

August 1983

Joe C. Post
1717 - 39th
Lubbock, TX 79412

West Texas Running Club

P.O. Box 2921 Lubbock, Texas 79408



WEST TEXAS RUNNING CLUB NEWSLETTER

August 1983
 * * * * *
 September Club Race

"3rd Annual Bill Easterling Memorial Run"

DISTANCE: 9 Miles and 2 miles
 DATE: Saturday, September 10, 1983
 TIME: 8:00 A.M.
 LOCATION: Coahoma High School Football Stadium on FM-820, Coahoma, Texas approximately 1/2 mile north of intersection of FM-820 and I-20 (see map)

DIVISIONS & AWARDS:

9 Mile	2 Mile
Open	Open
30-39	HighSchool & Under
40-49	30-39
50 & Over	40 & Over
Ladies	Ladies (25 & Over)
	Girls (24 & Under)
	5 trophies
	5 trophies
	5 trophies
	5 trophies
	4 trophies
	4 trophies

COURSE: Looped course, asphalt roads, rolling terrain

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

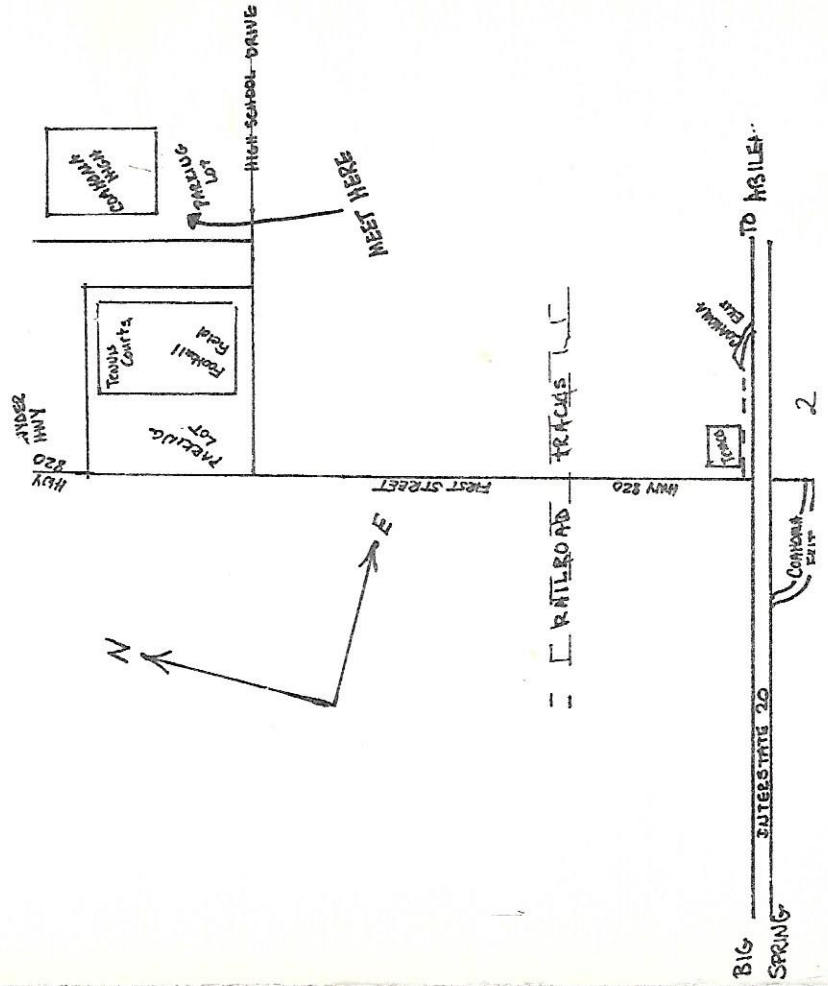
RACE DIRECTOR: (For more information contact):

Sherill Easterling
 915-263-6127 (home)
 915-267-6311
 ext. 254 (work)

COURSE RECORDS

2 Mile
 Men Division: Bobby Cunningham, 42, Abernathy, 10:25, 1982
 .S & Under: Clem Moron, 15, Coahoma, 13:07, 1981
 40-39: Dennis Smiley, 31, 12:06, 1982
 40 & Over: Bobby Cunningham, 42, Abernathy, 10:25, 1982
 Girls: Mary Whitten, 12, Canyon, 14:59, 1981
 Ladies: Carolyn Pace, 36, Midland, 16:21, 1981

9 Mile
 Open Division: Kip Leyba, 26, Lubbock, 47:55, 1981
 30-39: Steve Stallings, 30, Stanton, 50:25, 1982
 40-49: Bobby Cunningham, 41, Abernathy, 50:04, 1981
 50 & Over: Don Webb, 53, Coahoma, 56:43, 1982
 Ladies: Sherill Easterling, 31, Coahoma, 59:08, 1981



SCHEDULE OF EVENTS

- Saturday, September 3
 2nd Annual Run For Wellness, 10K & 5K
 8:30A.M., Odessa. Contact: Cindy Hopkins, Odessa YMCA, 3001 E. University, Odessa, TX 79762. (915)362-4301.
- Monday, September 5
 2nd Annual Labor Day Run for Muscular Dystrophy. 10K & 2 mile. Lubbock. Contact: Susan Welcher, Nutri-Systems Weight Loss Medical Center, 3724-20th, Lubbock, TX 79410. (806)797-0717.
- Tuesday, September 6
 Parade Day Fun Run. 9:45A.M., 5K, Roswell, NM. CONTACT: Jim Lilley, 3304 Highland Rd, Roswell, NM (505)622-4310 or (505)622-6298.
- *Saturday, September 10
 3rd Annual Bill Easterling Memorial 9 & 2 mile. Coahoma, TX. See details in front of newsletter.
- Saturday, September 10
 2nd Annual Harvest Days Run. Dimmitt. 1 mile at 8:30A.M., then 5K & 10K. CONTACT: Roger Malone, 200 E. Bedford, Dimmitt, TX 79027.
- Saturday, September 10
 3rd Annual Septemberfest Lite Run for Fun. 10K & 2 mile. 8:00A.M., Midland. CONTACT: Lite Run for Fun, 1214 W. Scharbauer, Midland, TX 79701.
- Saturday, September 10
 Fall Celebration 6 & 2 miles, 8:00A.M. McAdams State Park. Part of "Grand Prix of Fun Runs." CONTACT: Recreation Office, New Mexico Jr. College, Hobbs, NM. ()397-3636 or (392)4510 X403.
- Saturday, September 10
 Ironman Triathlon: 1600 meter Swim, 64 mile bike, 12.1 mile run. CONTACT: See Sept 11th.
- Sunday, September 11
 Ironman Triathlon: 800 meter swim, 32 mile bike, 6 mile run. CONTACT: Prude Ranch, Box 1431, Ft Davis, TX 79734. (915)426-3347
- Saturday, September 24
 4th Annual Cavern City Travel On, 10, 3 & 1 mile. 9:00A.M.. CONTACT: Hardy Williams 1207 W. Thomas, Carlsbad, NM 88220. (505)-885-5850.
- Saturday, September 24
 2nd Annual Wichita Falls Triathlon. 1K Swim, 25K bike, 10K run. 9:00A.M. Male & female age groups. Sept. 10 deadline. Limited to 300 entrants. CONTACT: Wichita Falls Runners Club, 4644 Bunny Run, Wichita Falls, TX76310.
- Saturday, October 1
 9th Annual Allsup's Marathon, Marathon & 10K. Clovis, NM, 7:00A.M. Mtn Time. CONTACT: Allsup's Inc., Box 1907, Clovis, NM 88101 ATTN: Jack Crow (505)769-2311.
- Saturday, October 1
 7th Annual St. George Marathon, 6:30A.M. 3,000 Ft net elevation drop, September 5 entry deadline. CONTACT: ST. George Marathon 86 South Main St., St. George, Utah 84770
- Saturday, October 8
 5th Annual Amarillo National Bank 10K Classic & 2 mile Fun Run. 10K Starts 9:00A.M., 2 mile fun run at 8:30. 10 age groups for men & women in 10K, 9 for both in 2 mile. Fast, accurate course. CONTACT: Amarillo National Bank, Box 1611, ATTN: ANN ALEXANDER, Amarillo, TX79181
- *Saturday, October 15
 2nd Annual Red Raider 10K Roadrace -WTRC Event
- Saturday, November 5
 5th Annual Golden Yucca Marathon, Hobbs NM 8:00A.M..CONTACT: Steve McCleery, College of the Southwest, Lovington Hwy, Hobbs, NM 88240 (505)392-6561, EXT 51.
- Sunday, November 13
 9th Las Colonias de San Antonio Marathon. 7:00A.M., 1087 finishers in 1982. CONTACT: Lawrence Baiza, Westside Branch YMCA, 2900 Ruiz, Box 37170, San Antonio, TX78237. (512)433-6391
- *Saturday, November 12
 11th Annual Buffalo Wallow, Marathon & 2 mile
- Sunday, December 4
 14th Dallas White Rock Marathon, 9:00A.M. NEW COURSE. CONTACT: DWRM, %Phidippides Running Store, 8822 N. Central Expwy, Dallas, TX 75231 (214)361-6493.

*Denotes monthly WTRC race

AUGUST CLUB RACE
Mackenzie Park 5 Mile Run
Saturday, August 13, 1983

An early A.M. rain was not enough to cool either the morning or the enthusiasm of the 77 who signed up for the first 5 mile run around/thru Mackenzie State Park.

Leading the way was Canadian Cliff McCurdy who's time of 26:38 was good enough for the Overall Winner title as well as the Open Division Crown. Second and third respectively in this group were John Warner and Quinn Smith.

WTRC Prez Don Kephart's hill training in Albuquerque a week earlier (See article in this newsletter) paid off as he raced to victory in the 30-39 division over Jim Fisher and Joe Post.

Nice guy, alias Abernathy Flash, Bobby Cunningham continued his winning ways with a 29:37 victory in the 40-49 age group, while in the 50 and Over Division, Ed Smith (50, Lubbock) inspired us all as he led half the field in a fine 36:17 effort.

Lance Rauhoff grabbed the gold in the High School group while Veronica Cavazos demonstrated her strength and speed with a 7½ minute victory over the 2nd place winner in the Girls. The Ladies Division Trophy belonged to Linda Burgess.

For several runners present, this was their first attempt at a five mile race, and while the rolling terrain and muggy weather combined for a stern test, David Jackson and Bob Miser offered an interesting, well marked, course and should be commended for their efforts as race directors.

ONWARD TO COAHOMA

August 5 Miler
Results

1.	Cliff McCurdy	29	Canadian	26:38	5:19.6
2.	John Warner	18	Ransom Canyon	26:48	:21.6
3.	Quinn Smith	23	Lovington, NM	26:52	:22.4
4.	Robin Powell	21	Lubbock	28:13	:38.6
5.	Lolo Mercado	23	Lubbock	28:33	:42.6
6.	Dennis Miles	27	Lubbock	28:47	:45.4
7.	Lance Rauhoff	17	Lubbock	29:17	:51.4
8.	Bobby Cunningham	43	Abernathy	29:37	:55.4
9.	Jimmy Samarron	28	Levelland	29:43	:56.6
10.	Mike Cagle	16	Lubbock	29:54	:58.8
11.	Vince Mercado	14	Lubbock	30:52	6:10.4
12.	Dan Favorite	26	Reese AFB	31:30	:18.0
13.	Veronica Cavazos	20	Lubbock	31:40	:20.0
14.	Gus Ochotorena	17	Lubbock	32:04	:24.8
15.	Mark Morris	25	Lubbock	32:11	:26.2
16.	Cande Olivias	21	Levelland	32:20	:28.0
17.	Paul Harper	43	Lubbock	32:26	:29.2
18.	Benny Dela Cruz	20	Hobbs, NM	32:55	:35.0
19.	Gonzalo Ramirez	27	Lubbock	32:59	:35.8
20.	Craig Stone	17	Anton	33:00	:36.0
21.	Thomas Brown	40	Lubbock	33:06	:37.2
22.	Don Kephart	31	Lubbock	33:14	:38.8
23.	John Price	28	Lubbock	33:32	:42.4
24.	Jim Fisher	32	Lubbock	33:56	:47.2
25.	Joe Post	34	Lubbock	34:00	:48.0
26.	Bobby Birdsong	42	Levelland	34:01	:48.2
27.	Al Grotz	34	Lubbock	34:06	:49.2
28.	Harlan Gilley	35	Littlefield	34:32	:54.4
29.	Alonzo Mendoza Jr.	25	Levelland	34:54	:58.8
30.	Eugene Rios	30	Lubbock	34:56	:59.2
31.	James Livermore	36	Lubbock	35:09	7:01.8
32.	Shane Uhler	16	Lubbock	35:27	:05.4
33.	Bernard Hartman	49	Lubbock	35:29	:05.8
34.	John Rucker	35	Lubbock	35:51	:10.2
35.	John Harper	48	Anton	35:51	:10.2
36.	Bill Sparkman	36	Lubbock	35:54	:10.8
37.	Mike Kelley	34	Lubbock	36:05	:13.0
38.	Ed Smith	50	Lubbock	36:17	:15.4
39.	Gordon Kitten	35	Slaton	36:27	:17.4
40.	Jim Wilhelm	32	Lubbock	37:10	:26.0
41.	C.G. McKnight	54	Lubbock	37:28	:29.6
42.	Roger Coughran	46	Lubbock	37:48	:33.6
43.	Don Hudson	28	Lubbock	38:06	:37.2
44.	Jack Campbell	28	Lubbock	38:11	:38.2
45.	Donald Hunt	49	Lubbock	38:31	:42.2

AWARDS

46.	John Neill	43	Lubbock	38:35	7:43.0
47.	Johnny Nava	36	Slaton	38:48	:45.6
48.	Susan Warner	16	Ransom Canyon	39:09	:49.8
49.	Bob Densford	45	Lubbock	39:35	:55.0
50.	Tina Rubio	21	Lovington, NM	39:38	:55.6
51.	Tom Thomas	49	Lubbock	39:49	:57.8
52.	Stephanie Baker	16	Slaton	39:54	:58.8
53.	Terry Griffith	21	Lubbock	39:56	:59.2
54.	Rick Houston	34	Lubbock	40:00	8:00.0
55.	John L. Hartsfield	50	Lubbock	40:20	:04.0
56.	Linda Burgess	25	Lubbock	40:28	:05.6
57.	Richard A. Brook	24	Lubbock	40:29	:05.8
58.	Jim McDuff	45	Crosbyton	40:38	:07.6
59.	S. Jane Jones	43	Tatum, NM	41:02	:12.4
60.	Ted Johnston	33	Lubbock	41:07	:13.4
61.	Charles Pillow	35	Lubbock	41:19	:15.8
62.	Adelaida Montemayor	33	Lubbock	42:02	:24.4
63.	Michael Jacobs	35	Lubbock	42:15	:27.0
64.	Kelly Young	16	Lovington, NM	42:20	:28.0
65.	Jan Pailles	38	Lubbock	42:25	:29.0
66.	Charlie Stallings	38	Lubbock	42:56	:35.2
67.	George Angerer	41	Slaton	43:01	:36.2
68.	David Bowie	31	Lubbock	43:23	:40.6
69.	Larry Fitzwaller	15	Lubbock	44:01	:48.2
70.	Raymond Smith Jr.	58	Lubbock	44:42	:56.4
71.	Jackie Davis	32	Slaton	46:00	9:12.0
72.	Josie Aleman	32	Lubbock	46:00	:12.0
73.	Donna Densford	43	Lubbock	46:13	:14.6
74.	John Owens	54	Seagraves	47:04	:24.8
75.	April Jae Stein	25	Lubbock	47:40	:32.0
76.	Kathi Beyer	18	Lubbock	49:27	:53.4
77.	Roger Haynes	18	Lubbock	49:28	:53.6
78.	Jan Ramirez	28	Lubbock	49:46	:57.2

Open Division

Cliff McCurdy
John Warner
Quinn Smith
Robin Powell
Lolo Mercado
Dennis Miles

40-49

Bobby Cunningham
Paul Harper
Thomas Brown
Bobby Birdsong
Bernard Hartman
John Harper

High School

Lance Rauhoff
Mike Cagle
Vince Mercado
Gus Ochotorena
Craig Stone
Shane Uhler

Girls

Veronica Cavazos
Susan Warner
Tina Rubio
Stephanie Baker

Ladies

Linda Burgess
S. Jane Jones
Jackie Davis
Josie Aleman

50 & Over

Ed Smith
C.G. McKnight
John L. Hartsfield
Raymond Smith Jr.

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.

NAME-AGE	MARATHON	DATE	TIME
1. Kip Leyba, 26	Abilene, TX	3/82	2:32
2. Bobby Cunningham, 42	Boston	4/82	2:33:39
3. Robert Fritch, 35	Houston-Tenneco	1/19/80	2:37:30
4. Corky Fritch, 35	Mesta Bowl, Scottsdale	12/81	2:40:29
5. John Trompler, 32	White Rock	12/1/79	2:40:31
6. Norman W. Smith, 35	Sun Marathon, Las Vegas	12/12/81	2:42:19
7. Gary Britt, 32	Fiesta Bowl	12/78	2:42
8. Jimmy Whitley, 30	White Rock	12/6/80	2:43:29.2
9. Steve Stallings, 28	White Rock	12/6/80	2:43:45
10. Bob Dunbar,	Pampa, TX	1979	2:45:02
11. Ron Shew,	Nike OTC, Oregon	9/82	2:52
12. Ed Levesque, 34	Abilene, TX	4/83	2:55
13. Henry Arellano, 22	Funfest, Amarillo	5/80	2:55:42
14. Richard Kleinhans, 31	White Rock	12/80	2:56:08
15. Howard Millsap, 37	Odessa, TX	12/73	2:59:09
16. James Livermore, 35	Cowtown, Ft Worth	2/83	3:00:02
17. Leo Karlin, 43	Fiesta Bowl	12/80	3:02
18. Red Spicer, 51	Funfest, Amarillo	5/83	3:02:54
19. Don Webb, 53	Woodlands	2/82	3:03:40
20. Charles Davis, 39	Funfest, Amarillo	5/83	3:04:21
21. Sherill Easterling, 31	Cowtown	2/81	3:05:05
22. Dana Anstey,	Clovis Marathon	1982	3:05:37
23. Eyrnie Bass, 35	Clovis, NM	10/82	3:09:46
24. Don Kephart, 30	Houston-Tenneco	1/83	3:12:08
25. Gene Adams, 39	White Rock	2/74	3:15:20
26. Ken Edwards, 28	Golden Yucca	4/81	3:15:58
27. A.A. Montgomery, 60	White Rock	12/81	3:17:09
28. Tom Bowser, 54	Palo Duro	1/81	3:18:42
29. Mickey McClure, 33	Odessa, TX	12/75	3:23:26
30. Terry Barker, 27	Clovis, NM	10/81	3:25:26
31. George Jury, 43	Funfest	5/80	3:25:34
32. Frank Barrow, 35	White Rock	12/79	3:26
33. Robert Grady, 30	Funfest	5/81	3:26:36
34. James Bozzell, 54	Mardi Gras, N. Orleans	1/78	3:26
35. John Price, 28	Funfest	5/83	3:27:14
36. Bobby Birdsong, 41	Clovis	10/82	3:28
37. David Hart, 28	Abilene, TX	3/81	3:29

CLUB UNIFORMS!

We are now taking orders for Club uniforms. The following items are available:

- A. MEN'S SINGLET: Price: \$8.00
100% Nylon tricort & poly cotton mesh
SIZES: S(34-36) M(38-40) L(42-44) XL(46-48)
- B. LADIES' SINGLET: Price: \$8.00
100% Nylon tricort & poly cotton mesh
SIZES: S(30-32) M(34-36) L(38-40) XL(42-44)
- C. MEN'S SHORT WITH BRIEF: Price: \$9.00
100% Nylon tricort with inner brief & key pocket
SIZES: S(28-30) M(32-34) L(36-38) XL(40-42)
ORDER BY WAIST SIZE
- D. LADIES SHORT WITH BRIEF: Price: \$9.00
SIZES: S(24-26) M(28-30) L(32-34) XL(36-38)
- E. V-NECK RUNNING SHIRT: Price: \$8.50
SIZES: S(34-36) M(38-40) L(42-44) XL(46-48)

COLORS: Silver with black logo and white mesh
If interested, please send the following information:

Items(s) desired
Quantity of each item
Size of each item

Please include a check payable to the West Texas Running Club for the total amount, plus \$1.00 per order to cover inbound freight from the supplier. When ready, uniforms can be picked up at club races. Send order and check to:

WTRC ATTN: Don Kephart
5320-45th
Lubbock, Texas 79414

Also, please enclose an address and phone number in case a question arises.

Marathon listing (cont'd)

38. David Bass, 31	Clovis, NM	10/81	3:32:00
39. Bernard Hartman, 47	Palo Duro	1/81	3:32:18
40. Mike Kelley, 32	Palo Duro	1/82	3:33:59
41. Gene Coppin, 48	Funfest	5/81	3:34:24
42. Mike Greer, 42	White Rock	12/80	3:35:20
43. Tom Freitag, 43	Cowtown	2/82	3:35:43
44. Robby Timberlake, 33	Clovis,	10/82	3:35
45. Ray Lamont, 33	White Rock	12/79	3:36
46. Jim Wilhelm, 31	Cowtown	2/82	3:42:58
47. Ed Vernon, 49	White Rock	12/79	3:46
48. Warren Brown, 59	Palo Duro	1/81	3:48:48
49. Norman Pittenger, 33	College of Artesia, Artesia, NM	2/70	3:56:34
50. Francis Johns, 46	Golden Yucca	4/81	4:07
51. Buddy Wise, 48	White Rock	12/77	4:11:30
52. Johnny Nava, 34	Palo Duro	1/82	4:24:52
53. Lyn Bowie, 28	Golden Yucca	4/81	5:10

"...And there's only this one hill..."

How about a run/race where the winner runs 9 miles in 1:12:14? The 8:01 pace was a course record for Al Waquie in Alburquerque's 18th Annual La Luz Trail Run.

Many local runners could not be talked into running La Luz. Undoubtedly, the thought of finishing at 10,683 feet (with a 4600 foot elevation gain and an average 12% grade) was a factor.

However, other runners said, "You mean there's only one hill on the course? Sure, I'll try it!"

Finishing 10th in the 30-39 age group and 28th overall was Corky Fritch with a sizzling 1:36:42 (10:44 average pace). "Not far behind" was Lubbeck's own James "Spunky" Livermore in a fine time of 1:52:44. Don Kephart (alias "Sparky") mumbled his way to the top in a nifty 2:13:08.

You're thinking, "this course must be pretty rough!", right? Well, sure it's a tough incline but at least the footing is bad! Seriously though, the scenery is beautiful and the run is no more grueling than having your wisdom teeth pulled.

Corky, James and Don all ran La Luz last year, so the fact that they returned to do it again (and even plan to run it next year!) must say something for this race. On second thought, maybe it says something about Corky, James and Don!



Olympic Update

The Olympic torch will be flown from Greece to New York City in May 1984. Grandchildren of Jim Thorpe and Jesse Owens will carry to the first kilometer.

Plans are for it to snake through all 50 states before the Los Angeles Olympics. If you would be interested in carrying it for 1K in Texas, contact the Los Angeles Olympic Organizing Committee, Los Angeles, California 90084.

Oh yes, a \$3,000.00 fee will be charged. The \$30 million thus raised will support youth sports programs.

Trivia Question

What is the best marathon time by a current or ex-WTRC member? Mike Pinocci's 19th place finish in 2:16:11 at the 1982 New York City Marathon is the answer. He was a club member in 1972-74 while running for Odessa College. In December 1973, he won the now defunct Odessa Marathon in 2:39.

Club Boosters

We'd like to express our thanks to the club members who have bolstered the financial strength of the club with donations over and above their annual dues. Thanks to:

Kelly Attebury - \$5
 David Bass - \$5
 Bruce Blankenship \$5
 Tom Bowser - \$5
 Corky Fritch - \$10
 Steve McCleery - \$5
 Robby Timberlake - \$15
 Don Webb - \$5
 Josie Aleman - \$5

WTRC member Go. (on the facing page) for the club's consideration. The logo has a West Texas and Eastern New Mexico flavor and is quite unique from other running club logos. It is under consideration for adoption as the West Texas Running Club official logo and inclusion on the club uniforms. If you have any suggestions or comments, please submit them to the club.

WEST TEXAS RUNNING CLUB
 5320 45th STREET
 LUBBOCK, TEXAS 79414
 APT. 100, TOWN KPHADAM