

WEST TEXAS RUNNING CLUB NEWSLETTER

January 1982

FEBRUARY CLUB RACE

TENTH ANNUAL "COTTON PATCH" RUNS

DATE: Saturday, February 13, 1982
 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 - looped course
 3 Mile - out and back

DIVISIONS AND AWARDS

8 MILE

	Trophies
Open	6
High School & Under	4
30 - 39	6
40 - 49	6
50 & Over	3
Ladies	3

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

FOR MORE INFORMATION, CONTACT:

Gene Adams
 Route 1
 Brownfield, Texas 79316
 Day - (806) 637-2621
 Evenings - (806) 637-6533

3 MILE

	Trophies
Open	6
15 & Under	6
High School & Under	6
30 - 39	6
40 & Over	3
Ladies (25 & Over)	4
Girls (24 & Under)	3

COURSE RECORDS

8 Mile

Overall Record:	Samuel Sitonik	23	Levelland	41:54	1981
Club Member Record:	Cliff McCurdy	26	Lubbock	43:39	1981
High School Record:	Carlos Ybarra	15	Lamesa	42:54	1978
30-39 Record:	John Bednarski	31	Odessa	44:14	1981
40-49 Record:	Tom Mayfield	40	San Angelo	45:40	1979
Club Member:	Bobby Cunningham	41	Abernathy	45:47	1981
50 & Over Record:	Don Sanderson	51	Julia	50:44	1981
Ladies Record:	Sherrill Easterling	31	Coahoma	52:06	1981

3 Mile

Overall Record:	Robert Wilson	18	Texas Tech	15:05	1978
Club Member:	Quinn Smith	21	Lovington, NM	15:13	1981
15 & Under Record:	Robert Schooler	16	Snyder	15:51	1979
High School Record:	Rudy Garcia	18	Brownfield	15:36	1979
Club Member:	Gary Jenkins	17	Lovington NM	16:00	1981
30-39 Record:	Jimmy Whitley	30	Midland	15:27	1981
40 & Over Record:	Bob Dunbar	47	Amarillo	17:24	1981
Girls Record:	Isabel Navarro	20	Brownfield	17:47	1979
Ladies Record:	Caylene Caddell	26	Lubbock	22:00	1978

SCHEDULE OF EVENTS

- *Saturday, February 13: Ninth Annual 8 and 3 Mile Cotton Patch Runs, Brownfield.
- Saturday, February 27: Fourth Annual Cowtown Marathon and 10K Run. Contact Jim Gilliland, Box 662, Fort 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.
- *Saturday, March 13: Seventh Annual 4 Mile Grass Trampoline, Lubbock.
- Saturday, March 20: Run for Health 3 and 10 Mile. New Mexico State University at Carlsbad, New Mexico. 9:00 a.m. Contact: John Alexander, 505-885-2309.

Saturday, March 20:

The Capitol 10,000 (10K). 12,000 entrants in 1981.
Contact: Donya Andrews, Box 670, Austin, Texas
78767, (512) 445-3594.

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:

WTRC 5 miler, Amarillo.

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 McCleary, College of the
Southwest, Lovington Hwy, Hobbs, New Mexico 82240.

*Saturday, May 8:

10th Annual Horseshoe Bend Canyon Spring Frolic
(12 and 2 Miles), Stanton.

Saturday, May 29:

5th Funfest Marathon. Contact: Funfest Marathon,
1700 Polk, Amarillo, Texas 79102.

*Regular WTRC Race

6th Annual Palo Duro Canyon Marathon and 4 Mile Races

Saturday, January 9, 1982

Excellent running weather with temperatures in the 50's greeted one hundred ninety-six thrillads for the 6th running of the Palo Duro Canyon Marathon and Four Mile Race. In the marathon Robert Finn (Minot, N.D.) took home the winners laurels with a sparkling 2:30:30, and broke Bob Jackson's (Portales, N.M.) 1981 mark of 2:32:47 in the process. Finn, an Air Force Staff Sergeant who has a personal best of 2:24:06, wasn't deterred by the hilly course as he ran more than 14 minutes ahead of the next marathoner. Lolo Mercado (Lubbock) easily captured second place in a very respectable 2:44:53. Olen Hedges (Santa Rosa, N.M.) took third overall and first in the 30-39 Division with his 2:49:22.

James Roe (Mead, Ks.) captured the 40-49 Division in 3:15:12 while Peter Butler (St. Paul, Minn.) took honors in the 50 and over Division with a 3:44:18. The High School Division was won by Russ Kosman (Clovis, N.M.) in 4:08:09, and Ann Gordhamer (Lubbock), minus earphones, was victor in the Ladies Division at 4:24:19. One further note on the marathon. Bob Poppe (Aurora, Co.) completed his one hundred-twelfth marathon in 4:19:45. It marked his twentieth marathon in 12 months.

To summarize the 1982 Marathon results: 31 of 51 finished, 5 under 3:00, 8 under 3:30 and 16 under 4:00.

Chandler Pruitt (Panhandle, Tx.) a two-time schoolboy state champion halfmiler and now a junior at Angelo State University, won the 4 mile race for the second straight year. "I was hoping to do better than last year. Last year, I was pushed until the very end. This year, I was just running by myself after the first mile," commented Pruitt. His 20:42 was twenty-two seconds off his 1981 mark. Quinn Smith (Portales, N.M.) took second.

4 MILE RESULTS

1.	Chandler Pruitt	20	Panhandle	20:42
2.	Quinn Smith	22	Portales	20:53
3.	Bobby Cunningham	41	Abernathy	21:26
4.	Louis Allred	36	Pampa	21:34
5.	John Bamforth	21	Portales	21:47
6.	Larry Chaves	22	Portales	22:30
7.	Chris Hansen	27	Pampa	22:34
8.	Corky Fritch	35	Amarillo	22:47
9.	Mike Korsmo	17	Amarillo	22:54
10.	Justin Raef	16	Amarillo	22:54
11.	Ronnie Smith	23	Amarillo	23:00
12.	Thomas Ratcliff	20	Amarillo	23:10
13.	Galen Rist	31	Borger	23:16
14.	Danny Lucio	18	Lamesa	23:17
15.	Robert Guajardo	39	Levelland	23:28
16.	Mark Hall	23	Canyon	23:31
17.	James Galder	31	Borger	23:51
18.	Randy Johnston	23	Lubbock	23:57
19.	David Lard	44	Amarillo	23:59
20.	Cookie Rojas	18	Amarillo	24:14
21.	George Jury	45	Lubbock	24:15
22.	Jim Haynes	35	Muleshoe	24:17
23.	Calvin Wolter	22	Borger	24:18
24.	Keith Parr	13	Amarillo	24:25
25.	Bobby Stewart	24	Amarillo	24:30
26.	Danny Haire	16	Amarillo	24:33
27.	Jimmie Gilmore	11	Amarillo	24:44
28.	David Metcalf	15	Amarillo	24:45
29.	Jay Mendez	15	Amarillo	24:46
30.	Casey Myers	15	--	25:13
31.	Donnie Vernon	18	Amarillo	25:22
32.	Gary McCarrell	33	Amarillo	25:30
33.	Ken Clark	29	Hugoton, KS	25:50
34.	Ken Adkins	38	Amarillo	25:51
35.	Son Nguyen	14	Amarillo	25:54

Third place belonged to the indefatigable Bobby Cunningham (Abernathy) who ran a sparkling 21:26 and smashed Bob Dumber's 40-49 Division mark of 23:50. Pampa's Louis Allred broke Jim Hogan's 30-39 Division record set last year in posting a 21:34. The first high schooler to break the tape was Mike Korsmo (Amarillo). He took ninth overall and posted a 22:54 in doing so.

The boys' 12 and under Division record was obliterated by Jimmie Gilmore (Amarillo) who toured the course in an outstanding 24:44. Keith Parr (Amarillo) won the 13-15 Division in 24:25. Ray Chaffee (Fritch) won the 50 and over Division.

A competitive field of girls and ladies contested the 4-miler. Amarillo's Brenda Moore won the High School Girl's Division in a record 25:55. Close on Brenda's heels was ten-year old Tammy Gilmore (Amarillo) who established a new standard of 26:02 in the Girl's 12 and Under Division. The Women's Open Division was captured by Mindee Mayfield (Lubbock) in 26:32. Annette Metcalf (Amarillo) took the Girl's 13-15 Division in 29:10 while the Woman's 30 and over Division went to Debbie Finch (Richardson) in 33:31.

4 MILE RESULTS (continued)

36.	Brenda Moore	15	--	25:55
37.	Norman Pittenger	44	El Paso	25:58
38.	Richard Tamplin	13	Amarillo	26:00
39.	Tammy Gilmore	10	Amarillo	26:02
40.	Roger Malone	41	Dinmitt	26:11
41.	Jeff Moore	18	--	26:21
42.	Fran Soehnge	15	Dumas	26:25
43.	Leon Wood	43	Amarillo	26:31
44.	Mindee Mayfield	18	Lubbock	26:32
45.	Roger Haynes	17	Lubbock	26:39
46.	Leo Karlin	44	Borger	26:40
47.	Richard Harrison	14	Amarillo	26:40
48.	Bobby Birdsong	41	Levelland	26:54
49.	John Blackburn	40	Amarillo	26:56
50.	Bill Levian-Coon	24	Fritch	27:04
51.	Rick Gavia	31	Amarillo	27:12
52.	Tom Stephens	36	Amarillo	27:14
53.	Jim Stephease	37	Amarillo	27:20
54.	Jose Arayo	25	Lamesa	27:24
55.	Jerry Kleinmetor	39	Amarillo	27:30
56.	Larry Conner	30	Canyon	27:30
57.	Robby Timberlake	33	Levelland	27:43
58.	Elvin Rogers	35	Amarillo	27:47
59.	Jim Murphy	40	Amarillo	27:48
60.	Johnny McKabb	32	Amarillo	28:02
61.	Bill Tweedle	20	Amarillo	28:09
62.	Pat Lara	19	Amarillo	28:10
63.	Randy Parsons	12	Hugoton, KS	28:12
64.	Stephen Ireland	40	Lubbock	28:14
65.	Sixto Castillo	17	Amarillo	28:18
66.	David Bickerstaff	25	Amarillo	28:22
67.	Steve Thomas	20	Hugoton, KS	28:25
68.	Gregory Anderle	31	Lubbock	28:28
69.	Frank Barker	39	Levelland	28:30
70.	Mike Eckhart	30	Amarillo	28:31

4 MILE RESULTS (continued)

71.	David Weir	33	Amarillo	28:38
72.	Charles Davis, Jr.	38	Lubbock	28:44
73.	Chris Foster	15	Dumas	28:44
74.	Ray Chaffee	50	Fritch	28:50
75.	Merle Voigt	31	Canyon	28:55
76.	George Diamond	42	Borger	29:05
77.	Dean Thomas	15	Fritch	29:09
78.	Annette Metcalf	13	Amarillo	29:10
79.	Danny Hall	17	Amarillo	29:32
80.	Phuong Nguyen	12	Amarillo	29:40
81.	Scott Hale	12	Lubbock	29:45
82.	Carolyn Smith	29	Amarillo	29:46
83.	Joe James	21	Amarillo	29:47
84.	Stanley Lear	31	Amarillo	29:48
85.	Wayne Pitchford	17	Amarillo	29:48
86.	Norbert Cannon	35	Amarillo	29:51
87.	Lou Ann Nisbett	24	Clovis, NM	30:03
88.	Zeke Castro	34	Amarillo	30:06
89.	Clois Burgess	28	Amarillo	30:06
90.	Weldon Edwards	28	Amarillo	30:06
91.	Kenneth Moore	29	Amarillo	30:09
92.	Justin Sapp	24	Amarillo	30:18
93.	Unknown Runner	--	--	30:24
94.	Deanna Frierson	26	Amarillo	30:27
95.	Raymond Darwin	33	Amarillo	30:32
96.	Tricia Stegman	13	Hugoton, KS	30:38
97.	Hai Nguyen	10	Amarillo	30:42
98.	Pat Loter	27	Lubbock	30:45
99.	David Spell	28	Amarillo	31:06
100.	Unknown Runner	--	--	31:10
101.	Danny Ogle	31	Amarillo	31:16
102.	Alonzo Mendoza	24	Levelland	31:18
103.	Mike Fisher	24	Amarillo	31:19
104.	Mark Turnbough	34	Plainview	31:21
105.	Chip Gilmour	38	Amarillo	31:26
106.	Gwen Miller	25	Fritch	31:32
107.	Don Vernon	41	Amarillo	31:36

4 MILE AWARDS

4 MILE RESULTS (continued)

108.	Kim Nikkel	27	Canyon	31:40
109.	Joe Howell	41	Amarillo	31:45
110.	Bert Bytheway	35	Amarillo	31:47
111.	Armando Montalvo	11	Dimmitt	31:48
112.	Kim Loter	26	Lubbock	31:56
113.	Keith Evetts	10	Amarillo	32:08
114.	Mary Ann Whitten	12	Canyon	32:22
115.	Joe Misbett	60	Dalhart	32:32
116.	E. T. Manning	39	Amarillo	33:09
117.	Tawa Stegman	16	Hugoton, KS	33:13
118.	Glenna Henderson	29	Borger	33:15
119.	Paula Levian-Coon	24	Fritch	33:19
120.	Paula Hanby	25	Hereford	33:20
121.	Debbie Finch	30	Richardson	33:31
122.	Tom Stauder	50	Amarillo	33:34
123.	Jeff Maxwell	28	Borger	33:46
124.	Carolyn Watson	30+	Amarillo	33:50
125.	Tron Stegman	10	Hugoton, KS	33:51
126.	Ann Heim	35	Odessa	34:06
127.	Zoe Gordhamer	9	Lubbock	34:15
128.	Sola Gordhamer	9	Lubbock	34:16
129.	Barbara Harty	25	Amarillo	34:32
130.	Christine Overstreet	11	Amarillo	34:38
131.	Wayne Bensen	42	Amarillo	35:01
132.	Wayne Smith	58	Dalhart	35:01
133.	Curt Haynes	13	Hugoton, KS	35:16
134.	Tony Creamer	12	Hugoton, KS	35:17
135.	Bob Smith	61	Lubbock	35:39
136.	J. J. Yarbrough	40	Amarillo	35:39
137.	Janet Billington	25	Borger	36:09
138.	Barbara Rando	49	Amarillo	37:53
139.	James Whitten	8	Canyon	38:28
140.	Pat Cleer	29	Levelland	38:40
141.	Tommy Stander	11	Amarillo	39:04
142.	Grill Jerry	30+	Amarillo	39:30
143.	Patsy Birge	30+	Amarillo	41:09
144.	Matt Barker	11	Levelland	48:46
145.	Sandra Barker	39	Levelland	48:47

12 & Under, Male

1. Jimmie Gilmore
2. Randy Parsons
3. Scott Hale
4. Hai Nguyen
5. Armando Montalvo
6. Keith Evetts

Open

1. Chandler Pruitt
2. Quinn Smith
3. John Bamforth
4. Larry Chavez
5. Chris Hansen
6. Ronnie Smith

13-15, Male

1. Keith Parr
2. David Metcalf
3. Jay Mendez
4. Casey Myers
5. Son Nguyen
6. Richard Tamplen

30-39

1. Louis Allred
2. Corky Fritch
3. Galen Rist
4. Robert Guajardo
5. James Gabler
6. Jim Haynes

High School, Male

1. Mike Korino
2. Justin Raef
3. Danny Lucio
4. Cookie Rojas
5. Danny Haire
6. Donny Vernon

40-49

1. Bobby Cunningham
2. David Lard
3. George Jury
4. Norman Pittenger
5. Roger Malone
6. Leon Hood

50 & Over

1. Ray Chaffee
2. Joe Misbett
3. Tom Stauder
4. Wayne Smith
5. Bob Smith

12 & Under, Girls

1. Tammy Gilmore
2. Phuong Nguyen
3. Mary Ann Whitten
4. Zoe Gordhamer
5. Sola Gordhamer
6. Christine Overstreet

13-15, Girls

1. Annette Metcalf
2. Tricia Stegman

High School, Girls

1. Brenda Moore
2. Tawa Stegman
3. Mindee Mayfield
4. Carolyn Smith
5. Lou Ann Misbett
6. Deanna Frierson
7. Gwen Miller
8. Kim Loter

30 & Over

1. Debbie Finch
2. Carolyn Watson
3. Ann Hamm
4. J. J. Yarbrough
5. Barbara Rando
6. Grill Jerry

MARATHON RESULTS

1.	Robert Finn	27	Minot AFB, ND	2:30:30
2.	Eliodoro Mercado	21	Lubbock	2:44:53
3.	Olen Hedges	30	Santa Rosa, NM	2:49:22
4.	Ken Herbold	23	Rapid City, SD	2:56:31
5.	Mark Humphrey	29	Holloman AFB, NM	2:56:56
6.	Greg Reed	23	Amarillo	3:09:18
7.	Herbert Perez	21	Lubbock	3:11:19
8.	James Roe	40	Mead, KS	3:15:12
9.	Robert Grady	31	Andrews	3:30:01
10.	Terry Banker	27	Lorenzo	3:33:05
11.	Mike Kelley	32	Lubbock	3:33:59
12.	Michael Kilgore	39	Ft. Worth	3:34:18
13.	Peter Butler	50	St. Paul, MN	3:44:18
14.	Paul Lee	43	Yukon, OK	3:46:12
15.	Dennis McDonald	36	New Orleans, LA	3:49:26
16.	Joe Matulich	34	Pampa	3:56:42
17.	Pablo Rodriguez	22	San Antonio	4:03:54
18.	Keil Barton	27	Amarillo	4:07:58
19.	Russ Kosman	18	Clovis, NM	4:08:09
20.	Sheldon Perry	12	Hugoton, KS	4:17:47
21.	Ryan Dalrymple	15	Amarillo	4:19:04
22.	Robert Grissman	46	Arlington	4:19:05
23.	Bob Poppe	59	Aurora, CO	4:19:45
24.	Ann Gordhamer	37	Lubbock	4:24:19
25.	Jose Trejo	20	Lubbock	4:24:19
26.	Johnny Nava	34	Staton	4:25:25
27.	Tim Wilkins	16	Lubbock	4:33:00
28.	Charles Blake	44	Perryton	4:44:03
29.	Virginia Carpenter	17	Lubbock	4:50:58
30.	John J. Calvarese	61	Schertz	4:56:23
31.	Jerry James Whitten	11	Canyon	5:28:18
	Rodney Fisher	15	Lubbock	DNF
	John Franknecht	21	Canyon	DNF - 16 miles
	John Dixon	26	Amarillo	DNF
	Charles Hoag	27	Fayetteville, AR	DNF

MARATHON RESULTS (continued)

Tom Freitag	43	Wilson	DNF - 16 miles
Don Kephart	29	Lubbock	DNF - 16 miles
Mark Manwaring	21	Platnview	DNF
H. B. Hartman	48	Lubbock	DNF - 11 miles
Sheldon Perry	12	Hugoton, KS	DNF
Gene Adams	47	Brownfield	DNF - 16 miles
Richard Statkin	34	Ft. Worth	DNF
Doug Hale	37	Lubbock	DNF - 18 miles
Greg Copeland	34	Dodge City, KS	DNF
Tom Byrd	33	Pampa	DNF
Don Grimes	30	Lubbock	DNF - 11 miles
James Livermore	33	Lubbock	DNF - 21 miles
Tracy Skeen	33	Amarillo	DNF - 23 miles
Jim Wilhelm	31	Lubbock	DNF - 16 miles
Anne Daugherty	28	Bryan	DNF
Fisher Lewis	60	Bethany, OK	DNF

MARATHON AWARDS

<u>Open</u>	<u>High School</u>	<u>30-39</u>
1. Robert Finn	1. Russ Kosman	1. Olen Hedges
2. Eliodoro Mercado	2. Sheldon Perry	2. Robert Grady
3. Ken Herbold	3. Ryan Dalrymple	3. Mike Kelley
4. Mark Humphrey	4. Tim Wilkins	4. Michael Kilgore
5. Greg Reed	5. Jerry James Whitten	5. Dennis McDonald
6. Herbert Perez		6. Joe Matulich
<u>40-49</u>	<u>50 & Over</u>	<u>Ladies</u>
1. James Roe	1. Peter Butler	1. Ann Gordhamer
2. Paul Lee	2. Bob Poppe	2. Virginia Carpenter
3. Robert Grissman	3. John J. Calvarese	
4. Charles Blake		

CORRECTION!!

In the results of the Palo Duro Marathon, we listed TRACY SKEEN as not finishing the race. WRONG! Tracy conquered the tough course in 4:34:17, finishing 28TH overall.

Also, RUSS KOSMAN's time should read 4:00:09, 17TH overall. JOHN J. CALVARESE's time should read 4:56:54, 31ST overall.

SPLITS AVAILABLE

We have the split sheets from the Marathon, miles 3, 6, 8, 11, 13, 16, 18, 21 and 23. If you are interested in getting your splits, JAMES LIVERMORE has offered to research the times. Send a stamped, self addressed postcard or envelope to:

JAMES LIVERMORE
5707 - 2nd Place
Lubbock, Texas 79416

KARL WOLFE recently renewed his membership and sent an extra \$10.00 to help the clubs financial standing.
THANKS, KARL!!

MTRC Member FRANK CLEVENGER of Abilene has been working on a computer program to compute performance levels for active club members (those with 3 or more races in the preceding 12 months). These performance levels are then used to "predict" the time that a runner would run the next club race at that performance level. The runner who shows the most improvement will win the handicap trophy for that month (We will have a more detailed explanation of the handicaps in next month's newsletter).

But back to the program...Frank has completed work on it and has been entering past data. We will start publishing the handicaps next month and hope that this will encourage us all to strive for improvement.

In addition to the handicaps, the program will also update the annual club award standings on a monthly basis.

We are most grateful to Frank for his hard work on this endeavor.

Several MTRC members competed in the 3rd Annual Carlsbad Epworth Church New Year's Day Run in Carlsbad, New Mexico.

QUINN SMITH, from Lovington, was the 10 Mile winner for the 3rd straight year! He won both the overall competition and the 18-30 age group with an excellent time of 54:23.

GARY JENKINS, also from Lovington, won the 3 Mile event in a record 15:20 clocking.

STEVE McCLEERY, of Hobbs, was second in the 31-45 age group with an outstanding 18:35 for the 3 mile.

SHERRIL EASTERLING OF COAHOMA, TEXAS, was the women's 10 Mile event winner with a great time of 64:26.

GARY JENKINS also added another honor to his list by finishing 23rd out of 150 in the Sears AAU Dash United States of America Jr. Olympics National Cross Country Championships in Amarillo. Competing in the 17-18 year old division, he clocked 16:28 in the 5000 meter course. The winning time was 15:27.

FEATURED RUNNER OF THE MONTH

KYLE HICFFNER

WTRC members fared well in the 3rd Annual New Mexico Junior College Run for Fun held November 21, 1981. The distance was 5 miles.

GARY JENKINS	27:26	1st Overall, 1st-19 & Under
STEVE McCLEERY	31:49	1st - Mens 20-32
HERB McDANIEL	32:55	1st - 33 & Over

A 1 hour run was held in the LCC Fieldhouse in Lubbock on January 16, 1982. The race was sponsored by the Athletic

Attic. Club member results are as follows:

- 2) CLIFF McCURDY 10 MILES + 1489 Yds
- 3) BOBBY CUNNINGHAM 10 MILES + 1043 Yds
- 5) SHANE CUNNINGHAM 9 MILES + 125 Yds
- 7) JERRY DUNN 8 MILES + 1381 Yds
- 8) JAMES LIVERMORE 8 MILES + 234 Yds
- 9) JIM WILHELM 7 MILES + 1216 Yds
- 11) ANN GORDHAMER 7 MILES + 676 Yds

Kyle was a member of our 1980 Olympic team after placing 3rd in the trials marathon in 2:10. This past summer he ran at Falmouth covering 7.1 miles in the 33's and also ran in the 28's twice over the 10K distance. His earlier successes came while running in the Dallas area. There he won the White Rock Marathon and also bested John Bednarski at the White Rock Relays in a very fast race.

Prior to the 1980 trials, Kyle moved to Colorado for altitude training. He has settled into Boulder now and is sponsored by Adidas. In November, the Athletic Attic brought Kyle to Lubbock for the Terry Fox 10K, and he gave a very enlightening clinic the night before.

Here are some notes from his clinic:

High Altitude Training - beneficial to oxygen transport system. Improves the blood's qualities for distance runners. Also the mountain running improves leg strength. You do not get any speed training however, and need to come down at times for speed work. Conditions are often very cold.

Alberto Salazar and his altitude simulator - amazing talent. Valid training aid, but expensive. You may have to change the filters after every couple of hours of use.

Drinking tea or coffee before racing - definitely helps. Proven with distance cyclists. Trouble is having to go to the bathroom. Prefers to just eat his last meal 6 to 8 hours before racing, which creates the same effect in the body, without the side effects.

Carbohydrate depletion and loading - definitely helps. A must to get past 20 miles. However, the depletion must be dealt with cautiously. For a Saturday marathon, skip breakfast and lunch Tuesday afternoon and then begin loading Tuesday at supper. Eat good foods and do not gain weight with your loading.

Side stitch - sometimes diet related. New theory is that there is a shortage of blood flow to the lower right abdomen where the liver is located. Solutions might be to stretch the area by hanging from something.

Making the marathon distance - fat is the main fuel used. Everyone has enough fat stored away to easily finish a marathon. Carbohydrates also are needed and they are the key fuel. Under normal conditions a person runs out of them at 20 miles. All steps should be taken to minimize the carbohydrates burned during the race. Run at an aerobic level as much as possible. Don't punch into anaerobic efforts. Develop an efficient running style. Carbohydrate load the week of your race. Also taper your training that week.

Training pattern - hard/easy weeks. He alternates a 120 mile week with an 80 mile week. SUNDAY - fartlek. MONDAY - recovery distance run. TUESDAY - timed runs on roads (example - 3 x 3 minutes, 3 x 2 minutes, 3 x 1 minute, Jog recovery. WEDNESDAY - recovery distance run. THURSDAY - one timed run (runs with Lindsey Pfeifer, or other runners of similar ability and runs nearly full out. Example - 5 miles in 24 - 25 minutes). FRIDAY - recovery distance run. SATURDAY - 20 miler. Everyone should basically train along the same guidelines, but quality and quantity will differ. Include the four ingredients of a good program: 1) a long run, 2) hillwork, 3) speedwork, and 4) a fast-paced steady run.

Weights - good to get ham and quad strength balanced to prevent injury.

Racing schedule - twice a month, 12 months a year. Not necessarily the best, but his preference.

HANDICAPS FOR FEBRUARY 13, 1982 8 MILE RUN

	Prev-- Ave. Perf. Level	Jan. Race Perf. Level	New Ave. Perf. Level	8 Mi. Handi- cap Time
Quinn Smith	734	739	743	43.30
Steve Stallings	744	--	744	43.38
Cliff McCurdy	727	--	727	44.13
Bobby Cunningham	638	701	655	46.28
Ron Shew	643	--	643	46.57
Larry Graves	--	633	632	47.17
John Trompler	590	--	590	48.48
Lolo Mercado	585	M	585	49.00
Robert Guajardo	473	576	576	49.22
Herbert Perez	576	M	576	49.22
Randy Johnston	517	549	540	50.48
Dan Pennock	522	--	522	51.31
Don Sanderson	497	--	497	52.31
George Jury	453	533	480	52.48
Charles Davis	487	--	487	52.53
Byrnie Bass	478	--	478	53.25
Roger Haynes	482	419	461	54.13
Sherrill Easterling	453	--	453	54.33
Shane Cunningham	451	--	451	54.38
Bobby Birsong	424	408	422	56.02
James Livermore	410	M	410	56.40
Robert Grady	407	M	407	56.47
Norman Fittenger	415	449	398	57.10
Terry Barker	396	M	396	57.20
Bernard Hartman	386	M	386	57.49
Don Kephart	383	M	383	57.48
Francis Johns	377	--	377	58.18
C. G. McKnight	372	--	372	58.34
Mike Kelley	362	M	362	59.06
Tom Bowser	361	M	361	59.09
Robby Timberlake	368	374	360	59.12
Ann Gordhamer	313	M	313	1.01.56
John Fairbanks	297	M	297	1.02.52
Jim Wilhelm	277	M	277	1.04.12
Gene Adams	253	M	253	1.05.52
Johnny Nava	--	M	244	1.06.24
Arlyne Regan	174	--	174	1.11.38

SPORTSTOWN, U.S.A.

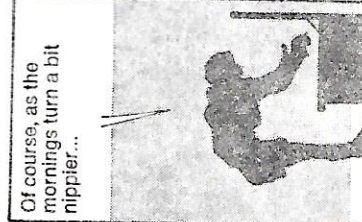
BY BROD SEARS



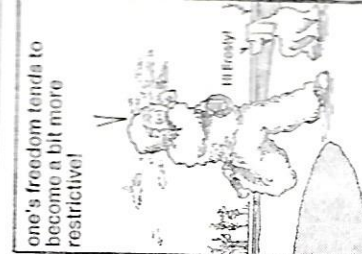
Jogging around White
Hick is a beautiful
experience.



Each morning I exercise
my mind, my body and
my personal freedom.



Of course, as the
mornings turn a bit
nippier...



one's freedom tends to
become a bit more
restrictive!

The consistently high quality of our newsletter material is due largely to the efforts of an unsung group of volunteers who dedicate some time and effort out of their lives to provide a quality product for you. As we start a new year, it seems appropriate to give them a hearty thanks and a public pat on the back. The staff currently consists of:

- Overall Coordinator and Schedule of Events - Don Kephart (our very capable vice pres.)
- Feature Writer - Bernie Hartman
- Featured Runner of the Month - Cliff McCurdy
- Race Results and Schedule of Events - James Livermore
- Performance Book Data Entry - George Jury
- News of Members - Doug Hale
- Typist - Ann Trompler

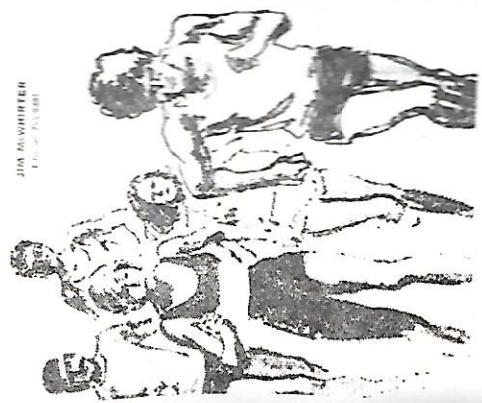
And while we're at it, how about a special thanks to our race directors and the scores of volunteers who man sign-up tables, finish lines, water stops, provide split times, etc. These volunteers normally give up hours of their time on race Saturday to provide unpaid service to you, the runner. The list of volunteers would be too long to publish, but our capable Race Directors are:

- Amarillo/Palo Duro - Bob Dunbar
- Brownfield - James Morris
Gene Adams
Mickey McClure
- Staton - Cliff McCurdy
John McCurdy
- Levelland - Bobby Birdsong
- Odessa - Tom Bowser
- Coahoma - Sherrill Easterling
- San Angelo - Bill Moore

the
SWIFT FOOT

JIM McWHIRTER
11111

302 4th St. S.E. - Suite B-4
LYBROOK, TEXAS 76044



Put Some
Profit in your
Jog!

- NIKE * ADIDAS
- NEW BALANCE * TIGER
- ETONIC * DOLPHIN

Alan Page found new life on the line after jogging

ROBERT VERNON
On Running

Alan Page insists he didn't start to run on a whim. Whims do not move him. He didn't do it because, as some critics said, it was a fad. Fads do not interest him. He didn't do it because it would help his already impressive play as a defensive tackle for the Minnesota Vikings and he didn't do it to hurt his play either.

No, he didn't start running for any of these reasons. Alan Page, 8-time All-Pro, NFL Most Valuable Player in 1971 and one of the most feared defensive tackles in the history of pro football, started running for just one reason.

"I decided I wanted to do something for myself," he said.

So, after a dozen years of assaulting quarterbacks, mauling running backs and wrestling with offensive linemen, Page took to the pavement as a jogger.

It wasn't long until he started to trim his bulky, 64, 250-pound frame. His mileage increased as did his endurance on the road and on the football field.

Eventually, he dropped to his current weight of 225 pounds. Although Page didn't think the weight loss hurt his play, the Vikings' front office did, and three games into the 1978 season, he was put on waivers for \$100. Chicago picked him up and in the season's 10 remaining games, he led the Bears in quarterback sacks and blocked kicks and tied for second place with 50 solo tackles.

Despite evidence to the contrary, Page, who will line up against the Dallas Cowboys in Texas Stadium Thursday, has repeatedly denied the Vikings waived him because of his running or his weight loss.

Asked in a telephone interview if his running had been a problem with the Vikings, Page said, "I don't know. It wasn't for me."

Despite colliding with large men every week, Page said he's not too bruised to maintain his running habit.

"I don't run as much during football season," he said. "I keep it to between 20 and 30 miles a week."

Although at age 36 he continues to play football impressively, Page insists running hasn't performed wonders for him as a player.

"I don't think it's done anything for my football, really," he said. "But I don't run for football."

I run for me and my well-being."

Page is a running contradiction to those who claim they can't run because they aren't "built like a runner."

"I don't think there's a body type that can't run," Page said. "A lot of people make excuses as to why they can't run, but it's really a matter that they just don't want to run. You have got to want to do it."

While most football players advocate weightlifting, Page says he avoids the weight room.

"I don't do any weight training," he said. "The last five or six months I've tried to work on an upper-body program to help my running, but that's mostly pushups and situps."

He has run all the distances up to and including the marathon, which he ran in 1989, but is the first to admit he's not all that wild about running races.

"None of them (distances) are my favorite," he said. "In fact, I don't know why I run them. They all hurt."

Still, he enjoys running for himself. It's something he will be able to enjoy long after he's thrashed his last quarterback and danced with

