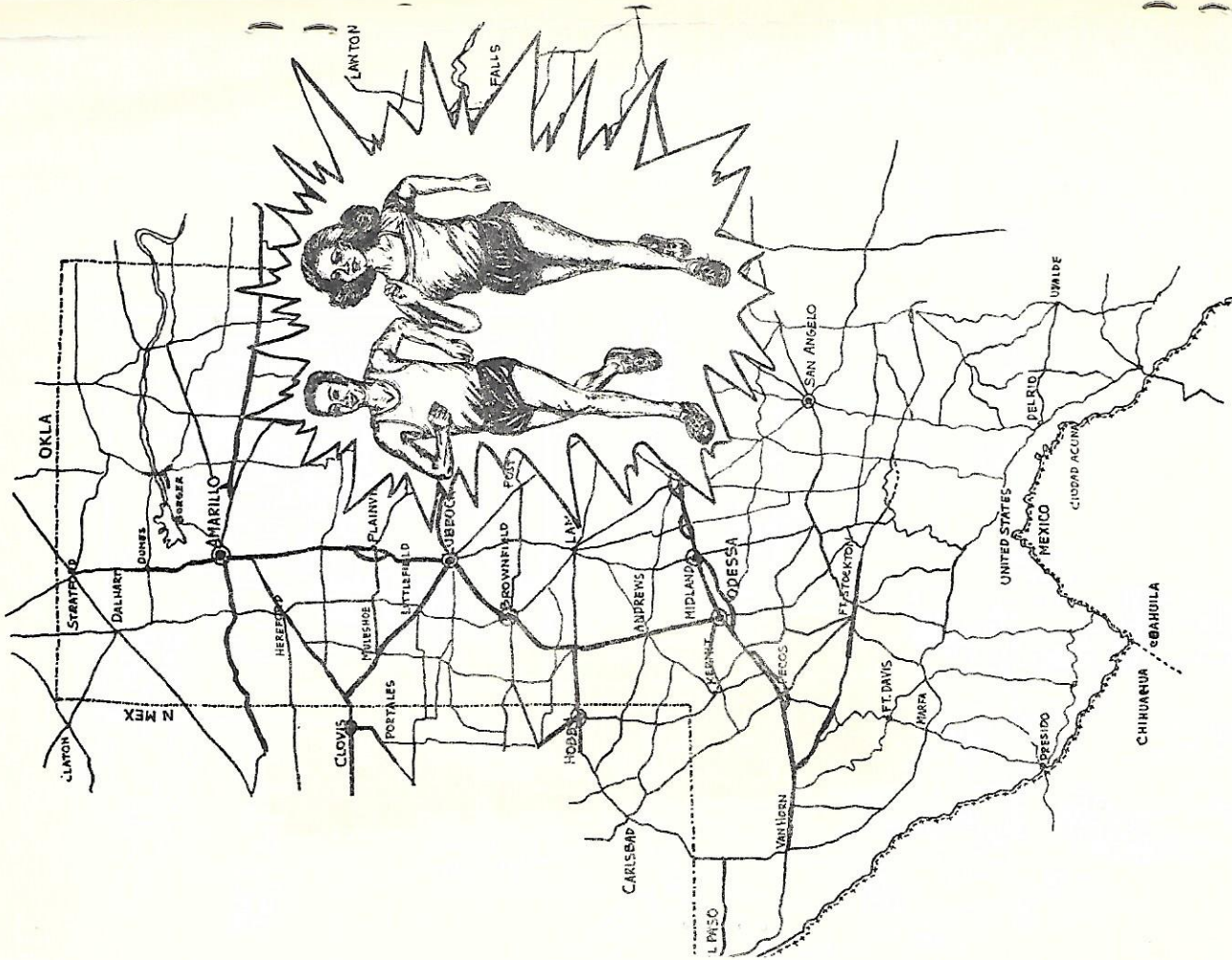


October 1981
OCT. 31

Dr. Bernard Hartman
Dept. of Biological Sciences
Texas Tech University
Lubbock, TX 79409

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WEST TEXAS RUNNING CLUB NEWSLETTER

OCTOBER 1981

NOVEMBER CLUB RACE
9th Annual "BUFFALO WALLOW"

DISTANCE: 13 Miles and 2 Miles

DATE: Saturday, November 14, 1981

TIME: 10:00 a.m.

LOCATION: Buffalo Springs Lake (just inside entrance), Lubbock, Texas (see map).

DIVISIONS AND AWARDS:

13 MILE		2 MILE	
	Trophies		Trophies
Open	3	Open	3
30-39	3	High School & Under	3
40-49	3	30 & Over	3
50 & Over	3	Ladies	4
Ladies	3		

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

COURSE: Asphalt Roads all the way
2 Mile - out and back, flat
13 Mile - Looped course, some tough hills

RACE DIRECTOR (contact for more information):

Don Kephart
5320 45th Street
Lubbock, Texas 79414
Phone (work) 806-828-6563
(home) 806-797-4604

*NOTE: An entry fee of 75¢ per person is required to enter Buffalo Springs Lake Park. This does not accrue to the West Texas Running Club.

COURSE RECORDS

13 Mile

Overall Course Record: Dan Clark 1:08:18
Club Member: John Bednarski 1:08:39
30-39 Record: Tom Mayfield 1:14:06
Club Member: Bobby Cunningham 1:19:58
40-49 Record: Tom Mayfield 1:15:45
Club Member: Bobby Cunningham 1:16:24
50 & Over Record: Don Sanderson 1:28:29
Ladies Record: Isabel Navarro 1:31:50

Bergstrom AFB 1974
Odessa 1978
San Angelo 1977
Abernathy 1979
San Angelo 1979
Abernathy 1980
Tulia 1980
Brownfield 1980

2 Mile

Overall Course Record: Marc Johnson 9:52
Club Member: Jimmy Whitley 10:09
High School & Under: Curtis Conway 1979
Club Member: Shane Cunningham 1977
30 & Over Record: John Bednarski 11:57
Ladies Record: Isabel Navarro 1979

Lubbock 1975
Odessa 1979
Lubbock 1977
Abernathy 1979
Odessa 1979
Brownfield 1975

SCHEDULE OF EVENTS

Saturday, November 7:

Terry Fox Cancer Society Memorial 10K (with Kyle Heffner, 2:10:54 3rd Place, U.S. 1980 Olympic Marathon Trials) Lubbock, Texas. Contact: James Morris, 5015 University Avenue, Lubbock, Texas 79413.

Saturday, November 7:

Dallas White Rock Half Marathon (13.1 Miles). Contact: James Thurston, Cross-Country Club of Dallas, 6434 E. Mockingbird, Suite 213, Dallas, Texas 75214.

*Saturday, November 14:

10th Annual Buffalo Springs Lake 13 Mile and 2 Mile Runs. 10:00 a.m. Contact: Don Kephart at 797-4604 or 828-6563.

Saturday, November 14:

8th Annual Tyler Rose Run (1,500M; 5,000M; 10,000M) Contact: Tyler Roserunners. c/o Barry Green, UT at Tyler, Texas 75701.

Saturday, November 21:

1-5 Mile Fun Run, 9:00 a.m., Maxey Park, Lubbock, Texas. Contact: Jim McWhirter, (806) 795-9481.

Saturday, November 21:

Old Ft. Davis Marathon, Prude Ranch, Box 1431, Ft. Davis, Texas 79734.

Saturday, November 21:

TAC National Masters 10K Cross-Country Championship, Houston, Texas. Contact: Ed Lang, 14 Sandilewood, Houston, Texas 77024.

SCHEDULE OF EVENTS (continued)

- Thursday, November 26: Dallas Turkey Trot 8 Miler. Contact: James Thruston, Cross-Country Club of Dallas, 6434 E. Mockingbird Lane, Suite 213, Dallas, Texas 75214.
- Thursday, November 26: Drumstick Hobbie 4.5 Mile Run. Ft. Worth, Texas. Contact: Dvain Camp, 4821 Langley Road, Ft. Worth, Texas 76114.
- Thursday, November 26: Coors Light Sun Bowl 1/2 Marathon, 5 Mile and 2.5 Mile. El Paso, Texas, 8:30 a.m. Contact: Sun Bowl News, Box 95, El Paso, Texas 79941.
- Saturday, December 5: White Rock Marathon, 9:00 a.m. Contact White Rock Marathon Committee, 6434 E. Mockingbird, #213, Dallas, Texas 75214.
- Sunday, December 6: Fukuoka Marathon, Fukuoka, Japan. By Invitation Only.
- *Saturday, December 12: WTRC 9th Annual 7 Mile and 2 Mile Concho Crawl. 10:00 a.m., Highland Range Park, San Angelo, Texas.
- Saturday, December 12: Arlington Winter Run, 10K and 2 Mile. Contact: Arlington Running Club, 116 Wingreen Lane, Arlington, Texas 76014.
- Saturday, December 19: Dannon Road Runner Series, 20K, San Antonio, Texas. Contact: San Antonio Road Runners, Box 12474, San Antonio, Texas 78212.
- *Saturday, January 9, 1982: 6th Annual Palo Duro Canyon Marathon and 4 Mile. Palo Duro Canyon, Canyon, Texas. Contact: Bob Dunbar (806) 378-3675 or 393-2725.
- Sunday, January 24: Houston Tenneco Marathon. Contact Houston Tenneco Marathon, Box 19454, Houston, Texas 77024.
- Saturday, February 6: Ironman World Triathlon Competition, Honolulu. Entry Deadline, December 15. For more information write: Box 25861, Honolulu, Hawaii 96825.
- Saturday, February 27: Fourth Annual Cowntown Marathon and 10K Run. Contact: Jim Gilliland, Box 662, Ft. Worth, Texas 76101.

* Regular WTRC Monthly Race

ANNUAL 9 AND 2 MILE RUNS

BILL EASTERLING MEMORIAL RUN

October 10, 1981 - Coahoma, Texas

The folks in Coahoma, Texas hosted the WTRC's annual October 9 and 2 mile races and in the process set standards that will be hard to match. In races dedicated to the late Bill Easterling of Coahoma, Sherrill Easterling and her obviously motivated committee set two challenging courses. Splits at every mile mark, an aid station at mile six, refreshments at the finish line, and tee shirts to each and every competitor, and all this for a one or two dollar entry fee! To top it all off, in addition to thirty trophies for the top finishers in the various divisions, a drawing was held, and prizes ranging from antifreeze and oil changes to steak dinners were distributed. The townspeople of Coahoma deserve our thanks and congratulations for a job very well done.

Thirty-three runners set out to tour the rolling 9 mile course. Leading the way to the finish line in a fine 47:55 was Kip Leyba (Lubbock). Steve Stallings (Stanton) with a 48:54, finished a strong second. Capturing the 40-49 Division and enjoying an outstanding competitive season was Bobby Cunningham (Abernathy), who ran a fine 50:04. Cliff McCurdy (Lubbock) took fourth. John Bednarski (Odessa) won the 30-39 Division in 54:28 and placed fifth overall. Capturing the 50 and Over Division with a strong closing kick was Tom Bowser (Odessa).

Appropriately, Sherrill Easterling (Coahoma) took the Ladies Division in a fine 59:08. Closing the gap and also running a strong race in 59:51 was Donna Repman (Midland). These competitors placed 8th and 9th overall.

In winning the 2 mile event, Dave Felice (Midland), with a time of 10:27, led seventy-two runners to the finish line. Herbert Perez (Brownfield) ran a strong second (10:50). The race for third was particularly close with the edge going to Freddie Moran (Coahoma) over Shane Cunningham (Abernathy), David Lopez (Odessa), and Don Webb (Coahoma). Five seconds separated these competitors. Don Webb easily captured the 40 and Over Division with his time of 11:22. Bruce Blankenship (Lubbock) won the 30-39 Division in 12:20 while Clem Moran (Coahoma) was the winner of the High School and Under Division.

Mary Whitten (Canyon), at eleven years old, won the Girls 24 and Under category in 14:59, and Carolyn Pace (Midland) outlegged Melinda Cherryholmes (Midland) to take the Ladies 25 and Over Division.

9 MILE RESULTS

1.	Kip Leyba	Lubbock	47:55	5:19.4
2.	Steve Stallings	Stanton	48:54	5:26.0
3.	Bobby Cunningham	Abernathy	50:04	5:33.8
4.	Cliff McCurdy	Lubbock	50:17	5:35.2
5.	John Bednarski	Odessa	54:28	6:03.1
6.	Daniel Figueroa	Abilene	57:36	6:24.0
7.	Randy Johnston	Lubbock	58:44	6:31.5
8.	Sherrill Easterling	Coahoma	59:08	6:34.2
9.	Donna Pepman	Midland	59:51	6:39.0
10.	Terry Barker	Lorenzo	62:01	6:53.4
11.	James Tigner	Lubbock	62:32	6:55.9
12.	Bobby Birdsong	Levelland	62:44	6:55.2
13.	Chuck Chamberlin	Midland	63:28	7:03.1
14.	Bernard Hartman	Lubbock	63:51	7:05.7
15.	Tom Bowser	Odessa	63:58	7:06.4
16.	Don Kephart	Lubbock	64:11	7:07.9
17.	Bob Grady	Andrews	64:24	7:09.3
18.	James Livermore	Lubbock	64:32	7:10.2
19.	Gregg Polinsky	Big Spring	65:00	7:13.3
20.	Robby Timberlake	Levelland	65:22	7:15.8
21.	Rick Green	Midland	66:21	7:22.3
22.	Mike Kelley	Lubbock	68:36	7:37.3
23.	Don Garrett	Midland	70:02	7:46.9
24.	Zant Woodul	Lubbock	72:50	8:05.6
25.	Linda Pollard	Odessa	74:54	8:19.3
26.	Milton King	Big Spring	75:51	8:25.7
27.	John Kahl	Abilene	78:33	8:43.7
28.	Arlene Ragan	Odessa	79:01	8:46.8
29.	C. L. Casey	Hermleigh	95:51	10:39.0
30.	John Knight	Midland	DNF	
31.	Lyn Bowie	Lubbock	DNF	
32.	David Figueroa	Abilene	DNF	
33.	Jorge Rodriguez	Abilene	DNF	

2 MILE RESULTS

1.	Dave Felice	23	Midland	10:27	5:13.5
2.	Herbert Perez	20	Brownfield	10:50	5:25.0
3.	Freddie Moron	22	Coahoma	11:17	5:38.5
4.	Shane Cunningham	19	Abernathy	11:18	5:39.0
5.	David Lopez	24	Odessa	11:21	5:40.5
6.	Donald Webb	52	Coahoma	11:22	5:41.0
7.	Michael Fisher	23	Big Lake	11:56	5:58.0
8.	Bruce Blankenship	32	Lubbock	12:20	6:10.0
9.	Ralph Wolf	44	Abernathy	12:25	6:12.5
10.	Dennis Smiley	30	Big Spring	12:43	6:21.5
11.	Dolores Gonzales	33	Big Spring	12:56	6:28.0
12.	Jay Kelley	49	Odessa	12:59	6:29.0
13.	Clen Moron	15	Coahoma	13:07	6:33.5
14.	Dale Tervooren	38	Midland	13:10	6:35.0
15.	Doug Hale	36	Lubbock	13:10	6:35.0
16.	Rick Mound	21	Ruidoso, NM	13:17	6:38.5
17.	Robby Henry	15	Coahoma	13:26	6:43.0
18.	Scott Hale	12	Lubbock	13:30	6:45.0
19.	J. J. Whitten	11	Canyon	13:34	6:47.0
20.	Harold Wilder	45	Big Spring	14:20	7:10.0
21.	Elmer McMahan	33	Coahoma	14:34	7:17.0
22.	Richard Bungarner	22	Big Spring	14:37	7:18.5
23.	Willie Pastrano	14	Coahoma	14:52	7:26.0
24.	Gary Wright	13	Coahoma	14:53	7:26.5
25.	Jerry Whitten	38	Canyon	14:56	7:28.0
26.	Mary Whitten	12	Canyon	14:59	7:29.5
27.	Billy Gordon	34	Coahoma	15:00	7:30.0
28.	Greg Weeks	29	Coahoma	15:00	7:30.0
29.	Tobie Henry	16	Coahoma	15:08	7:34.0
30.	Michelle Arnold	18	Coahoma	15:08	7:34.0
31.	Paula Harrison	18	Big Spring	15:27	7:43.5
32.	Masahiro Suzuki	24	Big Spring	15:38	7:49.0
33.	Jimmy Whitten	8	Canyon	15:40	7:50.0
34.	Nat Nunez	20	Big Spring	16:02	8:01.0
35.	Mark Miiliken	26	Coahoma	16:06	8:03.0
36.	Scott Martin	13	Forsan	16:07	8:03.5

2 MILE RESULTS (continued)

37.	Carolyn Pace	36	Midland	16:21	8:10.5
38.	Melinda Cherrymhomes	26	Midland	16:23	8:11.5
39.	Melinda White	18	Coahoma	16:27	8:13.5
40.	David Molina	10	Coahoma	16:29	8:14.5
41.	Gloria Molina	15	Coahoma	16:30	8:15.0
42.	Miki Kera	24	Big Spring	16:49	8:24.5
43.	Robin Burchett	17	Coahoma	16:54	8:27.0
44.	Robbie Ritchey	17	Coahoma	17:01	8:30.5
45.	Mila Gellido	15	Coahoma	17:26	8:43.0
46.	Shanna Fowler	12	Coahoma	17:28	8:44.0
47.	Paula Allen	17	Coahoma	17:29	8:44.5
48.	Melissa Luna	18	Big Spring	17:39	8:49.5
49.	Darby Gordon	12	Coahoma	17:47	8:53.5
50.	Linda Gordon	32	Coahoma	17:59	8:59.5
51.	Rip Paterson	37	Big Spring	18:36	9:18.0
52.	Sue Balzer	46	Big Spring	18:39	9:19.5
53.	Sherry Woods	32	Coahoma	19:20	9:40.0
54.	Cheri Livermore	34	Lubbock	19:36	9:48.0
55.	Mel Griffen	38	Big Spring	19:41	9:50.5
56.	Tabitha Jolly	12	Coahoma	19:42	9:51.0
57.	Robyn McDaniel	12	Coahoma	19:42	9:51.0
58.	Todd Patterson	10	Forsan	20:21	10:10.5
59.	Cathy Richardson	33	Big Spring	22:30	11:15.0
60.	Dert Patterson	12	Forsan	22:31	11:15.5
61.	Lee Patterson	8	Forsan	22:31	11:15.5
62.	Ruby Blascyk	40	Abilene	25:57	12:58.5
63.	Mattie Elliot	39	Hawley	25:59	12:59.5
64.	Nancy Newman	12	Coahoma	29:20	14:40.0
65.	Lori Cox	13	Sweetwater	29:21	14:40.5
66.	Mannon Newman	40	Coahoma	29:21	14:40.5
67.	Sherril Blascyk	18	Abilene	31:23	15:41.5
68.	Darlene Reid	36	Coahoma	31:23	15:41.5
69.	Viki Elliot	16	Hawley	31:45	15:52.5
70.	Joey Easterling	11	Abilene	38:54	19:27.0
71.	Darlyn Easterling	38	Abilene	38:54	19:27.0
72.	Bill Sledge	28	Big Spring	39:00	19:30.0

9 MILE AWARDS

<u>Open</u>	
1.	Kep Leyba
2.	Steve Stallings
3.	Cliff McCurdy
<u>30-39</u>	
1.	John Bednarski
2.	Chuck Chamberlin
3.	Robert Grady
<u>40-49</u>	
1.	Bobby Cunningham
2.	James Tigner
3.	Bobby Birdsong
<u>50 & Over</u>	
1.	Tom Bowser
2.	C. L. Casey
<u>Ladies</u>	
1.	Sherill Easterling
2.	Donna Reppman
3.	Linda Pollard

2 MILE AWARDS

<u>High School & Under</u>	
1.	Clem Moron
2.	Robby Henry
3.	Scott Hale
<u>Open</u>	
1.	Dave Felice
2.	Herbert Perez
3.	Freddy Moran
<u>30-39</u>	
1.	Bruce Blankenship
2.	Dennis Smiley
3.	DoLores Gonzales
<u>40 & Over</u>	
1.	Don Webb
2.	Ralph Wolf
3.	Jay Kelly
<u>Girls (25 & Over)</u>	
1.	Carolyn Pace
2.	Melinda Cherrymhomes
3.	Linda Gordon
<u>Girls (24 & Under)</u>	
1.	Mary Whitten
2.	Toby Henry
3.	Michelle Arnold

"THE WINNERS CIRCLE"

Featured Runner of the Month

NAME: Gary Jenkins AGE: 17 HEIGHT: 5'9" WEIGHT: 120
OCCUPATION: Senior at Lovington High School

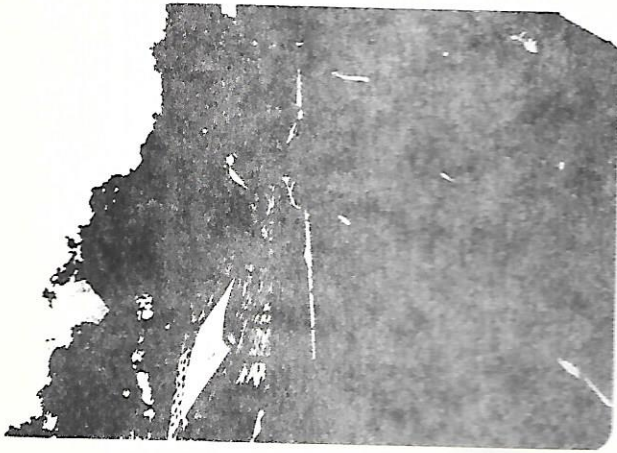
Gary first tried running in junior high for the track team in Lovington, but he didn't get serious about things til his friend, Quinn Smith, got him going as a freshman. He got off to a good start with PR's of 5:07 and 17:01 for the one and three mile. His sophomore year saw his times drop to 4:55 and 10:27 (2 mile). Then his junior year saw further drops to 4:41, 10:23, 15:23, and 20:38 (4 mile). These efforts have earned Gary district championships in cross country and in track, in the 3,000 meters. He was named Lovington's outstanding distance runner and backed up the award this past summer. In junior olympic competition, Gary took 2nd in state and then 3rd at the three-state regional for 5,000 meters. He thus missed advancing to nationals by only one place.

This fall Gary plans to continue improving and be one of New Mexico's best cross country runners. He looks forward to racing with the best runners around and to give them a good race. To do this, Gary puts in a steady 65 miles weekly, with a yearly pattern based on Marty Liquori's training method. He has to fit this into attending school and working up to 12 hours daily in the summers. He looks at his training runs as the relaxing part of each day.

A typical week would look something along these lines:

Sunday - 6 repeat 880's starting at 2:23 and working down to 2:17
Monday - 9 miles under 6:30 pace
Tuesday - 1 mile under 4:56, then 8 x 440's under 69 seconds
Wednesday - 8 miles at 6:30 pace
Thursday - 12 x 220 in 32 seconds
Friday - 10 miles at 6:30 pace
Saturday - varying long distance run at 6:15 pace

Gary trains very hard, but hopefully can avoid injury. The WTRC wishes great success for Gary in his senior cross country and track seasons.



Why be a member of the West Texas Running Club ?

Because you need us and we need you.

Running is rapidly changing. Soon there will be a professional road-running circuit. Corporations will give a lot of money to a few elite runners in order to get publicity to sell things to you; the average competitors and fun runners. Races will be organized by professional organizations set up for that purpose. You will remain consumers--divorced from the sport save for your decisions to run or not run, buy or not buy.

Unless you support a club: an organization concerned primarily with your interests. An organization which is at the same time strong enough and skilled enough to deal with sponsors and to administer races. We can be that organization, but only if a lot of you join us. You can give us the money, the skills, and the knowledge we need to play the role we should play for you. We can give you the blockbuster races most of you obviously like (cheaper than you're likely to get them without us). And we can give you the small informal races you need if you really want to learn what running has to offer. We can give you the opportunity to compete - if that's what you want - or to run non-competitively, if that's what you want. In short, we can show you the many and varied pleasures of running. And you can tell us which you enjoy most. You can be us. That's why we need you.

7th Annual Allsup's Marathon,
Clovis, New Mexico

The following WTRC members competed in the TAAF 5K & 10K, Lubbock, Texas, September 12, 1981:

Womens 5K

Mary Whitten 23:28 2nd, 12&under
2nd, overall

Mens 5K

Cliff McCurdy 15:38 1st, 20-29
1st, overall
Bobby Cunningham 17:35 1st, 40-49
2nd, overall
Robert Guajardo 17:35 1st, 30-39
3rd, overall
David Metcalf 17:36 1st, 10-19
4th, overall
Terry Barker 19:35 3rd, 40-49
Ralph Wolfe 20:11 3rd, 30-39
Bernard Hartman 20:51 2nd, 12&under
Bruce Blankenship 21:51 3rd, 30-39
Jay Whitten 21:38 3rd, 20-29
Jerry Whitten 23:33 3rd, overall
Robert Stites 24:20 3rd, overall

Mens 10K

Quinn Smith 31:43 3rd, 20-29
3rd, overall
John Trompler 36:08 1st, 30-39
George Jury 39:17 1st, 40-49
Chris Martinez 39:29 2nd, 40-49
Bennie Pickrell 39:31 3rd, 40-49
James Tigner 41:53 3rd, 30-39
James Livermore 42:07 1st, 50-59
Keith Novick 42:44
Mark Geneveaux 43:11
Don Kephart 43:32
Jim Wilhelm 45:41
Frank Barryow 45:59
Hugh Haynes 51:45

Womens 10K

Ann Gordhamer 46:20 1st, 30-39
Linda Pollard 49:17 2nd, overall
3rd, 30-39
Barbara Frankhouser 59:40 5th, overall
1st, 40-49

Several members of the WTRC competed at Clovis, New Mexico October 3rd in the Allsup's Marathon, Half-Marathon, and 10K. Race conditions were perfect at 8:00 A.M.; 57º, heavily overcast with a very slight breeze. An hour later, the clouds that had promised adequate heat relief dissipated and the once cool temperatures climbed up to the mid 70's with the wind gusting from 15 to 20 mph.

Listed below are member results of the three races.

10 KM Race

Quinn Smith 32:48 3rd, overall
Cliff McCurdy 33:03 4th, overall
Shane Cunningham 45:21
David Bass 46:20
Cheri Livermore 1:01:28

Half Marathon

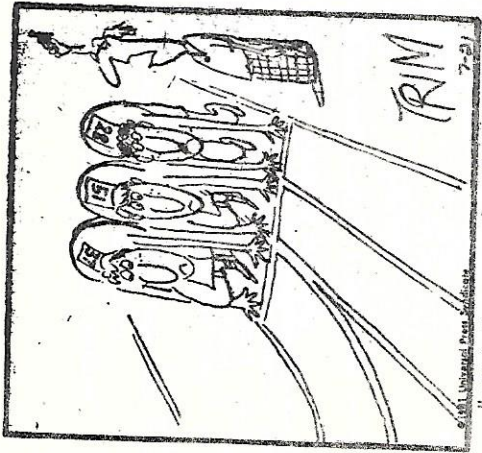
Bobby Cunningham 1:16:28 5th, overall
Corky Fritch 1:19:44 1st, 30-39
Dan Moreland 1:24:09 2nd, 30-39
Charles Davis 1:30:47
George Jury 1:31:42
James Livermore 1:35:29
Bernard Hartman 1:35:40
Robby Timberlake 1:37:30
Jim Wilhelm 1:46:05

Marathon

Byrnie Bass 3:12:49 4th, 16-29
John Franknecht 3:19:20 1st, 60 & over
Arthur Montgomery 3:24:29
Terry Barker 3:25:27
Lyn Bowie 4:33:59 1st, Women 16-29

The overall view of the Allsup's race was that of being very well organized. Finishers in all three races experienced a real "runners high" with the olympic style finish in the stadium by the high school.

If any WTRC members have been overlooked or reported in error, please contact Terry Barker and the correction will be made in next months newsletter.



ON YOUR MARKS... GETSET...

the
SWIFT FOOT

JIM ROBERTS
1700 W. 73RD ST.
LUBBOCK, TEXAS 79424

2407 41st St - Suite 204
LUBBOCK, TEXAS 79424

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