

September 1982

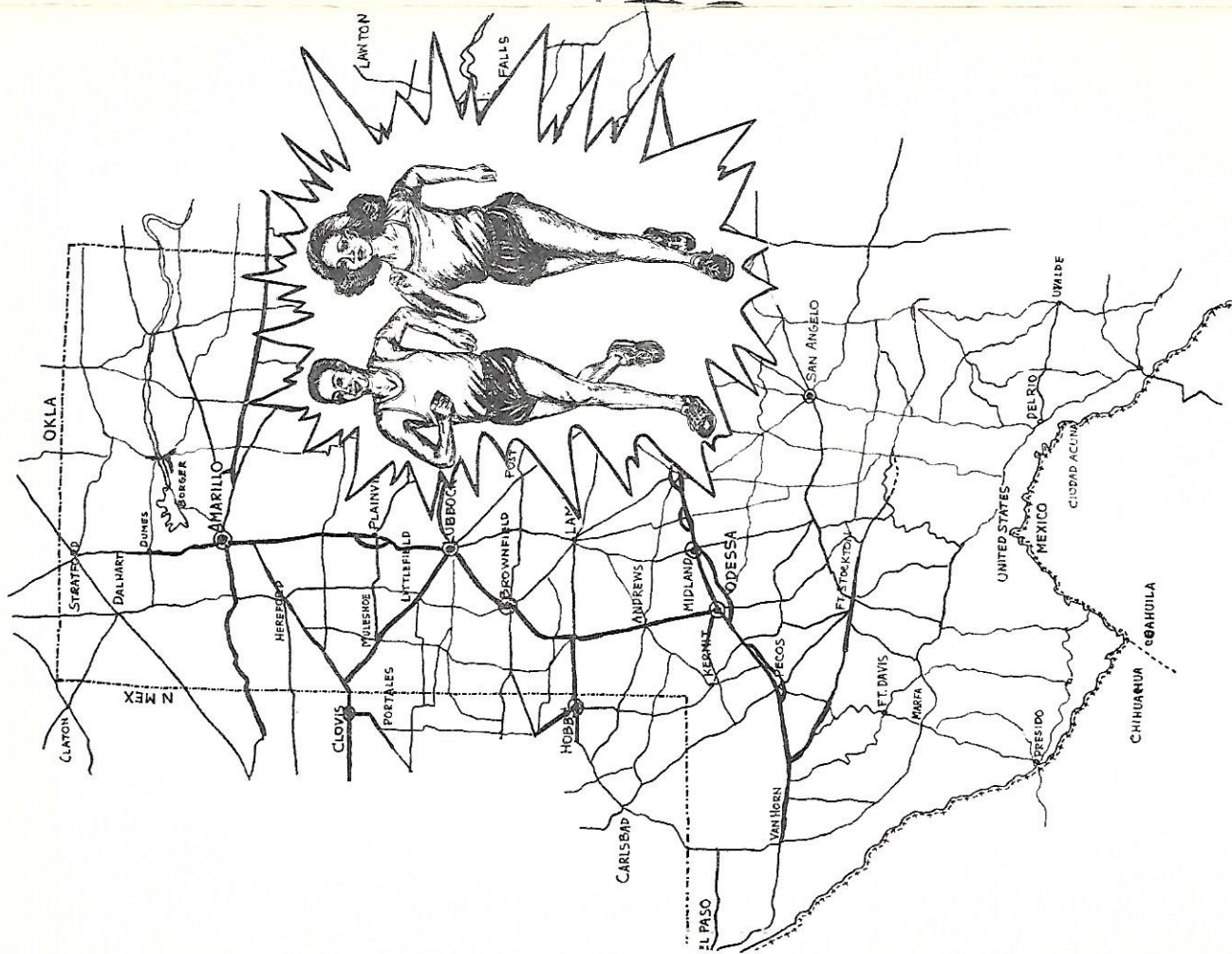
9/2/82

James Livermore
5707 2nd Place
Lubbock, TX 79416

SEPT 82 Race

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WEST TEXAS RUNNING CLUB NEWSLETTER

OCTOBER CLUB RACE

"2nd Annual Bill Easterling Memorial Run"

DISTANCE: 9 Miles and 2 Miles
 DATE: Saturday, October 2, 1982
 TIME: 10:00 AM
 LOCATION: Coahoma High School Football Stadium on FM-820, Coahoma, Texas approximately 1/2 mile north of intersection of FM-820 & I-20 (See map)

DIVISIONS & AWARDS:

Open	3 Trophies	2 Mile	3 Trophies
30-39	3 Trophies*	Open	3 Trophies
40-49	3 Trophies	High School & Under	3 Trophies
50 & Over	3 Trophies	30-39	3 Trophies
Ladies	3 Trophies	40 & Over	3 Trophies
		Ladies (25 & Over)	3 Trophies
		Girls (24 & Under)	3 Trophies

COURSE: Looped course, asphalt roads, rolling terrain

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

RACE DIRECTOR: (For more information contact):

Sherill Easterling
 P.O. Box 197
 Coahoma, Texas 79511
 Telephone: Day: (915)267-6311
 Night: (915)394-4364

BILL EASTERLING MEMORIAL RUN
 COURSE RECORDS

2 Mile					
Open	Dave Felice	23	Midland	10:27	1981
Open, Club Member	Herbert Perez	20	Brownfield	10:50	1981
High School & Under	Clem Morcn	15	Coahoma	13:07	1981
30-39	Bruce Blankenship	32	Lubbock	12:20	1981
40 & Over	Donald Webb	52	Coahoma	11:22	1981
Girls, 24 & Under	Mary Whitten	12	Canyon	14:59	1981
Ladies, 25 & Over	Carolyn Pace	36	Midland	16:21	1981
Club Member	Melinda Green	26	Midland	16:23	1981
9 Mile					
Open	Kip Leyba	26	Lubbock	47:55	1981
30-39	John Bednarski	32	Odessa	54:28	1981
40-49	Bobby Cunningham	41	Abernathy	50:04	1981
50 & Over	Tom Bowser	54	Odessa	63:58	1981
Ladies	Sherill Easterling	31	Coahoma	59:08	1981



Schedule of Events

<p>Saturday, September 25</p>	<p>1st Annual Red Raider Road Race 10K Run. 9:AM, Tech Campus. T-shirts, computerized results at Awards Ceremony, Race televised in Lubbock on Channel 28, Nine male age divisions, 5 female. Free pair of Nike shoes to each division winner. Sponsored by Nike & Lubbock Beverage Co. Race organized by WTRC; route aid by Phi Epsilon Kappa, Phys. Ed. Fraternity & U.S. Army ROTC. \$5 minimum entry, proceeds to Tech Academic Scholarship Fund. Contact: Red Raider Road Race, %Tech Ex-students, Box 4009-TTU, Lubbock, TX 79409.</p>	<p>Saturday, October 23</p>	<p>Longhorn Run, 10K & 3 Mile, 9:AM, U.I. at Permian Basin in Odessa - (sponsored by Ector County Texas Exes) Contact: Tamra-Shae Oatman 910B - South Grant, Odessa, TX 79763</p>
<p>Saturday, September 25</p>	<p>Cavern City Travel On, 10 mile & 3 mile, 9:AM, Carlsbad. Contact: Hardy Williams 1207 West Thomas, Carlsbad, NM 88220.</p>	<p>Saturday, November 6</p>	<p>Golden Yucca Marathon, 8.6 mile & 3 mile. This is the 4th Marathon; the races have been moved from spring to fall. Club members state it is a well run event. Contact: Steve McCleery, College of the Southwest, Lovington, NM 88240. (505-392-6561).</p>
<p>Saturday, September 25</p>	<p>Leggs/YWCA 10,000 meter run, Winfrey Point, White Rock Lake, Dallas, 8:AM (females only), T-shirts & Pantyhose. Contact: Leggs/YWCA 10,000, Central YWCA, 4621 Ross Ave., Dallas, TX 75204.</p>	<p>*Saturday, November 13</p>	<p>10th Annual Buffalo Wallow 13.1 miles (half-marathon) & 2 miles. 10:AM, inside Buffalo Springs Lake, Lubbock, TX</p>
<p>*Saturday, October 2</p>	<p>2nd Annual Bill Easterling Memorial Run. 9 miles & 2 Miles. Coahoma High School, 10:AM. Coahoma, Texas.</p>	<p>Saturday, December 4</p>	<p>13th Annual White Rock Marathon, Dallas.</p>
<p>Saturday, October 9</p>	<p>8th Annual Ailsup's Marathon, 1/2 marathon & 10K. 7:AM Mountain time, Clovis, H.S., Friday night spaghetti dinner with Joe Henderson as guest speaker. T-shirts, mailed results, aid stations, splits. Contact: Royce Jones, 3532 Brynhurst Ct, Clovis, NM 88101. (505)762-5010</p>	<p>Sunday, January 16</p>	<p>Houston-Tenneco Marathon, Houston.</p>
<p>Saturday, October 9</p>	<p>3rd Annual International Run Against Crime, 9:AM, Dudley Dome, El Paso. 15K (9.3 miles) & 2 mile fun run with over 50 world class runners, seminars on Friday October 8. Information brochure of 12 pages must be seen to be believed! Contact: Run Against Crime, 9040 Dyer, El Paso, TX 79904 (915)755-1381.</p>	<p>Saturday, February 26, 1983</p>	<p>5th Cowtown Marathon, Fort Worth.</p>
<p>Saturday, October 16</p>	<p>4th Annual Amarillo National Bank 10K Classic & 2 mile Fun Run. Course measurement accurate, I.E. sanctioned by Amarillo YMCA Running Club. Contact: Vickie Bell, Amarillo National Bank, Box 1611, Amarillo, TX. 79181</p>	<p>* Denotes regular WTRC race</p>	

ODESSA 3 MILE & 6 MILE
September 11, 1982

In spite of two other conflicting races in the area, 42 runners lined up to run their laps around Floyd Gwin Park in Odessa, Saturday, September 11. The weather was nice with temperatures in the low 70's, little wind, and high overcast, until the starting gun sounded at which time the clouds parted, revealed the sun and elevated the temperature (noticeably.)

In the 3 Mile Race, new club member Brian Barrett (Odessa) was first overall and won the Open Division with a 17:13. Donald Agion and Al Smith won the 15& Under and High School Divisions respectively. Dana Anstey (Lovington) ran an 18:09 for top spot in the 30-39 group and Norman Pittenger who came in from El Paso and was running in his second race of the morning, took the 40 and Over honors in 19:02. Tina Rubio (Lovington) won the Girls' Division in a time of 21:38 and Maggie Green (Odessa) covered the course in 26:27 to take the Ladies Division.

The 6 Mile contest saw Gary Britt (Hobbs) finish first overall and first in the 30-39 Division with a 35:04. Dale Rand (Odessa) was second overall and won the Open Division in 36:08. Howard Millsap (Odessa) took the 40-49 age group with a 40:20. It's great to see Howard back at the races! Donald Webb (Coahoma) continued to excel, cruising to a new course record of 37:40, topping Don Sanderson's 1980 mark of 37:44. Sherill Easterling (Coahoma), recovering from an illness, won the Ladies Division in 46:56.

Several club members continued to show improvement. Robby Timberlake (Levelland), who is training for the Clovis Marathon, is obviously benefitting from his increased mileage and effort. Robert Grady (Midland), too, must be doing something right as he is running strong and was 1:36 under his handicap time. Johnny Nava (Slaton) also continues to improve and is looking forward to cooler weather (aren't we all!). Johnny won the September Handicap Trophy as he was :44 under his handicap time.

SEE YA'LL NEXT MONTH IN COAHOMA!!!

3 Mile Results

NAME	AGE	CITY	TIME	Min/Mile
1. Brian Barrett	25	Odessa	17:13	5:44.3
2. Micha Butler	20	Odessa	17:30	50.0
3. Al Smith	17	Odessa	17:40	53.3
4. Rowland Remos	19	Odessa	18:03	6:01.0
5. Dana Anstey	33	Lovington, NM	18:09	:03.0
6. Cassius Phillips	18	Odessa	18:25	:08.3
7. Bob Kirby	32	Odessa	18:42	:14.0
8. Monte Martin	26	Lubbock	18:49	:16.3
9. T. Shorts	26	Odessa	18:49	:16.3
10. Norman Pittenger	45	El Paso	19:02	:20.7
11. Johnny Villa Jr.	21	Andrews	20:13	:44.3
12. Dale Tervooren	38	Midland	21:08	7:02.7
13. Francis Johns	48	Midland	21:26	:08.7
14. Tina Rubio	20	Lovington, NM	21:38	:12.7
15. Rosie Navarrette	17	Lovington, NM	21:39	:13.0
16. Manuel Aguirre	29	Odessa	22:09	:23.0
17. TERNANDO AGUIRRE	24	Odessa	22:09	:23.0
18. Robert St. Clair	34	Austin	22:26	:28.7
19. Pat Munoz	16	Lovington, NM	23:55	:58.3
20. Maria Marquez	17	Lovington, NM	23:56	:58.7
21. Donald Agion	12	Odessa	26:06	8:42.0
22. Maggie Green	45	Odessa	26:27	:49.0
23. Karen Mitchell	30	Andrews	26:43	:54.3
24. Ann Trompler	32	Lubbock	26:59	:59.7

3 Mile Awards:

OPEN
1. Brian Barrett
2. Micha Butler
3. Rowland Remos
4. Cassius Phillips
5. T. Shorts
6. Johnny Villa Jr.

High School & Under
Al Smith

15 & Under
Donald Agion

40&Over
Norman Pittenger
Francis Johns

Girls (24 & Under)
Tina Rubio
Rosie Navarrette
Pat Munoz

LADIES

1. Maggie Green
2. Karen Mitchell
3. Ann Trompler

September Handicap Results

NAME	Predicted Time	Actual Time	Difference
*1. Robby Timberlake	45:15	42:55	-2:20
*2. Robert Grady	42:50	41:14	-1:36
**3. Johnny Nava	48:21	47:37	- :44
4. Terry Barker*	39:56	40:00	+ :04
5. Donald Webb	37:35	37:40	+ :05
6. Don Kephart	41:18	41:32	+ :14
7. Jim Wilhelm	45:25	46:29	+1:04
8. Ann Gordhamer	48:15	50:49	+2:34
9. Sherill Easterling	39:03	46:56	+7:53

*Age Group Trophy Winner

**Handicap Award Winner

The WTRC would like to thank DALE TERVOOREN and FRANCIS JOHNS who made a \$5.00 donation to the club in addition to their annual dues.

6 Mile Results

NAME	AGE	CITY	TIME	Min/Mile
1. Gary Britt	35	Hobbs, NM	35:04	5:50.7
2. Dale Rand	19	Odessa	36:08	6:01.3
3. John Trompler	35	Lubbock	37:20	:13.3
4. Donald Webb	53	Coahoma	37:40	:16.7
5. Terry Barker	27	Lorenzo	40:00	:40.0
6. Howard Millsap	46	Odessa	40:20	:43.3
7. Bob Grady	31	Midland	41:14	:52.3
8. Don Kephart	30	Lubbock	41:32	:55.3
9. Robby Timberlake	34	Levelland	42:55	7:09.2
10. Jim Wilhelm	31	Lubbock	46:29	:44.8
11. Sherill Easterling	32	Coahoma	46:56	:49.3
12. Johnny Nava	35	Staton	47:37	:56.2
13. Ann Gordhamer	38	Lubbock	50:49	8:28.2
14. Aubrey Roberts	50	Sweetwater	51:07	:31.2
15. Ed Vernon	52	Snyder	52:00	:40.0
16. Lesley Wootan	37	Sweetwater	54:58	9:09.7
17. Benny Morgan	53	Sweetwater	63:15	10:32.5
18. Patsy Roberts	48	Sweetwater	66:38	11:06.3

6 Mile Awards:

- Open
1. Dale Rand
2. Terry Barker

- 30-39
1. Gary Britt
2. John Trompler
3. Bob Grady
4. Don Kephart
5. Robby Timberlake
6. Jim Wilhelm

- 40-49
Howard Millsap

- 50 & Over
1. Donald Webb
2. Aubrey Roberts
3. Ed Vernon

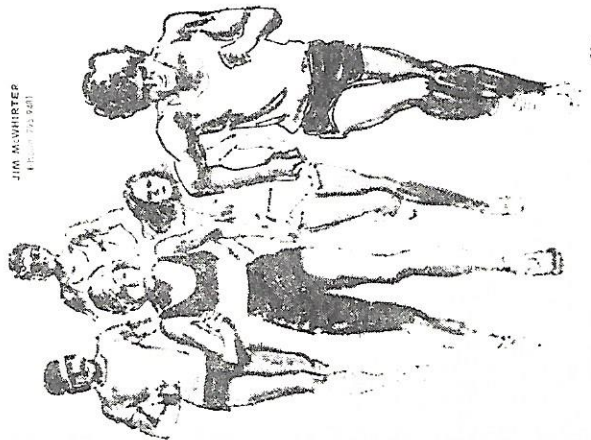
- LADIES
1. Sherill Easterling
2. Ann Gordhamer
3. Benny Morgan
4. Patsy Roberts

HANDICAP AWARD: Johnny Nava

the
SWIFT FOOT

JIM McWHIRTER
1930-1958

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Lubbock, Texas 79424



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FRANK SHORTER

"RUNNING IN YOUR DIRECTION"

'Mad Runner' unbelievable

ROBERT VERNON
On Running

The first time you encounter Ken Brown and hear him discuss his running exploits, your initial inclination is to disbelieve everything he says.

The guy says he's just finished a 30-mile run. You roll your eyes and shake your head. He says he's planning to run a 100-miler in a couple of weeks. You try to stifle a chuckle. Then he says he can do all this on a base of only 18 miles or so a week. By now you are unable to control your laughter and, if weren't for Brown's massive forearms and a black widow spider tattoo covering one hand, you might even call him a liar.

Don't. In this world of strange people and even stranger occurrences, Brown is one of the strangest. At 5-10 and anywhere from 165 to 185 pounds, with sturdy limbs and substantial girth, Brown looks no more like a distance runner than Dallas Cowboys defensive coach Ernie Stautner. Yet he is.

The 39-year-old Brown has run 19 marathons, but anymore 26.2 miles is much too short a distance to satisfy his megalomaniac craving. "Anything below 50 is a fun run, and now it's getting to the point where it's anything below 75," he says.

While most runners competing in such races log big mileage weekly, Brown, who doesn't do any stretching exercises before he runs, sees little value in such training.

"I think most runners overtrain, and when they go to the race they break down," he said. Instead of maintaining a strict training regimen, Brown runs when the mood strikes him. Many times he will wake up around midnight, hop out of bed, lace up his shoes and be off into the night. Maybe eight or nine hours later he'll stop.

One night, he ran from Dallas to the U.S. Postal Service's Bulk Mailing Center out on the Dallas-Fort Worth Turnpike, cruised up Sternmons to Carrollton, then ran through Richardson and eventually wound up meeting a friend at a 10K race, which he also ran.

Then there was the time he went to see off some in-laws at the D/FW Airport. They drove, he ran.

It's little wonder he is known in the Dallas running community as the "Mad Runner." His most recent escapade took place during his vacation last week when he traveled to San Diego to participate in a 6-day race. Wednesday morning he wandered into Phidippides running store totting his 10th-place trophy.

"There were 16 starters and 12 broke 300 (miles)," he said. "You had to run 300 or you weren't considered a finisher. I did 302."

After completing 64% miles the first day,

Brown found himself in 14th place. He eventually worked his way up to eighth on the final day, but after he finished his 302 miles he sat down and became a spectator. In the meantime, two other runners overtook him.

It was his first 6-day race and Brown hopes to do better in the future.

"I had just as much energy when I finished as I did the day I started," he said. "Everyone else looked like they had just come back from Vietnam. If the race had gone six more days, I'd have won."

Brown might have done even better this time around if he hadn't locked himself out of his car and hadn't gotten lost driving around downtown San Diego looking for the Western Union office while he could have been running. "I ran out of money."

The race was run on a dirt track and Brown said he wore all 20 pairs of socks he took with him. He took two pairs of running shoes but never changed.

Brown, who is a groundskeeper for Hunt Oil, said he didn't have a blister or any sore muscles when he finished.

The hardest part of the ordeal?

"Having to drive 1,400 miles from San Diego to Dallas," he said.

It probably would have been much easier if he'd just run home instead.

