

March 1981

4/9/81

LIVERMORE JAMES
5707 2ND PLACE
LUBBOCK, TX 79416

MARCH 1981

Tom T. KRAVCIANS
792-5809
LOR WILKINSON
795-8020

Bulk Rate
U. S. Postage Paid
Brownfield, Texas 79316
Permit No. 121
Address Correction Requested

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



WEST TEXAS RUNNING CLUB NEWSLETTER

MARCH 1981

* * * * *

APRIL CLUB RACE

DATE: Saturday, April 11, 1981
 TIME: 10:00 a.m.
 DISTANCE: 5 Miles and 2 Miles
 LOCATION: Wallace Blvd. near High Plains Baptist Hospital, one mile north of I-40W and Coulter Road, Amarillo, Texas (see map).
 COURSE: Asphalt Roads

DIVISIONS AND AWARDS:

5 MILE		3 MILE	
	Trophies To:		Medals To:
Open	First 6	Boys 13-15	*Minimum of 3
15 & Under	First 3	Boys 12 & under	Minimum of 3
30-39	First 6	Girls 13-15	Minimum of 3
40-49	First 6	Girls 12 & under	Minimum of 3
50 & Over	First 3		
Girls (24 & under)	First 3		
Ladies (25 & over)	First 6		

Note that 2 Mile is limited to younger runners and all awards are medals.

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

RACE DIRECTOR: (contact for more information)

Bob Dunbar
 6526 Fuiton
 Amarillo, Texas 79109
 Phone: (home) (806) 353-2725
 (work) (806) 378-3675

COURSE RECORDS

Overall Record:	Cliff McCurdy	25	Lubbock	26:34	1979
15 & Under Record:	David Stanz	14	Lubbock	29:29	1979
Club Member:	Jay Whitten	8	Canyon	41:58	1979
30-39 Record:	Jack Petty	33	Rosenberg	26:53	1977
40-49 Record:	Bobby Cunningham	40	Abernathy	29:03	1980
50 & Over Record:	Don Sanderson	50	Tulia	32:01	1980
Girls Record:	Beverly Watkins	24	Amarillo	33:33	1980
Ladies Record:	Brenda Barrett	34	Canyon	41:23	1979
Club Member:	Sarah Lamont	32	Lubbock	42:30	1979

SCHEDULE OF EVENTS

- Saturday, April 4: Arrowhead Mills 20K Run, White Rock Lake, Dallas, Texas, 9:00 a.m. Contact: Arrowhead Mills Run, 11517 Earlywood Drive, Dallas, Texas 75218.
- Saturday, April 4: Recon Valley Stampede Marathon, 7:30 a.m., Roswell (505) 623-1510.
- Saturday, April 4: 1st Annual Tall Town 10,000, 8:00 a.m., Cub Stadium, Midland, Texas. Contact: Andra 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 TX 78703.
- *Saturday, April 11: WTRC 5 Mile Run, Amarillo, Texas, 10:00 a.m. Contact: Bob Dunbar, (806) 353-2725, evenings.
- Saturday, April 18: Spring High 10K, 9:00 a.m., Maxey Park, Lubbock, Texas. Contact: Lubbock Council on Alcoholism, 1210 Texas Ave., Lubbock, TX 79401. Phone (806) 763-8763.
- Monday, April 20: Boston Marathon, 12:00 Noon, Hopkinton, Massachusetts. Entries closed.
- Saturday, April 25: ROTC Fun Run, Rotary Park, Portales, NM. Contact: Major Tommy Townsend (505) 562-2380.
- Saturday, April 25: Coors Light Silver Bullet 10K, 8:00 a.m. Berger Shopping Plaza, Berger, Texas. Contact: Ronnie Morrison, (806) 273-6453.
- Saturday, April 25: Golden Yucca Marathon, 8 Mile and 3 Mile, 7:00 a.m., Hobbs, NM. Contact: Steve McCleary (505) 392-6561.
- *Saturday, May 9: 9th Annual Horseshoe Bend Canyon 12 Mile and 2 Mile, 9:00 a.m., Staton, Texas.
- Saturday, May 23: Funfest Marathon, 7:00 a.m., Amarillo, TX. Details later.
- Saturday, May 23: Roadrunner Marathon, 6:00 a.m., Gage, Oklahoma. Contact: Nancy Harger, Box 8, Gage, Oklahoma 73943.
- Monday, May 25: SWAT Club Memorial Day Fun Run 5K & 10K, 8:00 a.m. Thompson Park, Amarillo, Texas. Contact: Bob Dunbar (806) 353-2725.
- 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.
- *Saturday, June 6: WTRC Levellland Lope 5K and 10K, 9:00 a.m., Levellland High School, Levellland, Texas. Contact: Bobby Birdsong (806) 894-7285.
- August 16-22: Davis Mountain Runner's Camp. Includes 12 Mile Ride & Tie (August 21) and Half Marathon & Fun Run (August 22). Make reservations early! Contact: Prude Ranch, Box 1431, Ft. Davis, Texas 79734, (915) 426-3347.

*Regular WTRC Monthly Race

4 MILE RESULTS

SIXTH ANNUAL GRASS TRAMPLE

Saturday, March 14, 1981

The 6th Annual 4 mile race known as the Grass Trample was held in Lubbock under less than ideal conditions. While the morning dawned bright and comfortable, a deluge the preceding day turned that portion of the course run on patches of grass and hard pan into a quagmire. Nonetheless, sixty-four athletes answered the starting gun for two loops around Hodge Park.

When the sweat had cleared, a medley of mudders from eastern New Mexico had captured six of the first eight spots. George Chavez (Tucumcari) edged Quinn Smith (Lovington) by three seconds to take first place in a quick 21:30. Both runners wore conventional running shoes and neither had webbed feet. Cliff McCurdy (Lubbock) finished third. Gary Jenkins (Lovington) took the High School Division and fourth place in 22:45.

Bobby Cunningham (Abernathy) finished seventh and won the 40-49 Division in 23:31. And, in the same division, George Jury (Lubbock) sprinted, splashed, and slid past Howard Millsap (Odessa) for second place.

The 30-39 Division was won in 25:14 by steadily improving Dan Fonseca (Brownfield). Robert Guajardo (Levelland) finished forty seconds behind. Don Sanderson (Tulia), while not approaching his 50 and over course record, nonetheless, turned in a commendable 26:21 to take honors in that division.

The top spot in the Girls Division went to Donna Repman (Midland) in 26:54. And, Lubbock's own Ann Gordhamer, fresh from her sub-4 hour marathon at Cowntown, took honors in the Ladies Division and set a club member's record with a plucky 31:16.

1. George Chavez	27	Tucumcari, NM	21:30
2. Quinn Smith	21	Lovington, NM	21:33
3. Cliff McCurdy	27	Lubbock	22:02
4. Gary Jenkins	17	Lovington, NM	22:45
5. Larry Chavez	21	Portales, NM	23:07
6. Robert Ferguson	16	Tucumcari, NM	23:22
7. Bobby Cunningham	41	Abernathy	23:31
8. David Gonzales	19	Lovington, NM	23:47
9. Jeff Meador	19	Morton	23:47
10. Dan Pennock	25	Odessa	23:48
11. Edwin Felix	-	--	24:05
12. Jeff George	-	--	24:48
13. Freddy Ortiz	14	Lovington, NM	24:51
14. Ron Shew	29	Lubbock	24:55
15. Herbert Perez	20	Brownfield	25:00
16. Daniel Fonseca	34	Brownfield	25:14
17. Robert Guajardo	38	Levelland	25:54
18. Don Sanderson	51	Tulia	26:21
19. George Jury	44	Lubbock	26:39
20. Howard Millsap	45	Odessa	26:40
21. Michael Soto	20	Lubbock	26:47
22. Pete Mora	17	Lubbock	26:52
23. Robert Aten	25	Honolulu	26:53
24. Donna Repman	19	Midland	26:54
25. Jerry Dunn	40	Lubbock	27:02
26. Craig Jackson	16	--	27:15
27. Randy Johnston	22	Lubbock	27:34
28. Lance Rauhoff	14	Lubbock	27:38
29. Norman Pittenger	44	E1 Paso	27:45
30. Tom Bowser	54	Odessa	27:53
31. Bernard Hartman	47	Lubbock	28:26
32. C. McKnight	51	Lubbock	28:41
33. Bobby Birdsong	40	Levelland	28:49
34. Mike Kelley	32	Lubbock	28:59
35. Gene Adams	46	Brownfield	29:03
36. Robert Gorsline	39	Lamesa	29:09
37. Greg Anderle	30	Lubbock	29:12
38. Kirk Dougherty	23	Midland	29:19
39. Aurelio Rivas	29	Lubbock	29:32

40. Gerald Long	Lubbock	29:35
41. Roland Murray	Abernathy	29:48
42. Frank Barrow	Tahoka	30:03
43. Alonzo Mendoza	Levelland	30:21
44. Noel Luna	Levelland	30:24
45. Terry Barker	Lorenzo	30:34
46. Jim Wilheim	Lubbock	30:40
47. Darin Goen	Lubbock	30:47
48. Paul Johnson	Lubbock	31:10
49. Ann Gordhamer	Lubbock	31:16
50. Mike Gallagher	Lubbock	31:32
51. Don Andress	Lubbock	31:32
52. Clarke Evans	Lubbock	31:47
53. Sam Katz	Midland	31:59
54. Larry McPherson	Artesia, NM	32:18
55. Lee Wayne Harrison	Lubbock	35:23
56. Andra Chamberlin	Midland	38:17
57. Melinda Cherryhomes	Midland	38:17
58. Adrian Swafford	Lubbock	44:52
Michael McPherson	Artesia, NM	DNF
Daniel Olivarez	Lubbock	DNF
Gracie Olivarez	Lubbock	DNF
Bryan McNeely	Lubbock	DNF
Berry Simpson	Brownfield	DNF
Don Swafford	Lubbock	DNF

4 MILE AWARDS

15 & Under		Open
1. Freddy Ortiz	High School	1. George Chavez
2. Lance Rauhoff		2. Quinn Smith
3. Noel Luna		3. Cliff McCurdy
		4. Larry Chavez
		5. David Gonzales
		6. Jeff Meador
30-39		50 & Over
1. Daniel Fonseca Jr.		1. Don Sanderson
2. Robert Guajardo		2. Tom Bowser
3. Mike Kelley		3. C. McKnight
4. Robert Gorsline		
5. Greg Anderle		
6. Roland Murray		

Girls (24 & Under)

1. Donna Repman
2. Andra Chamberlin

Ladies (25 & Over)

1. Ann Gordhamer
2. Melinda Cherryhomes

News of Club Members:

On January 24, 1981, the Cross Country Individual and Team Championship 5 mile race was held in San Angelo. A number of West Texas Running Club members competed in that meet and did exceptionally well.

Name	Place	Time
Steve Stalling	2	27:04
Jimmy Whitley	3	27:45
Dirk Davis	6	28:11
John Bednarski	9	28:28
Karl Wolfe	12	29:16
Richard Kleinhans	13	29:52
Tim McNamara	21	31:43
Sherrill Easterling	25	32:32
Donna Repman	26	32:56
Lawrence Leonard	27	33:01
Chuck Chamberlin	33	33:56
David Hart	35	34:08
Rick Green	42	36:04
Richard Templeton	46	37:40
Milton King	47	37:51
Dale Tervooren	57	39:43
Gabe Garza	63	40:25

Award Winners:

Donna Repman was first in the Women's division--19 and under.
 Sherrill Easterling was first in the Women's division--30-39.
 Dirk Davis captured a second place award in the men's--19 and under.
 Steve Stalling was first in the 20-29 age group.

Jimmy Whitley, John Bednarski and Robert Kleinhans were 1-2-3 in the 30-39 bracket.

Congratulations on a fine performance!

Donald Andress ran in the Las Vegas Sun Marathon back in December. He posted an excellent 3:26:14. He says that he finished about 49 yards ahead of a 59 year old woman!

"THE WINNERS CIRCLE"

Featured Runner of the Month

NAME: George Jury AGE: 44 HEIGHT: 5'6" WEIGHT: 135

OCCUPATION: Veterinarian

George has no running background to speak of as he concentrated only on football while in high school. But in 1970 George heard Dr. Kenneth Cooper speak and then read his book on Aerobics. He began sporadic jogging which never exceeded 200 miles for any year through 1977. Then in April of 1973 George decided to become a "real" athlete. His first goal was to run a six-minute mile by age 42.

With no real idea of how to train, George put in runs that seldom exceeded 3 miles. He notes he was inspired at this time by other runners in his age bracket, particularly Jack Shropshire. During the summer his attempts to break six minutes narrowly fell short. He slacked off that fall, but he did total 433 miles in 1978.

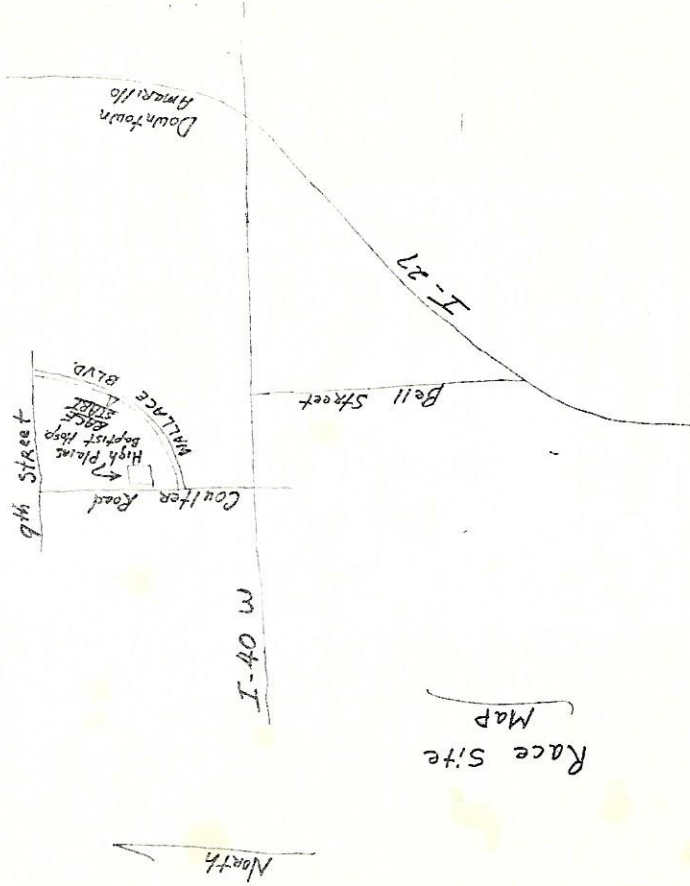
In February of 1979, George joined the WTRC and ran in the March 4-mile race in Lubbock. Running on a base of 3.5 miles per run, he cruised to a 23:39 clocking. This good initial effort spurred him on and he upped his mileage to 1430 for 1979. He was set back by injuries at the end of the year but set two goals for 1980. The first was to run a sub 3:30 marathon, and the second was to crack 70 minutes at the July 4th 10-mile race.

The 1980 season fulfilled these goals and also saw George set some other good times. In May, he ran a 3:25 at the Funfest Marathon. A 60:34 time for 10 miles was clocked in July. Other races produced times of 24:50 for four miles (January 1981), 30:32 for six miles, nine miles in 61:32, and 13 miles in 1:28 at Buffalo Lake.

George is continuing to run for fitness and because he enjoys competition. His current goal is to run a shorter race at sub-six minute pace. His current schedule has him running 5 days a week

normally, or using the Joe Henderson 13 week Schedule when preparing for a marathon. This calls for seven mile runs on Monday, Wednesday, and Friday, while thirteen miles are run on Tuesday and Thursday. Saturday calls for a long run of 15-18 miles (21 miles two weeks before the race) and Sunday is optional. George competes hard and quite likely will continue to meet his goals in the future. He has shown what determined, well-planned running can accomplish.

During the 1979-80 season, George won the annual Attendance Award and also won a 75 Mile Club Patch.

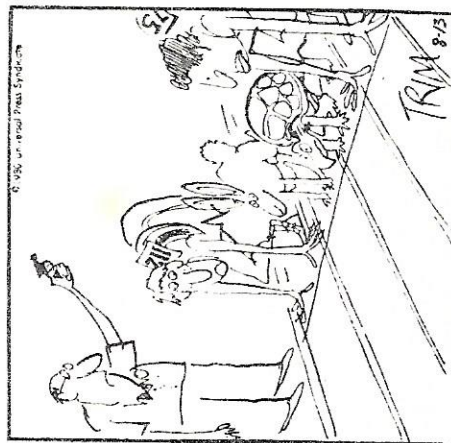


NEWS OF CLUB MEMBERS

Word comes to us of some outstanding running put in by Robert Schooler, now a senior at Midland Lee. This past fall Robert had an undefeated regular season in cross country. At the district 5-5A he took first place by covering 3 miles in a blazing 14:30. He followed that with an easy victory at the Region I Championships in Lubbock. At the Texas State meet he finished in second place after a close race.

Next, Robert entered the Kinney high school cross country championships. First he had to place in the top seven at a five state regional involving runners from Texas, New Mexico, Oklahoma, Arkansas, and Louisiana. A time of 15:28 over 5,000 meters placed him second and sent Robert to San Diego for the national finals. Again it took him 15:28 to cover 5,000 meters which was good for 12th overall and ahead of all runners from our five state region.

Robert has started off the spring track season with double victories in the first few meets. Recently he doubled 9:34/4:29 at Odessa for easy wins in the West Texas Relays. More about Robert's track success and a training profile will follow in next month's newsletter.



75 MILE CLUB STANDINGS

At this point in the club year, with three more races (and a maximum possible 23 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	88
2. Howard Millisap	79
3. H. B. Hartman	78
4. Don Sanderson	72
5. Herbert Perez	66
6. Dan Pennock	66
7. Cliff McCurdy	59
8. Don Kephart	58
9. George Jury	54
10. Ed Vernon	53
11. Mike Kelley	53
12. Tom Bowser	52

"ACTIVE SPORTSWEAR FOR GUYS - GALS & LITTLE PALS"

the
SWIFT FOOT

JIM McWHIRTER
(206) Phone 755-9481

3402 Slide 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