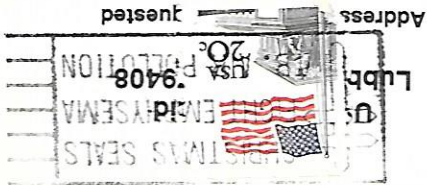


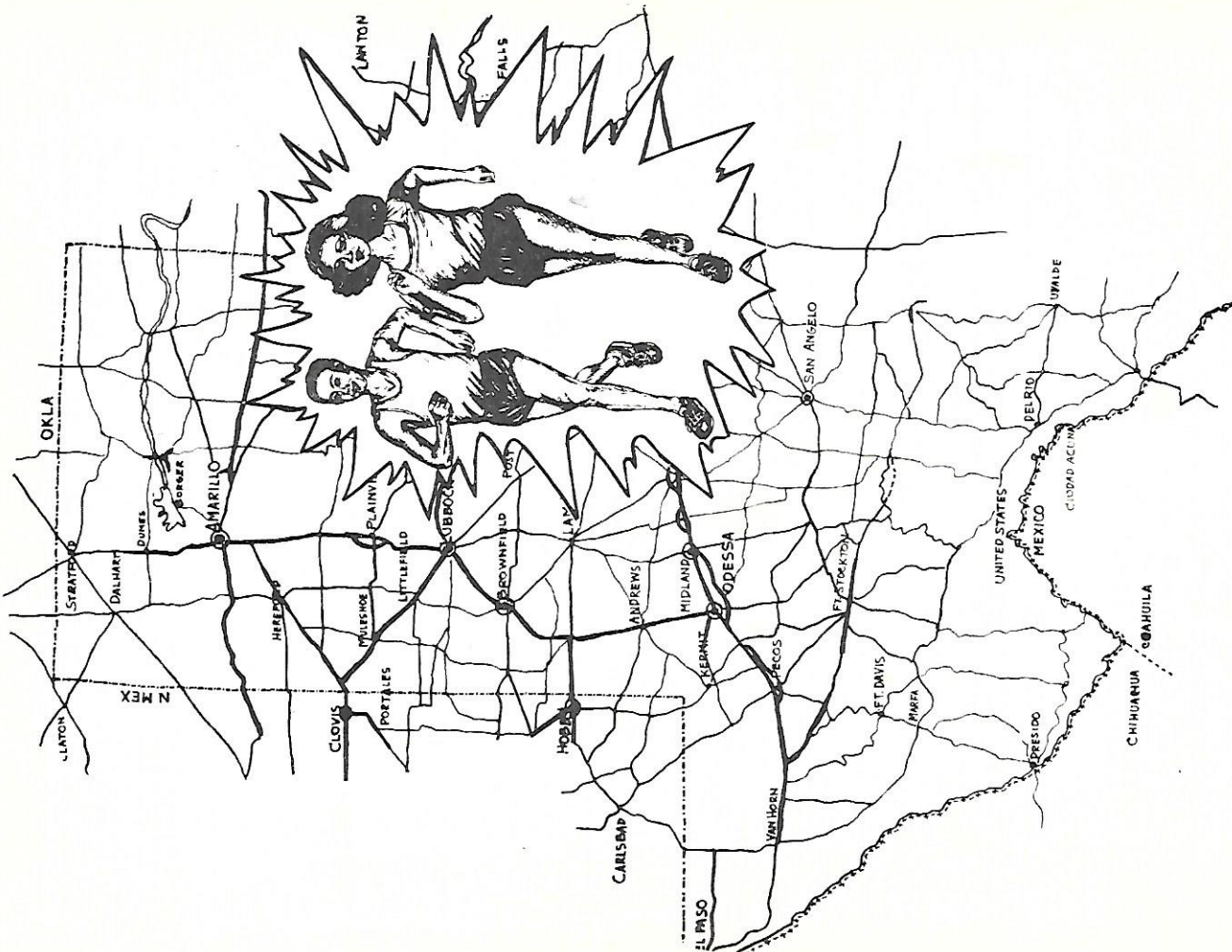
November 1983

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



P.O. Box 2921 Lubbock, Texas 79408

West Texas Running Club



WEST TEXAS RUNNING CLUB NEWSLETTER

November 1983

* * * * *

DECEMBER CLUB RACE

12th Annual "Concho Crawl"

DISTANCE: 7 Miles and 2 Miles
DATE: Saturday, December 10, 1983
TIME: 10:00 A.M.
LOCATION: Base of Wink Hill, Highland Range Park, North Concho Lake, San Angelo, Texas (See map)

DIVISIONS & AWARDS:

7 Mile

Open Division	First 4	Open Division	First 4
30-39	First 4	High School & Under	First 4
40-49	First 4	30 & Over	First 4
50 & Over	First 3	Girls (24 & Under)	First 3
Ladies	First 3	Ladies (25 & Over)	First 3

ENTRY FEE: Club Members: \$2.00
 Non-club Members: \$3.00

COURSE: Asphalt Roads, HILLY. 2 Miles: Out & back; 7 Miles: Looped course.

FOR MORE INFORMATION CONTACT: (Race Director)

Bill Moore
 1417 W. Avenue D
 San Angelo, Texas 76901
 (915)653-3034 - home
 (915)658-4949 - office

COURSE RECORDS

7 Mile					
Overall Record:	Desmond O'Connor	21	Ireland	35:12	1976
Club Member Record:	John Bednarski	29	Odessa	35:26	1978
30-39 Record:	John Bednarski	30	Odessa	37:05	1979
40-49 Record:	Tom Mayfield	42	San Angelo	39:20	1980
Club Member Record:	Bobby Cunningham	40	Abernathy	39:41	1980
Ladies Record:	Sherill Easterling	29	Coahoma	46:10	1979
2 Mile					
Overall Record:	Dave Bauer	18	San Angelo	10:05	1976
Club Member Record:	Cliff McCurdy	24	Canadian	10:34	1978
High School Record:	Carlos Ybarra	17	Lamesa	10:41	1979
Club Member Record:	Alex Cruz	16	San Angelo	12:25	1980
30 & Over Record:	Bobby Cunningham	41	Abernathy	11:05	1981
Girls Record:	Donna Repman	18	Midland	12:47	1980
Ladies Record:	Caylene Caddell	25	Lubbock	13:43	1977

Fletcher ran 51 marathons in 51 weeks

ROBERT VERNON RUNNING

When last we saw Bob Fletcher, he was rubber-logging it out of Fort Worth having completed the Cowtown Marathon and was on his way to another town and another race in his quest for 50 marathons in a year.

Cowtown marked the halfway point on the transcontinental trek that Fletcher, a Houston engineer, undertook as a celebration of his 50th birthday. Originally, Fletcher set out to run 50 marathons in 52 weeks, but trying to explain that got to be too confusing, so he settled on 50 marathons in 50 weeks. That simplified matters considerably, although it put a little extra pressure on Fletcher.

On Aug. 21, our man Bob completed his 50, plus one. Actually, the trail ended in Fort Davis, Texas, at the Prude Ranch Aug. 14, but a scheduling snafu caused Fletcher to wind up entered in the Pikes Peak Marathon a week later.

Since he already had been accepted, Fletcher took the challenge and completed the torturous race up and down Pikes Peak to make it a nice, uneven 51 marathons in 51 weeks. OK, so maybe it doesn't have as nice a ring to it, but it's still one heckuva feat.

Through each of his 51 challenges, Fletcher, who took a year's leave of absence from his job to attempt this chore, averaged just under 3 hours, 9 minutes. His best time was 2:55 at Boston and his worst time, not counting Pikes Peak, was 3:24 in Grand Forks, N.D., where he battled a heat wave. Twice he ran consecutive sub-3-hour races.

As one might expect, the only way for someone to be successful at such an endeavor is to remain free of injury and illness. Aside from some bruised ribs, Fletcher escaped any serious injuries and managed to dodge nearly all debilitating germs.

"The closest I came to missing a race was at the Quad Cities Marathon," he said. "I felt bad on Thursday, and by Friday, I felt worse. The night before the race, I was running a low-grade temperature, but I woke up the next morning, felt OK and ran 3:04."

CONT. ON PG. 9...

11th ANNUAL "BUFFALO WALLOW"

Saturday, November 12, 1983

The dogfight at the sign-up table was nowhere near as exciting as the battle between Steve Stallings and Quinn Smith in the two mile event! When the dust had settled, Steve found not only that he was the winner but that he was also the proud owner of a "brand-spanking new" 30-39 age group record. His time of 10:02.7 eclipsed John Bednarski's 1979 record setter. Quinn's efforts (10:08.5) earned him laurels in the tough Open Division which saw 5 other runners finishing in under 11 minutes. Some familiar names garnered honors in the 40 & Over Division. Perennial medal winner Bobby Cunningham (11:02.2) led Bernie Hartman, Leveallanders Bobby Birdsong and Frank Barker over the out and back. Tommy Baugh (11:13.7) in the H.S. and Under and J.E. Witherford (13:13.6) in the Ladies Division rounded out the winners in the 2 mile.

The temperature throughout the race remained 20° degrees warmer than a year ago, and it was more than evident in the half-marathon. Lolo Mercado never seemed to notice it as he paced himself to a 1:16:04 victory. Amid all the pre-race hoopla before the starting gun sounded (or was the noise we heard a space-age "Tone Laser"?), Lolo predicted that he would run in "lolo" 1:20's and that this would be a good indicator in getting ready for the White Rock Marathon. With the "Buffalo Wallow" being the gruelling course that it always is, a sub 2:40 White Rock should well be in the grasp of Lolo Mercado. Good luck! Lolo's only threat of the day was Mike Cagle who finished a distant second in 1:19:51. Richard Kleinhans emerged victorious in the 30-39 age group while Charles Davis' debut in the 40 & Over Division proved fruitful as he took top honors in a fine time of 1:32:56. Tony Bush (Fresno, CA) led John Hartsfield in the 50 & Over while Donna Pruitt set a new Ladies Division record with a fine 1:41:52 clocking.

One runner worthy of note should be 72 years young Dr. Howard Calkin (Missouri) who inspired us all with his tremendous effort in the half-marathon. This should only provoke us as runners to continue steadfastly upward to the reality that if we persevere, someday we will become real "winners".

*** special thanks to: ***

Brenda Kephart- Registration, Finish Line, Awards Compu-
tation, and Moral Support.

James Livermore- Registration.

Debra Smith- Finish Line.

Del Alonzo- Aid at 3½, 10 miles.

George and Sheila Angerer- Aid at 7 miles.

Mark Turnbough- 10 mile splits.

And an extra special salute to race director/Club President DON KEPHART, for his efforts in coordinating the "Wallow". Don has been working very hard lately, rounding up equipment like the blow-horn and our new clock, plus the new club uniforms. All this in addition to his job, his family and of course, getting in shape for this year's Houston-Tenneco Marathon. Well done, Kepo!

SEE YA'LL AT THE "CONCHO CRAWL"

Advice

Joe Henderson has written in numerous publications that one should increase weekly mileage by no more than 10% per week. To do more, courts injury.

A certain runner recently had bronchitis in Helsinki in early August. So he jogged for fun for a while, then jumped to 70 miles a week, to 100 miles, to 128 miles a week, and then to 137 miles. His persistent hamstring problems recurred, so he missed the New York marathon. Alberto Salazar was quoted as saying, "That was too great in increase."

2. Mile Results

1. Steve Stallings	31	Stanton	10:02.7
2. Quinn Smith	23	Lovington	:08.5
3. Buddy Hutto	22	Levelland	:25.5
4. Robin Powell	21	Levelland	:27.8
5. Karl Wolfe	19	Lubbock	:34.3
6. Clay Davis	18	Lubbock	:40.3
7. Tim Green	18	Lubbock	:57.1
8. Tom Nesbitt	34	Lubbock	:57.7
9. Bobby Cunningham	43	Abernathy	11:02.2
10. Jimmy Samarron	28	Levelland	:08.2
11. Mike Williams	20	Lubbock	:13.4
12. Tommy Baugh	15	Lubbock	:13.7
13. Randy Johnston	25	Lubbock	:36.6
14. Juan Ramirez	17	Welch	:43.2
15. Vincent Taylor	30	Lubbock	:53.3
16. Cande Olivas	21	Levelland	:55.4
17. John Rucker	37	Lubbock	12:03.2
18. Bruce Ebanks	33	Lubbock	:19.2
19. Kelly Attebury	29	Abernathy	:20.3
20. Eugene Rios	30	Lubbock	:25.1
21. Vince Mercado	15	Lubbock	:33.8
22. Jr. Morales	15	Welch	:34.0
23. Bernie Hartman	49	Lubbock	:41.0
24. Marlin Hamilton	28	Lubbock	:43.2
25. Joe Post	34	Lubbock	:44.0
26. Tim Wilkins	18	Lubbock	:46.9
27. Thanh Ho	20	Lubbock	:49.7
28. Bobby Birdsong	42	Levelland	:57.4
29. J.E. Witherford	26	Dallas	13:13.6
30. Raymond Rivas	15	Welch	:23.6
31. Anthony Morrison	13	Lubbock	:25.2
32. Rosa Sifuentes	17	Welch	:27.6
33. Steven Allen	28	Lubbock	:36.5
34. Mark Turnbough	36	Plainview	:38.4
35. Frank Barker	40	Levelland	:43.2
36. John Harper	48	Anton	:46.5
37. Paul Ward	17	Lubbock	:50.2
38. Frank Cook	27	Lubbock	:51.8
39. Tammy Sifuentes	15	Welch	:53.0
40. Gonzalo Ramirez	27	Lubbock	:57.1
41. Clara Monzote	16	Levelland	14:11.2
42. Janie Sifuentes	14	Welch	:18.3
43. Harcy Short	16	Levelland	:22.3
44. Charlie Stallings	38	Lubbock	:34.3
45. George Angerer	41	Stanton	:36.9

Half Marathon Results
(13.109 Miles)

Rank	Name	City	Time	Rank	Name	City	Time
46.	Liana Guajardo	Leveland	14:41.2	1.	Lolo Mercado	Lubbock	1:16:04.6
47.	Charles Russell	Andrews	:49.3	2.	Mike Cagle	Lubbock	1:19:51.5
48.	Nathan Wilkins	Lubbock	15:05.1	3.	Erik Packard	Hobbs, NM	1:21:12.9
49.	Charles Moyer	Lubbock	:10.0	4.	Dennis Miles	Lubbock	1:22:00.8
50.	Mark Scott	Lubbock	:10.9	5.	John Harris	Midland	1:23:25.9
51.	Pat Morrison	Lubbock	:24.9	6.	Kevin Wolfe	Lubbock	1:24:55.6
52.	Josie Aleman	Lubbock	:47.7	7.	Ed Dabrowski	Leveland	1:25:31.8
53.	Connie Kitten	Lubbock	16:22.8	8.	Joe Hernandez	Leveland	1:25:48.4
54.	Rosa Ribas	Welch	:35.1	9.	Victor Montez	Hobbs, NM	1:26:34.6
55.	Sylvia Morales	Welch	:36.9	10.	Richard Kleinhans	Midland	1:27:16.7
56.	Jan Ramirez	Lubbock	:40.5	11.	Stuart Smith	Lubbock	1:27:29.5
57.	James Powell	Lubbock	17:07.2	12.	Ron Laughbaum	Lubbock	1:27:40.4
58.	Jill McDonald	Edmund, OK	:11.0	13.	Tom Seikman	Dallas	1:27:49.3
59.	Darlene Jones	Lubbock	:31.4	14.	Peter Durkin	Lubbock	1:28:01.9
60.	Bill Cagle	Floydada	:38.7	15.	John Price	Lubbock	1:29:35.8
61.	Harry Rhodes	Lubbock	19:13.6	16.	Henry Jordan	Lubbock	1:32:00.0
62.	Sheila Angerer	Staton	:31.1	17.	Charles Davis	Wolfforth	1:32:56.5
63.	Lyn Smith	Lubbock	20:44.5	18.	Dan Favorite	Lubbock	1:34:29.1
64.	Jennifer Jacobs	Lubbock	21:56.8	19.	Greg Gephart	Midland	1:34:50.3
65.	Barbara Russell	Andrews	22:40.2	20.	Mike Kivistik	Midland	1:36:04.5
66.	Edna Rhodes	Lubbock	24:20.1	21.	Bryan Horanoff	Hobbs, NM	1:37:00.2
	Monte Menasco	Lubbock	DNF	22.	Steven Parker	Lubbock	1:38:04.0
				23.	Al Grotz	Lubbock	1:38:54.6
				24.	Jim Fisher	Lubbock	1:39:46.9
				25.	Shane Uhler	Lubbock	1:40:58.4
				26.	Ron Mahaffey	Lubbock	1:41:37.8
				27.	Donna Pruitt	Leveland	1:41:52.8
				28.	Ed Swanson	Lamesa	1:42:03.6
				29.	Jim Wilhelm	Lubbock	1:42:04.8
				30.	Alonzo Mendoza Jr.	Leveland	1:44:34.9
				31.	Robert Guajardo	Leveland	1:44:39.2
				32.	William Sparkman	Lubbock	1:45:17.1
				33.	Mike Kelley	Lubbock	1:45:36.7
				34.	Tom Freitag	Wilson	:03.4
				35.	Gerald Long	Lubbock	1:46:58.3
				36.	Tony Bush	Fresno, CA	1:47:29.7
				37.	Jay Clement	Dallas	1:48:54.4
				38.	James Livermore	Lubbock	1:49:48.2
				39.	Jim Lewis	Andrews	1:52:51.3
				40.	Caesar Jaramillo	Lubbock	:36.6
				41.	Roger Coughran	Lubbock	1:54:37.3
				42.	Rick Green	Lubbock	1:55:50.0
				43.	John Hartsfield	Midland	1:56:53.2
				44.	April Stein	Lubbock	1:58:06.0
				45.	Johnny Nava	Lubbock	1:59:11.4
						Staton	1:59:52.9
							:08.7

Awards

Category	Name
Open	Quinn Smith
	Buddy Hutto
	Robin Powell
	Karl Wolfe
	Clay Davis
	Tim Green
H.S. & Under	Tommy Baugh
	Juan Ramirez
	Vince Mercado
	Jr. Morales
Ladies	J.E. Witherford
	Rosa Sifuentes
	Tammy Sifuentes
	Clara Monzote
40 & Over	Bobby Cunningham
	Bernie Hartman
	Bobby Birdsong
	Frank Barker
30-39	Steve Stallings
	Tom Nesbitt
	Vincent Taylor
	John Rucker

46. Michael Jacobs
 47. Jim McDuff
 48. John Huckaby
 49. Dr. Howard Calkin
 50. Monte Spanier
 51. Hugh Haynes
 Terry Barker
 Trish Hintzel

35 Lubbock
 45 Crosbyton
 16 Leveland
 72 Missouri
 31 Lubbock
 52 Lubbock
 29 Lorenzo
 25 Midland

2:01:43.6
 2:03:49.7
 2:03:50.2
 2:12:04.2
 2:14:12.6
 2:15:02.1
 DNF
 DNF

9:17.2

:26.8

:26.8

10:04.5

:14.3

:18.1

Awards

30-39

Richard Kleinham
 Peter Durkin
 Henry Jordan
 Al Grotz
 Jim Fisher

Charles Davis
 Robert Guajardo
 Tom Freitag
 Gerald Long

40-49

Open

Lolo Mercado
 Mike Cagle
 Erik Packard
 Dennis Miles
 John Harris
 Kevin Wolfe

50 & Over

Tony Bush
 John Hartsfield
 Howard Calkin

Ladies

Donna Pruitt
 April Stein
 Monte Spanier

Crosby County Run of Hope For Cancer Society is Successful

What happens to a small local road race that renews on Mother Nature's good humor and finds on race day that she's got out of the wrong side of the bed? One logical assumption would be to reschedule the event, but such was not the case Saturday at the Crosby County 32 mile Run of Hope.

With the morning breaking a clear, crisp 38 degrees, headwinds gusting up to 20 mph, and an abundant lack of runner participation, one would be inclined to agree with the primary assumption. Not so. After a 75 minute delayed start, the run for cancer was on with once again the principle figure in the run being its originator, Terry Barker of Lorenzo.

The original Crosby County Run of Hope was a 30.5 mile run that stretched from Crosby's west county line to the western border, taking in Lorenzo, Falls, Crosbyton, and the scenic but treacherous Silver Falls panorama that lies below the caprock. With the idea of promoting another benefit run for the American Cancer Society and in turn making the finish a little easier on the body, the '83 version of the Run of Hope was to have a reversed start and finish with the reasoning two-fold. First, with an additional mile and half thrown in for good measure (50K), this would allow the finish to be placed at the Lorenzo State Bank who was this year's sponsor of the event. Secondly, it would also strategically place the eight miles of hills in the Silver Falls segment toward the beginning of the run rather than having them fall 11 miles from the finish. The best laid plans, right? Wrong!

From 12 miles through 19 miles the weather became severely overcast and Mother Nature decided it was time for some "showers of blessings".

With the onslaught of cold rain and high winds, the pace of the run dwindled with Barker passing the halfway point (16 miles) at 2 hours and 4 minutes. But, alas! The sun generously came out once again at 20 miles, reviving the outer extremities and making the run a little more bearable.

By 22 miles the pace once again quickened and Barker slipped by the marathon mark (26.2) at 3:20:53, a far cry from the sub-2:50 mark needed by Barker on a certified course to qualify for next year's classic Boston Marathon. Grim and determined, he rounded the corner at Lorenzo and ended the run 4 hours, 13 minutes and 51 seconds after the early morning start. Commenting on the ultra-distance run, Barker said that he "felt pretty strong even through the hills until about 12 or 13 miles when everything really turned off cold and wet. I really thought I was in trouble for awhile until the sun came out at about 20 miles. I've had some trouble with my right hamstring here recently, but it never was a factor. I did have some severe cramping in my quads from 26 miles and on into Lorenzo and had to stop several times to relieve the tightness."

Congratulations are in hand for the efforts Saturday's Crosby County 32 mile Run of Hope accomplished. A total of \$784.43 was sponsored and pledged by local businesses and many individuals in this area making this year's endeavor a tremendous success. Special thanks for the aid essentials provided for by the Barker family and the organizational assistance from the American Cancer Society, Texas Division, Inc. by representative Robbie Mauldin of Lubbock.

CONT. FROM Pg. 2

At the Houston-Tenneco, Fletcher forgot he had placed three safety pins inside his shoe the night before. Two miles into the race he noticed something unusual about the sensation in his foot, but dismissed it as a blister and kept running. He didn't discover the pins until after the race.

Early on, Fletcher complained of falling out of shape because the traveling was keeping him from training properly during the week. Eventually, he solved that problem by increasing his mileage during training runs to about 45 miles a week and throwing in at least one track workout per week.

When the last race was run and Fletcher had returned to Houston, he had logged more than 1,300 race miles and put approximately 45,000 miles on his van. Other than gasoline, Fletcher said he had to replace one set of tires and sink about \$60 into auto repairs. As far as his own equipment was concerned, Fletcher wore out six pairs of shoes.

Now that he has put his task behind him, Fletcher says he has another planned. His travels have taken him to races in 33 states. He'd like to run in the other 17.

Mind you, he doesn't plan to do them all in one year. He figures three or four out-of-state marathons a year ought to be just about right.

Of course, there's always the problem of what to do when he turns 60.

FOOTNOTES...

A few times from the Golden Yucca 3 mile, 8.6 mile & marathon (HOBBS, NEW MEXICO, November 5, 1983) as reported by Bernie Hartman:

8.6 mile event	TIME
1. Quinn Smith, Lovington, NM	48:17.7
5. Kevin Wolfe, Lubbock	54:25.8
7. Henry Jordan, Lubbock	54:24.4
32. John Hartsfield, Lubbock	1:10:11.8

As mentioned in last month's newsletter, the Red Raider Road Race was a huge success. Because of the fantastic turnout, we do not have room in this newsletter to publish complete results (it would take 14 pages and the newsletter would exceed 2 ounces). Award winners are listed on the inside back cover of this newsletter. Complete results are being mailed to all participants of the race.

* * * * *

After much consideration, the Directors of the West Texas Running Club, Inc., have voted to increase annual dues from \$5.00 to \$8.00 per year effective December 1, 1983. This increase is the first ever in the 12 year history of the club and will help offset increased costs of trophies, supplies, freight, etc. Also, we will use the extra income to cover First Class Postage for the newsletter. Many members have requested First Class Postage to eliminate delays caused by inefficient routing of bulk-mailed newsletters. We feel that this change will result in better service to our members and we welcome your input.

* * * * *

GONZALO RAMIREZ has made arrangements to provide silk screening of the West Texas Running Club "Windmill" design. The design can be printed on your shirt for \$1.00 or a shirt with the design can be purchased for \$7.00. If interested, contact Gonzalo at 806-795-7338 or 3202-88th Street, Lubbock, Texas, 79423.

1993 RED RAIKER ROAD RACE
OVERALL RESULTS

Category	Rank	Name	City	Time	
OPEN	1.	Quinn Smith	Lovington NM	32:53	
	2.	Cliff McCurdy	Canadian TX	33:15	
	3.	Stephen Stallings	Stanton TX	33:23	
	4.	Robin Fennell	Leveland TX	34:31	
	5.	Karl Wolfe	Lubbock TX	34:50	
	19 and Under				
	1.	Karl Wolfe	Lubbock TX	34:50	
	2.	Tim Green	Lubbock TX	35:08	
	3.	Barry Hughes	Lubbock TX	35:54	
	4.	Gordon Todd	Lansdale PA	40:11	
	5.	Artie Aguilar	Lamesa TX	40:22	
	20 - 29				
	1.	Quinn Smith	Lovington NM	32:53	
	2.	Cliff McCurdy	Canadian TX	33:15	
	3.	Robin Fennell	Leveland TX	34:31	
4.	Dennis Mites	Lubbock TX	35:01		
5.	Lolo Mercado	Lubbock TX	36:08		
30 - 34					
1.	Stephen Stallings	Stanton TX	33:23		
2.	Thomas Nisbett	Lubbock TX	36:35		
3.	Dery Haynes	Tulia TX	37:02		
35 - 39					
1.	Mike Glascock	Amarillo TX	37:07		
2.	A.L. Bustamantes	Lubbock TX	37:58		
3.	Henry Jordan	Lubbock TX	39:49		
40 - 44					
1.	Ronald Lubowicz	Lubbock TX	35:00		
2.	Jeff Stewart	Amarillo TX	40:20		
3.	Paul Harper	Lubbock TX	40:21		
45 - 49					
1.	George Jury	Lubbock TX	39:27		
2.	David Land	Amarillo TX	39:30		
3.	Don Kestinger	Amarillo TX	40:26		
50 - 54					
1.	Don Webb	Coahoma TX	39:19		
2.	Don Sanderson	Tulia TX	40:47		
3.	Red Spicer	Amarillo TX	42:23		
55 and Over					
1.	Bob Smith	Lubbock TX	56:32		
WOMEN					
19 and Under					
1.	Cynthia Brawley	Lubbock TX	43:25		
2.	Maura Braithwaite	Marshfield MA	44:58		
3.	Lori Dobard	Lubbock TX	49:30		
4.	Donna Wilson	Lubbock TX	51:38		
5.	Kerry Johnson	Lubbock TX	51:58		
20 - 29					
1.	Beverly Watkins	Amarillo TX	37:59		
2.	Jennifer Miller	Lubbock TX	44:20		
3.	Dee Gordon	Odessa TX	44:53		
4.	Sandra Schaudt	Lubbock TX	46:17		
5.	Patti Davis	Lubbock TX	46:36		
30 - 39					
1.	Sherril Easterling	Big Spring TX	43:07		
2.	Betty Blanton	Lubbock TX	44:27		
3.	Mary Agnew	Lubbock TX	46:05		
4.	Sally Lebbis	Amarillo TX	49:56		
5.	Karen Roberts	Amarillo TX	50:07		
40 and Over					
1.	Jane S. Jones	Tatum NM	51:16.8		
2.	Arlene Ragan	Odessa TX	52:31		
3.	Donna Bensford	Lubbock TX	53:07		
4.	Sue Johns	Midland TX	1:11:30		

