

January 1983

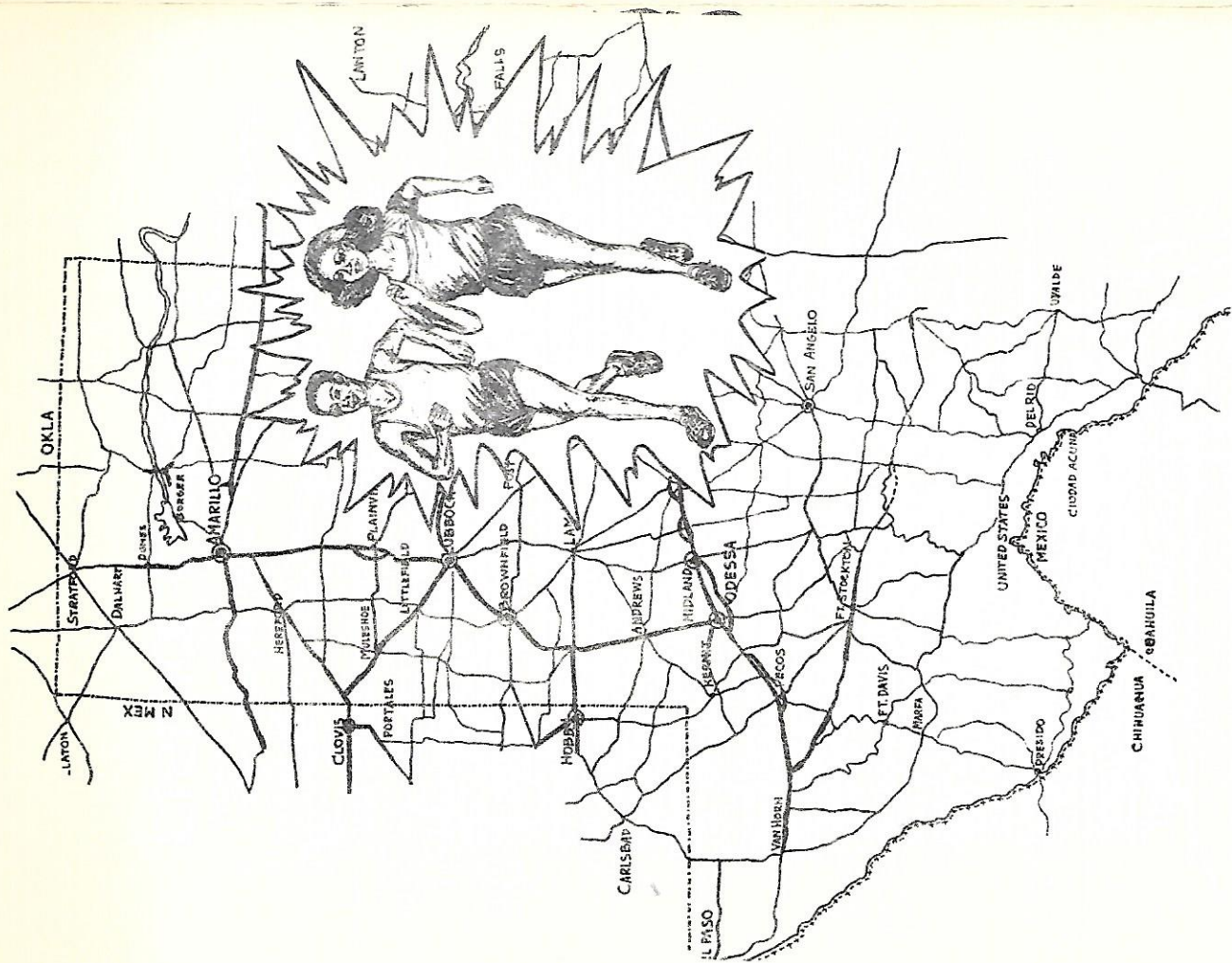
2/7/83

James Livermore  
5707 2nd Place  
Lubbock, TX 79416

JAN 83

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West Texas Running Club  
Route 1, Brownfield,  
Brownfield, Texas 79316



WEST TEXAS RUNNING CLUB NEWSLETTER

JANUARY 1983

\* \* \* \* \*

FEBRUARY CLUB RACE  
ELEVENTH ANNUAL "COTTON PATCH" RUNS

DATE: Saturday, February 12, 1983  
 TIME: 10:00 A.M.  
 DISTANCE: 8 Mile and 3 Mile Runs  
 LOCATION: Corner of Ballard Street and Bynum Lane, near  
 Cub Stadium, Brownfield, Texas. Registration at  
 Fieldhouse in Cub Stadium (See map).  
 COURSE: Half dirt roads, half asphalt roads, perfectly flat.  
 8 Mile - looped course.  
 3 Mile - out and back.

DIVISIONS & AWARDS:

8 Mile	3 Mile
Open	Open
High School & Under	15 & Under
30-39	High School & Under
40-49	30-39
50 & Over	40 & Over
Ladies	Ladies (25 & Over)
	Girls (24 & Under)
	6 trophies
	4 trophies
	6 trophies
	6 trophies
	3 trophies
	3 trophies
	3 trophies

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

FOR MORE INFORMATION CONTACT:

GENE ADAMS  
 Route 1  
 Brownfield, Texas 79316  
 Day: (806)637-2521  
 Evenings: (806)637-6533

COURSE RECORDS

8 Mile					
OVERALL RECORD:	Samuel Sitonik	23	Levelland	41:54	1981
CLUB MEMBER RECORD:	Cliff McCurdy	26	Lubbock	43:39	1981
HIGH SCHOOL RECORD:	Carlos Ybarra	15	Lamesa	42:54	1978
CLUB MEMBER RECORD:	Don Wise	16	Lubbock	47:37	1981
30-39 RECORD:	John Bodnarski	31	Odessa	44:14	1981
40-49 RECORD:	Tom Mayfield	40	San Angelo	45:40	1979
CLUB MEMBER RECORD:	Bobby Cunningham	41	Abernathy	45:47	1981
50 & OVER RECORD:	Don Webb	53	Cochoma	50:23	1982
LADIES RECORD:	Shevill Easterling	31	Cochoma	52:06	1981
3 Mile					
OVERALL RECORD:	Robert Wilson	18	Texas Tech	15:05	1978
CLUB MEMBER RECORD:	Quinn Smith	22	Portales, NM	15:06	1982
15 & UNDER RECORD:	Robert Schooler	15	Snyder	15:51	1979
HIGH SCHOOL RECORD:	Rudy Garcia	18	Brownfield	15:36	1979
CLUB MEMBER RECORD:	Gary Jenkins	17	Lovington	16:00	1981
30-39 RECORD:	Jimmy Whitley	30	Midland	15:27	1981
40 & OVER RECORD:	Bob Dunbar	47	Amarillo	17:24	1981
GIRLS' RECORD:	Isabel Navarro	20	Brownfield	17:47	1979
CLUB MEMBER RECORD:	Mary Ann Whitten	9	Canyon	25:24	1979
LADIES RECORD:	Caylene Caddell	20	Lubbock	22:00	1978
CLUB MEMBER RECORD:	Sarah Lamont	33	Ft Paso	26:12	1981

SCHEDULE OF EVENTS

Saturday, February 5	Terlingua Cookie Chill-off & Piethon 10K Roadrace, 9:A.M., Terlingua Ghost Town. CONTACT: Big Bend Runners, Box 8, Terlingua, TX 79852. (915)371-2221.	Saturday, April 16	Blue Bell Ice Cream 10K, 8:30A.M. Brenham. CONTACT: Brenham Athletic Assoc., Box 2025, Brenham, TX 77833.
*Saturday, February 12	11th Annual Cotton Patch Runs, 8&3 miles, 10:A.M. Brownfield, TX.	Monday, April 18	87th Boston Marathon, CONTACT: Boston Athletic Assoc., 150 Causeway Street, Boston, MA. 02114
Saturday, February 19	5th Woodlands Marathon, also 6 miler. CONTACT: Woodland Inn, 2301 N. Millbend Drive, Woodland, TX 77380.	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.
Sunday, February 20	Mardi Gras Marathon, 8:A.M., Lake Pontchartrain Causeway, New Orleans. CONTACT: Mardi Gras Marathon, Box 2232, New Orleans, LA 70176. (504) 246-0001.	Saturday, May 7	4th Pecos Valley Stampede Marathon, also 1/2 Marathon, 10K. CONTACT: Margot Purdy, YMCA, 202 S. Sunset, Roswell, NM 88201.
Saturday, February 26	Cowtown Marathon & 10K, Ft Worth. CONTACT: Cowtown Marathon, Box 567, Ft Worth, TX 76101. (817)870-9784.	*Saturday, May 14	11th Annual Horseshoe Bend Canyon Spring Frolic, 12 & 2 Miles, Slaton, TX.
Saturday, February 26	Roswell 10K & 3 Mile Fun Run, Cahoon Park, 11:A.M. CONTACT: Recreation Dept, Drawer 1838, Roswell, NM 88201. (505)622-5811, ext. 60, KIM ELLIOT.	*Saturday, May 28	6th Funfest Marathon, also 1/2 Marathon. 7:A.M. CONTACT: Funfest Marathon, 1700 Polk St., Amarillo, TX 79102.
Saturday, March 12	Panhandle Dietetic Assoc/Nutribird 10K and 2 Mile, Amarillo Medical Complex, 9:A.M. CONTACT: Panhandle Dietetic Assoc, %Judy Winter, 4036 Ricardo, Amarillo, TX 79109.	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, March 20	Capitol 10,000, Austin, 10:A.M. Course entirely on city streets. 14,248 registered in 1982. CONTACT: Capitol 10,000, P.O. Box 670, Austin, TX 78767. (512)445-3594.	*Saturday, June 11	4th Annual Levelland Lope 10K & 5K. Details to follow.
*Saturday, March 12	WTRC 4 Mile Run, Mackenzie Park, Lubbock. 10:A.M. Details to follow.	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, April 9	5 Mile Run, Amarillo, Details to follow	*Monday, July 4	15th Annual Firecracker 10 & 3 Mile, Brownfield, TX.
Saturday, April 9	Marathon of the Great Southwest, 7:A.M. CONTACT: Mike Osborn, Box 3137, Abilene, TX 79604.		
Saturday, April 16	2nd Annual Run for the Arts, 1/2 Marathon, 2 mile, 1 mile (for elementary school students), 8:A.M., Lubbock Civic Center, More details to follow.		

\*Denotes regular WTRC Race

PALO DURO CANYON MARATHON  
AND 4 MILE RACES  
JANUARY 8, 1983

How does race director Bob Dunbar do it? For the second year in a row, the Palo Duro Canyon races enjoyed absolutely splendid weather. Oh sure, there has been some rough weather in years past, but this year, as in 1982, the runners and spectators had a glorious day with mild temperatures, abundant sunshine and light winds.

Some 96 runners tackled the 4 Mile race (ever try to "tackle" a race?). Tucumcari, New Mexico was well represented by the first four finishers, who were led by George Chavez in 19:59, beating the overall course record of 20:20 set in 1981. Also beating the old mark was Robert Ferguson who finished second in 20:16. Louis Allred (Pampa) took first in the 30-39 bracket (5th overall) in 22:11. It is notable that Louis also won his age group in 1978, '79, '80 and '82 and was second in 1981. Bobby Cunningham (Abernathy) cruised to a 40-49 win in 22:15, 6th overall. Tony Stegman (Hugoton, Kansas) won the High School Division with a 22:54. Another Hugotonian, Sheldon Perry, was tops in the 13-15 group with a 25:57. Ray Chaffee (Fritch) ran the rolling course in 29:14 to take the 50 & Over award. Rebecca Allen (Amarillo) was the first female finisher and won the 30 & Over division in 30:51. Only 4 seconds behind was Phyllis Chain (Amarillo) with an Open Division win. Denise Knier (Hugoton, KS) took the Girls High School Division in 31:10.

The Marathon saw 29 contestants, 18 of whom survived the long distance over the always rugged course. The Champion and Open Division winner was Jim Umahee (Dallas) who blazed the course in 2:35:59, a 5:57 pace. John Boone (Georgetown) was second overall and in the Open Division with a time of 3:05:13. Mike Glasscock of Amarillo was the 30-39 victor with a 3:17:38. Gary Schmidt (Austin) ran a 3:20:31, which was sufficient for a first in the 40-49 group. Betsy Pasley, from San Antonio, won honors in the Ladies Division with a 3:41:04. Warren Brown (Amarillo) won the 50 & Over Division (at age 61) with a 4:37:47 in spite of some leg cramps late in the race.

Thanks to all the runners who made the day a big success and a special thanks to race director Bob Dunbar and all the volunteers who made it all so enjoyable.

PALO DURO CANYON MARATHON  
January 8, 1983

NAME	AGE	CITY	TIME	PAGE/MI
1. Jim Umblee	25	Dallas	2:35:59	5:57
2. John Boone	25	Georgetown	3:05:13	7:04
3. Howard Richardson	27	Dallas	3:14:51	7:26
4. Mike Glasscock	35	Amarillo	3:17:38	7:32
5. Herbert Perez	22	Bromfield	3:18:23	7:34
6. Gary Schmidt	45	Austin	3:20:31	7:39
7. Dave Pasley	27	San Antonio	3:23:36	7:46
8. Betsy Pasley	27	San Antonio	3:41:04	8:26
9. Roy Jones II	40	Abilene	3:41:57	8:28
10. Paul Harper	42	Lubbock	3:45:29	8:36
11. Mike Kelley	33	Lubbock	3:48:14	8:42
12. Larry Flies	28	Dallas	3:52:15	8:51
13. Gregg Nagle	29	Galveston	4:10:34	9:33
14. Sherry Painter	30	Galveston	4:14:20	9:42
15. Mike Greer	44	Lubbock	4:14:21	9:42
16. Ray Barbosa	35	Amarillo	4:28:01	10:13
17. Warren Brown	61	Amarillo	4:37:47	10:36
18. Pate Amaro	30	Glovis	4:49:29	11:02
Rod Copeland	26	Dodge City	DNF	
Tom Freitag	43	Wilson	16 miles	
Robert Atkinson	34	Austin	DNF	
Lou Gloystein	36	Amarillo	DNF	
Johnny Nava	35	Slaton	16 miles	
Jim Wilhelm	32	Lubbock	16 miles	
Don Kephart	30	Lubbock	16 miles	
James Livermore	35	Lubbock	21 miles	
Greg Copeland	35	Dodge City	DNF	
Tom Byrd	34	Pampa	DNF	
Gary McCarrel	34	Amarillo	DNF	

4 MILE RESULTS

4 Mile Results (cont'd)

1.	George Chavez	28	19:59	5:00	51.	Bill Davey	21	28:33	7:08
2.	Robert Ferguson	18	20:16	5:04	52.	Wally Weld	43	28:34	7:08
3.	Bennie Chavez	20	20:50	5:12	53.	Ken Clark	30	28:52	7:13
4.	Bruce Washburn	20	22:04	5:31	54.	Steve Stewart	24	28:56	7:14
5.	Louis Allred	37	22:11	5:33	55.	Justin Sapp	25	29:12	7:18
6.	Bobby Cunningham	42	22:15	5:34	56.	Ray Chaffee	51	29:14	7:18
7.	Calvin Wolter	23	22:15	5:34	57.	Cameron Monroe	29	29:34	7:23
8.	Corky Fritch	36	22:31	5:38	58.	Craig Brock	17	29:34	7:23
9.	Chris Hansen	28	22:35	5:39	59.	Mike Roberts	32	29:37	7:24
10.	Tony Stegman	17	22:54	5:43	60.	Jim Dixon	46	29:41	7:25
11.	Mark Scheid	38	23:05	5:46	61.	Kevin Smith	18	29:42	7:25
12.	Dan Haire	17	23:10	5:47	62.	Jim Greene	31	29:48	7:27
13.	Joel Jacobsen	25	23:26	5:51	63.	Jerry South	53	30:04	7:31
14.	Dennis Hall	29	23:36	5:54	64.	Paul Harwood	27	30:22	7:35
15.	Shane Cunningham	20	23:40	5:55	65.	Mark Foote	23	30:44	7:41
16.	David Metcalf	16	23:43	5:56	66.	Rebecca Allen	43	30:47	7:42
17.	Galen Rist	32	23:49	5:57	67.	Emmett Allen	30	30:51	7:43
18.	Darin Heger	18	23:49	5:57	68.	Freddie Sandoval	25	30:54	7:43
19.	Norman Pittenger	46	24:21	6:05	69.	Phyllis Chain	27	30:55	7:44
20.	Tom Siekman	27	24:44	6:11	70.	Denise Knier	16	31:10	7:48
21.	James Chapman	34	24:53	6:13	71.	Unknown	34	31:10	7:48
22.	Chris Heger	16	24:59	6:15	72.	Bert Bytheway	36	31:36	7:54
23.	Joe Hernandez	21	25:02	6:15	73.	Robert Haines	50	31:44	7:56
24.	Jose Aguayo	26	25:14	6:17	74.	Amy Johnson	26	31:57	7:59
25.	Brooks Blair	40	25:20	6:19	75.	Ian Saifer	22	32:01	8:00
26.	Ken McMillan	35	25:20	6:19	76.	Robert Aikin	67	32:03	8:01
27.	Casey Myers	16	25:23	6:21	77.	Jeff Bearden	46	32:23	8:06
28.	Larry Higgons	46	25:25	6:21	78.	Mark Turnbough	35	32:24	8:06
29.	Timothy Anderson	24	25:25	6:21	79.	Lydia Guana	32	32:26	8:06
30.	Bob Lindsey	43	25:39	6:23	80.	Billy Davis	24	33:07	8:17
31.	Jim Kirby	36	25:44	6:26	81.	Steve Lehman	25	33:54	8:28
32.	Rick Guana	32	25:46	6:26	82.	Terri Sapp	25	34:14	8:33
33.	Sheldon Perry	13	25:57	6:29	83.	Jay Parks	36	34:50	8:42
34.	Leon Wood	44	25:59	6:30	84.	Bob Smith	62	34:53	8:43
35.	Charles Davis	39	26:10	6:32	85.	Jennifer Edwards	22	35:29	8:52
36.	Louie Harris	30	26:17	6:34	86.	Toni Sinclair	24	35:32	8:53
37.	Richard Tamplen	14	26:27	6:37	87.	Jackie Stephens	29	35:43	8:56
38.	Ronald Thorne	25	26:36	6:39	88.	Britt Lindsey	12	37:08	9:17
39.	George Diamond	43	26:53	6:43	89.	Boyd Barbosa	12	37:09	9:17
40.	Pete Ramirez	34	26:54	6:43	90.	James Cantwell	28	37:59	9:30
41.	Pat Lara	20	26:58	6:44	91.	William L. Bennet	38	38:33	9:38
42.	Gene Erb	25	27:07	6:47	92.	Terry Becker	41	39:04	9:46
43.	Elvin Rogers	36	27:09	6:47	93.	Barbara McNabb	31	41:03	10:16
44.	Jim Murphy	41	27:43	6:56	94.	Patsy Birge	30+	43:03	10:46
45.	Dale Krueger	32	27:43	6:56		Jim Serafin	37	DNF	
46.	Danny Ogle	32	27:52	6:58		Brenda Moore	16	DNF	
47.	John Sherrer	31	27:56	6:59					
48.	David Trew	30	28:00	7:00					
49.	Wilburn Leeper	48	28:25	7:06					
50.	Johnny McNabb	33	28:29	7:07					

4 MILE AWARDS

12 & Under, Male

Britt Lindsey  
Ray Barbosa

13 & 15 Male

Sheldon Perry  
Richard Tamplen

High School, Male

Tony Stegman  
Dan Haire  
David Metcalf  
Darin Heger  
Chris Heger  
Casey Myers

Open, Male

George Chavez  
Robert Ferguson  
Bennie Chavez  
Bruce Washburn  
Calvin Wolter  
Chris Hansen

30-39, Male

Louis Allred  
Corky Fritch  
Mark Scheid  
Galen Rist  
James Chapman  
Ken McMillian

40-49, Male

Bobby Cunningham  
Norman Pittenger  
Brooks Blair  
Larry Higgins  
Bob Lindsey  
George Diamond

50 & Over, Male

Ray Chaffee  
Jerry South  
Robert Haines  
Robert Aikin  
Bob Smith

High School, Female

Phyllis Chain  
Amy Johnson  
Terry Sapp  
Jennifer Edwards  
Toni Sinclair  
Jackie Stephens

Open, Female

Denise Knier  
30 & Over, Female  
Rebecca Allen  
Lydia Guana  
Barbara McNabb  
Patsy Birge

MARATHON AWARDS

Open Division

Jim Umalbee  
John Boone  
Howard Richardson  
Herbert Perez  
Dave Pasley  
Larry Flies

30-39 Division

Mike Glascock  
Mike Kelley  
Ray Barbose  
Pete Amarc

40-49 Division

Gary Schmidt  
Roy Jones II  
Paul Harper  
Mike Greer

50 & Over Division

Ladies Division  
Betsy Pasley  
Sherry Painter

4 Mile Comparison

1982/1983

IMPROVEMENT

Charles Davis*	28:44/26:10	-2:34
George Diamond	29:05/26:53	-2:18
Jose Aguayo	27:24/25:14	-2:10
Norman Pittenger	25:58/24:21	-1:37
Rick Guana	27:12/25:46	-1:26
Pat Lara	28:10/26:58	-1:12
Justin Sapp	30:18/29:12	-1:06
Bob Smith	35:39/34:53	- :46
Corky Fritch	22:47/22:31	- :16
Chris Hansen	22:34/22:35	+ :01
Bert Bytheway	31:47/31:36	+ :11
Johnny McNabb	28:02/28:29	+ :27
Louis Allred	21:34/22:11	+ :57
Bobby Cunningham	21:26/22:15	+ :49
Mark Turnbough	31:21/32:24	+1:03
Patsy Birge	41:09/43:03	+1:54

FOOTNOTES...

Thanks to the following WTRC members who not only renewed but also made additional donations:

- Mike Greer - \$10.00
- Bobby Wise - \$20.00
- Baugh Lewis - \$5.00

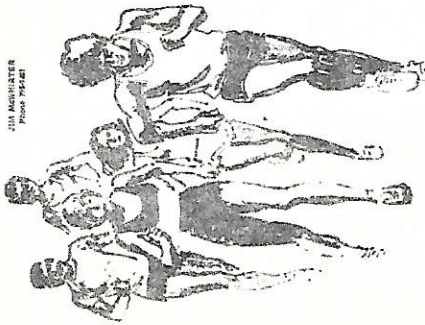
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Several WTRC members participated in the Houston Marathon held January 16. They were: Don Kephart, Jim Wilhelm, Tom Siekman and Hugh Haynes. Their times were unavailable at press time. This a good time to remind everyone to send us race results or participation in any/all races throughout the year. PR's should be shared!



111 MEMBERS FROM 1988

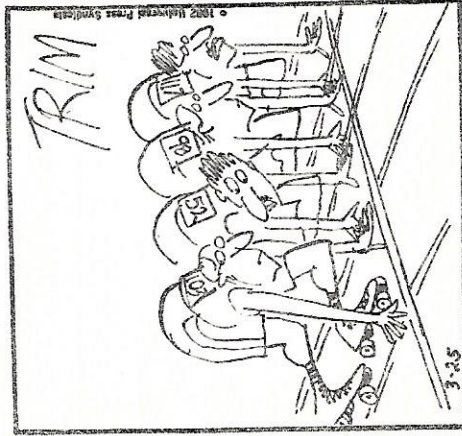
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# Eternal Hope

## 54-Year-Old Runs Competitively After Having Bypass Surge

Dear Editor:

With the Tulsa Run coming up in October, I thought the enclosed true-to-life personal experience would perhaps offer some encouragement to others that have undergone similar surgery.

It might offer some encouragement to people that are just thinking about running.

Sincerely yours,  
Frank G. Stark

BY FRANK G. STARK

**J**ULY 31, 1981, 11 A.M. I slowly drift into a bottomless sleep. Eight hours later my eyes open to a bright smiling face that says, "You are okay, they did a quadruple aorta autogenous saphenous vein coronary artery by-pass." In simple language they took a vein out of my right leg, from ankle to groin, and about eight inches from my left leg and by-passed some restricted arteries to my heart.

Intensive care has many meanings: intensive pain, intensive thoughts — 37 years as a professional pilot, career over, what sort of restrictions would be placed upon me? Solace can be gained only in the fact that I am alive. Seven days later I am released and go home. Only slight chest pain, as long as I did not cough, sneeze or move too rapidly in any direction. The pain in my right leg was severe. I never thought that open heart surgery would be such a pain in the leg.

My instructions were to take short walks. By short they meant from one room to another, then outside the house, gradually increasing from half of a block to whatever distance I could tolerate.

What followed was a 12-week exercise program at the hospital, three days a week, 1 1/2 hours a day working on the stationary bicycle, rowing machine, treadmill, wall-pulleys and light weights and of course continuing my daily walks. The exercise program at the hospital was a great boost both physically and psychologically. I began to feel like there were not going to be too many restrictions placed on my physical activity. As far as getting my pilot's license back, that is another story in itself.

To continue my exercise program I joined the East Branch of the Tulsa YMCA. In March of this year, one of the program directors invited me to join her jogging class. Up to this point I was never really interested in jogging, but on March 15, 1982, I ran my first mile. On April 3, 1982, I ran the Pepsi Challenge 1.2-mile race. April 17, 1982, the Tulsa Love Run, 4.2 miles. May 8, 1982 my first 10 kilometer Tulsa River Run, time 59:10 and on June 19, 1982 my second 10K, YMCA River Run, time 54:00. The support and encouragement that I received from Jane Warren, the program director, contributed greatly to these personal P.R.'s.

Although the jogging class is over, I am continuing to run 6-7 days a week, six miles a day and looking forward to the 15K Tulsa Run Oct. 30. On July 9, 1982, I was 54 years old and on July 31, one year after my surgery, I ran a 10K of my own with some friends to celebrate.

Perhaps this will offer some encouragement to others who have undergone by-pass surgery. From that bottomless sleep to a 54.00 10K run all in 10 1/2 months. The road back need not be too long.

