

January 1984

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

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

Address

US  
Lubbock





Schedule of Events

- Saturday, February 4  
2nd Annual Terlingua Cookie Chili-off & Piathon 10K Race, 9:A.M., Race day registration is OK. CONTACT: (915)371-2489
- \*Saturday, February 11  
12th Annual Cotton Patch Runs, Brownfield, TX. See this newsletter.
- Sunday, February 12  
2nd Straight Shot 10K, 2:P.M., Bryan-College Station. 2 turns on course, straight away is over 6 miles. Pre-race seminars on Saturday, limited to 1500. CONTACT: 2nd B-CS Straight Shot 10K, Box 3000, Bryan, TX 77805. CALL: (409)845-3503 M/F, 9 to 5 and (409)693-7440 nights.
- Saturday, February 18  
5th Pecos Valley Stampedo Marathon, also 1/2-marathon & 10K. Roswell, NM. CONTACT: Margot Purdy, YMCA, 202 S. Sunset, Roswell, NM 88201.
- Saturday, February 18  
7th Springfest Marathon, McAllen. 7:A.M., 9 Aid Stations. Splits 1, 5, 10, 13.1. Flat, looped course. CONTACT: Springfest Marathon, South Texas Striders, Box 271, Pharr, TX 78577. (512) 631-2077. Post entry OK.
- Saturday, February 25  
Cowtown Marathon & 10K. CONTACT: Box 567, Ft. Worth, TX 76101. (817)870-9784.
- Saturday, February 25  
2nd Annual Cahoon Park 10K & 3 mile, Roswell, NM, 10:30A.M. Post entry OK. CONTACT: Roswell Parks & Recreation, Drawer 1838, Roswell, NM, 88201 or call Kim Elliot (505)622-5811, EXT. 60 or 61.
- Saturday, March 3  
4th Annual Gil Harder Memorial Triathlon, 7:A.M. Abilene. 50 mile bike race & 26.2 mile marathon. Individuals do both. Teams of 4 possible too. CONTACT: Biathlon, c/o Abilene Road Runners Club, Box 1047, Abilene, TX 79604.
- Saturday, March 3  
4th Annual Desert Marathon, El Paso, TX. 7:30A.M. Post entry OK. CONTACT: Half-fast Track Club, Box 31218, El Paso, TX 79931. (915) 772-0016 or 565-9977.
- Saturday, March 3  
Hardi Gras Marathon, 8:A.M. Pontchartrain Causway Bridge, New Orleans, LA. CONTACT: (504)482-6682.

\*Saturday, March 10

Saturday, March 10

Sunday, March 18

Saturday, March 24

Saturday, March 31

Saturday, April 7

\*Saturday, April 14

\*Saturday, May 12

Sunday, May 13

Saturday, May 26

Saturday, May 26

Saturday, June 30

Sunday, August 19

\*Denotes monthly WTRC event

Grasstrample 4 miler, Lubbock, TX.

Texas Rattlesnake Run. 2 mile at 9:A.M., Sweetwater, TX. CONTACT: TRR, Box 1081, Sweetwater, TX, 79556. (915)235-4461

6th Annual Capitol 10K, 10:A.M., Austin, TX. CONTACT: Capitol 10K, Box 670, Austin, TX 78767. (512)445-3594.

Bexar County Mental Health-Mental Retardation 15 mile, 5 person relay race. Raymond Russell Park, San Antonio. CONTACT: San Antonio Road Runners (512)735-2308

Marathon of the Great Southwest, also 1/2-marathon & 5K. Abilene. CONTACT: HOSSE-Mike Osborn, Box 3137, Abilene, TX 79604. (915) 677-8144.

5th Annual St. Paul Hospital Fitness Festival. 10K race, 2 mile fun run, 5K fitness walk. 8:30 A.M. In addition, 4-6PM fitness clinic. Speakers include Bill Rodgers & Jim Fixx. CONTACT: Racedata, Box 524, Richardson, TX 75080

Armadillo 5 miler, Amarillo, TX.

Horseshoe Bend Canyon Spring Frolic, 12 & 2 mi. Slaton, TX

Women's U.S. Olympic Marathon Trials. Olympia, Washington. 2:51:16 qualifying standard.

7th Funfest Marathon & 1/2marathon. Amarillo, TX. CONTACT: Funfest Marathon, 1700 Polk Street, Amarillo, Texas 79102.

Men's U.S. Olympic Marathon Trials, Buffalo, NY. 2:19:04 qualifying standard.

4th Big Country Marathon, 1/2 & 5 mile, Van Horn, TX. CONTACT: BCH, Chamber of Commerce, box 762, Van Horn, TX 79655. (915)283-2043.

7th San Francisco Marathon. CONTACT: SFM, Box 27385, San Francisco, CA, 94127.



Eighth Annual Palo Duro Canyon Races  
 Palo Duro Canyon State Park  
 Canyon, Texas  
 Saturday, January 14, 1984

JANUARY 14, 1984

PALO DURO CANYON 4 MILE RACE  
 CANYON, TX

The good news on this Saturday was that it never got colder than 18 degrees. The bad news was that it never warmed above 24! Temperature was incidental to the 79 runners who sacrificed ears, noses, fingers and wet toes to participate in this well run race. Except for a slight delay in the start, all facets of the race proceeded without a hitch. Aid stations, splits and lots of encouragement warmed the spirits of the hardy few present.

In the 4-mile event, Plainview's Wilson Kigen took top honors in the Open Division as well as the Overall Championship in a fine 21:39 effort. Hometown (Amarillo) runner Karen Cooley took identical titles in the Women's group with a gritty 32:25 performance. Other division winners included:

- Womens: 30 & Over - Karen Robert, Amarillo, 34:30  
           H.S. & Under - Stacy Slaughter, Panhandle, 39:55  
  
 MENS: 50 & Over - Ray Chaffee, Fritch, 31:52  
       40-49 - Bobby Cunningham, Abernathy, 23:31  
       30-39 - Jim Kerby, Canyon, 26:57  
       H.S. & Under - Keith Parr, Amarillo, 28:51

Two familiar names earned honors in the 25K race. Lubbock's Veronica Cavazos easily decimated the women's field to capture the Open Division and her time of 1:44:59 entitled her to the Women's Overall Winner trophy, as well. Kip Leyba's return to the Lubbock area proved successful as he paced himself to a fine 1:30:43 victory in the Men's Open Division. Kip has been living and training in El Paso and his goal is to qualify for the 1984 Olympic Trials. Sherill Easterling (Coahoma) was the winner in the Women's 30 & Over Division in 2:02:03.

Another Coahoman Donald Webb took top honors in the 50 & Over group while Wayne Jones (Richardson) captured the 40-49 Division. Stephen Pile, Baytown, closed out the winners in the 25K.

Something must be written here of the exploits of El Pasoan Norman Pittenger in the 25K event! However, what can you say about a guy who runs 15-plus miles in near 20 degree weather, with a steady breeze blowing, over a tough, rolling course, capturing third in the 40-49 group with a time of 1:45:39 all while clad in only a sheer singlet and shorts? AWESOME!!!

				AGE	PLACE IN DIVISION
1. WILSON KIGEN	PLAINVIEW, TX	21:39	M	26	1
2. LOU KOHAGEN	AMARILLO, TX	22:53	M	29	2
3. MARK HALL	AMARILLO, TX	23:24	M	25	3
4. BOBBY CUNNINGHAM	ABERNATHY, TX	23:31	M	43	1
5. DALE THOMPSON	AMARILLO, TX	23:43	M	48	2
6. DAVID LARD	AMARILLO, TX	24:28	M	46	3
7. JIMMY SAMARRON	LEVELLAND, TX	24:40	M	26	4
8. JIM PAT SEALE	AMARILLO, TX	25:07	M	23	5
9. LARRY HIGGIN	CANYON, TX	26:49	M	47	4
10. JIM KERBY	CANYON, TX	26:49	M	38	1
11. DAVID WEIR	AMARILLO, TX	27:28	M	35	2
12. BOBBY BIRDSONG	LEVELLAND, TX	27:31	M	43	5
13. DON VERNON	AMARILLO, TX	27:51	M	43	6
14. KEITH PARR	AMARILLO, TX	28:31	M	15	1
15. JERRY HEWETT	SEMINOLE, TX	38:53	M	42	7
16. ANTHONY MORRISON	LUBBOCK, TX	29:01	M	13	2
17. PATRICK OBRANT	LEVELLAND, TX	29:07	M	13	3
18. ART RUTHERFORD	BROWNFIELD, TX	29:44	M	26	6
19. BERT BYTHEWAY	AMARILLO, TX	30:45	M	34	3
20. PAUL HARWOOD	AMARILLO, TX	31:34	M	28	7
21. RAY CHAFFEE	FRITCH, TX	31:52	M	52	1
22. RUDY ORTEGA	LUBBOCK, TX	31:53	M	15	4
23. DOUG HALE	LUBBOCK, TX	32:14	M	39	4
24. KAREN COOLEY	AMARILLO, TX	32:25	F	24	1
25. GEORGE ANGERER	SLATON, TX	32:27	M	42	8

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JANUARY 14, 1984

PALO DURO CANYON 4 MILE RACE  
CANYON, TX

	AGE	PLACE IN DIVISION 2				AGE	PLACE IN DIVISION 1
26. ARLIN FRAMPTON	M	32:32	AMARILLO, TX	LUBBOCK, TX	M	28	1
27. COREY MCNABB	M	32:59	AMARILLO, TX	PAMPA, TX	M	20-29	2
28. HANK BERNIUS	M	33:07	AMARILLO, TX	RICHARDSON, TX	M	40-49	1
29. JOE HOWELL	M	34:20	AMARILLO, TX	HOUSTON, TX	M	44	2
30. MICHAEL HUMBLE	M	34:23	LUBBOCK, TX	LUBBOCK, TX	F	20	1
31. KAREN ROBERTS	F	34:30	AMARILLO, TX	EL PASO, TX	M	40-49	3
32. LANNY LAMBERT	M	34:46	SEMINOLE, TX	COAHOMA, TX	M	55	1
33. JOHN MCLEAN	M	34:56	AMARILLO, TX	BAYTOWN, TX	M	38	1
34. IKE GRAVES	M	35:25	HEREFORD, TX	LUBBOCK, TX	M	32	2
35. STEVE HOELSCHER	M	37:04	SEMINOLE, TX	CANYON, TX	M	35	3
36. DIANA KOERTING	F	36:06	AMARILLO, TX	LUBBOCK, TX	M	34	4
37. BLAKE HEWETT	M	36:32	SEMINOLE, TX	PANHANDLE, TX	M	35	5
38. DUSTIN SLAUGHTER	M	37:04	PANHANDLE, TX	AMARILLO, TX	M	24	4
39. BARBARA MCNABB	F	37:25	AMARILLO, TX	AMARILLO, TX	F	28	2
40. SANDY CRAFT	F	37:34	AMARILLO, TX	AMARILLO, TX	M	45	4
41. W.L. BENNETT	M	38:53	PAMPA, TX	LUBBOCK, TX	M	24	5
42. STACY SLAUGHTER	F	39:55	PANHANDLE, TX	AMARILLO, TX	M	36	6
43. PAT MORRISON	M	39:57	LUBBOCK, TX	AMARILLO, TX	M	32	7
44. PATSY BIRGE	F	44:58	AMARILLO, TX	SHERILL EASTERLING BIG SPRING, TX	F	34	1
				AMARILLO, TX	M	52	2
				LUBBOCK, TX	M	36	8
				HOUSTON, TX	M	30-39	9
				HEREFORD, TX	M	40	5
				AMARILLO, TX	M	37	10
				AMARILLO, TX	M	44	6
				CANYON, TX	M	21	5

1984 PALO DURO CANYON 25K

CANYON, TX

	AGE	PLACE IN DIVISION
27. MIKE ROBERTS	M 33	11
28. WAYNE LONG	M 30-39	12
29. WARREN BROWN	M 62	3
30. APRIL STEIN	F 25	3
31. JOHN HARTSFIELD	M 50+	4
32. JIM DIXON	M 40-49	7
33. JOHNNY MCNABB	M 34	13
34. KEN McMILLAN		DNF

4 Mile Awards

Women:  
30 & Over  
 Karen Robert  
 Diana Koertling  
 Barbara McHabb  
 Patsy Birge

Men:  
50 & Over  
 Ray Chaffee  
 Arlin Frampton  
 Hank Bernius

Open Division  
 Wilson Kigen  
 Lou Kohangen  
 Mark Hall  
 Jimmy Samarrton  
 Jim Pat Seala  
 Art Rutherford

Open Division  
 Karen Cooley  
 Sandy Craft

H.S. & Under  
 Stacy Slaughter

40-49  
 Bobby Cunningham  
 Dale Thompson  
 David Lard  
 Larry Higgin  
 Bobby Birdsong  
 Don Vernon

H.S. & Under  
 Keith Parr  
 Anthony Morrison  
 Patrick O'Briant  
 Rudy Ortega  
 Corey McHabb  
 John McLean

25-Kilometer Awards

Women:  
30 & Over  
 Sherill Easterling

29 & Under  
 Veronica Cavazos  
 Beverly Watkin  
 April Stein

Men:  
50 & Over  
 Donald Webb  
 Red Spicer  
 Warren Brown

40-49  
 Wayne Jones  
 Allen McDaniel  
 Norman Pittenger  
 Don Kessinger  
 Bill Banks  
 Wally Weid

30-39  
 Stephen Pile  
 Jim Fisher  
 James Chapman  
 Al Gortz  
 Tommy Slaughter  
 C.H. Brewer

Open Division  
 Kip Leyba  
 Chris Hanson  
 Steve Stewart  
 Joel Stroup  
 Randall Garrett



Footnotes...

The Runner magazine ranks runners by their performance in 130 elite races. The point system rates races on competitive level and focus and also the depth of field.

The February 1984 issue lists results. On page 61, ranked the 29th male Master is the Abernathy Flash, BOBBY CUNNINGHAM!

Bobby achieved the ranking by his performance in the 1983 Boston Marathon (9th Master, 2:30:48) and the 1983 Crescent City Classic (10K in New Orleans) where he was the 2nd Master in 33:30.

Obviously, Bobby has a lot of talent. It may not be so obvious, but he works hard too! In last March's 4 mile run in Mackenzie Park, Bobby was second overall in 21:58, a 5:30 pace. He hung around, chatted, had his Diet Pepsi and then went to Buffalo Springs Lake to put in another 16 miles (he wanted the hills!) CONGRATULATIONS, BOBBY!!!

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As a point of interest the following are the races within Texas that are included in the elite races:

- White Rock Marathon - Dallas
- Houston-Tenneco Marathon - Houston
- Run Against Crime - El Paso

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Road Race Management lists approximately 400 runners (Male & Female) they call "elite athletes." The list then states who their agent is & how to contact them.

Nearly all the males are sub 2:20 marathoners or sub 30:00 10K runners; the women are sub 2:50 and 35:30, respectively.

The Texas runners are listed as follows:

Men

- Bill Adams
- Marty Froelich
- Gabriel Kemau
- Matthew Matsuwarateau
- Ben Moturi
- Frank Muneue
- Michael Husyoki
- Sam Ngatia
- Suleiman Nyambui
- John Robinson
- San Sitonik
- Juan Zetina

Other names on the list include Salazar, Dixon, Gomez, Durden, Benoit and Audain - some fast company indeed.

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Footnotes (2)...

The Fukuoka Marathon last December 4 was Japan's 1984 Olympic Marathon Trial. The first three Japanese finishers will represent Japan this summer.

The top 6 finishers were:

- |                    |          |         |
|--------------------|----------|---------|
| 1. Toshihiko Seko  | Japan    | 2:08:52 |
| 2. Juma Ikanga     | Tanzania | 2:08:55 |
| 3. Shigeru Soh     | Japan    | 2:09:11 |
| 4. Takeshi Soh     | Japan    | 2:09:17 |
| 5. Alberto Salazar | USA      | 2:09:21 |
| 6. Kinimitsu Ito   | Japan    | 2:09:35 |

Did you realize that Alberto Salazar (finishing behind three Japanese) would fail to qualify for the Japanese team?!

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Wayne Jones & Allen McDaniel are neck and neck for "Inside Running" magazine's Elite Competition Grand Prix. The winner gets a 10 day trip to Hawaii.

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Veronica Cavazos running watch was broken Saturday. She got her coach's OK to not work out at Buffalo Spring Lake if she ran at Palo Duro. She got her workout and as Overall Women's winner, she also received a new watch!

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Our quote of the month: "There are fair-weather runners, and then there are runners."

Bobby Birdsong, January 14, 1984  
Quoted: Amarillo Sunday News-Globe

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