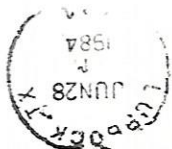
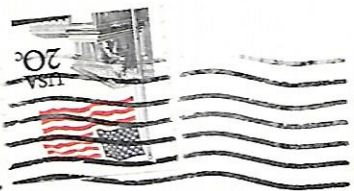
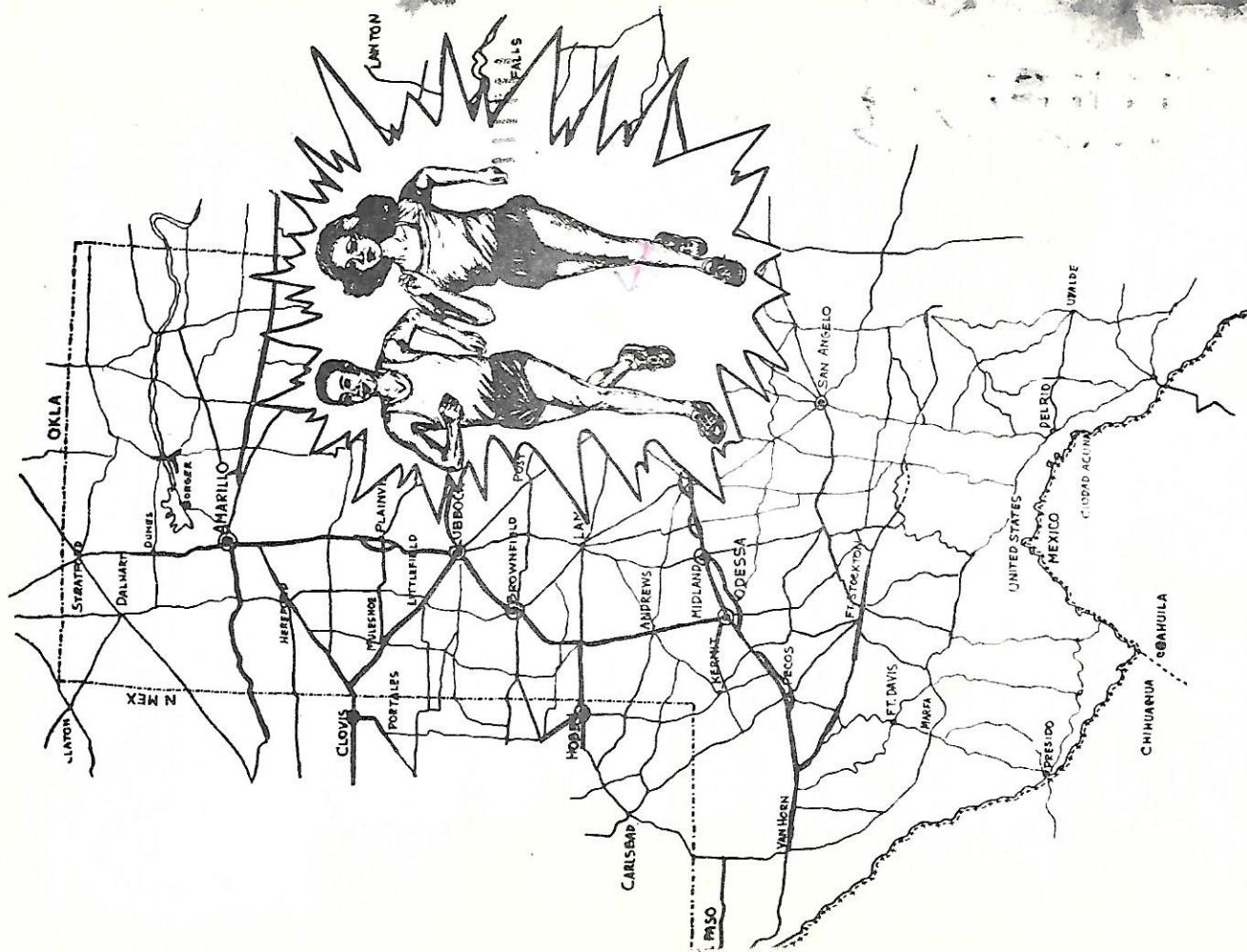


June 1984

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



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





Schedule of Events

Saturday, June 16  
 4th Annual Wellington Square Runners Classic, 10K & 2 mile, 2 mile @ 8:A.M., 10K @8:30, T-shirts, refreshments, post entry OK. CONTACT: Wellington Square, Bldg B-Suite 100, 1616 S. Kentucky, Amarillo, Texas 79102. (806)352-2784.

Saturday, June 16  
 Run for the Children, 10K & 2 mile, 8:A.M., La Villita Center, Midland. \$7 Registration after June 2, T-shirts. CONTACT: Jane Wells, En-Com Properties, Box 9752, Midland, Texas 79708 (915)697-3387.

\*Wednesday, July 4th  
 Firecracker 10 mile, 3 mile & kids 1 mile, 8:A.M., Brownfield, Texas. CONTACT: David Jackson (806) 792-2600

Saturday, July 21  
 1st Annual Bennigan's 5K, 9:A.M., WOMEN ONLY. Age groups, door prizes, T-shirts, breakfast. CONTACT: Bennigan's, 4517 N. Midkiff, Midland, Texas 79708

Sunday, August 19  
 7th San Francisco Marathon. Box 27385, S.F., CA. 94127

Sunday, August 26  
 Prude Ranch Races - 3 & 6 miles, 2marathon & marathon. Ft Davis, TX. CONTACT: Melinda Green, 5009 Rio Grande, Apt 9-H, Midland, TX 79703. (915)689-8279. PM.

Sunday, October 7  
 Bank One Marathon, Columbus, OHIO. Limited to 5,000 contact: Bank One Marathon, Corporate Processing Dept, Columbus, Ohio 43271-0980.

Saturday, October 13  
 Strohs Run for Liberty 1, 8K (4.971 miles), 9:A.M., Lubbock, Texas, Certified course, Details to follow.

Saturday, October 20  
 Lubbock Marathon, 7:A.M., also 2 mile fun run. Details to follow. For more information contact Paul Harper or John Price.

Sunday, October 21  
 America's Marathon, Chicago.

Sunday, October 28  
 New York City Marathon

\* \* \* \* \*  
 2nd Annual Big Brothers-Big Sisters Fun Run, 10K & 2 mile, 1 mile if under 12. Midland, TX. CONTACT: Sheldon Skinner, Drawer 2498, Midland, TX. 79702. (915)682-0813

April Race Results  
 Lamesa, Texas  
 April 1984

2 Mile	11:30	26. Sid Harper	14:43
1. Pat Lara	11:45	27. John Bingham	14:49
2. John McCance	11:50	28. Chance Payton	15:00
3. Robert Guajardo	12:10	29. Steve Tipton	15:06
4. Dan Zeller	12:25	30. Brad Gregson	15:07
5. Jimmy Samarron	12:35	31. George Angerer	15:10
6. Danny Koontz	12:37	32. Richard Vaughan	15:16
7. Roy Sambrano	12:40	33. James Livermore	15:18
8. Max Procter	12:48	34. Nancy McLaughlin	15:28
9. Cande Olivias	12:50	35. Bonita Hardy	15:49
10. Frank Brown	12:58	36. Tracy Taylor	16:08
11. Bruce Ebanks	13:00	37. Jackie Hazzard	16:12
12. Bobby Birdsong	13:04	38. Ricky Rinewalt	16:36
13. Mike Wright	13:07	39. Marinell Orona	17:16
14. Bernard Hartman	13:20	40. Tony Aleman	17:29
15. Chris Rinewalt	13:20.5	41. Norma Sifuentes	17:46
16. Evan Prather	13:24	42. Karen Green	17:56
17. Bob Miser	13:48	43. Joe Dan Harper	18:03
18. Rosa Sifuentes	13:55	44. J.T. Wilkerson	18:04
19. Ricky Campbell	13:57	45. Joe Wilkerson	18:05
20. Lynn Vaughann	13:59	46. Kenny Harper	18:41
21. Janie Sifuentes	14:02	47. Michael Melgoza	18:58
22. Frank Hernandez	14:10	48. T.J. Carpenter	20:34
23. Stephanie Tabor	14:25	49. Lisa Brooks	21:28
24. Tamy Sifuentes	14:30	50. Christine Phillips	24:32
25. Joe Macias			

Awards:

Men's 13 & Under	14-19	20-29	30-39
Evan Prather	Roy Sambrano	Pat Lara	Steve McCleery
Sid Harper	Chris Rinewalt	Dan Zeller	Max Procter
Chance Payton		Jimmy Samarron	Bruce Ebanks
		Danny Koontz	Mike Wright
		Cande Olivias	Bob Miser
40-49	Ladies (19 & Under)	Ladies (20-29)	Ladies (30-39)
Robert Guajardo	Rosa Sifuentes	Stephanie Tabor	Bonita Hardy
Frank Brown	Janie Sifuentes	Nancy McLaughlin	
Bobby Birdsong	Tamy Sifuentes	Jacky Hazzard	
Frank Hernandez		Norma Sifuentes	
George Angerer			

Although no names were available at press time, the race directors and The West Texas Running Club would like to thank all those who assisted in the many phases of this successful endeavor. Without you there would have been no race. The 91 people listed above extend to you a sincere "THANK YOU."

\*Denotes monthly WTRC event

April Race Results  
Lamesa, Texas  
April 1984

10K

1. Kip Leyba	36:58
2. Doug Thurston	38:15
3. Richard Kleinhan	39:50
4. John Price	40:08
5. Danny Lucio	40:15
6. Ed Dabrowsky	40:24
7. Joe Aguayo	40:54
8. Joe Post	41:02
9. Jim Fisher	41:45
10. Paul Harper	42:14
11. Mark McDuff	42:59
12. Rick Miller	44:32
13. Al Grotz	44:48
14. Don Kephart	44:52
15. William Spurlman	45:16
16. Mike Kelley	45:17
17. Gordon Todd	46:35
18. Jim Wilhelm	47:00
19. Steve Schierbeck	47:44
20. John Harper	47:54
21. Michael Jacobs	48:10
22. Lyndell Rinewalt	49:32
23. Robby Timberlake	49:36
24. Trish Hintzel	49:55
25. John Hartsfield	50:32
26. Jim McDuff	50:53
27. April Jo Stein	52:11
28. Steve Lehman	53:00
29. Jane Jones	53:05
30. Linda Holland	53:07
31. Roxanne Robertson	53:23
32. Woody Covington	53:31
33. Kenny Paxton	54:00
34. Linda Davis	54:28
35. Ted Johnston	55:19
36. Lyn Bowie	55:24
37. Melissa Brannon	57:14
38. John Owens	62:39
39. Cathy Rogers	63:49
40. Milinda Green	64:13
41. Cheryl Holmes	64:13.7

AWARDS:

Men's 19 & Under	30-39	50 & Over
Kip Leyba	Richard Kleinhans	John Hartsfield
Doug Thurston	Joe Post	Ladies (20-29)
John Price	Jim Fisher	Trish Hintzel
Danny Lucio	Rick Miller	April Jo Stein
Ed Dabrowsky	Al Grotz	Linda Holland
Ladies (30-39)	Ladies (40 & Over)	Roxanne Robertson
Linda Davis	Jane Jones	
Lyn Bowie		
Josie Aleman		

Horseshoe Bend Canyon  
2 Mile Results

1. Johnny Ramos	20	Lubbock	10:23.2
2. David Medlin	14	Muleshoe	10:55.0
3. Daniel Fonseca	37	Brownfield	11:18.5
4. Brent Ison	15	Idalou	11:19.0
5. Jimmy Samarron	29	Levelland	11:32.5
6. Robert Ramos	14	Lubbock	12:01.0
7. Gonzalo Ramirez	28	Lubbock	12:26.7
8. Cande Olivias	22	Levelland	12:27.5
9. Mark Wood	23	Lubbock	12:31.4
10. Brent Tidwell	26	Lubbock	13:00.0
11. Bruce Ebanks	33	Lubbock	13:04.0
12. Frank Hernandez	46	Lubbock	13:07.2
13. Robert Miser	33	Lubbock	13:07.7
14. Tom Freitag	46	Staton	13:15.3
15. Mike Kelley	35	Lubbock	13:40.2
16. Evan Prather	13	Lamesa	14:01.7
17. Ann Gordhamer	41	Lubbock	14:03.1
18. Frank Barker	41	Lubbock	14:10.4
19. George Angerer	42	Staton	14:16.3
20. Rick Houston	35	Lubbock	14:30.9
21. James Livermore	36	Lubbock	15:15.2
22. Stephen Vitalec	12	Lubbock	15:30.7
23. Pauline Garcia	23	Lubbock	15:38.5
24. Rosa Rivas	15	Dawson	15:39.4
25. Josie Aleman	32	Lubbock	15:48.0
26. Melissa Brannon	43	Lubbock	16:27.7
27. John Medlin	37	Muleshoe	16:37.0
28. Tony Aleman	34	Lubbock	17:29.2
29. Michael Bellizera	14	Lubbock	17:46.7
30. Sylvia Morales	14	Dawson	18:39.0
31. Mario Ramos	15	Lubbock	26:13.2

2 Mile Awards

OPEN	30 & OVER
Johnny Ramos	Daniel Fonseca
Jimmy Samarron	Bruce Ebanks
Gonzalo Ramirez	Frank Hernandez
Cande Olivias	Robert Miser
Ladies (20 & Over)	Girls (24 & Under)
Ann Gordhamer	Pauline Garcia
Josie Aleman	Rosa Rivas
	Melissa Brannon

Due to the time increment and to avoid redundancy, no write-up will be available. However, many thanks to Terry Barker, Sherry & Shelly Loke, Hugh Haynes, James Livemore and all who contributed to the success of this race.

Horseshoe Bend Canyon  
12 Mile Results

1. Johnny Mercado	19	Lubbock	1:16:15.1
2. Joe Hernandez	22	Levelland	1:18:21.2
3. Richard Kleinmans	35	Midland	1:19:27.0
4. John Price	29	Lubbock	1:19:30.6
5. Joe Post	35	Lubbock	1:20:39.4
6. Paul Harper	44	Lubbock	1:21:09.1
7. Steve Baldwin	40	Big Spring	1:23:57.8
8. Jim Fisher	32	Lubbock	1:24:10.4
9. Mel Halley	35	Lubbock	1:26:22.4
10. Ernest Eubanks	35	Lubbock	1:28:29.8
11. Al Grotz	34	Lubbock	1:29:04.3
12. Herbert Perez	22	Lubbock	1:32:19.2
13. Mike Greer	45	Lubbock	1:32:27.7
14. Francis Johns	49	Midland	1:32:35.7
15. Ron Mahaffey	33	Lubbock	1:33:02.7
16. Larry Ison	34	Idalou	1:34:29.3
17. William Sparkman	37	Lubbock	1:36:01.8
18. Stephen Moore	35	Wichita Falls	1:36:05.1
19. Michael Jacobs	38	Lubbock	1:38:14.6
20. D.L. Swafford	55	Lubbock	1:38:28.5
21. Tony Bush	50	Clovis, NM	1:40:21.2
22. John Hartsfield	38	Lubbock	1:42:41.7
23. William Vitalec	26	Lubbock	1:49:05.2
24. April Stein	52	Lubbock	1:50:36.4
25. Hugh Haynes	31	Slaton	1:54:19.5
26. Lyn Bowie	46	Lubbock	2:02:00.8
27. Jim McDuff		Crosbyton	DNF

12 Mile Awards

<u>Open</u>	30-39	Paul Harper
Johnny Mercado	40-49	Steve Baldwin
Joe Hernandez		Mike Greer
John Price		Francis Johns
Herbert Perez		Jim McDuff
<u>Ladies</u>		
April Stein		
Lyn Bowie		
<u>Men &amp; Over n</u>		
Tony Bush		
John Hartsfield		
Hugh Haynes		

WTRC Member Orlene Zermeno has come up with a GREAT IDEA!! She would like to extend an invitation to all club members to come to her home on Saturday, August 11th, from 7:00 PM until 9:00 for an informal pot luck dinner and general all around get together. Orlene's address is 2417 21st St, in Lubbock (1 block East of University on 21st). Bring something to munch on and your favorite refreshments. Topics of discussion will no doubt include war stories of the WTRC August Club Race ( to be held the morning of August 11th, 8AM, 5 Miles at Mackenzie State Park in Lubbock). Mark the 11th on your calendar!

\*\*\*\*\*  
As you get ready for the 16th Annual Firecracker Races in Brownfield on July 4th, don't forget to pack a lunch for the renowned WTRC ANNUAL PICNIC at the park in Brownfield after the races! A great time is always had by all, and everyone is welcome. If you forget to pack a lunch (or just don't want to mess with it) come to the park anyway. Ice cold watermelon and drinks will be supplied by the club. See you there!

\*\*\*\*\*  
A beautiful morning greeted the 118 runners who competed in the 1984 edition of the Leveland Lope. What more could a runner ask for than an accurate course, accurate times, friendly people and a t-shirt to boot? Special thanks to race director Bobby Birdsong, the Birdson family, Frank Barker (all the way from Colorado), Sally Pos all the other race day volunteers and friendly people of Leveland. Also, thanks to Baggett Pharmacy and the Dairy Queen for their sponsorship of this event. Congrats to Abernathy's Bobby Cunningham who cruised to an overall victory in the 10K (in spite of his alleged age!) John Warner (Ransom Canyon) blitzed the 5K course in 16:22 for first overall in that race. Watch out for Will Fewin of Lubbock! He won the youngster's 1 Mile race in a fine time of 5:45. Turn the page for full results and awards from all three races. Thanks again, Bobby & we'll see you all at Brownfield on the 4th of July!!!

June Race Results  
Levelland, Texas  
June 1984

1 Mile

1. Will Fewin	Lubbock	5:45
2. Steve Bishop	Lubbock	5:58
3. Cooky Samarron	Earth	6:10
4. Brant Wallace	Levelland	6:40
5. Henry Samarron	Earth	6:45
6. Shannon Morrison	Lubbock	6:54
7. Cecil Luna	Levelland	6:58
8. Britt Spears	Levelland	7:06
9. La Dawn Lee	Portales	7:11
10. Imelda Nunez	Levelland	7:34
11. Alexi Woodul	Lubbock	7:39
12. Michael Nugent	Lubbock	7:48
13. Eric Grotz	Lubbock	7:50
14. James Morrison	Lubbock	8:17
15. Tammy Aleman	Lubbock	8:58
16. Basil Olivias	Levelland	8:59
17. Ley Woodul	Lubbock	9:18
18. Brian Lehr	Lubbock	9:36
19. Jill Aleman	Lubbock	10:23
20. Ty Woodul	Lubbock	13:07

1 Mile Awards

Boys

Will Fewin	Girls
Steve Bishop	La Dawn Lee
Cooky Samarron	Imelda Nunez
	Alexi Woodul

5K Awards

John Warner	30-39	15 & Under
Art Samarron	Tom Brown	David Medlin *(17:42)
Jimmy Samarron	Ken Jernigan	Robert Sanchez
Gonzalo Ramirez	Bob Miser	Richard Likes
Randy Coleman		HIGH SCHOOL & UNDER
Palo Medrano		Tony Luna
		Israel Gonzales

Ladies (25 & Over)

Ann Gordhamer *(22:26)	Girls (24 & Under)
Mary Farrell	Susan Warner
Josie Aleman	Clara Monzote
Vicki Fuller	

10K Awards

John Gregorsyk	40-49	Ladies
Joe Post	Bobby Cunningham	H.S. & Under
Denny Grunsted	Charles Davis	Donna Pruett
Kevin Collins	Paul Harper	Ann Murphy
Johnny Mercado	Peter Durkin	April Stein
Jim Fowler	Francis Johns	50 & Over
Ed Dabrowski	Larry Eyrd	Charles McKnight
	Bill Spahrman	John Hartsfield

June Race Results  
Levelland, Texas  
June 1984

5K

1. John Warner	Ransom Canyon	16:22
2. Tony Luna	Muleshoe	16:32
3. Israel Gonzales	Lubbock	16:41
4. Art Samarron	Earth	17:04
5. Tom Nisbett	Lubbock	17:28
6. David Medlin	Muleshoe	17:42
7. Ken Jernigan	Lubbock	18:10
8. Jimmy Samarron	Levelland	18:48
9. Gonzalo Ramirez	Lubbock	19:08
10. Tom Brown	Lubbock	19:29
11. Robert Sanchez	Levelland	19:40
12. Richard Likes	Spade	19:55
13. Bobby Birdsong	Levelland	19:59
14. Maris Sanchez	Levelland	20:18
15. Frank Hernandez	Lubbock	20:31
16. Bob Miser	Lubbock	20:33
17. Dub Moore	Big Spring	20:52
18. D.L. Swafford	Lubbock	20:56
19. Manuel Sanson	Earth	20:59
20. David Knaff	Lubbock	21:11
21. John Harper	Anton	21:22
22. Edward Elizondo	Spade	21:40
23. Will Fewlin	Lubbock	21:44
24. Jim Wilhelm	Lubbock	21:48
25. Susan Warner	Ransom Canyon	21:50
26. Ron Lehr	Lubbock	22:21
27. Ann Gordhamer	Lubbock	22:26
28. Frank Barker	Levelland	22:33
29. Race No. 35		22:50
30. David Cowan	Levelland	23:02
31. Layton Woodul	Lubbock	23:11
32. George Angerer	Slaton	23:31
33. Jason Stoen	Lubbock	23:43
34. Handy Coleman	Lubbock	23:43
35. Clara Monzote	Levelland	23:59
36. Mary Farrell	California	24:07
37. Josie Aleman	Lubbock	24:25
38. John Medlin	Muleshoe	25:44
39. Preston Hubby	Texico	26:52
40. Steve Chaney	Texico	26:52
41. Scott Demarck	Lubbock	27:22
42. John Omens	Seagraves	27:37
43. Vicki Fuller	Lubbock	28:13
44. Tony Aleman	Lubbock	28:21
45. Darlene Jones	Lubbock	28:58
46. Barbara Vitalic	Lubbock	29:27
47. Adam Salazar	Earth	29:48
48. Kathy Rogotzke	Brownfield	30:09
49. Palo Medrano	Lubbock	30:47
50. Sue Johns	Midland	31:30

June Race Results  
Levelland, Texas  
June 1984

10K			
1.	Bobby Cunningham	Abernathy	35:23
2.	Jim Buckner	Lubbock	35:33
3.	Dave Hamner	Reese AFB	35:46
4.	Denny Grunsted	Lubbock	36:01
5.	Kevin Collins	Reese AFB	36:26
6.	John Gregorsyk	Massachusetts	36:33
7.	Johnny Mercado	Lubbock	38:05
8.	Edward Dabrowski	Levelland	38:37
9.	John Puci	Lubbock	39:09
10.	Joe Post	Lubbock	39:18
11.	Charles Davis	Amarillo	39:30
12.	Rich Matheson	Clovis	39:49
13.	Peter Durkin	Lubbock	40:25
14.	Dion Thorpe	Lubbock	40:45
15.	Jim Fowler	Lubbock	41:33
16.	Paul Harper	Lubbock	41:56
17.	Juan Espo	New York	41:56
18.	Charles McKnight	Lubbock	42:04
19.	Ron Mahaffey	Lubbock	42:16
20.	Michael Puryear	Lubbock	42:19
21.	Al Grotz	Lubbock	42:50
22.	Don Kephart	Lubbock	42:51
23.	Ronnie Nugent	Lubbock	43:18
24.	Herbert Martinez	Lubbock	43:37
25.	Tim Poole	Lubbock	44:05
26.	Michael Ehlers	Clovis	44:14
27.	Robbie Timberlake	Levelland	44:22
28.	Francis Johns	Midland	44:48
29.	Larry Byrd	Shallowater	44:50
30.	Bill Sparkman	Lubbock	45:45
31.	Anthony Morrison	Lubbock	45:52
32.	Jim Clarke	Lubbock	45:52
33.	Jose Trejo	Lubbock	46:40
34.	Dave James	Lubbock	46:51
35.	Donna Prnett	Levelland	47:11
36.	John Hartsfield	Lubbock	47:37
37.	William Vitalic	Lubbock	48:14
38.	Ann Murphy	Clovis	48:20
39.	Bob Schultz	Lubbock	49:59
40.	Jim McDuff	Cresbyton	50:03
41.	April Stein	Lubbock	51:36
42.	Ron Sabo	Portales	53:49
43.	A.L. Bustamantes	Lubbock	55:04
44.	Charley Stallings	Lubbock	55:05
45.	Lisa Poole	Lubbock	55:55
46.	Charles Geller	Reese AFB	56:30
47.	Robert Rush	Clovis	56:39
48.	Stephen Vitalic	Lubbock	58:31

# College of the Southwest

May 2, 1984

West Texas Running Club  
Post Office Box 2821  
Lubbock, Texas 79408

Dear Friends and Colleagues from the West Texas Running Club:

I want to tell you about a program that the College of the Southwest feels will help promote running and lifetime fitness. As Supervisor of the running and physical education program, I am extremely excited about the new program. Our philosophy has always been to support running and lifetime fitness. We have done many things to promote this philosophy, and by adding a running team to our course curriculum, we can share our philosophy with other people.

The running team is not a cross-country or a track team. It is a road racing team that competes all over Texas and New Mexico. We offer scholarships to kids who like to run, and who sincerely want a college education. Ability is not the deciding factor in who qualifies for a scholarship. The deciding factor is the love and the will to run, plus a sincere desire to get a college education. The advantage of having a road racing team is that we are not limited to who we can recruit. We want to recruit great, good or just fair runners. We want to recruit female and male runners, experienced or inexperienced runners. We want to promote our philosophy of "Lifetime Fitness," and the running team affords us the opportunity to do this. We want to be known as a running college.

Our approach is a breath of fresh air to the traditional approach to athletics. We feel we can involve more people. We also feel we can give a quality education and give the student a deep respect for running and for what the human body can do. If you know of anyone who loves to run, and who desires a quality education or if you would like more information, then please feel free to contact me.

Sincerely,

*Steve McCleery*

Steve McCleery  
Fitness Supervisor

rgn

FOOTNOTES...

Americans currently eat about one-third of their meals in fast-food restaurants, which emphasize high-calorie meats and deep fried foods at the expense of more healthful fruits and vegetables, and it has been estimated that within the next fifteen years half of all our meals will be eaten in such restaurants. The following sampling of the caloric content of various fast foods, as itemized in Physical Fitness: A Way of Life, by Bud Getchell, suggests one reason our dietary practices are hardly consistent with staying thin:

- Burger King Whopper 606
- Colonel Sanders' three-piece special 660
- McDonald's Big Mac 557
- McDonald's Quarter Pounder 414
- Pizza Hut ten-inch pizza 880-980
- Dairy Queen medium-sized cone 339
- Dunkin' Donuts plain doughnut with hole 240
- Baskin-Robbins sugar cone with one scoop 180-230
- French fries, one serving 200
- Milkshake, average size 300

\* \* \* \* \*

Excerpt from Amarillo YMCA Running Club Newsletter:

May 5th, Tulia: 44 year-old Bobby Cunningham of Abernathy, one of the state's top master runners, shattered his own course record enroute to recording his second victory in the 2nd Annual Tulia 10K.

Cunningham eased away from eventual runner-up Chris Hansen of Pampa at the 4 mile mark for an easy 34:55 win. Cunningham, rounding into top form, ran only fast enough to win this one.

\* \* \* \* \*

One of the reasons for forming a club is to sponsor running opportunities. In addition to monthly WTRC runs, several club members have recently volunteered to work in "outsider" races.

These are the ones known presently. All the names below are familiar to the club. Thanks to all for putting something back in to your sport, recreation and/or hobby:

- Lee Burke: Medical Technicians State Convention Fun Run 5K, Lubbock, 4/26/84.
- Roger Malone: Dimmitt 10K, 4/30/84.
- Don Sanderson: 2nd Annual Tulia 10K & 2 mile, 5/5/84.
- Sherill Easterling & Don Webb: Southwest Collegiate Institute for Deaf - 10K & 2 mile - Big Spring.
- Mike Kelley: 4th Annual Lubbock Council on Alcoholism Spring High Run 10K, Lubbock, 5/19/84.
- Jim Wilhelm/Don Kephal: Methodist Hospital Fun Run 5K, Lubbock, 6/23/84.

\* \* \* \* \*

DIARY OF A MAD JOGGER

humor by Richard Liebmam-Smith

Most runners keep a journal in which to record their running experience... Some runners keep records of their diet, weight, how they felt, and so forth. Keep whatever kind of journal you like, but do attempt one, and from time to time record your resting heart rate.

- JIM FIXX, The Complete Book of Running

NOVEMBER 6  
Distance: None

What makes me want to run? What mad melange of hubris and masochism can explain this urge to tax my body and soul to the ultimate, chasing nothing, fleeing nothing, running neither for money nor for glory nor to catch a bus?

I am running for my life, inspired by the Adida Indians of Central America. These hardy primitives are truly the aristocrats of distance running; an adult Adida can cover 100 miles nonstop at a pace that would fell an Olympic miler. And among the Adidas, heart disease is virtually unknown. Diabetes, emphysema, stroke - all are unheard of. In fact, the Adidas have no medical knowledge whatsoever. They are completely illiterate and believe that the body is an animal they ride around in.

Easing gently into my new incarnation as a running machine (fleet, sleek, instinctive, fit beyond belief), I followed the athlete's golden maxim: "Train, don't strain." For this afternoon's workout, I wore my running shoes around the apartment for half an hour, gradually tightening my terrycloth headband. Excruciating agony.

Resting heart rate: 249. (Do you count each blub or do blub-blup and blubedy-blup count as one?)

Thought: "Whatever does not kill me makes me stronger," says Nietzsche, the dead philosopher.

NOVEMBER 9  
Distance: None

The most important single item of equipment a runner buys is his T-shirt, and the most important question to consider in selecting one is: How will it read if I succumb to a massive coronary in mid-jog and am found sprawled unconscious on the track by a bunch of snooty horseback riders? Today I faced the long, lonely, agonizing test of T-shirt shopping, emerging from the fiery caldron of indecision with a new definition of who and what I am.

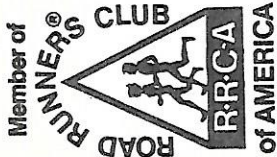
THE THRILL OF VICTORY, THE AGONY OF DA FEET struck me as overly literary and too long, KISS ME, I'M A JOGGER and BEEP! BEEP! were obviously declassé. I was drawn to one with HERE COMES (YOUR NAME) on the front and THERE GOES (YOUR NAME) on the back but was concerned about the potentially paralyzing effect of getting such a garment on backward or, worse, inside out. Ultimately, I settled for IN CASE OF EMERGENCY, CALL . . . and Dr. Frankel's phone number.

Resting heart rate: 6. (Gloves)

Thought: Man is by nature a running animal. The rhythm of the run is etched in the very DNA of every human cell. The earliest known literature attests to this fundamental truth: "Run, Dick, run! See Spot Run!"

To be continued next month!





# THE AMARILLO YMCA RUNNING CLUB

## PRESENTS A

### 3 MILE SUMMER BUMMER

**WHEN:** 8:00 a.m., Saturday, June 30th  
**WHERE:** Race starts at the main entrance to Wonderland Park located in Thompson Park, Amarillo

**ENTRY FEE:** \$3.00 (\$2.00 for club member who register prior to 5:00 pm, Friday, June 29th.) Centipede team entry fee: \$5.00

**AWARDS:** Club medals to the top three finishers in each division as follows:

- |                   |                     |
|-------------------|---------------------|
| Male 19 and under | Female 19 and under |
| 20-29             | 20-29               |
| 30-34             | 30-34               |
| 35-39             | 35-39               |
| 40-44             | 40 and over         |
| 45-49             |                     |
| 50 and over       |                     |

**Special Centipede division:**

- Six members per team
- All team members must execute waiver, only team captains address required
- All members must stay "connected" throughout the race
- Ribbons to each team member of the top three teams

**COURSE:** Scenic, generally flat, cut and back course run entirely on park roads.

**3 MILE SUMMER BUMMER**

NAME: last \_\_\_\_\_ first \_\_\_\_\_ Age as of 6/30/84 \_\_\_\_\_

ADDRESS: street \_\_\_\_\_ SEX \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_ signature (parent if under 18) \_\_\_\_\_

In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby, for myself, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Amarillo YMCA, Amarillo Running Club, The City of Amarillo, Department of Parks and Recreation, and any and all sponsors and their representatives for any and all injuries suffered by me in this event. I attest and verify I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings of this event for legitimate purposes.

**PACE CHART**

time/mile	5K	5m	10K	15K	20K	25K	30K	20m	marathon
4:40	14:30	23:20	29:00	43:30	58:00	1:10:00	1:23:00	1:33:22	2:03:22
4:50	15:01	24:10	30:02	45:03	59:33	1:12:30	1:26:05	1:37:19	2:07:44
5:00	15:32	25:00	31:04	46:36	60:00	1:15:00	1:29:12	1:40:00	2:11:06
5:10	16:03	25:50	32:06	48:09	61:30	1:17:30	1:31:55	1:43:20	2:14:58
5:20	16:34	26:40	33:08	49:42	63:00	1:20:00	1:34:12	1:46:40	2:18:58
5:30	17:05	27:30	34:10	51:15	64:30	1:22:30	1:36:18	1:49:20	2:22:44
5:40	17:36	28:20	35:12	52:48	66:00	1:25:00	1:38:24	1:52:00	2:26:34
5:50	18:07	29:10	36:14	54:21	67:30	1:27:30	1:40:30	1:54:40	2:30:28
6:00	18:39	30:00	37:17	55:56	69:00	1:30:00	1:42:40	1:57:20	2:34:27
6:10	19:10	30:50	38:19	57:29	70:30	1:32:30	1:44:50	1:59:50	2:38:25
6:20	19:41	31:40	39:22	59:03	72:00	1:35:00	1:47:00	2:02:20	2:42:22
6:30	20:12	32:30	40:24	1:00:36	73:30	1:37:30	1:49:10	2:04:50	2:46:18
6:40	20:43	33:20	41:26	1:02:09	75:00	1:40:00	1:51:20	2:07:20	2:50:13
6:50	21:14	34:10	42:28	1:03:42	76:30	1:42:30	1:53:30	2:09:50	2:54:07
7:00	21:45	35:00	43:30	1:05:16	78:00	1:45:00	1:55:40	2:12:20	2:58:00
7:10	22:16	35:50	44:32	1:06:48	79:30	1:47:30	1:57:50	2:14:50	3:01:52
7:20	22:47	36:40	45:34	1:08:21	81:00	1:50:00	1:59:50	2:17:20	3:05:44
7:30	23:18	37:30	46:36	1:09:54	82:30	1:52:30	2:02:00	2:19:50	3:09:36
7:40	23:49	38:20	47:38	1:11:27	84:00	1:55:00	2:04:10	2:22:20	3:13:28
7:50	24:20	39:10	48:40	1:13:00	85:30	1:57:30	2:06:20	2:24:50	3:17:20
8:00	24:51	40:00	49:42	1:14:33	87:00	1:59:50	2:08:30	2:27:20	3:21:13
8:10	25:22	40:50	50:44	1:16:06	88:30	2:02:00	2:10:40	2:29:50	3:25:05
8:20	25:53	41:40	51:46	1:17:39	90:00	2:04:30	2:12:50	2:32:20	3:28:97
8:30	26:24	42:30	52:48	1:19:12	91:30	2:07:00	2:15:00	2:34:50	3:32:50
8:40	26:55	43:20	53:50	1:20:45	93:00	2:09:30	2:17:10	2:37:20	3:36:42
8:50	27:26	44:10	54:52	1:22:18	94:30	2:12:00	2:19:20	2:39:50	3:40:34
9:00	27:57	45:00	55:54	1:23:51	96:00	2:15:00	2:21:30	2:42:20	3:44:26
9:10	28:28	45:50	56:56	1:25:24	97:30	2:17:30	2:23:40	2:44:50	3:48:18
9:20	28:59	46:40	57:58	1:26:57	99:00	2:20:00	2:25:50	2:47:20	3:52:10
9:30	29:30	47:30	59:00	1:28:30	1:00:30	2:22:30	2:28:00	2:49:50	3:56:02
9:40	29:59	48:20	60:00	1:30:03	1:02:00	2:25:00	2:30:10	2:52:20	4:00:00
9:50	30:30	49:10	61:00	1:31:36	1:03:30	2:27:30	2:32:20	2:54:50	4:04:00

Note :

Several missing pages

From this newsletter -

Stewely