

April 1983

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West Texas Running Club
P.O. Box 2921 Lubbock, Texas 79408

Please note the following information on the Levelland Lope.
Since there are only three weeks between the Stanton races
and the Levelland races, you may not receive your next
newsletter prior to the Levelland Lope, so mark your cal-
enders now!

"LEVELLAND LOPE"

DATE: Saturday, June 4, 1983
TIME: 9:00 A.M. for 5 & 10Km. 8:45 for One Mile Run
DISTANCE: 5 Km (3.1 mi) & 10 Km (6.2 mi). Plus a one
mile race for runners 12 years and younger.
LOCATION: Start and finish at Levelland High School,
1400 Hickory and Alamo Road, Levelland, TX.

T-shirts to first 150 entries. To be picked up on race day.

10 KM DIVISIONS	AWARDS	5 KM DIVISIONS	AWARDS
Open Division	First 6	Open Division	First 6
High School & Under	First 3	15 & Under	First 3
30-39	First 3	High School & Under	First 6
40-49	First 3	30-39	First 3
50 & Over	First 3	40 & Over	First 3
Ladies	First 4	Ladies (25 & Over)	First 4
		Girls (24 & Under)	First 4

ONE MILE

Boys (12 & under) First 3
Girls (12 & Under) First 3

ENTRY FEE:
Non-club members: \$ 3.00
Club members: \$ 2.00

MAIL ENTRY FORMS & FEES TO:
BOBBY J. BIRDSONG
318 Michael
Levelland, Texas 79336

Along with the West Texas Running Club, the Levelland Lope is
sponsored by:

Baggett Pharmacy
Neal Ellis Pharmacy & Gift Shop
Levelland Dairy Queens

WEST TEXAS RUNNING CLUB NEWSLETTER

APRIL 1983
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11th ANNUAL HORSESHOE BEND CANYON SPRING FROLIC

DATE: Saturday, May 14, 1983
 TIME: 9:00 A.M.
 DISTANCE: 12 miles and 2 miles
 LOCATION: Horseshoe Bend Canyon, Slaton, Texas
 (approximately 16 miles south of Lubbock).
 Take road to Slaton Golf Course down into
 canyon. Approximately 2-3 miles past golf
 course (see map)

COURSE: 12 mile-looped course. One steep hill at one
 mile mark. Rest flat or downhill. Asphalt.
 2 mile - Out and back, flat. Asphalt.

DIVISIONS AND AWARDS: (Trophies to places as shown):
 12 mile 2 mile
 Open Division 6 trophies
 30-39 6 trophies
 40-49 6 trophies
 50 & Over 3 trophies
 Ladies 3 trophies
 Girls (25 & Over) 4 trophies
 Girls (24 & Under) 3 trophies

ENTRY FEE: Non-club members: \$3.00
 Club Members: \$2.00

RACE DIRECTOR: (For additional information contact):

TERRY BARKER
 P.O. Box 384
 Lorenzo, Texas 79343

TELEPHONE: (806)634-5710 (home)

COURSE RECORDS

<u>12 Mile</u>						
Overall Record:	Kip Leyba	26	Lubbock	1:06:06	1982	
High School Record:	Robert Schooler	16	Midland	1:08:28	1979	
30-39 Record:	Tom Mayfield	39	San Angelo	1:09:23	1978	
Club Member:	Bobby Cunningham	39	Abernathy	1:10:50	1979	
40-49 Record:	Dale Thompson	44	Amarillo	1:10:16	1979	
Club Member:	Bobby Cunningham	41	Abernathy	1:13:09	1981	
50 & Over Record:	Don Sanderson	52	Tulia	1:20:22	1982	
Ladies Record:	Sherill Easterling	30	Coahoma	1:30:53	1980	
<u>2 Mile</u>						
Overall Record:	John Bednarski	30	Odessa	9:32	1979	
15 & Under Record:	David Stanz	15	Lubbock	10:32	1979	
Club Member:	Robert Schooler	15	Midland	10:39	1978	
High School Record:	Carlos Ybarra	17	Lamesa	9:59	1980	
30-39 Record:	John Bednarski	30	Odessa	9:32	1979	
40 & Over Record:	Jasper Peeples	41	Dumas	10:46	1976	
Ladies Record:	Pat Dolan	30	Lubbock	14:09	1980	
Girls Record:	Mindee Mayfield	16	Lubbock	12:29	1979	
Club Member:	Mary Ann Whitten	12	Canyon	14:44	1982	

SCHEDULE OF EVENTS

Sunday, May 1	8th Annual German Fun Run, 15K & 5K, Muenster. 2:P.M. 3500 participants in 1982. Contact: German Fun Run, Box 119, Muenster, Texas 76252.	Sunday, June 5	Avon Marathon Championship, Los Angeles, Open to women only. Contact: Avon Running Circuit, 9 West 57th St., New York, NY 10019.
Saturday, May 7	Tulsa 10K & 2 Mile Fun Run (2 mi is both race & predicted time), Olympic finish on HS track, 9:A.M. Contact: Omicron Study Club, Regina Emmitt, 1026 N.W. 10th St., Tulsa, TX 79088. (806)995-2296	Saturday, June 11	Old Dominion 100 mile, Front Royal, Virginia. Limited to 75 runners. If you have run 50 miles under 9 hours contact: Virginia Ingram at (703)450-4132 ASAP! Course is thru Shenandoah Valley.
Saturday, May 7	4th Pecos Valley Stampede Marathon, also 1/2-Marathon, 10K. Contact: Margot Purdy, YMCA, 202 S. Sunset, Roswell, NM 88201.	Saturday, June 18	Hillcrest Medical Center Triathlon, Tulsa. Limited to 300. 1K swim, 40K bike, 10K run. Contact: Kim Elliot, Director/Exercise Physiologist. (918)584-1351, Ext. 1626.
*Saturday, May 14	11th Annual Horseshoe Bend Canyon Spring Frolic, 12 & 2 miles, Slaton, TX. See details and map in this issue.	Saturday, June 18	Wellington Square 10K Classic & 2 Mile Fun Run. New Course. Layout & measurement by Amarillo YMCA Running Club. See May 30.
Sunday, May 15	Bay to Breakers, 7.51 mile, 8:A.M. Deadline is April 15. Contact: Bay to Breakers, 110 Fifth St., San Francisco CA. 94103.	Saturday, July 2	Amarillo Pepsi 10K. Contact: Amarillo YMCA Running Club. See May 30
Saturday, May 21	3rd Annual Spring High 10K, Lubbock. Details in ad in this newsletter.	*Monday, July 4	15th Annual Firecracker 10 & 3 mile, Brownfield, Texas.
Saturday, May 21	Big Brothers-Big Sisters 8K Road Race & 1 mile Fun Run. Amarillo Medical Complex 8:A.M. Contact: John Farrell, Box 14, 1015 West 8th, Suite 2, Amarillo, TX 79105. (806)373-8181	Monday, July 4	Peachtree 10K Road Race Atlanta, GA. Restricted by cut-off date & entry limit. Contact: Atlanta Track Club, 3097 E. Shadowlawn, Atlanta, GA 30305. (404)231-9064.
Saturday, May 21	8,000 Meter (5 mile) Turkey Trot. 9:A.M., Ozona Football Field. Contact: Ozona Chamber of Commerce, Box 1135, Ozona, TX 76943.	Saturday, July 30	5th Annual Margie Valley Moonlight 5 mile, Womens' 5 mile - 8:P.M. Mens' 5 mile - 9:30 P.M. Limited to 750 women, 1500 men. Cool night, smoky mtn air makes course extremely fast. Also, \$1,000 bonus for a world record. CONTACT: MWR, Box 186, Waynesville, NC. 28786.
Saturday, May 21	Spring Run Classic 10K & 2 mile. 10:A.M. Big Spring. Contact: Spring Run Classic, Craig Bailey, 3611 Dixon, Big Spring, TX 79720. (915)267-8805.	Sunday, August 14	Davis Mountain Marathon, Marathon, 6 mile, 3 mile & 1 mile Races. Contact: Prude Ranch, Box 1431, Ft. Davis, TX 79734. (915)426-3347 (day) or (915)689-8279 (nite)
Saturday, May 28	6th Funfest Marathon, also 1/2 marathon, 7:A.M. Contact: Funfest Marathon, 1700 Polk St., Amarillo, Texas 79102.	Sunday, August 14-20	Prude Ranch Fitness & Training Camp, Davis Mountains. Contact: same as above.
Monday, May 30	Funfest 3 mile run. Amarillo. Contact: Amarillo YMCA Running Club, 816 S. VanBuren Amarillo, Texas 79101.	Sunday, August 21	Falmouth Road Race, 7.1 miles, limited to 4,000. Selected by lottery on May 10. Contact: Falmouth Road Race, Box 732, Falmouth, MA. 02541.
*Saturday, June 4	4th Annual Levelland Lope 10K & 5K, 9:A.M. Start at Levelland High School. Details to follow.	Saturday, August 27	1st Annual 35K Triathlon. 2 person teams. Events in order: 10K run, 5k canoe, 20k bike. Limited to 60 entries. Sponsored by Austin Runners Club. Contact: ARC, 5824 Trailridge Drive, Austin, TX 78731.

*Denotes monthly club race

April 5 Mile Race
Amarillo, Texas
April 9, 1983

Sixty eight runners elected to challenge the 5 mile course in Amarillo on Saturday, April 9th. Although the weather was cool and breezy before and after the event, it was really quite pleasant for running.

TIM DULANEY was the overall winner and first in the Open Division with a 27:23. CLIFF MCCURDY (Canadian) was second overall in 27:41. Boston bound BOBEY CUNNINGHAM was seven seconds behind Cliff for third overall and first in the 40-49 group. LOU ALLRED covered the 5 miles in 28:31 to take honors in the 30-39 age group and fourth overall.

BEVERLY WATKINS set a new course record while winning the Ladies Division with a time of 31:34. The Previous course record Ladies Division, was 37:53 (Mary Lou Batlan, 1981). JOHNNY GRILL topped the list among the 50 & over clan with a 33:27. GREG MALONE was nearly two minutes ahead of the next 15 & Under competitor and won his division in 35:27.

ROBEY TIMBERLAKE won the Improvement Award, running 1:39 under his projected time and 1:42 better than last year. Robby says he managed to avoid gaining pounds during the holidays and has been skiing every chance he gets

Congratulations to Race Director CORKY FRITCH for a well organized race, complete with quarter and half-mile marks and perfect traffic control. If you didn't know (it certainly wasn't evident) this was Corky's debut as Race Director! Corky was the first to mention that he couldn't have done it without the help of several people.

AMY JOHNSON LYNDA SMITH
LADEN DUNBAR JIM HOGAN
BOB DUNBAR CHARLES H. FRITCH 111
GENE ERB

Thanks to Corky and this group of volunteers, we were all able to enjoy a fine 5 mile race. Our next WTRC race is May 14 in Slaton (See inside front cover for details). Hope to see you there!

Monday, September 5
2nd Annual Labor Day Run for Muscular Dystrophy, 10K & 2 mile, Lubbock.
Contact: Jayne Pierce, Nutri-Systems Weight Loss Medical Center, 3724-20th. Lubbock, TX 79410. (806)797-0717.

Saturday, September 10
IronMan Triathlon. 1600 Meter swim, 64 mile bike, 12.1 mile run. Contact: See September 11

Sunday, September 11
IronMan Triathlon, 800 meter swim, 32 mile bike, 6 mile run. Contact: Prude Ranch, Box 1431, Fort Davis, TX 79734 (915)426-3347.

Friday, September 16 thru
Sunday, September 18
TAC Masters National Outdoor Track & Field Championships, Mens & Womens, Rice University, Houston, Texas 77272.

Saturday, September 24
10th Annual Virginia 10 miler. Deadline for entry is April 30 or 4,000 limit. Contact: Marilyn Straub, Registrar, 3020 Cranehill Drive, Lynchburg, VA. 24503.

Saturday, October 1
Amarillo National Bank 10K & 2 Mile.
*Saturday, October 15
2nd Annual Red Raider 10K Roadrace - WTRC EVENT!

FOOTNOTES...

Congratulations to WTRC member DR WILLIAM STATION, who resides in University, Mississipp. William placed first in a two and a half mile 'Rebel Run' held March 28. His winning time was a swift 13:42.

* * * * *

If you are wondering what CORKY FRITCH would like for his birthday, a new whistle would be nice!!!

April Improvement Results

NAME	Projected Time	Actual Time	Difference
*Bobby Timberlake	36:03	34:24	-1:39
Charles Davis	32:33	32:01	- :32
Bobby Cunningham	28:01	27:48	- :13
Don Kephart	33:17	33:08	- :09
Mike Kelley	35:40	35:32	- :08
James Livermore	32:04	32:31	+ :27
Randy Johnston	30:54	31:29	+ :35
Cliff McCurdy	26:35	27:41	+1:06
Jim Wilhelm	35:42	36:54	+1:12
Ron Shew	28:58	30:13	+1:15

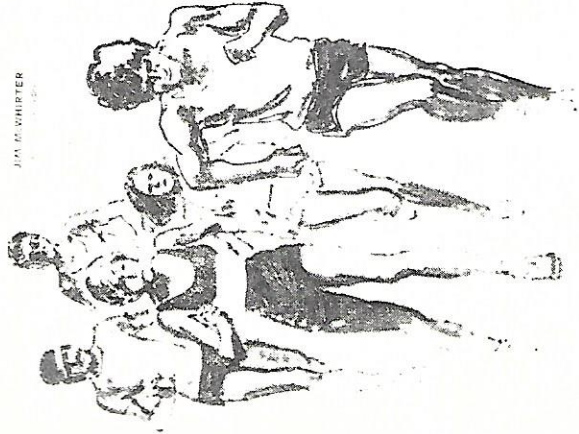
*Improvement Award Winner for April 5

5 Mile Results
9 April, 1983

NAME	TIME	PACE PER MILE				
1. Tim Delaney	27:23	5:28.6	11	Red Spicer	34:09	6:49.8
2. Cliff Neturdy	27:41	:32.2	12	Steve Stewart	34:20	:52.0
3. Bobby Cunningham	27:48	33.6	13	Bobby Timberlake	34:24	:52.8
4. Lou Alfred	28:31	42.2	14	Louie Harris	34:30	:54.0
5. Ron Shev	30:13	6:02.6	15	Donnie Bennett	34:58	:59.6
6. Bob Dunbar	30:49	09.8	16	Bob Steger	35:00	7:00.0
7. Gary McArthur	31:26	17.2	17	Johnny McNabb	35:13	:02.6
8. Randy Johnston	31:29	17.8	18	Walter Dickinson	35:26	:05.2
9. Bill Maher	31:36	18.8	19	Oreg Malone	35:27	:05.4
10. Beverly Watkins	31:34	18.8	20	Mike Kelley	35:32	:06.4
11. Henry Galpin	31:35	19.0	21	Wally Veld	35:41	:08.2
12. Charles Davis	32:01	24.2	22	Mike Roberts	36:42	:20.4
13. Olo Crum	32:12	26.4	23	Danny Ogle	36:52	:22.4
14. John Williams	32:20	28.0	24	Jim Wilhelm	36:54	:22.8
15. Jackie Fleming	32:24	28.8	25	Loyd Hall	36:59	:23.8
16. Bill Fisherman	32:30	30.0	26	Jerry Goodson	37:09	:25.8
17. James Livermore	32:31	30.2	27	Jared Crum	37:23	:28.6
18. Larry Higgins	32:36	31.2	28	Gaines Godfrey	37:26	:29.2
19. Jeff Stewart	32:47	33.4	29	Jerry South	38:02	:36.4
20. Mike Endrizzi	32:54	34.8	30	Robert Holly	38:30	:42.0
21. Donald Rehart	33:08	37.6	31	Robert Haynes	38:41	:44.2
22. Ken McMillan	33:18	39.6	32	Phil Codwin	39:07	:49.4
23. Don Kesinger	33:20	40.0	33	Carolyn Watson	39:47	:57.4
24. C.H. Harper	33:21	40.2	34	Justin Sapp	40:52	8:10.4
25. Johnny Grill	33:27	41.4	35	Johnny Nava	41:18	:15.6
26. Tom Lorry	33:29	41.8	36	Rosanne Williams	41:30	:18.0
27. Rick Guana	33:35	43.0	37	Mike Peters	42:06	:25.2
28. Bobb Richardson	33:49	45.8	38	Lydia Guana	42:23	:28.6
29. Mike Eckhart	33:51	46.2	39	Ted Reyman	42:28	:29.6
30. Roger Malone	33:55	47.0	40	Terri Sapp	42:28	:33.6
			41	Corey McNabb	43:05	:37.0
			42	Karen Roberts	43:10	:38.0
			43	Cathy Maupin	43:46	:45.2
			44	Margo Field	44:00	:48.0
			45	Wayne Benson	44:11	:50.2
			46	Jean Hoving	45:29	9:05.8
			47	Mike Corcoran	49:02	:48.4
			48	Barbara McNabb	50:47	10:09.4

303 E. 8th St. - Suite B-A
Lubbock, TEXAS 79424

JIM McWHIRTER



Put Some Profit in your Jog!

NIKE * ADIDAS

NEW BALANCE * TIGER

ETONIC * DOLPHIN

FRANK SHORTER

"RUNNING IN YOUR DIRECTION"

5 Mile Awards

40-49

Bobby Cunningham
Bob Dunbar
Bill Fisherman
Larry Higgins
Don Kesinger
C.H. Harper

15 & Under

Creg Malone
Jared Crum
Mike Peters
Corey McNabb

30-39

Lou Allred
Ron Shew
Gary McCarrell
Bill Wagner
Henry Galpin
Charles Davis

Ladies

Beverly Watkins
Carolyn Watson
Rosanne Williams
Lydia Guana
Terrie Sapp
Karen Roberts

Open Division

Tim Dulaney
Cliff McCurdy
Randy Johnston
John Williams
Jackie Fleming
Mike Endrizzi

50 & Over

Johnny Crill
Red Spicer
Jerry South
Robert Haynes

Comparison 1982-1983

NAME	1982	1983	DIFFERENCE
Jared Crum	43:24	37:23	-6:01
Carolyn Watson	41:52	39:47	-2:05
Charles Davis	33:50	32:01	-1:49
Robby Timberlake	36:06	34:24	-1:42
Johnny Crill	34:30	33:27	-1:22
Louie Harris	35:21	34:30	- :51
Johnny McNabb	33:52	35:13	+ :39
James Livermore	32:38	32:31	- :07
Rick Guana	33:38	33:35	- :03
Bob Dunbar	30:45	30:49	+ :04
Ken McMillan	33:04	33:18	+ :14
Mike Keiley	34:43	35:32	+ :49
Roger Malone	33:05	33:55	+ :50
Tom Lowry	32:37	33:29	+ :52
Bobby Cunningham	26:40	27:48	+1:08
Cliff McCurdy	26:10	27:41	+1:31
Henry Galpin	29:50	31:35	+1:45
Jeff Stewart	31:00	32:47	+1:47
OLE Crum	30:00	32:12	+2:12
Bill Warner	29:11	31:34	+2:23
Bobby Richardson	30:20	33:49	+3:29
Ted Reymen	38:52	42:28	+3:36
Karen Roberts	39:04	43:10	+4:06

