

October 1983

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



P.O. Box 2921 Lubbock, Texas 79408



WEST TEXAS RUNNING CLUB NEWSLETTER

October 1983

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NOVEMBER CLUB RACE  
11th Annual "Buffalo Wallow"

DISTANCE: 1/2 Marathon (13.11 miles) & 2 miles

DATE & TIME: Saturday, November 12, 1983, 10:00 A.M.

LOCATION: Buffalo Springs Lake (just inside entrance), Lubbock, Texas (see map)

DIVISIONS & AWARDS: 50% MORE TROPHIES THAN LAST YEAR!!!

1/2 Marathon

2 Mile

Open	6 trophies	Open	6 trophies
30-39	5 trophies	High School & Under	4 trophies
40-49	4 trophies	30-39	4 trophies
50 & Over	3 trophies	40 & Over	4 trophies
Ladies	3 trophies	Ladies	4 trophies

ENTRY FEE: Club members: \$2.00  
Non-members: \$3.00

COURSE: Asphalt roads all the way  
2 mile - cut & back, flat  
1/2 Marathon - looped course, some tough hills  
Aid Stations at 3 1/2, 7 & 10 miles; splits at 1, 5 & 10 miles

RACE DIRECTOR: (For more information, contact)

DON KEPHART  
5320 - 45th Street  
LUBBOCK, TEXAS 79414  
(806) 797-4604

\*\*\*NOTE: An entry fee of \$1.50 per person is required to enter Buffalo Springs Lake Park. This does not accrue to The West Texas Running Club, Inc.

COURSE RECORDS

Half-Marathon

Open:	Quinn Smith	22	Hobbs, NM	1:12:17	1982
30-39:	Corky Fritch	36	Amarillo	1:17:59	1982
40-49:	Bobby Cunningham	42	Abernathy	1:16:55	1982
50 & Over:	Tom Bowser	55	Odessa	1:40:51	1982
Ladies:	Jan Taylor	26	Lubbock	1:42:25	1982

2 Mile

Open:	Marc Johnson	19	Lubbock	9:52	1975
H.S. & Under:	Curtis Conway	17	Lubbock	9:54	1977
30 & Over:	John Bednarski	30	Odessa	10:09	1979
Ladies:	Isabel Navarro	17	Brownfield	12:06	1975

THE WIZARD OF ID



By PARKER AND HART

SCHEDULE OF EVENTS

- Saturday, November 5  
5th Annual Golden Yucca Marathon, 8.6 mile & 3 mile. 8:A.M. MST. College of the Southwest. Race day registration closes at 7:15A.M. Flat, paved, 3 loop course. TAC Certification pending. T-shirts & certificates to all finishers. Contact: Golden Yucca Marathon, College of the South-West, Lovington Hwy, Hobbs, NM 88240
- Saturday, November 5  
Hot Footin' for John Peter Smith Hospital, 5 & 10K, 9:A.M., Rockwood Park, Ft Worth, Contact: The Running Place, 3309 Winthrop #67, Ft Worth, TX 76116
- Saturday, November 5  
Marathon & 3 Mile. 9:A.M. San Angelo. Contact: SW YMCA, San Angelo(915)944-9622.
- \*Saturday, November 12  
11th Annual Buffalo Wallow Marathon & 2 mile, Buffalo Springs Lake, Lubbock.
- Sunday, November 13  
9th Annual Las Colonias de San Antonio Marathon. 7:A.M.. Contact: Las Colonias Marathon, Box 37170, San Antonio, Texas 78237
- Saturday, November 19  
Amarillo YMCA Running Club Turkey Trot, 5K, 10:A.M., Thompson Park.
- Sunday, December 4  
14th Dallas White Rock Marathon. 9:A.M. New course. Contact: DWRM, Phidippides Running Store, 8822 North Central EXPY, Dallas, TX 75231. (214)361-6493.
- \*Saturday, January 14, 1984  
Palo Duro Canyon 25K (15.53 mi.) & 4 mile.
- Sunday, January 15  
Houston-Tenneco Marathon. 8:A.M., 2 loop course, limited to 4500 runners. Request entry form from: Houston-Tenneco Marathon, Box 56682, Houston, TX 77027. Entry must be postmarked by Dec. 23, 1983.
- \*Saturday, February 11  
Cottonpatch 8 & 3 Mile runs. Brownfield, TX
- Saturday, February 25  
Cowtown Marathon & 10K. Fort Worth, TX
- \*Saturday, March 10  
Grasstrample 4 Miler. Lubbock, TX

\*Denotes monthly WTRC Event

Sunday, March 18

6th Annual Capitol 10K. 10:A.M. Austin. 19,660 Registered in '82. Contact: Capitol 10K, Box 670, Austin, TX 78767 (512)445-3594.

\*Saturday, April 14

Armadillo 5 miler. Amarillo, TX

2nd Annual Red Raider Road Race

The 2nd Annual Red Raider Road Race was held on October 15, and was a tremendous success. Over \$4000 was raised for the Texas Tech Academic Scholarship Fund and the West Texas Running Club received \$500. Complete results were not ready at press time but will be published in next month's newsletter. Also, participants in the race will receive results by mail.

Next years race (3rd Annual) will cover the same course and will be held on September 29, 1984, at 9:00 A.M.

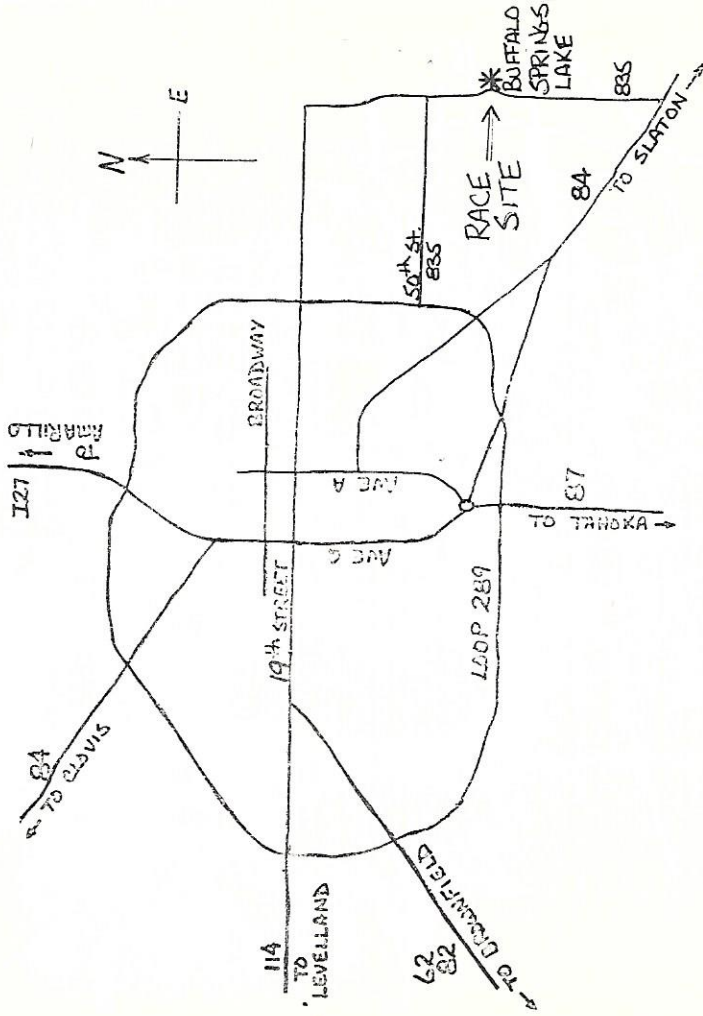
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As a newly formed corporation, The West Texas Running Club, Inc. held its initial meeting on October 18, 1983 to review the by-laws and elect directors and officers. Results of the election of officers are as follows:

- President and Director of Events: Don Kephart
- Vice President: Jim Wilhelm
- Secretary/Treasurer: James Livermore

The officers mentioned above were also elected as the directors of the corporation. The officers/directors will serve through June, 1984. A meeting to elect new officers and directors will be held in June, 1984.

11<sup>th</sup> Annual "Buffalo Wallow"  
 1/2 Marathon & 2 Mile  
 10 AM Nov. 12, 1983



FOOTNOTES...

Following are excerpts from Dr. George Sheehan's talk at the Clinic held previous to the Run Against Crime:

"In America it is possible to be born, live and die without learning if you are a coward. In a race you find out."

"Be a good animal first. We are trained to go through life ignoring our bodies. The church tells you it's sinful; Schools are interested only in your IQ; On the job you are a worker with either a white collar or a blue one. Running helps you reach a sense of yourself as a physical being."

"It is important to run for the feeling of joy it gives, not for the feeling of satisfaction."

"We are here to write and act out our own drama."

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THE RUNNER (August 1983) has an interesting article on Billy Mills and the making of the movie "Running Brave". The movie traces the remarkable life of Mills who went from an impoverished South Dakota Indian reservation to track stardom at Kansas University - then dropped out of competition under pressure of bigotry and personal trauma.

Returning from obscurity, as a U.S. Marine lieutenant, he qualified for the 10,000 meter run at the 1964 Olympics in Tokyo, an event which the United States has never won. But the chances of the young Native American running in borrowed shoes against a crack field headed by Australian record-holder Ron Clarke, were considered virtually hopeless.

"Running Brave" is scheduled to open in Lubbock on November 11.