

May 1983

MAK 83

West Texas Running Club

P.O. Box 2921 Lubbock, Texas 79408

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WEST TEXAS RUNNING CLUB
NEWSLETTER

* * * * * MAY 1982 * * * * *

1983

JUNE CLUB RACE
"LEVELLAND LOPE"

DATE: Saturday, June 4, 2983
 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 6	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

COURSE RECORDS

10 Km	24	Levelland	32:22	1981
Overall Record	Wilson Kigen	24	Levelland	32:22
High School Record	Robert Schooler	17	Midland	33:34
30-39 Record	John Bednarski	31	Odessa	34:01
40-49 Record	Bobby Cunningham	41	Abernathy	35:21
50 & Over Record	Donald Webb	53	Coahoma	39:13
Ladies Record:	Sherill Easterling	32	Coahoma	39:53
5 Km				
Overall Record	Larry Chavez	22	Portales	16:02
15 & Under Record	Paul Orr	14	Slaton	19:21
High School & Under	John Warner	16	Slaton	16:22
30-39 Record	Gary Schovajsa	37	Amherst	17:24
Club Member	Robert Guajardo	39	Levelland	17:40
40 & Over Record	Bobby Cunningham	42	Abernathy	16:27
Ladies Record	Becky Munden	27	Lubbock	23:47
Girls Record	Mindee Mayfield	18	Lubbock	19:22

SCHEDULE OF EVENTS

- *Saturday, June 4
4th Annual Levelland Lope, 10K & 5K.
9:A.M.. See this newsletter for more.
- 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
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, 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, June 18
Wellington Square 10K Classic & 2 Mile Fun
Run. New course. Layout & measurement by
Amarillo YMCA Running Club. Contact:
Runners Classic, 1759-A, Avondale, Amarillo,
Texas 79109.
- Saturday, June 25
Triathlon - 9:A.M.-Texas Tech Recreation
& Aquatic Center. Swim.6 Mile (1K),
bike 20 miles, run 5 miles. Entry
deadline is June 10 or 100 people. Co-
sponsored by Lubbock Parks. Need not be
Tech student. Contact: None specified,
call Recreation Center.
- Saturday, July 2
Amarillo Pepsi 10K. Contact: Amarillo
YMCA Running Club, 816 S. Van Buren,
Amarillo, Texas 79101.
- *Monday, July 4
15th Annual Firecracker 10 & 3 Mile,
Brownfield, Texas. Colonial Heights
School.
- 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.
- Saturday, July 30
5th Annual Maggie Valley Moonlight 5 mile.
Women's 5 mile - 8:P.M. Mens- 9:30 P.M.
Limited to 750 women, 1500 men. Cool
nite, smokey Mtn air makes course
extremely fast. Also \$1,000 bonus for a
world Record. Contact: MVMR, Box 186
Waynesville, NC 18786.

*Denotes Monthly WTRC Event

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- 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 (night)
- Sunday, August 14-20
Prude Ranch Fitness & Training Camp.
Davis Mountsins. Contact: same as above.
- 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, August 27
1st Annual 35K Triathlon. 2 per son teams.
Events in order: 10K run, 5K canoe, 20K
bike. Limited to 60 entries. Sponsored by
Austin Runners Club. Contact: ARC, 5824
Traillridge Drive, Austin, TX 78731
- 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
- Saturday, September 10
2nd Annual Harvest Days Runs. Dimmitt.
1 mile @ 8:30A.M., then 5K & 10K. Contact:
Roger Malone. More to follow.
- 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, September 16 thru
Sunday, September 18
TAC Master National Outdoor Track & Field
Championships, Men's and Women's, Rice
University. Contact: James McClatchie,
Box 74228, Houston, TX 77272
- Saturday, September 24
10th Annual Virginia 10 miler. Deadline
over.
- Saturday, September 24
4th Annual Cavern City Travel On, 10, 3 &
1 mile. Contact: Hardy Williams, 1207
W. Thomas, Carlsbad, NM 88220. (505)885-5850

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11th Annual Horseshoe Bend Canyon
 "Spring Frolic"
 Saturday, May 14, 1983

For the past few years, it seems as if the weather is the main topic at the May race. In 1981, wind and dust led to many orange faces. Last year, conditions were excellent. This year, with 25 mph winds from the north and 42° temperatures, at least there were no comments regarding the dust!!

Kip Leyba (Lubbock) repeated as winner of the 12 miler, although (due to the conditions) not in the manner in which he set a new course record last year. Cliff McCurdy (Canadian) toured the out and back 2 miler in first place while knocking some 30 seconds off last year's winning time. The other award winners are listed elsewhere in this newsletter.

It seems as if quite a few of the 12 milers ran the last half much faster than the first six miles. For instance, 43 minutes for the first half followed by six miles in 36 minutes were one members' splits.

Despite the conditions, many runners were not daunted and ran greatly improved times over last years' and deserve special mention:

- Lyn Bowie - Improved 21:19 over last year
- Robby Timberlake - 9:26 better than last year
- George Jury - 7:21 improvement (and still working!)
- Ed Dabrowski - 6:27 improvement(" " ")
- Rodney Hendrix - 3:41 improvement(" ")

Many thanks to SUSAN MCCURDY for "personing" the aid station at mile 6! Also, thanks to race director Terry Barker.
 See ya'll at the "Lope"!!!

12 Mile Results

1. Kip Leyba	Lubbock	27	1:15:53.2
2. Rod Hendrix	Lubbock	17	1:16:27.3
3. Dan Fonseca	Brownfield	36	1:17:50.5
4. Ron Shew	Lubbock	31	1:19:39.7
5. George Jury	Lubbock	46	1:21:52.4
6. Ed Dabrowski	Levelland	25	1:22:07.3
7. James Livermore	Lubbock	35	1:22:53.6
8. David Jackson	Lubbock	28	1:23:21.3
9. Don Kephart	Lubbock	30	1:23:49.3
10. Gonzalo Ramirez	Lubbock	27	1:24:32.0
11. Peter Durkin	Lubbock	30	1:26:38.8
12. Paul Harper	Lubbock	43	1:27:03.5
13. Gordon Kitten	Slaton	35	1:27:55.2
14. Mike Kelley	Lubbock	34	1:29:03.9
15. Robby Timberlake	Levelland	34	1:29:06.0
16. Jim Fisher	Big Spring	31	1:30:43.7
17. John Price	Lubbock	28	1:33:20.1
18. Larry Isom	Idalou	33	1:35:30.5
19. Chad Driskell	Lubbock	18	1:41:24.2
20. Tim Wilkins	Lubbock	18	1:41:24.7
21. Bill Oates	Lubbock	40	1:43:14.4
22. Johnny Nava	Slaton	36	1:43:51.3
23. Jim Wilhelm	Lubbock	32	1:43:51.8
24. Gerald Long	Lubbock	48	1:50:24.2
25. Charles Pillow	Lubbock	34	1:52:11.1
26. Lyn Bowie	Lubbock	30	1:52:12.4
27. Jim McDuff	Crosbyton	45	1:53:02.9
28. Orlene Zermeno	Lubbock	23	2:12:09.9

2 Mile Results

<u>NAME</u>	<u>CITY</u>	<u>AGE</u>	<u>TIME</u>
1. Cliff McCurdy	Canadian	29	10:14.7
2. Herbert Perez	Brownfield	22	10:30.5
3. Bobby Cunningham	Abernathy	43	10:31.6
4. Tim Green	Lubbock	17	10:55.9
5. Ron Caten	Littlefield	25	11:04.2
6. Shane Cunningham	Abernathy	20	11:08.6
7. Jimmy Sammaron	Levelland	28	11:27.1
8. Randy Johnston	Lubbock	25	11:29.6
9. David Medlin	Muleshoe	13	11:32.4
10. Billy Braxdale	Big Spring	31	11:40.2
11. Tommy Baugh	Lubbock	14	11:58.3
12. Simi Ledesma	Slaton	17	12:35.8
13. Harlan Gilley	Littlefield	35	12:48.4
14. Rick Green	Midland	30	12:59.5
15. Dean Christian	Lubbock	24	13:11.3
16. Frank Hernandez	Lubbock	45	13:38.8
17. Randy McCallister	Post	28	13:55.3
18. Kenny Paxton	Dimmitt	36	14:13.3
19. Rick Houston	Lubbock	34	14:16.6
20. Rosa Sifuentes	Welch	16	14:16.6
21. Janie Sifuentes	Welch	13	14:20.0
22. David Hart	Post	29	14:21.9
23. Tammy Sifuentes	Welch	14	14:45.0
24. Jason Shone	Lubbock	12	15:18.6
25. John Medlin	Muleshoe	53	15:19.2
26. Cindy Johnson	Lubbock	26	15:25.5
27. Perry McCall	Lubbock	23	15:32.7
28. Jan Ramirez	Lubbock	28	15:39.1
29. Josie Aleman	Lubbock	31	15:44.3
30. Jackie Davis	Slaton	32	15:46.3
31. Sid Harper	Lamesa	12	16:11.4
32. David Pincson	Abernathy		17:00.7
33. Aaron Green	Slaton	12	17:41.9
34. Sylvia Morales	Welch	13	18:02.3
35. Johnny Harper	Lamesa	35	18:45.2
36. Joe Dan Harper	Lamesa	9	19:01.2
37. Kenny Harper	Lamesa	6	22:42.6

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12 Mile Results

Open Division
 Kip Leyba
 Rod Hendrix
 Ed Dabrowski
 David Jackson
 Gonzalo Ramirez
 John Price

Ladies

Lyn Bowie
 Orlene Zermeno

2 Mile Results

Open Division
 Cliff McCurdy
 Herbert Perez
 Ron Caten
 Shane Cunningham

Girls (24 & Under)

Rosa Sifuentes
 Janie Sifuentes
 Tammy Sifuentes

30-39

Dan Fonseca
 Ron Shew
 James Livermore
 Don Kephart
 Peter Durkin
 Gordon Kitten

40-49

George Jury
 Paul Harper
 Bill Oates
 Gerald Long
 Jim McDuff

30 & Over

Bobby Cunningham
 Billy Braxdale
 Harlan Gilley
 Rick Green

HS & Under

Tim Green
 David Medlin
 Tommy Baugh
 Simi Ledesma
 Jason Shone

Ladies (25 & Over)

Cindy Johnson
 Jan Ramirez
 Josie Aleman

Comparison 1983 - 1982

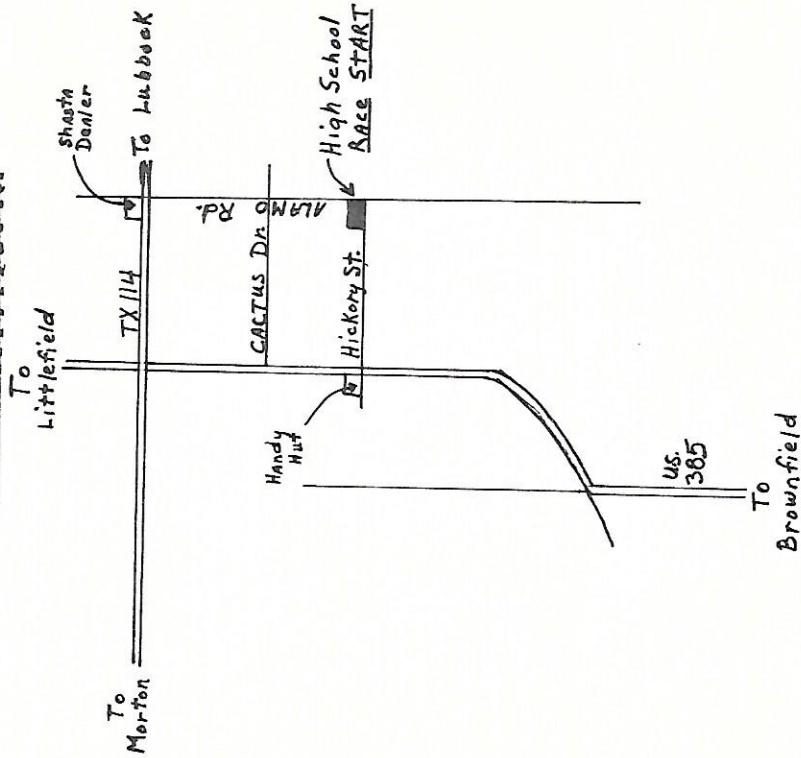
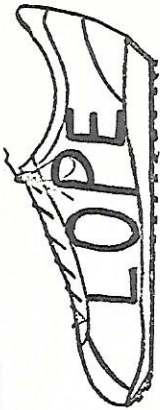
<u>1983</u>	<u>1982</u>	<u>Difference</u>
Lyn Bowie	2:13:32	-21:19
David Jackson	1:37:35	-14:13
Robby Timberlake	1:38:32	- 9:26
George Jury	1:29:14	- 7:21
Ed Dabrowski	1:28:34	- 6:27
Rodney Hendrix	1:20:09	- 3:41
Don Kephart	1:25:52	- 2:02
James Livermore	1:23:32	- :38

2 Mile Comparison

Herbert Perez 10:31 10:45 :14

LEVELLAND

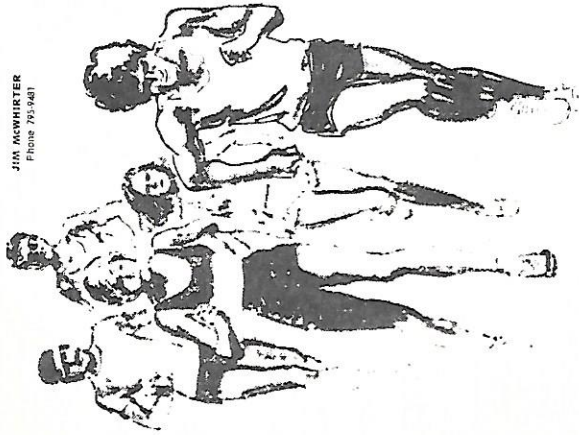
WTRC 5K - 10K



the
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