

December 1983

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West Texas Running Club

P. O. Box 2921 Lubbock, Texas 79408



WEST TEXAS RUNNING CLUB PRESENTS:

EIGHTH ANNUAL PALO DURO CANYON RACES
 Sanctioned by: Amarillo YMCA Running Club
 Palo Duro Canyon State Park
 Canyon, Texas

DATE: Saturday, January 14, 1983
 DISTANCES: 25K (15.535 miles) & 4 Miles
 START TIME: 25K - 11:00A.M.
 4 Mile- 11:10A.M.
 SIGN-IN: Picnic area at Southeast end of canyon.

DIVISIONS & AWARDS:

MEN: *
 Open 6 Trophies
 High School 3 Trophies
 30-39 3 Trophies
 40-49 6 Trophies
 50 & Over 3 Trophies

25K
WOMEN: *
 29 & Under 3 Trophies
 30 & Over 3 Trophies

MEN
 Open 6 Trophies
 H.S. & Under 6 Trophies
 30-39 6 Trophies
 40-49 6 Trophies
 50 & Over 3 Trophies

4 MILE
WOMEN
 High School & Under 3 Trophies
 Open 6 Trophies
 30 & Over 6 Trophies

*In addition, in the 25K, the men and the women's winner will receive a digital watch.
 NUMBERS: Numbers will be provided and must be fastened securely on the front of each runner. Since the 25K is a multi-lap course, a number will be recorded at various checkpoints. Your failure to be recorded at a checkpoint could result in your disqualification in the event of a protest by another runner.

AID STATIONS: 4 Mile - None.
 25K - At approximately 5 miles, 10 miles & finish (water only)

ENTRY FEE:

WTRC Members - \$4.00
 Non-members - \$5.00

Late Entries (raceday) - \$6.00

NOTE: The Palo Duro Canyon State Park requires a flat fee of \$2.00 per car to enter the park. This is over and above race entry fees and goes entirely to the state as standard fee for entering the park.

T-SHIRTS: None.

POSTERS: The Amarillo Swift Foot will provide Nike posters free to the first 300 registrants.

COURSE RECORDS: None, this is the first year for the 25K distance.
 25K -
 4 Mile -

MEN
 Overall - George Chavez 28 Tucuman, NM 19:59 1980
 High School - Bruce Washburn 17 Tucuman, NM 20:25 1980
 13-15 - Howard Loebr 13 Amarillo 22:23 1977
 30-39 - Louis Allred 36 Pampa 21:34 1982
 40-49 - Bobby Cunningham 41 Abertamy 21:26 1982
 12 & Under - Jimmie Gilmore 11 Amarillo 21:44 1982
 50 & Over - Ray Charise 51 Fritch 28:14 1982

WOMEN
 Open - Mindee Mayfield 18 Lubbock 26:02 1982
 High School - Brenda Moore 15 Amarillo 25:55 1982
 30 & Over - Rebecca Allen 30 Amarillo 30:51 1982

COURSE:

25K - Essentially 3 counter-clockwise loops. All on asphalt roads with undulating hills. High and low elevation points on the loop are approximately 2880 & 2765 feet. The finish line is at the picnic ground. There are 4 water crossings per loop. There may be small amounts of water (1-3 inches) to run through or they may be frozen.
 4 Mile - Start & finish at picnic ground. Go out 2 miles in a clockwise direction, then turnaround. There will be one water crossing per leg.

RESTROOMS:

Available in picnic area.

BEVERAGES:

Alcoholic beverages are not allowed at a state park.

ADDITIONAL INFORMATION:

RACE DIRECTOR: BOB LOWRY
 1925 Catalina Trail
 Amarillo, Texas 79109
 (after 6:00 P.M., 806-353-5188) or
 (WTRC, 806-792-5815 after 6:00 P.M.)



SCHEDULE OF EVENTS

- *Saturday, January 14, 1984
Palo Duro Canyon 25K & 4 mile. See this newsletter.
- Sunday, January 15
Houston-Tenneco Marathon. 8:A.M. Houston, TX.
- *Saturday, February 11
RACE WANTED. APPLY IMMEDIATELY.
- Saturday, February 18
5th Pecos Valley Stampede Marathon, Also 1/2-marathon & 10K. Roswell. CONTACT: Margot Purdy, YMCA, 202 S. Sunset, Roswell, NH 88201.
- Saturday, February 25
Cowtown Marathon & 10K. CONTACT: Box 567, Ft Worth, TX 76101. (817)670-9784.
- Saturday, March 3
Desert Marathon. Organized by Half-Fast Track Club. It is the FIRST El Paso Marathon. Course is basically flat, over dirt roads & pavement.
- Saturday, March 4
Mardi Gras Marathon, 8:A.M. Pontchartrain Causway Bridge, New Orleans, LA. CONTACT: (504)482-6882.
- *Saturday, March 10
Grasstrample 4 miler. Lubbock, TX
- Sunday, March 18
6th Annual Capitol 10K, 10:A.M., Austn, TX CONTACT: Capitol 10K, Box 670, Austin, TX 78767. (512)445-3594.
- Saturday, March 31
Marathon of the Great Southwest, also 1/2-marathon & 5K. Abilene. CONTACT: MGSW-Mike Osborn, Box 3137, Abilene, TX 79604. (915)677-8144.
- *Saturday, April 14
Armadillo 5 miler, Amarillo, TX
- Monday, April 16
88th BAA Boston Marathon
- Sunday, May 13
Women's U.S. Olympic Marathon Trials. Olympia, Washington. 2:51:16 qualifying standard.
- Saturday, May 26
7th Funfest Marathon & 1/2marathon. Amarillo. CONTACT: Funfest Marathon, 1700 Polk St., Amarillo, TX 79102.

*Denotes monthly WTRC event

- Saturday, May 26
Men's U.S. Olympic Marathon Trials. Buffalo, NY. 2:19:04 qualifying standard.
 - Saturday, June 30
4th Big Country Marathon, 1/2 Marathon & 5 Mile, Van Horn. CONTACT: BCM, Chamber of Commerce, Box 762, Van Horn, TX 79855. (915)283-2043.
 - Sunday, August 19
7th San Francisco Marathon. (Normally held in July). CONTACT: SFM, Box 27385, San Francisco, CA. 54127
 - September 3 - November 2, 1984
Sea to Shining Sea Marathon. Atlantic City, NJ to Pasadena, CA. CONTACT: Vision Sports Inc, 540 Chama, N.E. #3, Alburquerque, NM 87108
- AREA RUNNING CLUBS
- Amarillo YMCA Running Club
816 S. Van Buren
Amarillo, Texas 79101
 - Half-Fast Track Club
3233 Isla Morada
El Paso, Texas 79925
 - San Angelo Road Lizards
3220 Sunset
San Angelo, Texas 76504
 - Austin Runners Club
5824 Trailridge Drive
Austin, Texas 78731
 - Midland Road Runners
Box 10483
Midland, Texas 79702
 - San Antonio Road Runners
Box 12474
San Antonio, Texas 78212
- For information on upcoming Austin events, call the Hot-Line:
512-537-5433

12th Annual "Concho Crawl"
San Angelo, Texas
Saturday, December 10, 1983

A small but enthusiastic crowd gathered for the 12th running of the Concho Crawl, San Angelo's entry into our monthly racing program.

In the 2 mile event, Jerry Lorkovic (San Angelo) showed the way in a fine time of 11:02. Jerry's time clinched the Open Division trophy as well as earning him overall winner laurels. Richard Lomas' (San Angelo) second overall 11:25 effort captured the High School & Under Division. Abernathy's Bobby Cunningham drove the 200 plus miles beginning at 5:00 A.M. and the effects of the long drive hardly showed as he mastered the 30 & Over group in a swift 12:23. Ann Terwilliger (San Angelo) coasted to a 20:28 victory in the Ladies Division while Sherri Harrod (San Angelo) took Girls Division honors in 15:55.

Hometown racing champion Tom Mayfield took top honors in the 7 mile event. Tom, negotiating the tough course in a fine 40:43, is coming off a tremendous 2:36 clocking in the White Rock Marathon. In second place overall and a first in the Open Division was club member Terry Barker (Lorenzo). Terry recently completed a 30 mile cross-country run for charity and we should be seeing more excellent races from this game competitor. Henry Jordan (Lubbock) raced to a one second victory over Lawrence Leonard (San Angelo) to claim the 30-39 trophy. April Jae Stein (Lubbock) continues to improve and showed it with a gritty 63:02 clocking over a determined Rita McWhorter (Eldorado). Perennial trophy winner Tom Bowser (Abilene) added to his cache by virtue of his 5 minute 8 second victory over John Hartsfield (Lubbock) in the 50 & Over group.

The rolling terrain and potentially cool weather make this one of the toughest events in the WTRC racing schedule. However, the character of the course and the friendliness of race director Bill Moore and his band of Road Lizards makes this an enjoyable happening. You oughta see those Road Lizard T-shirts! Thanks, Bill!

PALO DURO IS NEXT!

(Signature of Parent or Guardian, if a minor)

(Date)

(Signature)

In consideration of my entry acceptance in the West Texas Running Club, Inc's Palo Duro Canyon 25K and Four Mile Run to be held on January 14, 1984, I do hereby, for myself, my heirs and executors, release and forever discharge any and all rights and claims for damages which I may have or which may accrue to me against the West Texas Running Club, Inc, The Swift Foot, The Amarillo YMCA Running Club, The State of Texas Parks and Wildlife Department, and the State of Texas or their respective officers, agents and employees, for any and all damages which may be suffered by me in connection with my participation in said run.

WAIVER OF RESPONSIBILITY

ENTRY FEE: WTRC Member - \$1.00 Non-member - \$5.00
Late Entry(Race day) - \$6.00
Please enter me in the Palo Duro Canyon: 25K
4 Mile Run (Check One)
on January 14, 1984. My entry fee and waiver of responsibility are enclosed.
PLEASE PRINT ALL INFORMATION
NAME _____ AGE _____ SEX: MALE FEMALE
ADDRESS _____ CITY _____
STATE _____ ZIP _____
Competing in _____
Age Division: _____
Make checks or money orders payable to "The West Texas Running Club, Inc." Mail entry blank with entry fee and signed waiver of responsibility to:
TOM LOWRY
1925 Matador
Amarillo, Texas 79109
after 6:00P.M. (806)533-5138 or
(806)792-5815

2 Mile Results

1. Jerry Lorkovic	22	San Angelo	11:02
2. Richard Lomas	17	San Angelo	11:25
3. Paul Schwartz	19	Omaha, Neb.	11:51
4. Bobby Cunningham	43	Abernathy	12:23
5. Chip Cain	19	San Angelo	13:05
6. John Eberhardt	18	San Angelo	13:16
7. Garren Hill	14	San Angelo	13:28
8. Bill Kohansky	37	San Angelo	13:59
9. Jeff Johnson	18	San Angelo	14:20
10. Mai Quang	17	Big Spring	14:51
11. Sherri Harrod	20	San Angelo	15:55
12. Rodger Hill	34	San Angelo	16:56
13. Justin Edmiston	10	Eldorado	17:22
14. Ken Hunt	17	Big Spring	17:27
15. Jim Yost	34	San Angelo	18:31
16. Jim Wolcott	36	San Angelo	18:36
17. Mike Sydeskiis	43	San Angelo	19:11
18. Ann Terwilliger	29	San Angelo	20:28
19. Patricia Elder	51	San Angelo	25:40

3. 10. 1978

2 Mile Awards

H.S. & UNDER

Richard Lomas
Garren Hill
Mai Quang
Justin Edmiston

OPEN DIVISION

Jerry Lorkovic
Paul Schwartz
Chip Cain
John Eberhardt

30 & OVER

Bobby Cunningham
Bill Kohansky
Rodger Hill
Jim Yost

LADIES

Ann Terwilliger
Patricia Elder

GIRLS

Sherri Harrod

7 MILE RESULTS

<u>NAME</u>	<u>AGE</u>	<u>CITY</u>	<u>TIME</u>
1. Tom Mayfield	45	San Angelo	40:43
2. Terry Barker	29	Lorenzo	44:53
3. Henry G. Jordan	30	Lubbock	45:57
4. Lawrence Leonard	39	San Angelo	45:58
5. Robert J. Miller	39	San Angelo	46:23
6. John Price	29	Lubbock	46:41
7. Steve Schmidt	24	San Angelo	47:09
8. Monte Parr	31	San Angelo	49:05
9. Kevin W. Hicks	22	San Angelo	50:31
10. Roger Anderson	46	San Angelo	50:46
11. William E. Sparkman	36	Lubbock	51:12
12. Tom Bowser	56	Abilene	52:15
13. Francis Johns	49	Midland	52:36
14. Michael Jacobs	35	Lubbock	53:39
15. Alan Borger	47	San Angelo	55:30
16. Niel Thomas	34	San Angelo	56:16
17. Johnny Nava	36	Slaton	57:02
18. John Hartsfield	50	Lubbock	57:23
19. Sonny Monroe	34	Snyder	58:29
20. Patrick Aguirre	22	San Angelo	58:39
21. E. Whitcomb	30	San Angelo	59:24
22. George Angerer	42	Slaton	1:01:46
23. Ed Vernon	53	Snyder	1:02:13
24. April Jae Stein	25	Lubbock	1:03:02
25. Shiril Keonig	52	San Angelo	1:03:43
26. Rita McWhorter	50	Eldorado	1:23:12

7 MILE AWARDS

<u>OPEN DIVISION</u>	<u>30-39</u>	<u>40-49</u>
Terry Barker	Henry G. Jordan	Tom Mayfield
John Price	Lawrence Leonard	Roger Anderson
Steve Schmidt	Robert J. Miller	Francis Johns
Kevin W. Hicks	Monte Parr	Alan Borger
<u>50 & Over</u>	<u>Ladies</u>	
Tom Bowser	April Jae Stein	
John Hartsfield	Rita McWhorter	
Ed Vernon		

VOLUNTEERS

The South Plains and Lubbock running communities have been helped by the 1982 and 1983 Arts Festival and Tech Red Raider races. Through money raised by the races approximately \$1500 has been donated to the Olympic Training Center in Colorado Springs and \$4000 has been given for scholarships at Tech.

A nucleus of 5 club members have pre-planned and coordinated each race. We would like to expand this number. Much of the "start up" has been done. However, due to business, church, civic group, family and other personal reasons, none of this group will be able to do it all this year.

The Arts Festival Marathon and 2 Mile are set for Saturday, March 31. A decision as to whether or not the WTRC will be able to put it on will be made by January 18, 1984.

As it stands now, we need you to volunteer now. You may call (806) 792-5815 after 6:00 P.M. or contact any club official for more information as to what you can do.

Truthfully, your failure to act may mean the end of the race.

No sooner had the above been typed than another incident arose to amplify this problem. We are now searching for a race director/race for February 1984. At present it looks like the Cottonpatch 8 and 3 mile Run is off. Any suggestions, ideas, thoughts, input, etc., should be directed as soon as possible to the phone number indicated above. You have made the WTRC successful in the past, it really needs you now.

The Directors

At the Races:

NORMAN PITTENGER of El Paso signed up for two races at Hobbs on November 5. He ran them simultaneously. He set an age group course record in the 8.6 mile; he continued running, also winning his age division in the marathon.

LOLO MERCADO won the Buffalo Wallow Half-Marathon in 1:16:05, a 5:48 pace. Three weeks later (December 4), Lolo finished 19th out of 3700 at the Dallas White Rock Marathon. His 2:32:43 is a 5:49 pace!

JOHNNY A. KELLEY, "the elder" of Boston Marathon fame, ran a 1:42:50 half-marathon at White Rock. The 7:51 pace is more than respectable for someone in their early 70's.

PAY DAY:

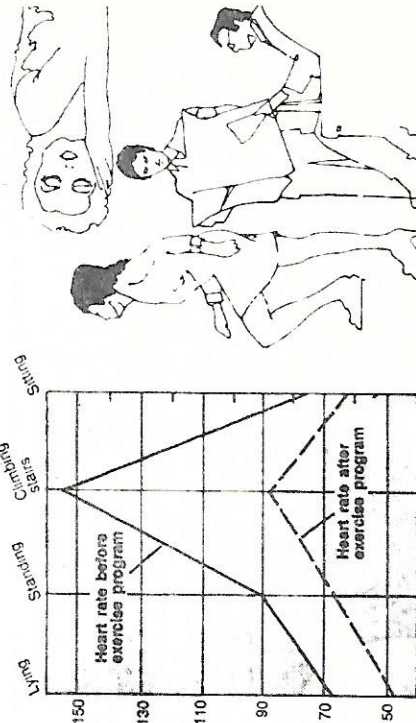
As listed in the French sports daily, *L'Equipe*:

- ALBERTO SALAZAR has a 3 year contract with Nike: \$750,000.
- GRETE WAITZ's 2 year package with Xerox: \$150,000.
- BILL RODGERS wears Team Xerox singlet in 6 races: \$40,000.

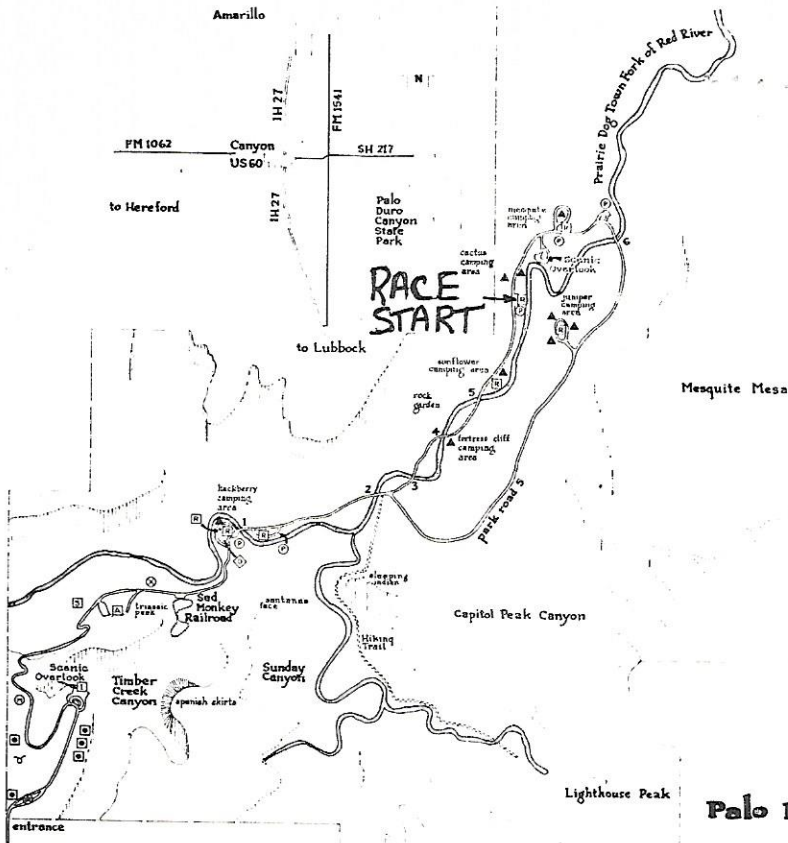
EVENING JOURNAL, Lubbock, Texas—Thursday, December 8, 1983

Unfit heart is an overworked heart

The extra work heart does when person isn't fit



Chicago Tribune Graphic by Dennis Odom. Source: Royal Canadian Air Force



Palo Duro Canyon State Park