

OCTOBER 1982

11-10-82

OCT '82  
RACE

James Livermore

5707 2nd Place  
Lubbock, TX 79416

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

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



WEST TEXAS RUNNING CLUB NEWSLETTER

October, 1982

\*\*\*\*\*

NOVEMBER CLUB RACE  
10th Annual "Buffalo Wallow"

DISTANCE: 1/2 Marathon (13.11 miles) & 2 miles  
DATE & TIME: Saturday, November 12, 1982, 10:00 A.M.  
LOCATION: Buffalo Springs Lake (just inside entrance), Lubbock, Texas (see map).

DIVISIONS & AWARDS:

		<u>2 MILE</u>	
<u>1/2 MARATHON</u>			
Open	3 trophies	Open	3 trophies
30-39	3 trophies	High School & Under	3 trophies
40-49	3 trophies	30 & Over	3 trophies
50 & Over	3 trophies	Ladies	3 trophies
Ladies	3 trophies		

ENTRY FEE: Club Members: \$1.00  
Non-Club Members: 2.00  
COURSE: Asphalt roads all the way.  
2 mile - out & back, flat.  
1/2 Marathon - Looped course, some tough hills.  
RACE DIRECTOR: (Contact for more information):

Don Kephart  
5320 - 45th St  
Lubbock, Texas 79414  
Phone: (806) 797-4604

\*\*\*NOTE: An entry fee of \$1.00 per person is required to enter Buffalo Springs Lake Park. This does not accrue to The West Texas Running Club.

COURSE RECORDS

Half-Marathon:

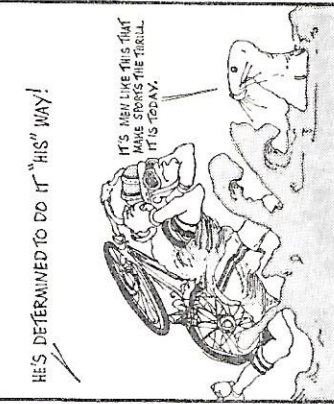
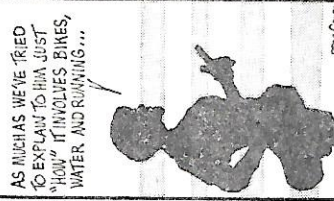
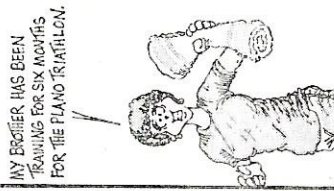
No course records - new distance

2 Mile:

Overall Course Record: Marc Johnson, 19, Lubbock, 9:52 in 1975  
Club Member: Larry Chavez, 22, Portales, NM, 9:55 in 1981  
High School & Under: Curtis Conway, 17, Lubbock, 9:54 in 1977  
Club Member: Shane Cunningham, 17, Abernathy, 11:57 in 1979

30 & Over: John Bednarski, 30, Odessa, 10:09 in 1979  
Ladies: Isabel Navarro, 17, Brownfield, 12:06 in 1975  
Club Member: Donna Repman, 19, Midland, 12:45 in 1981

SPORTSTOWN, U.S.A.



ANY BROTHER HAS BEEN TRAINING FOR SIX MONTHS FOR THE FLAND TRIATHLON.

AS MUCHAS WE'VE TRIED TO EXPLAIN TO HIM JUST "HOW" IT INVOLVES BIKES, WATER AND RUNNING...

HE'S DETERMINED TO DO IT "HIS" WAY!

IT'S MEN LIKE THIS THAT MAKE SPORTS THE THRILL IT IS TODAY.

BY BROG SEARS

SCHEDULE OF EVENTS

- Saturday, November 6  
 4th Annual Golden Yucca Marathon, Also 8.6 mile & 3 mile. All 3 races start at 8:A.M. MST. T-shirts to all entrants. Registration is \$7, \$9 on race day. Temperature range: AM: 40's; Noon: 70'. Flat paved course never crosses an inter section, mile markers, splits every 3 miles. CONTACT: Golden Yucca Marathon, College of the Southwest, Lovington Hwy, Hobbs, N.M. 88240
- \*Saturday, November 13  
 Buffalo Wallow Marathon & 2 Mile. See details at front of newsletter.
- Sunday, November 14  
 Continental Climb for Cystic Fibrosis. 1-4P.M. climb 722 steps (72 landings) of Continental Plaza Bldg. in Ft. Worth. CONTACT: Cystic Fibrosis Chapter at (817)263-7299.
- Sunday, November 14  
 Frizzelburg 10K, 9:A.M., Frizzelburg, Md. CONTACT: Warner's Dairy, Frank Schaeffer, 1643 Old Taneytown Road, Westminster, Maryland, 21157.
- Saturday, November 20  
 Turkey Trot, 5K, 10:A.M., Plainview Residential St. Course. Men, Women & paired age divisions. Prizes are turkeys, cornish hens & "fixins". CONTACT: Health-Fitness Center, 3019 W. 10th, Plainview, TX (806)296-5412.
- Saturday, November 20  
 2nd Annual Turkey Trot (1982 Texas State Road Runners Club of America 5K Cross Country Championship) 10:A.M., Thompson Park, Amarillo. 5 awards in each of 8 male divisions, 3 awards in each of 5 female divisions, T-shirts to first 200 registered. CONTACT: Amarillo YMCA Running Club, 816 Van Buren, Amarillo, TX 79101
- Thursday, November 25  
 Sun Bowl Half-Marathon, El Paso - No other details available. CONTACT: Halfpast Track Club, 3420 Edgerock, El Paso, TX 79935. (915)544-5517
- Friday, November 26  
 Westside YMCA & Ft. Worth Runners Club 5K Turkey Trot, 9:A.M.. CONTACT: Westside YMCA, 8201 Calmont, Ft. Worth, Texas 76116.

\*DENOTES REGULAR WTRC RACE

Saturday, December 4

13th White Rock Marathon, Dallas, TX. 9:A.M., \$10 Registration. Deadline is November 27. CONTACT: White Rock Marathon, 2/Phidippes Running Center, North Park East, 8822 North Central Expressway, Dallas, TX 75231.

Saturday, December 4

12th Fiesta Bowl Marathon, 7:30A.M.. Entry deadline is November 8. CONTACT: Fiesta Bowl Marathon, Box 1032, Scottsdale, Arizona 85252.

Saturday, December 4

10K & Relay Race, Laredo. 10K starts at 1:P.M., \$7. 5 member team, 5 hour Relay Race. Each lap is 1.1 mile. Goes from 2-7P.M., \$25 per team. CONTACT: Race Coordinator, 6 Aurora St., Laredo, TX 78041.

\*Saturday, December 11

11th Annual Concho Crawl, 7 & 2 miles, 10:A.M., San Angelo. CONTACT: Bill Moore, 1417 West Avenue D, San Angelo, TX 76901. (915)653-3034.

Saturday, December 18

Dannon 20K, San Antonio. CONTACT: San Antonio Road Runners Club, Ken Bashore, Box 12474, San Antonio, TX 78212.

\*Saturday, January 8, 1983

7th Palo Duro Canyon Marathon, (26.2 miles, certified) and 4 mile run. 11:A.M. course is hilly to rolling, \$2 per car to enter Park, \$6 entry by January 7, race registration is \$7. CONTACT: Bob Dumber, 3526 Fulton, Amarillo, TX 79109. (806)353-2725.

Sunday, January 16, 1983

11th Houston-Tenneco Marathon. 8:A.M., 2 loops, entry deadline December 24, 1982. CONTACT: Houston Marathon, Box 56682, Houston, TX 77027.

Saturday, February 26, 1983

5th Annual Cowtown Marathon & 10K. Details to follow.

Sunday, March 20, 1983

Capitol 10,000, Austin, 10:A.M. Course entirely on city streets. 14,248 registered in 1982. CONTACT: Capitol 10,000 P.O. Box 670, Austin, TX 78767. (512)445-3594.

Saturday, April 16, 1983

2nd Annual Run for the Arts Half-Marathon. Lubbock. Details to follow.

WHEN WRITING FOR INFORMATION, ALWAYS INCLUDE A STAMPED RETURN ENVELOPE!!!

2nd Annual Bill Easterling Memorial  
2 and 9 Mile Run  
Coahoma, Texas  
2 October 1982

Cloudy skies and a southerly breeze encouraged the 64 runners who toed the line for the 2nd Annual Bill Easterling Memorial 2 and 9 mile run held in Coahoma, Texas, Saturday, October 2. The encouragement faded, however, after about 40 minutes when the sun replaced the clouds and groans replaced grins. It got warm!

In the 9 mile race, steady KIP LEYBA (Lubbock) took first overall in winning the Open Division in 48:49, outlegging STEVE STALLINGS (Stanton) who was second overall and won honors in the 30-39 division with a fine 50:25. Steve was followed in the 30-39 by RON SHEW (Lubbock) and GEORGE ARANDA (Balmorhea). HOWARD MILLSAP (Odessa) cruised to a 60:26 in winning the 40-49 Division. The home field advantage helped Coahomans DON WEBB and SHERILL EASTERLING to victories in their respective categories. Don led the 50 & Over Division in 56:43 while Sherill toughed out a good 61:59 effort to capture the Ladies Division.

The olympic style finish around the stadium was a unique touch to this tough WTRC race. Race Director Sherill Easterling and her volunteers should be commended for their efforts!!!

BOBBY CUNNINGHAM achieved overall winner status and 40 & Over Division leader in the 2 mile race with a new course record time of 10:25. KARL WOLFE (Big Spring) was second overall and the Open Division champ in 10:34, while JIMMY SAMARRON JR. (Levelland), who continues to improve, posted a strong 11:09 to finish 3rd overall. CLEM MORON (Coahoma) defended his last year's High School & Under title with a 13:46 clocking while fellow Coahoman GLORIA MOLINA took the Girls Division in 15:50. DENNIS SMILEY's 12:06 was good for 30-39 Division honors and SHILANE ROBERTS (Big Spring) posted a winning 17:41 to lead the Ladies Division.

Last year's 50 & Over Division winner, TOM BOWSER (Odessa), grabbed the gold again this year by winning the Handicap Trophy for October. Good Running, Tom!!

SEE YA'LL AT THE "WALLOW"!

Coahoma 1982  
9 Mile Results

1. Kip Leyba	27	Lubbock	48:49	5:25.4
2. Steve Stallings	30	Stanton	50:25	:36.1
3. Ron Shew	31	Lubbock	53:16	:55.1
4. George Aranda	30	Balmorhea	56:11	6:14.6
5. Charles Davis	38	Lubbock	56:37	:17.4
6. Donald Webb	53	Coahoma	56:43	:18.1
7. Don Sanderson	52	Tulia	57:19	:22.1
8. Danny Dominguez	30	Balmorhea	58:28	:29.8
9. Howard Millsap	46	Odessa	60:26	:42.9
10. James Livermore	35	Lubbock	60:37	:44.1
11. Sherill Easterling	32	Coahoma	61:59	:53.2
12. A.A. Montgomery	61	San Angelo	62:42	:58.0
13. Don Kephart	30	Lubbock	62:49	:58.8
14. Donna Reker	20	San Angelo	64:18	7:08.7
15. Tom Bowser	55	Odessa	67:24	:29.3
16. James Bozzell	58	Midland	67:55	:32.8
17. Robby Timberlake	34	Levelland	69:15	:41.7
18. Jim Fisher	31	Big Spring	70:58	:53.1
19. Neil Jo Carman	37	Odessa	71:06	:54.0
20. Tony Torres	15	Coahoma	71:27	:56.3
21. Johnny Nava	35	Stanton	71:33	:57.0
22. Jim Wilhelm	31	Lubbock	72:51	8:05.7
23. Arlyne Ragan	46	Odessa	82:27	9:09.7
24. Buzz Murry	27	Odessa	86:45	:38.3

9 Mile Awards

Open	30-39	40-49
Kip Leyba	Steve Stallings	Howard Millsap
Tony Torres	Ron Shew	
Buzz Murry	George Aranda	
50 & Over	Ladies	
Donald Webb	Sherill Easterling	
Don Sanderson	Donna Reker	
A.A. Montgomery	Arlyne Ragan	
Open	2 Mile Awards	
	H.S. & Under	30-39
Karl Wolfe	Clem Moron	Dennis Smiley
Jimmy Samarron Jr.	David Molina	Billy Braxdale
Shane Cunningham	Ronnie Ruiz	Santos Arguello
40 & Over	Ladies (25 & Over)	Girls (24&Under)
Bobby Cunningham	Shilane Roberts	Gloria Molina
Gene Adams	Marilyn Clark	Kristi Wyrick
Keith Wiseman		Cheryl McCoy

2 Mile Results

1.	Bobby Cunningham	10:25
2.	Karl Wolfe	10:34
3.	Jimmy Samarron	11:09
4.	Shane Cunningham	11:38
5.	Bill Davey	11:49
6.	Javier Calderon	11:49
7.	Curtis Harrison	11:51
8.	Jose Aguayo	12:03
9.	Dennis Smiley	12:06
10.	Herbert Moore	12:11
11.	Billy Braxdale	12:12
12.	Mark	12:15
13.	Gene Adams	12:56
14.	Keith Wiseman	12:56
15.	Oscar Zertuche	13:12
16.	Steven Kalas	13:22
17.	Dub Moore	13:23
18.	Unknown Runner	13:42
19.	Juan Molina	13:45
20.	Kelly Attebury	13:46
21.	Clem Moron	13:46
22.	David Mendez	13:47
23.	John Bingham	13:49
24.	Greg Muks	14:05
25.	Ricky Martin	14:51
26.	Kenneth Randall	15:16
27.	Illegible Babeock	15:22
28.	David Molina	15:39
29.	Phil Elliot	15:42
30.	Gloria Molina	15:50
31.	Tommy Franklin	16:06
32.	Bill Illegible	17:10
33.	Kristi Wyrick	17:17
34.	Cheryl McCoy	17:20
35.	Shilane Roberts	17:41
36.	Marilyn Clark	18:38
37.	C.L. Casey	19:20
38.	Ronnie Ruiz	19:48
39.	Avel Ramirez	19:49
40.	Adriana Samarron	20:09

Handicap Results  
October 9 Miler

NAME	PREDICTED TIME	ACTUAL TIME	DIFFERENCE
*1. Kip Levba	57:04	48:49	-8:15
**2. Tom Bowser	71:51	67:24	-4:27
3. Charles Davis	60:41	56:37	-4:04
4. Johnny Nava	73:05	71:33	-3:32
5. Sherill Easterling	64:19	61:59	-2:20
6. Don Sanderson	59:33	57:19	-2:14
7. Ron Shew	55:16	53:16	-2:00
8. Donald Webb	58:25	56:43	-1:42
9. Don Kephart	64:07	62:49	-1:18
10. James Livermore	61:25	60:37	- :48
11. Robby Timberlake	69:27	69:15	- :12
12. Steve Stallings	49:44	50:25	+ :41
13. Jim Wilhelm	71:24	72:51	+1:27
14. Arlyne Ragan	80:46	82:27	+1:41

\*Not eligible, trophy winner

\*\*October Handicap Trophy Winner

Coahoma 1981 vs 1982

Comparison

9 Mile

	1981 Time	1982 Time	Difference
1. James Livermore	64:32	60:37	-3:55
2. Don Kephart	64:11	62:49	-1:22
3. Kip Levba	47:55	48:49	+ :54
4. Steve Stallings	48:54	50:25	+1:31
5. Sherill Easterling	59:08	61:59	+2:51
6. Tom Bowser	63:58	67:24	+3:26
Arlyne Ragan	79:01	82:27	+3:26
Robby Timberlake	65:22	69:15	+3:53
Donna Repman/Reker	59:51	64:18	+4:27

2 Miler

1. David Molina	16:29	15:39	- :50
2. Gloria Molina	16:30	15:50	- :40
3. Dennis Smiley	12:43	12:06	- :37
4. Bobby Cunningham	10:27	10:25	- :02
5. Shane Cunningham	11:18	11:38	+ :20
6. Clem Moron	13:07	13:46	+ :39

NEW COURSE RECORD

CLUB MEMBERS' ALL TIME MARATHON LISTING

Listed below are the best marathon times for all club members from whom we have received data. There are probably other club members who have completed a marathon, but obviously we couldn't list those who didn't respond to our questionnaire.

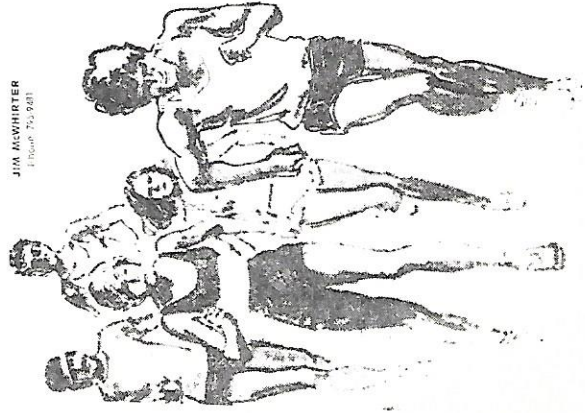
You see before you the names of winners. Anyone who has completed this classic distance is a WINNER in capital letters and deserves to feel justifiably proud of his/her accomplishments.

	Marathon	Date	Age	Time
1.	Kip Leyba	Abilene, TX	26	2:32
2.	Bobby Cunningham	Boston	42	2:33:39
3.	Robert Schooler	Houston-Tenneco	16	2:37:30
4.	Corky Fratch	Fiesta Bowl, Arizona	35	2:40:29
5.	John Trompler	Dallas, White Rock	32	2:40:31
6.	Norman W. Smith	Sun Marathon, Las Vegas, N.M.	35	2:42:19
7.	Gary Britt	Fiesta Bowl, Scottsdale, Arizona	32	2:42
8.	Steve Stallings	Dallas, White Rock	28	2:43:45
9.	Bob Dunbar	Pampa, TX	22	2:45:02
10.	Nike OTC, Oregon	9/82	2:52	
11.	Henry Arellano	Funfest, Amarillo	22	2:55:42
12.	Richard Kleinhans	Dallas, White Rock	31	2:56:08
13.	Howard Millsap	Odessa, Odessa, TX	37	2:59:09
14.	Leo Karlin	Fiesta Bowl, Scottsdale, Arizona	43	3:02
15.	Donald Webb	Woodlands	53	3:03:40
16.	Sherrill Easterling	Cowtown, Ft. Worth	31	3:05:05
17.	Byrnie Bass	Clovis, N.M.	35	3:09:46
18.	James Livermore	Dallas, White Rock	34	3:11:51
19.	Gene Adams	Dallas, White Rock	39	3:15:20
20.	Dana Anstey	Western Hemisphere, Culver City	18	3:15:27
21.	A.A. Montgomery	Dallas, White Rock	60	3:17:09
22.	Tom Bowser	Palo Duro	54	3:18:42
23.	Mickey McClure	Odessa, Odessa, TX	33	3:23:26
24.	Terry Barker	Clovis, N.M.	27	3:25:26
25.	George Jury	Funfest, Amarillo	43	3:25:34
26.	Frank Barrow	Dallas, White Rock	35	3:26:
27.	Robert Grady	Funfest, Amarillo	30	3:26:36
28.	James Bozzell	Mardi Gras, New Orleans	54	3:26
29.	Bobby Birdsong	Clovis, NM	41	3:28
30.	David Hart	Abilene, TX	28	3:29
31.	Don Kephart	Houston-Tenneco	29	3:30:35

32.	David Bass	Clovis, N.M.	10/4/81	31	3:32:00
33.	Bernard Hartman	Palo Duro	1/10/81	47	3:32:18
34.	Mike Kelley	Palo Duro	1/82	32	3:33:59
35.	Gene Coppin	Funfest, Amarillo	5/23/81	48	3:34:24
36.	Mike Greer	Dallas, White Rock	12/6/80	42	3:35:20
37.	Tom Freitag	Cowtown, Ft. Worth	2/82	43	3:35:43
38.	Robby Timberlake	Clovis, N.M.	10/82	33	3:35
39.	Ray Lamont	Dallas, White Rock	12/1/79	31	3:42:58
40.	Jim Wilhelm	Cowtown, Ft. Worth	2/82	49	3:46:
41.	Ed Vernon	Dallas, White Rock	12/1/79	59	3:48:48
42.	Warren Brown	Palo Duro	1/10/81	33	3:56:34
43.	Norman Pittenger	College of Artesia, Artesia, N.M.	2/28/70	46	4:07
44.	Francis Johns	Golden Yucca, Hobbs, N.M.	4/81	34	4:24:52
45.	Johnny Nava	Palo Duro	1/82	28	5:10
46.	Lyn Bowie	Golden Yucca, Hobbs, N.M.	4/23/81		

LINE  
SWIFT FOOT

JIM ASHWORTH  
Phone 752-981  
307 4<sup>th</sup> Floor - Suite BA  
LUBBOCK, TEXAS 79414



Put Some  
Profit in your,  
Jog!

NIKE \* ADIDAS  
NEW BALANCE \* TIGER  
ETONIC \* DOLPHIN  
FRANK SHORTER

"RUNNING IN YOUR DIRECTION"

# 100-mile marathon \* (7:00) draws only the hardy

SALT LAKE CITY — If you think you have really done something by finishing a 26-mile marathon, then you have never heard of the 100-mile Wasatch Front Endurance Run.

It's a foot race over a course so difficult only two runners have made it to the finish line — both in 1980, the first year of competition. Last year nobody finished and several runners got lost.

Recommended racing equipment includes a compass and a snake-bite kit.

The biggest field ever — about two dozen hardy souls — will attempt the race again this year on Sept. 11 and 12.

The competitors must run from Layton to Alpine, Utah, in 36 hours. The course takes them up and down over the Wasatch Mountains on a series of trails that have combined elevation changes of 48,210 feet.

The runners must go through eight major canyons, climbing 24,258 feet and descending 23,952 feet. That's like running from sea level to the top of the highest mountain in North America, Mt. McKinley, and back.

The race is the brain child of Steven A. Baugh, 34, an Orem insurance agent who started logging to lose weight. He graduated to marathons and then decided he needed something a little more challenging.

"There are a lot of other 100-mile races in the country, but this is the toughest," said Baugh, who has spent the past two months marking the course. "There isn't another race with this kind of elevation change."

★ EDITOR'S COMMENT !!

Peak and Box Elder Peak, finally ending at a town park in Alpine 30 miles south of Salt Lake.

Although Baugh invented the course, he's never finished the race.

"I thought I was going to make it last year, but I had to go back for someone who got lost," he said. "It's easy to get lost up there, especially when you are running after dark. I always take a flashlight."

One runner last year ran into a mountain lion and two others swore they saw a bear cub. A man who has been practicing on the course this summer killed four rattlesnakes one afternoon and another runner tripped on a porcupine.

"The porcupines really come out at night," said Baugh. "You have to be very careful. They are a real hazard."

Runners are allowed to stop and rest and even take naps if they want. But they must make certain check points by certain times or they are disqualified.

"Most of the runners are doctors, lawyers and other professional people who are looking for something different to do," said Baugh. "They come from all over the country. I'm the only Utahian signed up."

Baugh said he has been practicing for the race by running 30 miles each weekend on mountain trails. On one outing, he tried to run to the top of 13,000-foot Kings Peak, the highest mountain in Utah. But he got stopped short of the summit by a lightning and hail storm that forced him to take cover under some rocks.

What does the winner get. "A belt buckle and a big ego," said Baugh.

# 'No you can't' doesn't apply

ROBERT VERNON  
RUNNING

For the first 24 years of his life, Harry Cordellos heard the words, "No you can't" over and over. Anytime he wanted to strap on roller-skates, take a swim or even run down the block, those words stopped him.

There was good reason, or so it seemed at the time. Cordellos was born blind. Claustoma. Eight eye operations before he was a year old restored partial vision. It was not to last.

He managed to make it through high school battling a heart murmur and a fog that settled over his eyes, but it was not easy. There were moments of confusion, fear, sadness, embarrassment, and even horror. Eventually his eyesight left him completely, and he pulled into his shell. He occupied his time listening to the radio soap operas, absorbed in the melodrama and the helplessness of the characters' lives.

His life was, in many ways, more helpless than those of the fictional characters on the radio.

But that was before the Orientation Center for the Blind in Oakland, where he learned to fend for himself. It was before someone talked him into holding onto a rope and being jerked onto water skis when he couldn't swim a stroke. It was before windsurfing for fun, downhill skiing for thrills. Before the Ironman Triathlon for the challenge. Before he started to live, really live.

"I was on an outing at a lake while at the Orientation Center when someone told me to get in the water," said Cordellos, who was being tested at the Institute for Aerobics Research Tuesday and Wednesday. "They stuck a stick in my hand, told me to hold and and say, 'Hit it' when I was ready. That day I not only became a water skier, I became a whole new person, and life hasn't stood still since."

In 1968 he started running. He entered his first race, the Bay to Breakers in San Francisco, because his brother had run it the year before. Two years later he ran his first marathon.

"I remember even when I hit the wall and was staggering in at 3:50 I was never in the never-gain category," he said. "I was already thinking of my next marathon."

He continued to improve, and in 1975 he ran Boston in 2:57:42, a world record for blind marathoners. Four years later, he ran his second sub-3-hour marathon with a 2:57:46 in the Marine Corps Marathon.

He has run one ultramarathon, the Primo 50-Miler in Honolulu in 1977 where he finished in 7:57, and he even has competed in the Ironman Triathlon. That one was kind of tricky. He had someone paddle beside him on a surfboard for the 2.4-mile swim, rode a tandem bicycle for 112 miles before setting off on foot for 26.2 miles. He completed the course in 16:26:17, good enough for 259th place out of 326 finishers.

"I did the triathlon just to see what it was like," he said. "I couldn't worry about setting a record until I knew what it was all about. Now that I've done it, I can concentrate on improving my time and setting records."

As one might imagine, running any race without benefit of sight is an onerous task, but Cordellos handles it with relative ease. He tries to locate a partner who is willing to run at his pace. They carry on a conversation through much of the race, enabling Cordellos to find his way by his hearing. Congested areas or rough terrain call for some hand-to-hand guiding, but mostly, he can make it on his own.

"The biggest problem is finding someone who can run my pace," he said. "Crowds are also a bit of a problem. Also terrain is very critical. I can take hills, although I don't like them as much as a gentle, rolling course, but every time I run around obstacles or broken pavement that's a potential fall. That causes me to use up both physical energy and nervous energy. I'll drop from 6.50 a mile to 7:45 a mile to survive."

Cordellos, who ran the White Rock Marathon in 1977 and plans to return next year, began testing at the Aerobics Center eight years ago. The 44-year-old California native returns each year after Labor Day for another turn on the treadmill, and each year he gets better.

"I really owe it all to Dr. (Kenneth) Cooper and many of the runners in this area who got together and bought me a treadmill & while back," he said. "Since I can't run without a guide, and they are not always easy to find, I can get on the treadmill and run every day."

Cordellos credits Dr. Cooper, the founder of the Institute for Aerobics Research, for helping him achieve many of his accomplishments.

"He's been an inspiration for me," Cordellos said. "I have tried to live an aerobic lifestyle, and I think I have been able to do much of what I've done because of it."

Much of the credit, however, must go to Cordellos himself. His will and courage has made him into someone to whom people can no longer say "No you can't."

In NRDC News #9, dated 25 Oct 1980, we carried this tongue-in-cheek item:

How Many Runners Are There?

"How many 'joggers' are there in the US?" That's a question we get asked quite often. When we say that we don't count "joggers" but just keep track of competitive runners, the caller often loses interest right away.

Frankly, we have no idea how many "joggers" or runners there are in the US. We've seen estimates ranging up to 40 million. By deduction, we can shoot that one down. That's because we've also seen reports that runners are on the average smarter than other people. Forty million is a voting majority. We know such a smart majority, even without an alliance with hikers, bicycle riders, and other outdoors people, would have voted out all those politicians whose first allegiance is to the almighty motor vehicle. Then we would be seeing the greatest revamping of priorities in US history -- vast projects building running trails, bicycle paths, closing streets to vehicle traffic, opening freeways to pedestrians, giving foot traffic the right of way everywhere and perhaps other benefits even runners haven't thought of yet. Since all that hasn't happened, there must not be that smart 40 million.

The purpose was to question the estimates of the number of runners, rather than their intelligence. Now we wonder. In a more serious vein, we see increasing reports of closure of running routes, limitations of races, harassment or runners by local authorities, and lack of progress in providing facilities for runners and other pedestrians. It would seem to us that runners aren't making their voices heard nearly in proportion to their numbers, even if there aren't 40 million. While it's not the function of the NRDC to be active in this area, we would like to see better facilities for road racing throughout the nation, so we hope this recognition will make runners more effective at the local political level.

Clive Davies runs 10km on the road - why would that rate a headline? Merely because for almost ten years Clive has been perhaps the best US runner on an age-graded basis, but he hasn't yielded to the temptation to run the popular 10km road distance. Clive holds US marathon records for a string of eight consecutive ages. He has shown his versatility by setting track records at the mile, 5km, and 10km. However, 23 May 82 was the first time Clive ran a certified 10km on the road. As shown in the 10km age record update, this produced a 35:52 for a new age 66 record. It beat the former 65-69 age group record by over five minutes, and betters all single-age records from age 57 up. The fact that Clive Davies didn't run a certified 10km while he was in the age 60-64 group caused several people to question the accuracy of the official records maintained by the NRDC. Upon seeing the official record for the 60-64 age group, the comment was, "that can't be right, because Clive Davies can run faster than that". That comment was so right, he could. But he didn't do it on a certified course while in the 60-64 age group.

