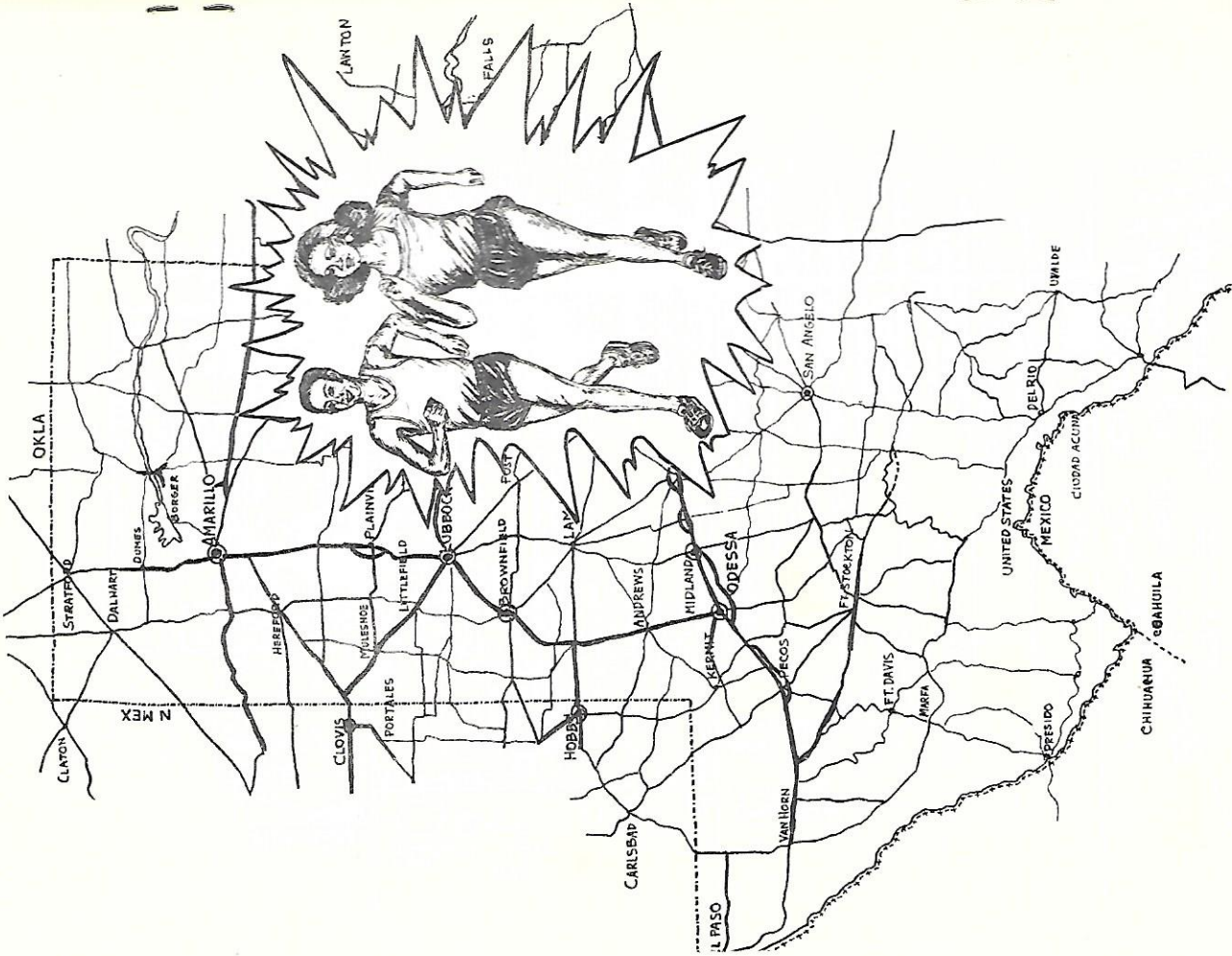


January 1981
Jmf

HARTMAN DR BERNARD
DEPT OF BIOLOGICAL SC
TEXAS TECH UNIVERSITY
LUBBOCK, TX 79409

Brownfield, Texas 79316
Permit No. 121
Address Correction Requested

HOBBS, TEXAS
Brownfield, Texas 79316



WEST TEXAS RUNNING CLUB NEWSLETTER

January 1981

* * * *

FEBRUARY CLUB RACE

NINTH ANNUAL "COTTON PATCH" RUNS

DATE: Saturday, February 14, 1981

TIME: 10:00 a.m.

DISTANCE: 8 Mile and 3 Mile Runs

LOCATION: Corner of Ballard Street and Bynum Lane, near Cub Stadium, Brownfield, Texas. Registration at Fieldhouse in Cub Stadium (see map).

COURSE: Half Dirt Roads, Half Asphalt Roads, perfectly flat 8 Mile - two laps, 4 mile loop; 3 Mile - out and back

DIVISIONS AND AWARDS:

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

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

RACE DIRECTOR: (For More Information, Contact)

Gene Adams
Route 1
Brownfield, Texas 79316
Day - (806) 637-2521
Evenings (806) 637-6533

COURSE RECORDS

8 MILE

Overall Record:	Larry Sims	21	Amarillo	42:14	1978
Club Member's Record:	Henry Arellano	21	Lubbock	47:43	1980
High School Record:	Carlos Ybarra	15	Lamesa	42:54	1978
Club Member:	Vance Morrison	18	Abernathy	55:05	1979
30-39 Record:	Jack Petty	35	Odessa	44:50	1979
40-49 Record:	Tom Mayfield	40	San Angelo	45:40	1979
Club Member:	Bob Dunbar	43	Amarillo	49:48	1979
50 & Over Record:	Don Sanderson	50	Tulia	54:29	1980
Ladies Record:	Mindee Mayfield	15	Lubbock	59:57	1979
Club Member:	Sherrill Easterling	29	Coahoma	60:42	1979

3 MILE

Overall Record:	Robert Wilson	18	Texas Tech	15:05	1978
Club Member's Record:	Cliff McCurdy	24	Lubbock	15:18	1979
15 & Under Record:	Robert Schooler	15	Snyder	15:51	1979
High School Record:	Rudy Garcia	18	Brownfield	15:36	1979
Club Member:	Herbert Perez	18	Brownfield	16:15	1979
30-39 Record:	Joe Tighe	31	Odessa	17:16	1979
Club Member:	Bobby Cunningham	39	Abernathy	17:37	1979
40 & Over Record:	Jasper Peeples	40	Dumas	17:46	1976
Girls Record:	Isabel Navarro	20	Brownfield	17:47	1979
Club Member:	Elizabeth Holguin	17	Brownfield	21:31	1980
Ladies Record:	Caylene Caddell	26	Lubbock	22:00	1978
Club Member:	Melissa Gebhart	28	Lubbock	25:07	1979

PALO DURO CANYON MARATHON,
10K AND FOUR MILE RUNS

Saturday, January 10, 1981

That wasn't gravel scattered on the roadway of Palo Duro Canyon that you encountered as you left the park, it was shards of the broken records. The cloudy, cool, and nearly windless conditions of the day, coupled with the five weeks of excellent training weather in the Southwest (and West Texas in particular) that preceded the races, contributed to many outstanding performances.

In the Fifth Annual Palo Duro Marathon, Bob Jackson (Portales, New Mexico), a 22 year-old senior from ENMU, won his second marathon in as many attempts, with a 2:32:47. No matter that his last attempt was five years ago! In winning, Jackson trimmed more than 13 minutes from the record set in 1978 by Michael Jenkins (Lubbock). Indeed, Paul Shofner (Dallas), David Mathews (Boulder, CO), and Robert Troutman (Richardson) also broke the record. Glen Hedges (Santa Rosa, NM) despite a fine 2:43:58 settled for 5th place overall.

Bobby Cunningham (Abernathy) finished 6th, and in doing so, knocked 15 minutes off the 40-49 Division record previously held by Dale Thompson (Amarillo). The 30-39 Division was captured by Gary Britt (Clovis, NM). His 2:46:27 was also a new standard, supplanting Jeffrey Fischer's (Springfield, MO) mark by nearly 13 minutes.

Tom Cavazos (Lubbock) captured the high school division with a tidy 3:06:14. Greg Moon (Lubbock), while finishing behind Cavazos, set a new PR for the course with a 3:11:06.

After running most of the entire course side-by-side, Don Sanderson (Tulia) outspurred Tom Bowser (Odessa) to win the 50 and Over Division in 3:18:36, by six seconds, and break Bowser's old standard by nearly ten minutes. No handholding tie at the finish for these fine competitors!

Suzanne LeCompte (El Paso) captured laurels in the Ladies Division.

It should be noted that Robert Poppe (Aurora, CO) chose the WTRC's premier event, to complete his ninety-second marathon.

To summarize the 1981 Marathon results: 36 of 51 finished, 7 under 3:00, 21 under 3:30, and 29 under 4:00. Four divisional records were broken.

SCHEDULE OF EVENTS

- *Saturday, February 14: 9th Annual 8 Mile and 3 Mile "Cotton Patch" Runs. 10:00 a.m., Brownfield, Texas.
- Saturday, February 14: Woodlands Inn Marathon. 8:00 a.m. at the Woodlands (25 miles north of Houston). Contact: Mary Beth Von Deisen, The Woodlands Inn, 2301 N. Millbend Drive, The Woodlands, Texas 77380.
- Saturday, February 28: Cowtown Marathon and 10K. 9:00 a.m., Ft. Worth, Texas. Contact: Cowtown Marathon, (817) 870-5270.
- *Saturday, March 14: 4 Mile Run, 10:00 a.m., Hodges Park (Community Center) 40th and University, Lubbock, Texas. Contact: Don Kephart (806) 797-4604, evenings.
- Saturday, March 21: Oil 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.
- 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 11: WTRC 5 Mile Run, Amarillo, Texas, 10:00 a.m. Contact: Bob Dunbar, (806) 353-2725, evenings.
- Saturday, April 25: Golden Yucca Marathon, 8 Mile and 3 Mile. 7:00 a.m., Hobbs, New Mexico. Contact: Steve McCleary (505) 392-6561.

* Regular WTRC Monthly Race

MARATHON RESULTS

1.	Bob Jackson	22	2:32:47	5:50
2.	Paul Shofner	24	2:34:09	5:53
3.	David Mathews	27	2:35:01	5:55
4.	Robert Troutman	23	2:42:01	6:11
5.	Olen Hedges	29	2:43:58	6:15
6.	Bobby Cunningham	40	2:44:01	6:15
7.	Gary Britt	34	2:46:27	6:21
8.	Tito Naranjo	43	3:04:27	7:02
9.	Lawrence Allen	37	3:05:02	7:03
10.	Tom Cavazos	16	3:06:14	7:06
11.	Randolf Walderhaug	22	3:10:52	7:17
12.	Greg Moon	18	3:11:06	7:17
13.	Kenneth Clark	28	3:14:05	7:24
14.	Herbert Perez	20	3:14:51	7:26
15.	Frank Tai	27	3:15:04	7:26
16.	Mike Gregory	31	3:16:48	7:30
17.	Ray Barbosa	33	3:18:18	7:34
18.	Don Sanderson	51	3:18:36	7:34
19.	Tom Bowser	53	3:18:42	7:35
20.	Howard Millisap	44	3:25:12	7:50
21.	Thomas Day	41	3:29:54	8:00
22.	Bernard Hartman	47	3:32:18	8:06
23.	Greg Reed	22	3:33:13	8:08
24.	Mike Le Compte	34	3:42:13	8:29
25.	Harry Deupree	42	3:42:33	8:29
26.	Ross Duckett	56	3:45:11	8:35
27.	Roy Jones II	38	3:45:52	8:37
28.	Paul Lee	42	3:48:04	8:42
29.	W. G. Brown	59	3:48:48	8:44
30.	Mike Kelley	31	4:03:09	9:16
31.	Jay Grill	24	4:04:39	9:20
32.	Suzanne LeCompte	27	4:10:09	9:32
33.	Robert Poppe	58	4:12:04	9:37
34.	Clayton Allen Bradley	18	4:16:08	9:46
35.	Ann Gordhamer	36	4:25:24	10:07
36.	Roger Haynes	16	4:41:20	10:44
	Bob Wallace	24	DNF - Completed 21 miles	
	Steve McCaw	22	DNF - Completed 21 miles	
	Rudy Garza	37	DNF - Completed 21 miles	
	Edwin Felix	27	DNF - Completed 16 miles	
	Dan Penneck	25	DNF - Completed 16 miles	
	Bryon Votava	16	DNF - Completed 16 miles	
	Tracy Sheen	32	DNF - Completed 16 miles	
	Dub Manis	44	DNF - Completed 16 miles	
	Rolf Gordhamer	40	DNF - Completed 16 miles	
	James Livermore	33	DNF - Completed 16 miles	
	Randy Garrett	18	DNF - Completed 11 miles	
	Steve Nelson	17	DNF - Completed 11 miles	
	Tim Green	15	DNF - Completed 11 miles	
	Terry Sheldon	39	DNF	
	Art Gonzales	25	DNF	

In the Four Mile Race, Chandler Pruitt (Panhandle) turned in a sparkling 20:20, edged Kegan Wilson (Levelland) by two seconds, and broke Larry Sims' (Amarillo) 1978 mark. Buddy Hutto (Clovis, NM), holder of the high school record for his event, was close behind and set a new PR for this course. Jim Hogan beat fellow Panpan Louis Allred to the wire to capture the 30-39 Division. Hogan also broke Allred's record with his swift 22:14. Bob Dunbar (Amarillo) led a cluster of 40 and Over Division runners, David Lard (Amarillo), George Jury (Lubbock), and Norman Pittenger (El Paso) across the finish line. Jury, it should be noted, then joined his fellow Lubbockite Bernard Hartman at the eleven mile mark of his first marathon, and coached him through the remaining fifteen miles. Such is the esprit de corps of the WTRC.

The 12 and Under and 13-15 Boys Divisions, new categories for the four miles, were won by Sheldon Perry (Hugoton, KS) and Tony Stegman (Hugoton, KS) respectively. Jackie Ringo (Amarillo) and Brenda Weir (Amarillo) captured the 12 and Under and 16-24 Girls Divisions. The best Ladies' Four Mile time of the day was turned in by Mary Lou Battan (Amarillo) who captured the 25-34 Ladies Division in 31:36. Barbara Rando led the way in the 35 and Over Ladies Division. One hundred thirty runners contested the Four Mile event.

The Texas University Scholastic League now requires that when high school runners compete in outside events, they run distances of six miles or greater. To accommodate this sizeable constituency, the WTRC added a High School 10K race to its Palo Duro schedule.

David Williams (Amarillo), entered in the 11th and 12th grade category, captured the event in an excellent time of 32:06. One wonders what his time would have been had he been pushed. The second place runner, Forest Naranjo (Mora, NM) was more than two minutes behind. Mike Korsimo (Amarillo) led the 9th and 10th graders to the finish with a 34:56.

The Girls Division was led by Lubbock's Mindee Mayfield who turned in a solid 38:26. Brenda Moore (Amarillo) and Veronica Cavazos (Lubbock) trailed her to the finish line. Forty-five runners competed in the 10 kilometer race.

The rumor that the Texas USL will soon require high school runners to wear helmets, hip pads, and shoulder pads during training runs is probably unfounded.

10K RESULTS

1.	David Williams	18	32:06	5:10
2.	Forest Naranjo	17	34:10	5:30
3.	Steve Jones	17	34:36	5:34
4.	Jeff Mann	17	34:37	5:34
5.	Danny Lucio	17	34:44	5:35
6.	Mike K.	16	34:56	5:37
7.	John Warner	15	35:24	5:42
8.	Justin Raef	15	35:30	5:43
9.	Joe Hernandez	18	35:37	5:44
10.	Joe Murray	17	35:45	5:45
11.	Ruben Rodriguez	17	36:06	5:49
12.	Rod Daniel	18	36:14	5:50
13.	Jay M.	14	36:44	5:55
14.	Mike Northrup	15	36:54	5:56
15.	Todd Allen	17	37:56	6:06
16.	Tim Nevel	15	38:18	6:10
17.	Mindee Mayfield	17	38:26	6:11
18.	Greg Scruigs	15	38:40	6:13
19.	Casey Myers	14	39:12	6:19
20.	Brenda Moore	17	39:38	6:23
21.	Veronica Cavazos	14	40:13	6:28
22.	Eric Votava	18	41:13	6:38
23.	Ranes Rollins	17	41:14	6:38
24.	Skipper Crawford	16	41:36	6:42
25.	Daniel Rios	16	41:36	6:42
26.	Ernest Wilbur	17	41:38	6:42
27.	Shelley Johnson	17	42:10	6:47
28.	Melody McKnight	16	43:05	6:56
29.	Sean McDaniel	14	43:40	7:02
30.	Eddie Moreno	16	44:04	7:06
31.	Eric Roberts	17	44:19	7:08
32.	Tim Wilkins	15	44:38	7:11
33.	Gregory Barrientos	16	45:35	7:20
34.	Joe Barrientos	18	45:57	7:24
35.	Juan Martinez	17	46:22	7:28
36.	Veronica Thrash	14	46:40	7:31
37.	Lee Frey	--	46:48	7:32
38.	Kim Kenedy	17	49:20	7:56
39.	Jodie Gossett	16	50:47	8:10
40.	Jill Cecil	14	54:35	8:47
	Jill Kenedy	15	DNF	
	Steve Thomas	19	DNF	
	Daren Hager	16	DNF	
	Jimmy Griswold	17	DNF	
	David Stanz	17	DNF	

MARATHON AWARDS

- OPEN
- Bob Jackson - Champion's Trophy
 - Paul Shofner
 - David Mathews
 - Robert Troutman
 - Olen Hedges
 - Randolf Walderhaug
- 40-49
- Bobby Cunningham
 - Tito Naranjo
 - Howard Millsap
 - Thomas Day
 - H. Bernard Hartman
 - Harry Deupree

HIGH SCHOOL

- Tom Cavazos
- Greg Moon
- Clayton Allen Bradley
- Roger Haynes

50 & OVER

- Don Sanderson
- Tom Bowser
- Ross Duckett
- W. G. Brown
- Robert Poppe

30-39

- Gary Britt
- Lawrence Allen
- Mike Gregory
- Ray Barbosa
- Mike LeCompte
- Roy Jones II

LADIES

- Suzanne LeCompte
- Ann Gordhauer

10K AWARDS

9TH & 10TH GRADES

1. Mike K.
2. John Warner
3. Justin Raef
4. Jay M.
5. Mike Northrup
6. Tim Nevel
7. Greg Scruggs
8. Casey Myers
9. Ranes Rollins
10. Daniel Rios

11TH & 12TH GRADES

1. David Williams
2. Forest Naranjo
3. Steve Jones
4. Jeff Mann
5. Danny Lucio
6. Joe Hernandez
7. Joe Murray
8. Ruben Rodriguez
9. Rod Daniel
10. Todd Allen

GIRLS

1. Mindee Mayfield
2. Brenda Moore
3. Veronica Cavazos
4. Skipper Crawford
5. Shelley Johnson
6. Melody McKnight
7. Veronica Thrash
8. Kim Kenedy
9. Jodie Gossett
10. Jill Cecil

FOUR MILE RESULTS

1. Chandler Pruitt	19	20:20	5:05
2. Kegan Wilson	22	20:22	5:06
3. Buddy Hutto	19	20:25	5:06
4. Quinn Smith	21	21:20	5:20
5. Cliff McCurdy	26	21:32	5:23
6. Albert Rodriguez	21	22:12	5:33
7. Jim Hogan	30	22:14	5:34
8. Louis Allred	35	22:18	5:35
9. Jeff George	19	22:54	5:44
10. Mark Hall	22	23:20	5:50
11. Daren Heuge	27	23:24	5:51
12. Chris Hanson	16	23:28	5:52
13. Tommy Staughter	32	23:43	5:56
14. Thomas Nissett	31	23:48	5:57
15. Tony Stegman	15	23:55	5:59
16. Jeff Stewart	37	23:58	6:00
17. Bob Dumba	47	24:00	6:00
18. Keith Birkenfield	--	24:04	6:01
19. Bobby Richardson	34	24:13	6:03
20. David Lard	49	24:16	6:04
21. Kent Rhyne	19	24:22	6:06
22. Johnny Villa, Jr.	19	24:22	6:06
23. Ronnie Smith	22	24:40	6:10
24. Robert Guajardo	38	24:43	6:11
25. George Jury	44	24:50	6:13
26. Norman Pittenger	43	24:53	6:13
27. Herb McDaniel	36	24:54	6:14
28. Dan Welty	28	25:01	6:15
29. David Metcalf	14	25:11	6:18
30. Bob Lindsey	41	25:30	6:23
31. Don Kesinger	42	25:31	6:23
32. Isabel Martinez	41	25:35	6:24
33. Shane Cunningham	18	25:43	6:26
34. Bob Grant	36	25:55	6:29
35. Lance Rauhoff	14	26:04	6:31
36. Bob Batlay	34	26:20	6:35
37. Clois Burgess	27	26:27	6:37
38. John Williams	27	26:37	6:39
39. James Clark	15	26:38	6:40
40. Robert Chonlen	19	26:40	6:40
41. Zeke Castro	33	27:12	6:48
42. John M. Hackler	28	27:26	6:52
43. Bert Sappington	20	27:26	6:52
44. Flo Barbosa	29	27:28	6:52
45. Ralph Wolfe	43	27:47	6:57

FOUR MILE RESULTS (cont.)

46.	Rick Guana	30	28:05	7:01
47.	Sheldon Perry	11	28:07	7:02
48.	Frank Barker	38	28:33	7:08
49.	Gregg Potter	18	28:35	7:09
50.	Jon Ohmdahl	35	28:40	7:10
51.	Buddy Steven	41	28:48	7:12
52.	Brent Scott	14	28:50	7:13
53.	Ray Chaffree	49	28:53	7:13
54.	Johnny McIabb	31	28:56	7:14
55.	Roger Meadows	25	29:00	7:15
56.	Jose Aguayo	24	29:02	7:16
57.	Shawn Priddy	11	29:08	7:17
58.	Pete Ramirez	32	29:10	7:18
59.	Weidon Edwards	27	29:12	7:18
60.	Scott Cunningham	20	29:12	7:18
61.	Dale Underwood	30	29:14	7:19
62.	Doug Hale	36	29:20	7:20
63.	David Weir	32	29:34	7:24
64.	Fisher Lewis	59	29:40	7:25
65.	Mike Greer	42	29:42	7:26
66.	J. C. Ball	19	29:43	7:26
67.	Charles Homan	27	29:45	7:26
68.	J. J. Whitten	10	29:52	7:28
69.	Steve Thomas	19	29:55	7:29
70.	Stuart Day	11	30:03	7:31
71.	Phil Godwyn	44	30:12	7:33
72.	Darryl Miller	11	30:18	7:35
73.	John Blakley	19	30:22	7:36
74.	Phillip Ryan	42	30:30	7:38
75.	Shane Dunlap	10	30:34	7:39
76.	Joe Howell	40	30:48	7:42
77.	Robert Aikin	65	30:52	7:43
78.	Keith Evetts	9	31:03	7:46
79.	Mark Turnbough	33	31:14	7:49
80.	Ed Vernon	51	31:17	7:49
81.	Bill Drawert	34	31:30	7:53
82.	Denzel Bencini	32	31:32	7:53
83.	Mary Lou Batlan	27	31:36	7:54
84.	Bob Sayers	54	31:50	7:58
85.	Brenda Weir	20	31:52	7:58
86.	Jackie Ringo	11	32:06	8:02
87.	Pat Cleer	28	32:11	8:03
88.	J. R. Bartolone	--	32:20	8:05
89.	Joe Nisbett	62	32:34	8:09
90.	Stephen Cook	24	33:15	8:19
91.	Lisa Gutierrez	10	33:24	8:21

FOUR MILE RESULTS (cont.)

92.	Ted Reyman	46	33:27	8:22
93.	Debbie Finch	29	33:28	8:22
94.	Raymond Smith, Jr.	55	34:48	8:42
95.	Britt Lindsey	10	35:00	8:45
96.	Sally Cecil	10	35:10	8:48
97.	Clinton Ray Billings	28	35:24	8:51
98.	Mary Ann Whitten	11	35:44	8:56
99.	Wayne Byron	29	35:48	8:57
100.	James Whitten	7	35:50	8:58
101.	Sandy Goff	24	35:52	8:58
102.	Barbara Rando	48	36:18	9:05
103.	Terry Northup	39	36:28	9:07
104.	Earlene Smith	42	36:34	9:09
105.	Patsy Birge	45	36:50	9:13
106.	Liana Guaiardo	11	37:16	9:19
107.	Ron Stegman	9	37:52	9:28
108.	Shanon Perry	10	38:14	9:34
109.	Bert Smith	54	38:26	9:37
110.	Don Hubbard	15	40:09	10:02
111.	Carlton Grant	15	40:30	10:08
112.	Frank Barker	14	41:31	10:23
113.	Sandra Barker	37	41:41	10:25
114.	Matt Barker	9	46:17	11:34
115.	Johnny Young	8	46:36	11:39
116.	Kevin White	8	46:39	11:40
117.	Lee Frey	14	46:48	11:42
	Mary Ann Wilburn	13	DNF	
	Darla Reed	14	DNF	
	I. Stegman	15	DNF	
	Jerry Whitten	37	DNF	
	Alan Taylor	33	DNF	
	Bob Grant	36	DNF	
	Chris Hansen	26	DNF	
	Rosetta Woods	11	DNF	
	Robin Thrash	12	DNF	
	Jackie Ringo	12	DNF	
	John Warner	15	DNF	
	Dean Henegarh	12	DNF	
	Brad Murray	12	DNF	

FOUR MILE AWARDS

WTRC ANNUAL AWARD STANDINGS
(July, 1980 through January, 1981)

BOYS (12 & UNDER)

1. Sheldon Perry
2. Shawn Priddy
3. J. J. Whitten
4. Stuart Day
5. Darryl Miller
6. Shane Dunlap

BOYS (13-15)

1. Tony Stegman
2. David Metcalf
3. Lance Rauhoff
4. James Clark
5. Brent Scott
6. Don Hubbard

OPEN

1. Chandler Pruitt
2. Kegan Wilson
3. Buddy Hutto
4. Quinn Smith
5. Cliff McCurdy
6. Albert Rodriguez

30-39

1. Jim Hogan
2. Louis Allred
3. Tommy Slaughter
4. Thomas Nissett
5. Jeff Stewart
6. Bobby Richardson

40 & ABOVE

1. Bob Dunbar
2. David Lard
3. George Jury
4. Norman Pittenger
5. Bob Lindsey
6. Don Kesinger

GIRLS (12 & UNDER)

1. Jackie Ringo
2. Lisa Gutierrez
3. Sally Cecil
4. Mary Ann Whitten
5. Liana Guajardo

GIRLS (16-24)

1. Brenda Weir
2. Sandy Goff

LADIES (25-34)

1. Mary Lou Batlan
2. Debbie Finch

LADIES (35 & OVER)

1. Barbara Rando
2. Earlene Smith
3. Patsy Birge
4. Sandra Barker

The following standings are for the Club Year to date and include the Attendance Award, Mileage Award, Victor's Award (Women's Division), and 75 Mile Club.

ATTENDANCE AWARD

- | | |
|---------------------|---|
| 1. Bobby Cunningham | 7 |
| 2. Cliff McCurdy | 7 |
| 3. H. B. Hartman | 6 |
| 4. Don Kephart | 6 |
| 5. Ed Vernon | 6 |
| 6. Howard Millsap | 6 |
| 7. Bobby Birdsong | 5 |
| 8. Ray Lamont | 5 |
| 9. George Jury | 5 |
| 10. Dan Pennock | 5 |
| 11. Herbert Perez | 5 |
| 12. Don Sanderson | 5 |

Number of Races

MILEAGE AWARD

- | | |
|---------------------|----|
| 1. Bobby Cunningham | 76 |
| 2. Howard Millsap | 67 |
| 3. H. B. Hartman | 66 |
| 4. Don Sanderson | 60 |
| 5. Herbert Perez | 54 |
| 6. Don Kephart | 50 |
| 7. Tom Bowser | 48 |
| 8. Cliff McCurdy | 47 |
| 9. Ed Vernon | 45 |
| 10. Dan Pennock | 44 |
| 11. George Jury | 44 |
| 12. Mike Kelley | 42 |
| 13. James Livermore | 41 |
| | 40 |

Miles Run

"THE WIMBLES CIRCLE"

Featured runner of the Month

Name: **Kenny Moore** Age: **37** Height: **6 feet** Weight: **143**

This article is focusing on a non-club member this month, but someone who will interest most of us. Kenny Moore placed 4th at the Munich Olympics and continues to run at a world class level today. He writes for Sports Illustrated and covers everything from top track meets to ultra-marathon distance races, including one in which he participated in Hawaii, which took two weeks to complete, do still produces a sub 2:20 marathon once or twice annually and consistently races at sub 5 minute pace up to 15 miles. P.M.'s include a 13:21 = 3 mile, 27:54 = 6 mile, and a 7:11 marathon.

His college days were spent at the University of Oregon where he trained using a hard/easy pattern and used interval runs of over 3 minute duration. Current East German and American research indicates that these are two integral parts to top performance while avoiding injuries. A couple sees under the Oregon system for Kenny in Saturday, Sunday, Tuesday, and Thursday = 4 miles easy, mile, and sauna. Friday = 8 x 130 to 3:21 to 3:30, Jog 400 between each, then 6 miles, and then 4 x 165 sprints

Wednesday = 8 x 220 to 6:30, Jog 220 between each, then 3 x (660, 440, 330, 220, 110), Jog 220 between each, then 6 miles, and finally 4 x 110 sprints, OR = 16 x 330 to 0:40, Jog 110 between each, then 6 miles, and then 4 x 165 sprints.

Friday - 15 to 30 miles at 6:30 to 7:00 minute pace.

Kenny will delay a hard workout a day or two if not recovered from a previous session. Thus he spends 4 or 5 days a week just recovering. He also jogs 2 to 4 miles and lifts light weights each morning.

Many top runners are using the hard/easy method today with great success. Also intervals over 3 minutes but less than 5 minutes have been found recently to be the ideal scientific intervals for distance runners.

ANNUAL AWARD STANDINGS (cont.)

75 MILE CLUB

Congratulations are in order for Bobby Cunningham who is the first person to run 75 miles or more in WIRC races during this club year. Bobby has run the maximum possible number of miles this year and went over the 75 mile mark with his sterling performance at the Palo Duro Marathon (2:44:01)

In addition to Bobby, the other club members listed in the Mileage Award standings, still have a chance to make the 75 mile club. There are a possible 35 miles available from February through June, 1981. Good Luck!

VICTOR'S AWARD (MEN'S)

Opponents Defeated

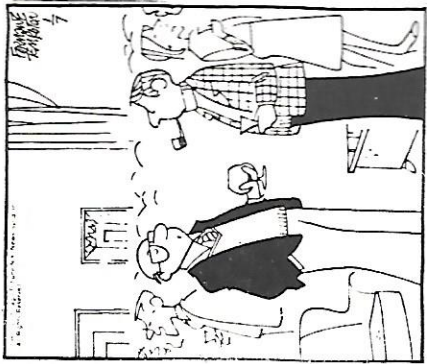
1. Cliff McCurdy 369
2. Quinn Smith 269
3. Bobby Cunningham 268
4. Herbert Perez 166
5. George Jury 146
6. Jeff Stewart 177
7. Bobby Richardson 176
8. Don Sanderson 172
9. Buddy Hullo 168
10. Howard Hillkap 154

VICTOR'S AWARD (WOMEN'S)

Opponents Defeated

1. Sherrill Easterling 72
2. Mary Ann Whitten 62
3. Elizabeth Holguin 31
4. Sandy Goff 29

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



OUR COMPANY'S MAIN PROBLEM ISN'T QUALITY CONTROL... OUR MAIN PROBLEM IS TRYING TO GET THE LAZYTIME JOGGERS TO TAKE SHOWERS.

Courtesy Elvin Mathis

"ACTIVE SPORTSWEAR FOR GUYS, GALS & LITTLE PALS"

the
SWIFT FOOT

JIM McWHIRTER
(806) Phone 752941
3602 Sibley Rd. - Suite B-4
LUBBOCK, TEXAS 79414

"RUNNING GEAR"

OUR SPECIALTY

NIKE ADIDAS TIGER

PUMA NEW BALANCE

BROOKS ETONIC TRED-2 SAUCONY

SUB 4 ASPEN JELENK FRANK SHORTER

