

February 1983

Lubbock, Texas 79412

Joe C. Post  
1717 39th

West Texas Running Club

P.O. Box 2921 Lubbock, Texas 79408

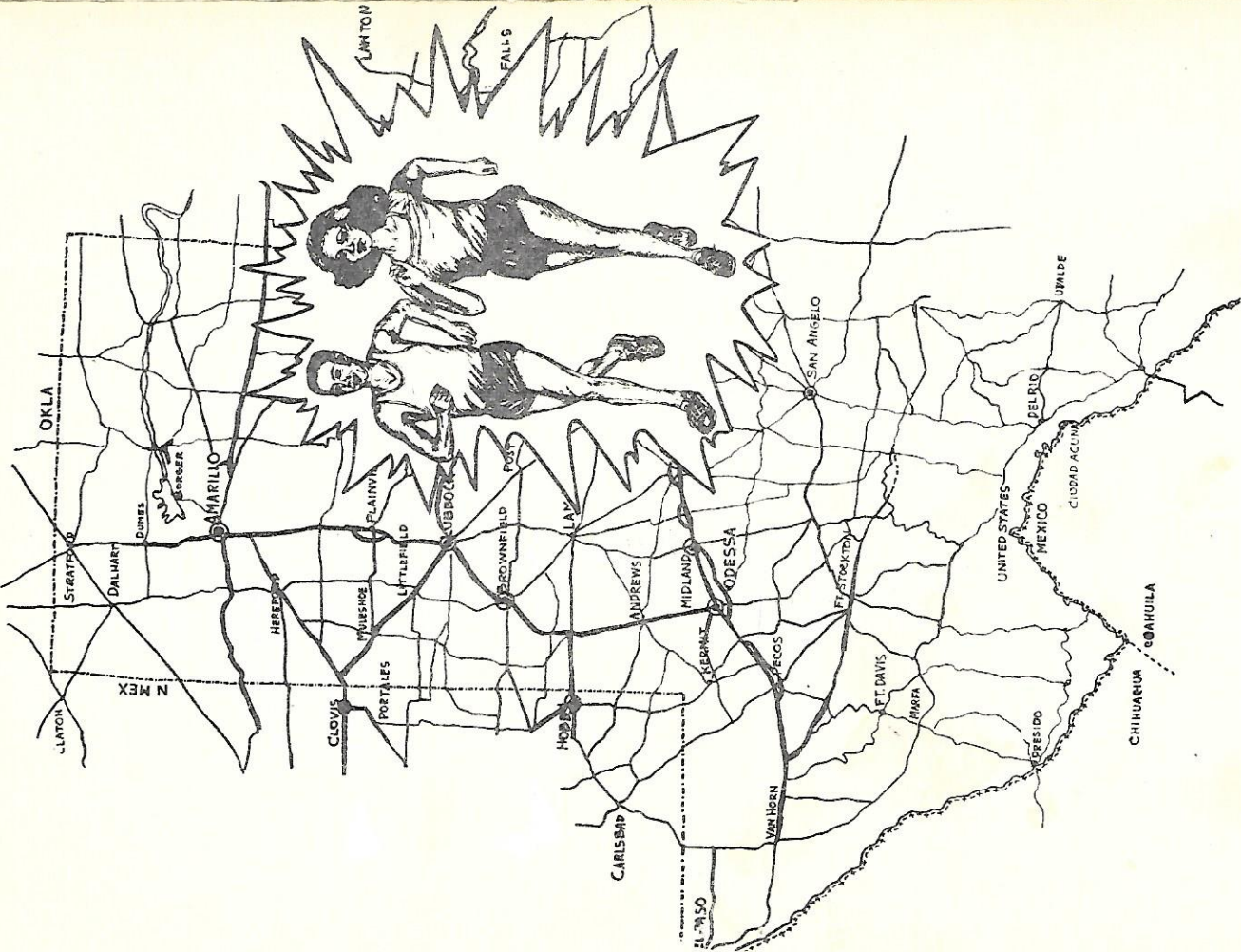


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originally began in '76

WEST TEXAS RUNNING CLUB NEWSLETTER

February 1983

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8TH ANNUAL GRASS TRAMPLE  
(New Course)

DATE: Saturday, March 12th, 1983

TIME: 10:00 A.M.

DISTANCE: 4 miles

LOCATION: Mackenzie State Park, Lubbock, Texas (See map)

COURSE: Rolling course on asphalt

DIVISIONS:  
15 & Under  
Open  
30-39  
40 & Over  
Ladies

AWARDS: Trophies to first 3 in each division

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

COURSE RECORDS: None, new course

FOR MORE INFORMATION, CONTACT:

DON KEPHART (Race Director)  
5320 - 45th Street  
Lubbock, Texas 79414

PHONE (Evenings) 806-797-4604

PLEASE NOTE:

A new mailing address for the West Texas Running Club:

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

Please send all club business and correspondence to the above address effective immediately.

Schedule of Events

Thursday, March 3

12 Noon Luncheon with Jim Ryun. Banquet at 10th & S. Jackson, Amarillo. Ryun will give talk & answer questions. Tickets are \$9.50. Reserved. Purchase by mail to: Amarillo YMCA, c/o Luncheon, 816 Van Buren, Amarillo, TX 79101. Ryun in Amarillo in conjunction with WTSU Indoor Pentathlon to be held Saturday, March 5, at WTSU Activities Center.

Saturday, March 12

Panhandle Dietetic Assoc/Nutribird 10K & 2 mile. Amarillo Medical Complex, 9:15 A.M. Contact: Panhandle Dietetic Assoc., Judy Winter, 4036 Ricardo, Amarillo, TX 79109.

\*Saturday, March 12

WTRC 4 Mile Run Mackenzie Park, Lubbock 10:00 A.M. ~~SEE THIS ISSUE.~~ 28:48

Sunday, March 20

Heart Assoc. St Patricks Day Run, 10 mile Run, over Fransmountain Road, El Paso. Contact: Nathan Christian, (915)546-5558.

Sunday, March 20

Capitol 10,000, Austin, 10:00 A.M.; Course entirely on city streets. 14,248 repetitions in '82. Contact: Capitol 10,000, P.O. Box 670, Austin, TX 78767. (512)445-3594

Saturday, March 26

Swiftfoot/Amarillo YMCA Running Club One Hour Run. 11:AM, Bivins Stadium, Amarillo. Contact: Amarillo YMCA RC, 816 Van Euren, Amarillo, TX 79101. (Note that this time scheduled into WTSU track meet (see below). Participants receive free entry to meet. 7 male, 4 female age groups, 3 awards in each. Overall male & female awards. Drawings for merchandise.

Saturday, March 26

West Texas State University Invitational Track & Field Meet, 9:AM - 4PM, Bivins Stadium, Amarillo. Contact: David Willis, Box 214, WT Station, Canyon, TX 79016, for tickets, etc.

Saturday, March 26

3rd Annual Gil Harder Memorial Biathlon, 6:30 AM, Abilene. 50 mile Bike Race & 26.2 mile marathon run. Individual & person teams. Contact: Race Directors, % Abilene Road Runners Club, Box 1047, Abilene, TX 79604

Saturday, March 26

Weight-Age Handicap 5K. 9:AM, McAllister Park. Groupings made by sum of age & weight. Contact: San Antonio Road Runners Box 12474, San Antonio, TX 78212.

Saturday, April 9

Austin Sportsfest Marathon (Formerly Texas Relays Marathon). Also Marathon & 1/2 marathon, 7:30A.M. Contact Marathon Director, Austin YMCA, 1100 West First, Austin, TX 78703 (512)476-6705.

Saturday, April 9

Texas Triathlon Two (1K Swim, 10K Run, 30K Bike) Texas A&M Univ., 6:30A.M., S14 entry, closed after 900 applicants or march 18. Contact: Anne Bell (713)693-6552 or Thomas Weis (713)845-7826.

\*Saturday, April 9

5 Mile Run, Amarillo. Contact: Corky Fritch, (806)655-4615 (home) or (352-2401), office.

April 9th & 10th

Lions Club Journey for Sight. Details to follow.

Saturday, April 9

Marathon of the Great Southwest, 7:AM. Contact: Mike Osborn, Box 3137, Abilene, TX 79604.

Saturday, April 16

2nd Annual Run for the Arts, Marathon, 2 mile, 1 mile (for elementary school students), 8:AM. Lubbock Civic Center. Write: WTRC, P.O. Box 2921, Lubbock, TX 79408

12:58

Saturday, April 18

Blue Bell Ice Cream 10K, 8:30 AM, Brenham. Contact: Brenham Athletic Assoc., Box 2025, Brenham, TX 77833.

Monday, April 18

87th Boston Marathon. Contact: Boston Athletic Assoc., 150 Causeway St., Boston, MA. 02114.

Saturday, April 23

2nd Annual Run for you Health, 10 & 3 miles. 9:AM, Carlsbad. Contact: Tom Tooke, New Mexico State Univ. at Carlsbad, 1500 University Drive, Carlsbad, NM 88220. (505)885-8831.

Saturday, April 23

Tall Town 10,000, Midland. Contact: Midland RRC, Box 10483, Midland TX 79702 or call Race Director Steve Coil (915)362-2504 or 366-7651

Sunday, April 24

4th Annual Andrews Running & Jogging Club 10K & 2 mile. 2:P.M. JMW Racquetball Club on Seminole Hiway. Contact: Jim Lewis, Rt 1, Box 2305, Andrews, TX 79714. (915)523-4173.

Saturday, April 30

4th Annual Rocky Mountain Oyster 10K Foot-race. 9:A.M., Highland Range on O.C. Fisher Lake, San Angelo; Contact: Rocky Mtn World Championship Oyster Fry & 10K Run, 420 N. Van Euren, San Angelo, TX 76901.

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, TX 76252.

Saturday, May 7

Tulua 10K & 2 Mile Fun Run (2mi is both race & predicted time) Olympic finish on H.S. track. 9:A.M. Contact: Omicron Study Club, Regina Emmitt, 1026 N.W. 10th St., Tulua, TX 79088. (806)995-2296.

Saturday, May 7

4th Pecos Valley Stampede Marathon, also Marathon, 10K. Contact: Margot Farby, YMCA, 202 S. Sunset, Roswell, NM 88201.

40:07

\*Saturday, May 14

11th Annual Horseshoe Bend Canyon Spring Frolic, 12 & 2 miles, Slaton, Texas 79364.

Saturday, May 21

3rd Annual Spring High 10K Lubbock. Sponsored by Lubbock Council on Alcoholism. Details to follow.

41:37

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.

Saturday, May 28

6th Funfest Marathon, Also Marathon. 7:A.M. Contact: Funfest Marathon, 1700 Polk St., Amarillo, TX 79102.

\*Saturday, June 4

4th Annual Levelland Lope 10K & 5K. Levelland, TX. NOTE DATE CHANGE!!! Details to follow.

41:30

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, June 11

7th Annual Grandma's Marathon, Duluth, MN. Limited to 7,000 applicants. Contact: Grandma's Marathon, Box 6234, Duluth, Minnesota 55806. (218)727-0947.

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.

Monday, July 4th

15th Annual Firecracker 10 & 3 Mile, Brownfield, Texas.

Sunday, August 14

Davis Mountain Marathon, Marathon, 6 mile, 3 mile & 1 mile Races. Contact: Prude Ranch, Box 1431, Ft Davis, TX 79734.

Sunday, Aug 14-20

Prude Ranch Fitness & Training Camp, Davis Mountains. Contact: Prude Ranch, Box 1431 Ft Davis, TX 79734. (915)426-3347.

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.

Monday, September 5

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

Saturday, September 10

Ironman Triathlon. 1600 meter swim, 64 mile bike, 12.1 mile run. See below.

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.

Friday, Sept 16 thru  
Sunday, Sept 18

TAC Masters National Outdoor Track & Field Championships, Mens & Womens, Rice University. Contact: James McClatchie, Box 74228, Houston, TX 77272.

\*Denotes Regular WTRC Race

11th Annual Cotton Patch 3 & 8 Mile Runs  
Brownfield  
February 12, 1983

Beautiful weather - perfect for running- greeted runners and spectators at the 11th Annual Cotton Patch Runs in Brownfield on Saturday, February 12th, 1983. 112 Runners lined up for the two events, a 3 mile and an 8 mile race.

In the 3 mile, Gary Jenkins led the pack with a 4:59 pace, finishing in 14:57 to take 1st in the Open Division and set a new course' record. The old mark was 15:05 (Robert Wilson, 1978).

Freddy Ortiz (Brownfield) was second overall and 1st in the High School & Under Division with a 15:48.

Tops in the 40 & Over Division (as usual) and fifth overall was Abernathy's Bobby Cunningham. Bobby flew over the course in 16:08 (5:23 pace) and set a 40 & Over course record replacing Bob Dunbar's 1981 time of 17:24.

Joe Tighe (Odessa) took the 30-39 honors with a fine 16:40. Mayo Gonzales (14, Lubbock) won the 15 & Under Division with a time of 17:43.

Kelly Young (Lovington) was first in the Girls Division with a 19:24. Lynn Bowie (Lubbock) ran a 22:51 enroute to winning the Ladies Division. Lynn's performance was a new Ladies Club Member course record, proof that Lynn has really improved her times over the past couple of years

Bert Torres (Lubbock) ran away with the 8 mile race, pacing himself to a 42:05 (a new overall club member record). V.H. Martinez (Odessa) covered the 8 miles in 46:17 for top spot among the 30-39 Age Group. Donald Webb (54, Coahoma) continued his winning ways with a 50:15, topping his own course record of 50:23 set last year. Don Just keeps getting better!

Mike Cage (Lubbock) ran a 48:06 and won his High School & Under Division. Sherill Easterling (Coahoma) took home the Ladies trophy with a 54:17.

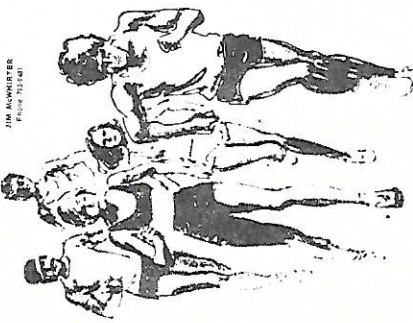
A couple of notes, Norm Pittenger (El Paso) was hot off of the Las Vegas Marathon where he ran a 3:03 including a 10 mile split of 60 minutes and a PR at every distance past 2 miles. Not a bad days work!

Mike Kelley (Lubbock) got off the operating table just in time to compete in the 8 miler. Mike endured some oral surgery just a couple of days before the race. Neither rain, nor snow, nor dark of night...

Thanks to Gene Adams, Mickey McClure and all the volunteers for another memorable spin around the "Cotton Patch."

the  
SWIFT FOOT

JIM BURNHART  
FLOOR 1515A1



302 S. W. 94. - 50. N. 84  
LUBBOCK, TEXAS 79401

Put Some  
Profit in your  
Jog!

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

"RUNNING IN YOUR DIRECTION"

### 3 Mile Results

Name	AGE	CITY	TIME
1. Gary Jenkins	19	Lovington, NM	14:57
2. Freddy Ortiz	17	Brownfield	15:48
3. John Rodriguez	19	Lubbock	15:58
4. John Harris	22	Midland	16:05
5. Bobby Cunningham	43	Abernathy	16:08
6. Greg Moon	20	Lubbock	16:18
7. Joe Tighe	35	Odessa	16:40
8. Rick Parsons	23	Midland	16:42
9. Herbert Perez	22	Brownfield	16:54
10. Jimmy Samarron	27	Levelland	16:56
11. "Unknown Runner"			17:15
12. Louis Salas	18	Brownfield	17:20
13. Kandy Johnston	24	Lubbock	17:27
14. Jim Haynes	36	Muleshoe	17:37
15. Mayo Gonzales	14	Lubbock	17:43
16. Vince Mercado	14	Lubbock	17:57
17. Dana Anstey	34	Lovington, NM	18:00
18. Tom Brown	40	Lubbock	18:20
19. Pat Lara	20	Lubbock	18:28
20. Steve Davies	16	Lubbock	18:39
21. Brent Tidwell	25	Lubbock	18:48
22. Dennis Smiley	31	Big Spring	19:06
23. Frank Menchaca	14	Brownfield	19:09
24. Norman Pittenger	45	El Paso	19:13
25. Joe Rodriguez	15	Brownfield	19:23
26. Marcus Luna	13	Levelland	19:24
27. Kelley Young	15	Lovington, NM	19:24
28. Gus Ochotovera	16	Lubbock	19:29
29. Robert Bacon	17	Lubbock	19:37
30. Kenny Hardin	22	Lubbock	19:42



8 Mile (Cont'd)

31.	Harlen Gilley	35	Littlefield	58:10
32.	Jim Wilhelm	32	Lubbock	58:20
33.	Mike Puryear	23	Lubbock	59:49
34.	Francis Johns	48	Midland	59:50
35.	Larry Medrano	53	El Paso	60:21
36.	Steve Ramos	16	Lubbock	60:32
37.	Mike Jacobs	34	Lubbock	60:45
38.	Mike Kelley	34	Lubbock	61:22
39.	Johnny Nava	36	Slaton	62:48
40.	Buzz Nurry	27	Odessa	66:54
41.	Rudy Aleman	37	Lubbock	69:07
42.	Donald Bewley	21	Lubbock	69:17
	Bill D. Oates	40	Lubbock	69:17
44.	Jimmy Harper	34	Lubbock	69:30
45.	Hugh Haynes	51	Lubbock	70:03
46.	Linda Burgess	24	Lubbock	70:24
47.	Bob Smith	62	Lubbock	71:59
48.	Jackie Stephens	29	Pampa	74:50
49.	Steve Purington	31	Brownfield	76:17
50.	Jan Ramirez	27	Lubbock	76:49
51.	Donovan Reed	49	Lubbock	76:59
	Bill Tweedle	21	Lubbock	DNF

8 Mile Awards

<u>Open</u>	<u>30-39</u>	<u>40-49</u>
Bert Torres Ralph Knerrg Quinn Smith Lolo Mercado Mark Scott Raymond Major	V.H. Martinez Dan Ponceca John Bednarski Bob Hough Corky Fritch James Livermore	Paul Harper Tom Freitag Francis Johns Bill Gates Donovan Reed
<u>50 &amp; Over</u>	<u>Ladies</u>	<u>H.S. &amp; Under</u>
Donald Webb Larry Medrano Hugh Haynes Bob Smith	Sherill Easterling Linda Burgess Jackie Stephens Jan Ramirez	Mike Caple Lance Rayhoff Miguel Carrasco Shane Uribe
Handicap Award Winner: JIM WILHELM		
<u>15 &amp; Under</u>	<u>Open</u>	<u>30-39</u>
Mayo Gonzales Vince Mercado Frank Menchaca Joe Rodriguez Marcus Luna Joe Castellano	Garv Jenkins John Rodriguez John Harris Greg Moch Rick Parsons Herbert Perez	Joe Tizhe Jim Harnes Dana Anstey Dennis Smiley Kenny Paxton Terry Proctor
<u>H.S. &amp; Under</u>	<u>40 &amp; Over</u>	<u>Girls (24 &amp; Under)</u>
Freddy Ortiz Louis Salas Steve Davies Gus Ochotorena Robert Bacon Kevin Shannon	Bobby Cunningham Tom Brown Norman Pittenger	Kelly Young Tina Rubio Dee Allen
<u>Ladies</u>		
Lyn Bowie Josie Aleman Sudnev Bennett		

Handicap Results

Name	Projected Time	Actual	Difference
*Jim Wilhelm	62:21	58:20	-4:01
Donald Webb	51:43	50:15	-3:28
Robert Grady	57:42	54:44	-2:58
Sherrill Easterling	56:40	54:17	-2:23
Don Kephart	55:46	53:39	-2:07
James Livermore	53:34	51:56	-1:38
Hugh Haynes	70:59	70:03	- :56
Johnny Nava	63:20	62:48	- :32

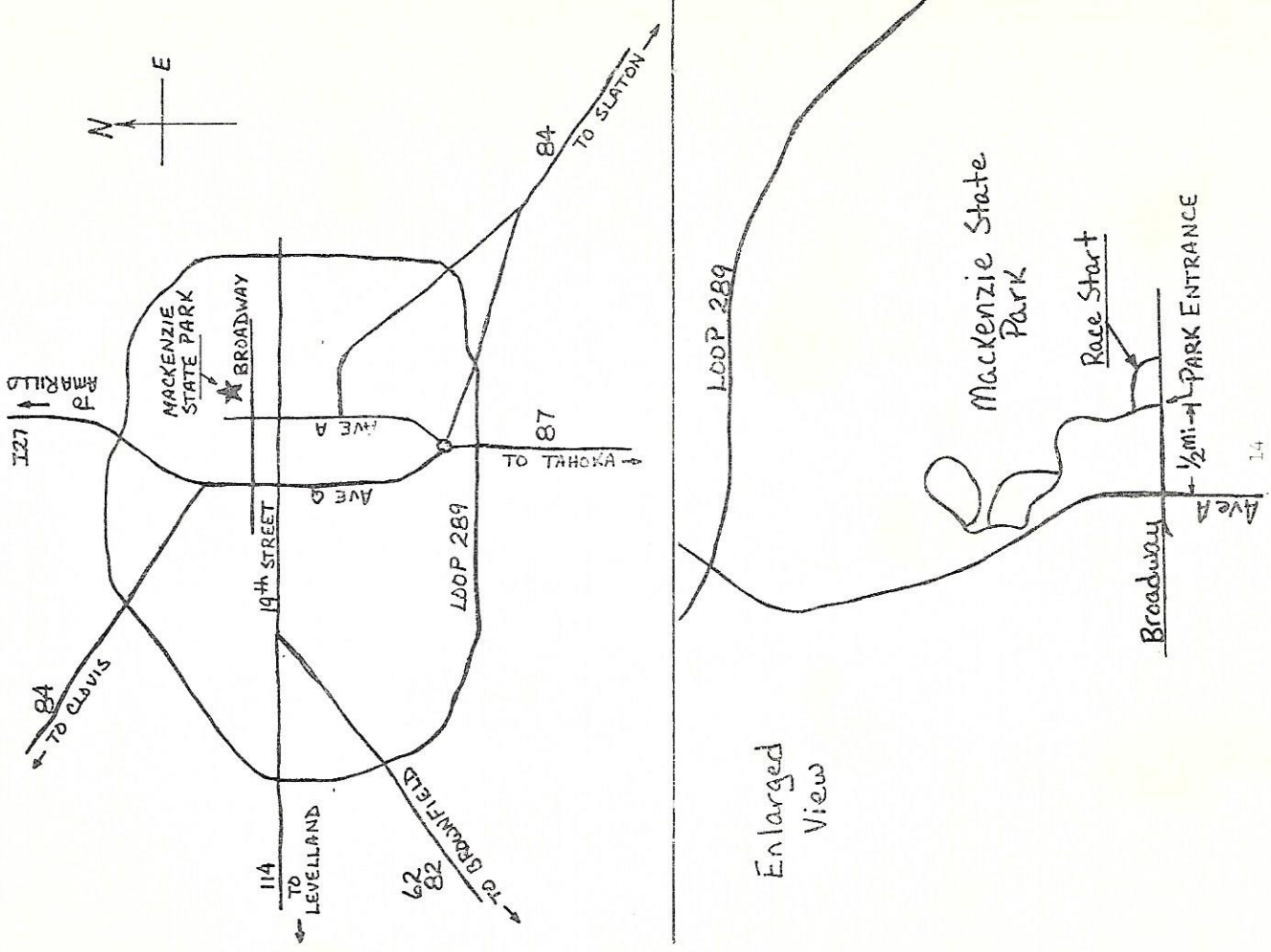
\*February Handicap Award Winner

Improvement 1983/1982

	1983	1982	Difference
James Livermore	51:56	54:12	-2:16
Donald Kephart	53:39	55:42	-2:03
Daniel Fonseca	47:05	47:54	- :49
Bob Grady	54:44	55:26	- :42
Johnny Nava	62:48	63:30	- :42
Jim Wilhelm	58:20	58:57	- :37
Hugh Haynes	70:03	70:32	- :29
Don Webb	50:15	50:23	- :08
Sherill Easterling	54:17	53:36	+ :41
Mike Kelley	61:22	57:52	+3:30

3 Mile

Jimmy Samarron	16:56	19:32	-2:36
Dennis Smiley	19:06	20:15	-1:09
Norman Pittenger	19:13	18:31	+ :42
Bobby Birdsong	20:29	19:06	+1:23



Enlarged View