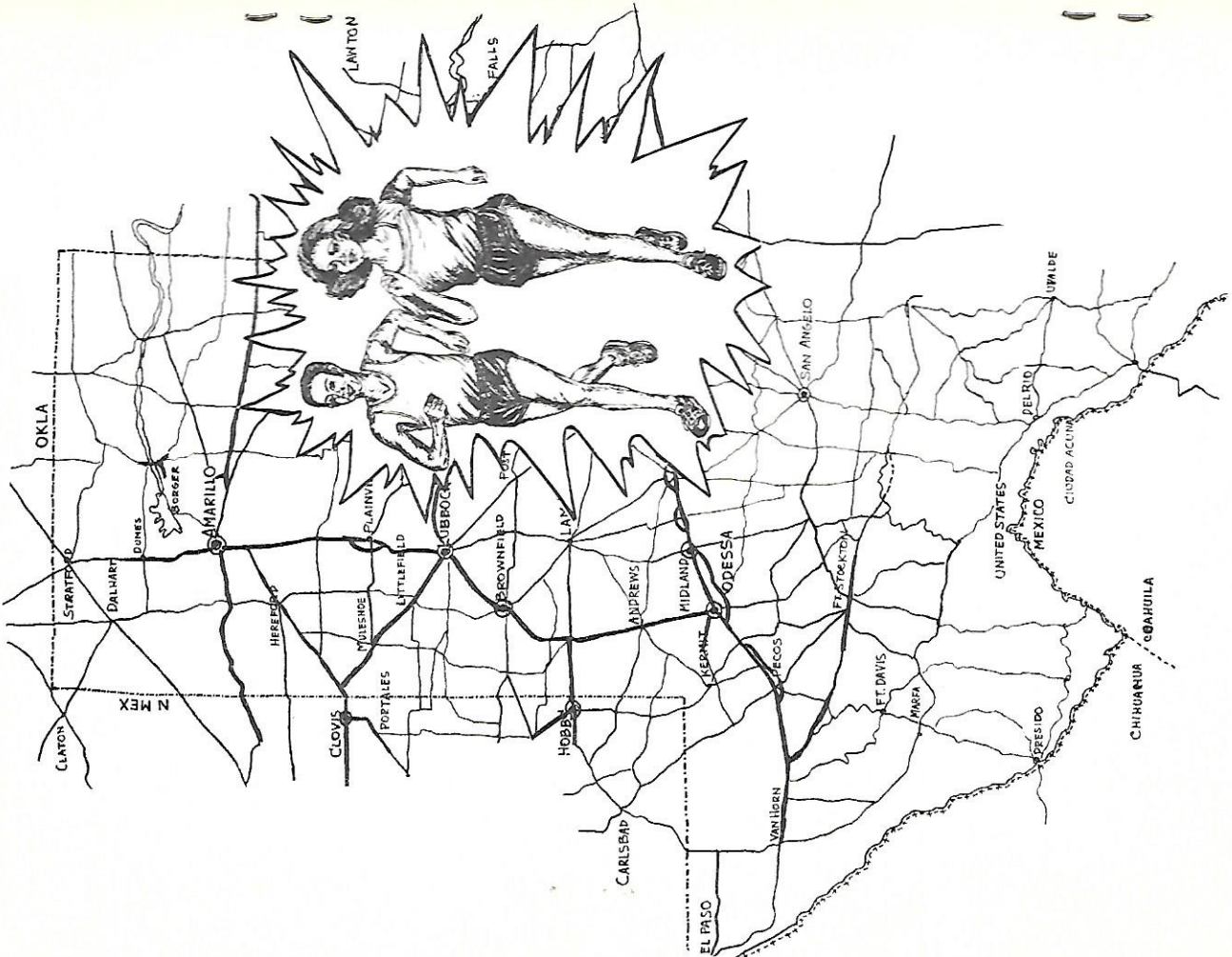
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West Texas Running Club
Route 1, Brownfield,
Brownfield, Texas 79316



WEST TEXAS RUNNING CLUB NEWSLETTER

February 1981

MARCH CLUB RACE

"6th Annual 4 Mile Grass Trample"

DATE: Saturday, March 14, 1981
 TIME: 10:00 a.m.
 DISTANCE: 4 miles
 LOCATION: Hodges Park (back side of K. N. Clapp Park) 41st and University, near baseball diamond, Lubbock, Texas (see map).
 COURSE: Grass, flat, looped course
 Electronic finish line timing to be provided by Athletic Attic of Lubbock

DIVISIONS AND AWARDS:

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

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

Race Director: (contact for more information)

Don Kephart
 5320 45th Street
 Lubbock, Texas 79414
 Phone: (Day) 806-828-6563
 (Evening) 806-797-4604

Course Records

| Overall Record: | Name | Time |
|---------------------|------------------|-------|
| 15 & Under Record: | John Bedharski | 20:51 |
| Club Member: | Joe Murray | 23:00 |
| High School Record: | Bob Schooter | 27:00 |
| Club Member: | Manuel Trevino | 23:43 |
| 30-39 Record: | Karl Wolfe | 24:21 |
| 40-49 Record: | Jack Petty | 22:36 |
| 50 & Over Record: | Bobby Cunningham | 22:14 |
| Ladies Record: | Don Sanderson | 29:31 |
| Club Member: | Caylene Caddell | 28:43 |
| Girls Record: | Suzanne Wilton | 32:53 |
| Club Member: | Isabel Navarro | 25:02 |
| | Caro Tyika | 31:29 |

SCHEDULE OF EVENTS

- *Saturday, March 14: WTRC 4 Mile Run, 10:00 a.m., Hodges Park (Community Center) 40th & University, Lubbock, Texas. Contact: Don Kephart (806) 797-4604, evenings.
 011 Capital Marathon, Tulsa, Oklahoma, 9:00 a.m. Contact: Tulsa Running Club, 6200 S. 221 E. Avenue, Broken Arrow, Oklahoma 74012.
- Sunday, March 22: Capital 10,000. Austin, Texas. Contact: Austin-American Statesman, Austin, Texas.
- Saturday, March 28: Marathon of the Great Southwest. 7:00 a.m., Abilene, Texas. Contact: Mike Osborn, Box 3137, Abilene, Texas 79604.
 Texan Ten Thousand, 10:00 a.m., Tarleton State University, Stephenville, Texas. Contact: Bob Newby, P. O. Box 306, Stephenville, Texas 76401.
- Saturday, April 4: Arrowhead Mills 20K Run. White Rock Lake, Dallas, Texas. 9:00 a.m. Contact: Arrowhead Mills Run, 11317 Earlywood Drive, Dallas, Texas 75218.
- Saturday, April 4: Pecos Valley Stampede Marathon, 7:30 a.m., Roswell YMCA, Roswell, New Mexico. Contact: Al Berryman, (505) 623-1510.
- Saturday, April 4: 1st Annual Tall Town 10,000. 8:00 a.m., Cub Stadium, Midland, Texas. Contact: Andrea Chamberlin, 2711 Roosevelt, Midland, Texas 79701.
- Saturday, April 4: 7th Annual Texas Relays Full, Half & Quarter Marathons, 7:30 a.m., Austin, Texas. Contact: Marathon Director, YMCA, 1100 W. 1st, Austin, Texas 78703.
- *Saturday, April 11: WTRC 5 Mile Run, Amarillo, Texas, 10:00 a.m. Contact: Bob Dunbar, (806) 353-2725, evenings.
 Boston Marathon, 12:00 Noon, Hopkinton, Massachusetts. Entry deadline, March 9. Contact: BAA, Box 223, Boston, Massachusetts 02199.
- Saturday, April 25: Golden Yucca Marathon, 8 Mile and 3 Mile, 7:00 a.m., Hobbs, New Mexico. Contact: Steve McCleary (505) 392-6561.
- *Saturday, May 9: 9th Annual Horseshoe Bend Canyon 12 Mile and 2 Mile 9:00 a.m., Slaton, Texas.
- Saturday, May 23: Funfest Marathon, 7:00 a.m., Amarillo, Texas. Details later.
- Saturday, May 23: Roadrunner Marathon, 6:00 a.m., Gage, Oklahoma. Contact: Nancy Harger, Box 8, Gage, Oklahoma 73843.
- Saturday, May 30: 2nd Annual Odessa Jack Rabbit Run, 1 mile, 2 mile and 10K. 8:30 a.m., Westside YMCA, Odessa, Texas. Contact: Ernie Moore, Westside YMCA, 1206 N. Graham, Odessa, Texas 79763.

* Regular WTRC Monthly Race

3 MILE RESULTS

| Rank | Name | Club | Time |
|------|-----------------|------------|-------|
| 1. | Quinn Smith | Lovington | 15:13 |
| 2. | Kip Leyba | Lubbock | 15:18 |
| 3. | Fred Bulttron | Lubbock | 15:25 |
| 4. | Jimmy Whitley | Midland | 15:27 |
| 5. | Buddy Hutto | ClOvis | 15:31 |
| 6. | Pat Vargas | Harlingen | 15:42 |
| 7. | Benny DeLa Cruz | Hobbs | 15:51 |
| 8. | Doug Drier | Hobbs | 15:58 |
| 9. | Gary Jenkins | Lovington | 16:00 |
| 10. | Karl Wolfe | Big Spring | 16:26 |
| 11. | Thomas Colvin | Hobbs | 16:46 |
| 12. | Roger Robles | Lubbock | 17:12 |
| 13. | Ricky Ramos | Plains | 17:16 |
| 14. | Bob Dunbar | Amarillo | 17:24 |
| 15. | Alfred Loya | Plains | 17:31 |
| 16. | Andy Ortiz | Plains | 17:38 |
| 17. | Jim Haynes | Dumas | 17:44 |
| 18. | David Metcalf | Amarillo | 17:46 |
| 19. | Eddie Chavarria | -- | 17:46 |
| 20. | Steve Brown | Hobbs | 18:16 |
| 21. | Dennis Smith | Lovington | 18:19 |
| 22. | Michael Soto | Lubbock | 18:19 |
| 23. | Kyle Abraham | Lubbock | 18:20 |
| 24. | Lance Rauhoff | Lubbock | 18:20 |
| 25. | Steve McClerry | Hobbs | 18:20 |
| 26. | Herb McDaniel | Hobbs | 18:24 |
| 27. | Kenneth Young | Lovington | 18:29 |
| 28. | Alonzo Mendoza | Levelland | 19:07 |
| 29. | Monty Wright | Hobbs | 19:31 |
| 30. | Sean McDaniel | Hobbs | 19:38 |
| 31. | Frank Barker | Levelland | 19:55 |
| 32. | Bobby Birdsong | Levelland | 20:04 |
| 33. | Daniel Soto | Lubbock | 20:07 |
| 34. | Brent Scott | Lubbock | 20:19 |
| 35. | Doug Hale | Lubbock | 20:31 |
| 36. | Dale Tervoortin | Midland | 21:13 |
| 37. | Roland Murray | Abernathy | 21:47 |

NINTH ANNUAL "COTTON PATCH" RUNS
Saturday, February 14, 1981

For the second consecutive month the WTRC enjoyed a large turnout (122 persons) and many record breaking performances. Particularly gratifying was the presence of a good competitive group of runners in the Girls and Ladies Division. Let's have a large attendance for the 4 Mile Run in Lubbock as well!

In the 8 Mile tour of the "Cotton Patch", several records were shattered. Samuel Sitonik (Levelland) led all comers to the finish line in 41:54, breaking Larry Sims' (Amarillo) mark of 42:14 set in 1978. Andy Gonzales (Levelland) and Cliff McCurdy (Lubbock) took second and third places. McCurdy's time of 43:39 set a new club member's mark. John Bednarski (Odessa) finished fourth overall and sacked the 30-39 Division record held by Jack Petty.

Greg Moon (Lubbock) edged Tom Cavazos (Lubbock) to take High School Division laurels. Both were timed at 46:16. Bobby Cunningham (Abernathy) raced to a new club member's 40-49 Division record with a swift 45:47. The old mark of 49:48 was held by Bob Dunbar (1979).

Don Sanderson (Tulia) continues to establish new marks nearly each time he competes. His time of 50:44 broke his 50 and Over Division record by nearly four minutes!

Sherrill Easterling (Coahoma) is also having an outstanding season. Her time of 52:06 broke Mindee Hayfield's (Lubbock) Ladies Division mark by nearly eight minutes. Sherrill will be running in the Boston Marathon in April, and we all wish her a sub-three hour time in that showcase. Shelley Johnson (Lubbock), despite claiming to be at death's door for much of the run, miraculously joined the living long enough to outspurt Veronica Cavazos (Lubbock) and Annabell Morin (Brownfield) to capture second place.

Quinn Smith (Lovington, New Mexico) took the 3 Mile Race in 15:13. His time was within eight seconds of Robert Wilson's 1978 standard. Kip Leyba (Lubbock) and Fred Bulttron (Lubbock) followed close on Smith's heels. Joe Tighe's (Odessa) 30-39 Division record of 17:16 was easily bested when Jimmy Whitley (Midland) crossed the finish line in an outstanding 15:27. Ricky Ramos (Plains) captured the 15 and Under Division while Benny De La Cruz (Hobbs) took honors in the High School Division.

While Bob Dunbar's mark in the 8 Mile run was falling, this outstanding racer from Amarillo was establishing a new one in the 40 and Over Division in the 3 Mile run. His time of 17:24 broke the 1976 record held by the late Jasper Peoples (Dumas).

Hobbs, New Mexico took all the top spots in Girls and Ladies Division categories. Dolores Longoria ran the course in 22:12 to edge Lynda McClerry and Diane Carter while Lisa Ellerman (23:51) outspurred Connie Brown and Susie Hoskins.

8 MILE RESULTS

| | | | | | | | | |
|-----------------------|-----------------|-------|-------|------------------------|----|------------|-------|------|
| 38. Ray Lamont | E1 Paso | 22:04 | 7:21 | 1. Samuel Sitonik | 23 | Levelland | 41:54 | 5:14 |
| 39. Terry Barker | Lorenzo | 22:09 | 7:23 | 2. Andy Gonzales | 19 | Levelland | 43:10 | 5:24 |
| 40. Dolores Longoria | Hobbs | 22:12 | 7:24 | 3. Cliff McCurdy | 26 | Lubbock | 43:39 | 5:27 |
| 41. John McCance | Hobbs | 22:20 | 7:28 | 4. John Bednarski | 31 | Odessa | 44:14 | 5:32 |
| 42. Jim Ravanelli | Hobbs | 22:25 | 7:31 | 5. Bobby Cunningham | 41 | Abernathy | 45:47 | 5:43 |
| 43. David Dodson | Clavis | 22:34 | 7:33 | 6. Greg Moon | 18 | Lubbock | 46:16 | 5:47 |
| 44. Lynda McCleery | Hobbs | 22:39 | 7:37 | 7. Tom Cavazos | 16 | Lubbock | 46:16 | 5:47 |
| 45. Pat Cleer | Levelland | 22:52 | 7:41 | 8. Stan Leech | 20 | Brownfield | 47:14 | 5:54 |
| 46. Berry Simpson | Brownfield | 23:03 | 7:48 | 9. Corky Fritch | 34 | Amarillo | 47:21 | 5:55 |
| 47. Louis Fournet | Morgan City, LA | 23:25 | 7:48 | 10. Don Wise | 16 | Lubbock | 47:37 | 5:57 |
| 48. Lisa Ellermann | Hobbs | 23:51 | 8:03 | 11. Octervenio Ramirez | 22 | Brownfield | 47:51 | 5:59 |
| 49. Connie Brown | Hobbs | 24:10 | 8:05 | 12. Herbert Perez | 20 | Brownfield | 48:14 | 6:02 |
| 50. Rick Lee | Hobbs | 24:14 | 8:12 | 13. Joe Hernandez | 18 | Brownfield | 48:14 | 6:02 |
| 51. Kerena Gordhammer | Lubbock | 24:37 | 8:13 | 14. Richard Kleinhans | 31 | Midland | 49:00 | 6:08 |
| 52. Diane Carter | Hobbs | 24:39 | 8:13 | 15. Daniel Fonseca | 34 | Brownfield | 49:01 | 6:08 |
| 53. Steve Ravanelli | Hobbs | 25:43 | 8:34 | 16. Dan Pennock | 25 | Odessa | 49:14 | 6:09 |
| 54. Sarah Lamont | E1 Paso | 26:12 | 8:44 | 17. Mario Avila | 29 | Staton | 49:42 | 6:13 |
| 55. Raymond Smith | Lubbock | 26:16 | 8:45 | 18. Dennis De Nuccio | 28 | Amarillo | 49:55 | 6:14 |
| 56. Brent Hewett | Seminole | 28:35 | 9:32 | 19. Robert Hensley | 16 | Lubbock | 50:01 | 6:15 |
| 57. Sandra Tomlinson | Midland | 28:52 | 9:37 | 20. Mark Rickman | 17 | Lubbock | 50:11 | 6:16 |
| 58. Becky Omdahl | Lubbock | 29:29 | 9:50 | 21. Don Sanderson | 51 | Tulia | 50:33 | 6:19 |
| 59. Sandra Barker | Lubbock | 30:42 | 10:14 | 22. John Carter | 36 | Hobbs | 50:44 | 6:21 |
| 60. Boone Barron | Tahoka | 31:13 | 10:24 | 23. Bobby Richardson | 34 | Dumas | 50:48 | 6:21 |
| 61. Susie Hoskins | Hobbs | 31:32 | 10:31 | 24. David Kleinhaus | 29 | Midland | 50:53 | 6:22 |

3 MILE AWARDS

High School

1. Benny Dela Cruz
2. Gary Jenkins
3. Karl Wolfe
4. Thomas Colvin
5. Alfred Loya
6. Andy Ortiz

Open

1. Quinn Smith
2. Kip Leyba
3. Fred Bulliron
4. Buddy Hutto
5. Pat Vargas
6. Doug Drier

Girls (24 & Under)

1. Lisa Ellermann
2. Connie Brown
3. Susie Hoskins

15 & Under

1. Ricky Ramos
2. David Metcalf
3. Eddie Chavarria

30-39

1. Jimmy Whitley
2. Jim Haynes
3. Steve McCleery

Ladies (25 & Over)

1. Dolores Longoria
2. Lynda McCleery
3. Diane Carter
4. Sarah Lamont
5. Sandra Tomlinson
6. Becky Omdahl

39. Veronica Cavazos 17 Lubbock 54:54 6:52
 40. Annabel Morin 21 Brownfield 55:05 6:53
 41. Bernard Hartman 47 Lubbock 55:17 6:55
 42. Don Kephart 28 Lubbock 56:43 7:05
 43. James Livermore 33 Lubbock 57:04 7:08
 44. John Quidan 35 Lubbock 57:08 7:09
 45. Darrel Phillips 41 Lubbock 57:09 7:09
 46. David Tomlinson 33 Midland 57:23 7:10
 47. Jerry Hewett 39 Seminole 57:30 7:11
 48. Joe Calderon 39 Hobbs 57:45 7:13
 49. David Schmidt 26 Midland 57:57 7:15
 50. Chuck McKnight 51 Lubbock 58:02 7:15
 51. Gerald Long 46 Lubbock 58:36 7:20
 52. Shane Cunningham 18 Abertathy 58:40 7:20
 53. Mike Kelley 32 Lubbock 59:09 7:24
 54. Ann Gordhammer 36 Lubbock 59:24 7:26
 55. Mike Greer 42 Lubbock 60:29 7:34
 56. James Morris 44 Brownfield 60:31 7:34
 57. Frank Barrow 36 Tahoka 61:09 7:39
 58. Don Address 48 Lubbock 61:31 7:41
 59. Ed Vernon 51 Snyder 65:52 8:14
 Allen Bradley 18 Lubbock DNF
 Willard Machen 40 Amarillo DNF

NAME: Tom Bowser AGE: 53 HEIGHT: 5' 10" WEIGHT: 148 lb.
 Started jogging on a regular basis when I moved from California to Texas in 1958, but didn't compete until July 1978. Read in the paper about a 3 Mile Race at UTPB, entered and had a 23:02. Met some members of the West Texas Running Club and have been hooked ever since.
 My training is based on the HARD-EASY method, trying to get 60 miles PLUS a week. Good Week is like this:

- Sunday - 20 miles
- Monday & Tuesday - 5 miles
- Wednesday - 10 miles - at least 3 on the track at Odessa High - speed on the straights and jogging the corners.
- Thursday - 5 easy miles
- Friday - fast 13 with 5 or 6 miles at less than 7 min. miles - that's race speed for me.
- Saturday - 5 easy recovery miles

Traveling a lot interferes some mornings with the quality of training but I have never found it a hindrance.

If I had unlimited time to train I would live at Fort Phantom Hill Lake in Abilene where I do stay often. The road around the lake is a marathon course with plenty of hills for stress. Running at 5:00 a.m. or earlier each morning, it is difficult to get enough rest. Noticed my times are much better when I can train when it is light.

Diet is important. I eat mostly chicken, fish, raw vegetables, fruit and whole grain products. Due to business, I'm in a lot of restaurants - and when they come around with that dessert cart I lose all control.

When I started running I decided this was for fun and I wouldn't run any faster than was comfortable and enjoyable. Whatever I have improved has been through conditioning, training, tips from other runners and a library of running books. Guess it is working, for my best time for a short race at San Angelo is 7 miles in 46:39. This is a new (over 50) club record and my first under 6:40 per mile (6:39.9). Palo Duro Canyon Marathon I am proud of - proudest I guess. In 1979 I didn't even finish. In 1980 I finished with a 3 hour 28 minute time. This year I ran 3:18.42. I never dreamed of having that good of a time and sure do thank Don for his help.

8 MILE AWARDS

40-49

- 1. Bobby Cunningham
- 2. George Jury
- 3. Howard Millisap
- 4. Bernard Hartman
- 5. Gerald Long
- 6. Mike Greer

30-39

- 1. John Bednarski
- 2. Corky Fritch
- 3. Richard Kleinhans
- 4. Daniel Fonseca
- 5. John Carter
- 6. Bobby Richardson

Ladies

- 1. Sherrill Easterling
- 2. Shelley Johnson
- 3. Veronica Cavazos

50 & Over

- 1. Don Sanderson
- 2. Chuck McKnight
- 3. Ed Vernon

High School

- 1. Greg Moon
- 2. Tom Cavazos
- 3. Don Wise

** ITEMS OF INTEREST NEEDED FOR NEWSLETTER **

Please do not be shy about sending in items of interest for the monthly newsletter. We need race results for club members who participate in non-club races. We would like to have names of participants, times, dates and distances, plus names and time of race winner if possible. We would also like to have stories, anecdotes, newspaper clippings, pictures, jokes, poems or anything else you would like to send in. This material is of interest to your fellow runners and makes the monthly newsletter more appealing. You shouldn't be embarrassed to send in your own accomplishments, but if you are, mail them in anonymously. In any case, send them in! Quite a few WTRC runners participated in the White Rock Marathon, but no one ever sent us a list of WTRC runners and times, so we were unable to report the results. Please send newsletter material to Doug Hale, 707 76th Street, Lubbock 79404. We will try to remember to include this address in all future newsletters.

KEPHART NAMED VICE-PRESIDENT

Following the proposal in the December 1980 newsletter to install Don Kephart as Vice President of the West Texas Running Club, we did not receive any other names in nomination. We did receive several letters of endorsement for Don, therefore he has been elected to the Vice Presidency by acclamation. There is no doubt that Don is highly qualified and will do an outstanding job in the position. He has been functioning as newsletter coordinator for several months and is race director for the March race. Lubbock runners who wish to contact Don on any matters regarding the club, the newsletter or races may do so at 5320 45th Street, Lubbock 79414 - daytime phone 828-6563, evenings 797-4604.

Goals are to run a Half Marathon in under 1:30 (best 1:31.09). To run a Marathon under 3:10 and to run the shorter races at 6:20 miles so I will be more competitive in my age group. With a little hard work, my wife's continued support and the West Texas Running Club, I can achieve this.

(Addition by Editor)

This fine runner, who regularly stomps on competitors in all age groups achieved the coveted 75 mile club goal in 1979-80. His 3:28 Palo Duro Canyon marathon in 1980 was a 50 and Over age group record that year. This year he and Don Sanderson staged one of the most thrilling marathon duels ever seen as both runners ran side-by-side, stride-for-stride for practically the entire distance until Don pulled away to win by six seconds in the last few yards and set a new 50 and over age group record. Both Tom and Don were 10 minutes under the old record.



Pennock Inadvertently Listed as DNF

The results of the Palo Duro Canyon Marathon as presented in the January newsletter, inadvertently listed Dan Pennock as having DNF'ed after 16 miles. Dan actually completed the marathon in the fine time of 3:17:20. Our apologies to Dan.

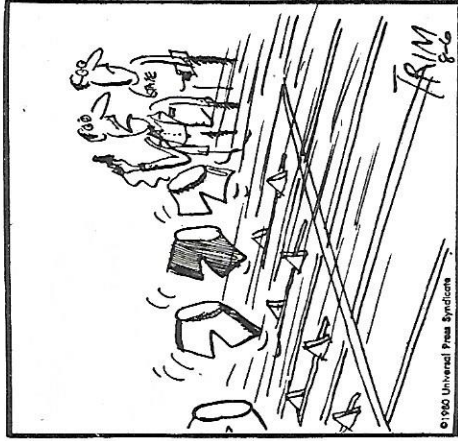
Several club members competed in the 3, 5 and 10 mile races held in Carlsbad, NM, January 1, 1981. Ken Nelson of Carlsbad ran the 3 mile course in 23:28. Hardy Williams, also of Carlsbad, completed 5 miles in 46:01. Quinn Smith (Lovington) won the 10 mile race with a 55:56. Sherrill Easterling (Coahoma) was the 1st woman (4th Overall) in the 10 mile with a 66:43. Donald Webb (Coahoma) covered the 10 miles in 71:21.Thanks to John Alexander for sending in these results.

75 Mile Club Standings

At this point in the club year, with four more races (and a maximum possible 27 miles) to go, the following WTRC members have accumulated, or have a chance to accumulate, 75 miles or more in WTRC races:

| | Miles Run |
|---------------------|-----------|
| 1. Bobby Cunningham | 84 |
| 2. Howard Millsap | 75 |
| 3. H. B. Hartman | 74 |
| 4. Don Sanderson | 68 |
| 5. Herbert Perez | 62 |
| 6. Dan Pennock | 62 |
| 7. Don Kephart | 58 |
| 8. Cliff McGurdy | 55 |
| 9. Ed Vernon | 53 |
| 10. George Jury | 50 |
| 11. Mike Kelley | 49 |
| 12. James Livermore | 48 |
| 13. Tom Bowser | 48 |

We still have a few Runner's World Training Diaries available. The cost is \$2.00 each (plus postage if you would like it mailed to you). Also, we have plenty of WTRC T-shirts in either blue or white, \$5.00 each. Contact Gene Adams, Route 1, Brownfield, Texas 79316.



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(Ego) Phone 795-2481

"RUNNING GEAR"

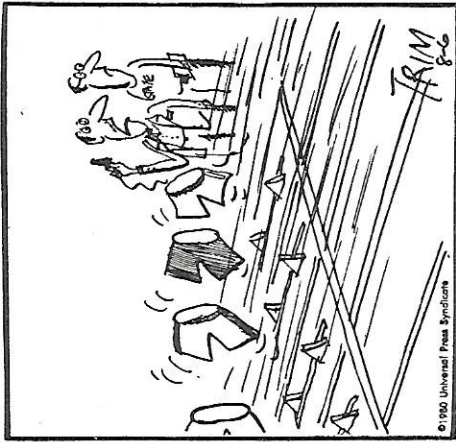
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SUB 4 ASPEN JELENK FRANK SHORTER



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(806) Phone 795-9481

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OUR SPECIALTY

NIKE ADIDAS TIGER

PUMA NEW BALANCE

BROOKS ETONIC TRED-2 SAUCONY

SUB 4 ASPEN JELENK FRANK SHORTER



NATIONAL RUNNING DATA CENTER - PUBLICATIONS LIST

1. Certified Road Running Courses, 1981 Edition - Lists and describes all courses certified by the National Standards Committee to Jan, 1981. Explains how to certify a course and how to qualify for national rankings and records. \$2.95
2. Running Records by Age, 1981 Edition - Lists single-age records as of 1 Jan 81 for 28 track and road-running events, 100 meters to 100 miles, plus official national open and age-group records. (available Mar 81) \$4.95
3. U.S. Distance Rankings, 1981 Edition - Ranks top 100 men, 50 women, up to 10 in age/sex groups, for each standard distance event, for 1980 and all-time. (available Apr 81) \$6.95
4. U.S. Marathons, 1981 Edition - Ranks by age group each reported certified-course marathon finish in 1980. Includes numerous summary tables. (available May 81).
 - Vol. 1, Explanation and summary tables \$2.45
 - Vol. 2, Age 29 and under \$4.95
 - Vol. 3, Age 30-39 \$4.95
 - Vol. 4, Age 40+ \$3.95
 - All four volumes \$13.95
5. Running Records by Age, 1980 Edition - Contains single-age records as of 1 Jan 80 for track and road-running events, 100 meters to 100 miles. \$3.95
6. U.S. Distance Rankings, 1980 Edition - Ranks top 100 men, 50 women, up to 10 in each age group for standard distance events, for 1979 and all-time. \$5.95
7. U.S. Marathons, 1980 Edition - Ranks by age group each reported certified-course marathon finish in 1979. Numerous summary tables. \$9.95
8. Running Records by Age, 1979 Edition - Single-age records as of 1 Jan 79 for 100 meters to 100 miles. \$3.95
9. National Rankings of Runners, 1979 Edition - Ranks 100 top men and 50 top women, plus up to 10 in each age group for 1978. \$3.95
10. U.S. Marathons, 1979 - Lists and ranks each reported marathon finish by a US runner on a certified course in 1978. Numerous summary tables. \$5.95
11. Age Records as of 1 Jan 78 - First road-running single-age records. \$2.00
12. U.S. Distance Rankings, 1976 - Rankings of all reported finishers, 15 kilo and up, both on certified and uncertified courses.
 - Vol. 1 - Summaries and distances except half-marathon & marathon. \$4.00
 - Vol. II - Half-marathon and marathon. \$3.50
13. Runners and Races, 1980 Edition - Detailed race participation statistics for five years, 1975-79. Analyses by age, state, distance, race size. \$4.75
14. Ultramarathon Rankings, 1980 Edition - Shows up to 100 open and up to 15 age-group ultramarathon leaders for 1979. \$1.00
15. Ultramarathon Rankings, 1979 Edition - Rankings for 1978, all-time. \$1.00
16. U.S. Distance Rankings, Summary for 1977 - Shows top 25 open men and top 10 open women, plus up to 5 in each age group for eight standard distances. \$1.00
17. NRDC News - Issued monthly. Contains statistical information, news, and lists all newly-certified courses and new single-age records. Sent to individuals who make an annual tax-deductible donation to the NRDC of at least ... \$15.00
18. NRDC News, back issues.....\$1.00 ea. 1980 complete, 11 issues \$10.00

All publications are priced postpaid and are available from:
 NRDC Box 42088 Tucson, AZ 85733

