

MARCH 1984

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



WEST TEXAS RUNNING CLUB NEWSLETTER

MARCH 1984

APRIL CLUB RACE

1st Annual Lamesa Benefit Run
10K & 2 Mile

DATE: Saturday, April 14, 1984

TIME: 9:00A.M. - 1 mile race for Elementary School Kids (1st, 2nd & 3rd Grades, separate heats)

10:00A.M. - 10K & 2 Mile

LOCATION: Court House Square, Downtown, Lamesa, Texas

COURSE: 2 Mile & 10K, looped course on paved streets, flat to slightly rolling

DIVISIONS & AWARDS:

	10K	2 Mile
19 & Under	3 trophies	13 & Under
20-29	5 "	14-19
30-39	5 "	20-29
40 & Over	5 "	30-39
Ladies, 19 & Under	4 "	40 & Over
Ladies, 20-29	4 "	Ladies, 19 & Under
Ladies, 30 & Over	4 "	Ladies, 20-29
		Ladies, 30 & Over

Elementary School 1 Mile:

Medals to the first 3 boys & girls in each heat.
Ribbons to all participants

ENTRY FEES: 10K & 2 Mile - \$3.00 WTRC Members
\$5.00 Non-members

Elementary 1 Mile - \$1.00

All proceeds go to the the Easter Seals.

Juices, cokes & fruit at finish line and a special gift packet to all runners. Also, the 1st man and 1st woman in the 10K & 2 mile will receive a pair of running shoes.

FOR MORE INFORMATION, CONTACT:

JOHNNY HARPER
801 Skyline Drive
Lamesa, Texas 79331
PHONE: (806)872-6134

Schedule of Events

- Saturday, April 7
Texas Triathlon Three (1K Swim, 10K run, 30K bike), 6:30, March 16 deadline. CONTACT: Bryan/College Station COFC, 2615 Texas Ave., South, College Sta., TX 77840. (409)693-6552.
- Saturday, April 7
5th Annual St. Paul Hospital Fitness Festival. 10K Race, 2 mile fun run, 5K fitness walk. 8:30A.M. In addition, 4-6 pm, fitness clinic w/Bill Rodgers & Jim Finn. CONTACT: Racedata, Box 524, Richardson, TX 75080.
- Saturday, April 7
4th Annual Tail Town 10,000 & 2 mile. 8:A.M., Midland. Post entry OK, \$10. CONTACT: Midland Road Runners, Box 10483, Midland, TX 79702. AFTER 9:PM: (915) 687-2961.
- Saturday, April 7
8th Annual Oiltown Minithon, 15K & 3 mile, 10:A.M. CONTACT: Bill Lagomarsino, Box 841, Corsicana, TX 75110. (214)872-4611.
- *Saturday, April 14
First Annual Lamesa Benefit Run, 10K & 2 Mile, Lamesa, TX See this newsletter for more information.
- Saturday, April 14
6th Annual Blue Bell 10K. 8:30A.M., Brenham. 1300 runners in '83. CONTACT: Brenham Athletic Assoc., Box 2025, Brenham, TX 77833.
- Saturday, April 28
Panhandle Women's 5 mile Championship (women only) CONTACT: Amarillo YMCA Running Club, 816 S. Van Buren, Amarillo, TX 79101.
- Saturday, April 28
Rocky Mtn Oyster Fry 10K. 10:A.M., \$10. San Angelo. CONTACT: Lawrence Leonard, 3220 Sunset, San Angelo, TX 76904, (915)949-2048.
- Sunday, April 29
Andrews Invitational, 10K & 2 mile. 2:P.M. CONTACT: Jim Lewis, Star Rt Box 2305, Andrews, TX 79714. (915)523-4173.
- *Saturday, May 12
12th Annual Horseshoe Bend Canyon Spring Frolic 12 & 2 Miles, Slaton, Texas, 9:00 A.M.
- Sunday, May 13
Women's U.S. Olympic marathon trials. Olympia, Wash. 2:51:16 qualifying standard. televised.
- Saturday, May 19
4th Annual Spring High 10K & 2 Mile at Buddy Holly Park, sponsored by Lubbock Council on Alcoholism. Accurate course. 9:A.M. CONTACT: LOCA Spring High Races, 1210 Texas, Lubbock, TX 79401. (806)763-8763.

9th Annual Grass Trample
Mackenzie State Park
Lubbock, Texas
March 10, 1984

DISTANCE: 4 Miles
WEATHER CONDITIONS: Wonderful

10:00 A.M. 11:00 A.M.
Temperature: 32°F 54°F
Winds: NE at 16 NE at 14

Seventy three hearty souls showed up for the 1984 edition of the West Texas Running Club's Grass Trample 4 Mile Race (the 9th Annual). The weather was brisk, at best. However, as the above climatological data shows, there was a definite warming trend during the hour and winds were calming. You bet!

Robin Powell (Levelland) finished first overall in 21:17.5 to win the Open Division. Less than 2 seconds back, in second place, was Cliff McCurdy (Canadian) with a new 30-39 age group record of 21:19.2 (eclipsing previous mark of Bob Hough, 36, Lamesa, 23:09, 1983). It was reported that Cliff made up a lot of ground in the last half mile and he almost pulled out a come-from-behind win. Close behind Cliff was Midland's John Harris, third overall with a 21:11.8.

David McCord (Lubbock) took the High School & Under honors with a fine 26:35 while Bobby Cunningham cruised to another 40-49 win in 22:42. Robert Guajardo and George Jury scrambled to the wire to decide second and third place in the 40-49 division, with Mr. Guajardo edging on top with a 0.4 second margin.

In the 50 & Over division, John Hartsfield rewrote the book with a course record of 30:15.8 on the way to a first place trophy. The previous mark was set in 1983 by Bob Smith, (62, Lubbock) with a 34:53.

The first woman finisher was S. Jane Jones (Tatum, NM) clocking a 32:32.6 which was good enough for a 25 & Over Division triumph and a new course record (previous record was Jackie Davis, 32, Slaton, 33:44 in 1983). Melissa Brannon (Lubbock) was the second woman finisher and victor of the 24 & Under Division.

Saturday, May 19
2nd Lone Star Full Triathlon, San Antonio Ironman Distances, (512)736-1302.

Saturday, May 26
7th Funfest Marathon & Imarathon, Amarillo, TX
CONTACT: Funfest Marathon, 1700 Polk St., Amarillo, TX 79102.

Saturday, May 26
Men's U.S. Olympic Marathon Trials, Buffalo, NY,
2:19.04 qualifying standard. Televised.

*Saturday, June 2
5th Annual Levelland Lope, 10K & 5K, Levelland, TX.

Saturday, June 9
6th Annual Hill Country Classic Masters Track Meet.
Held in Mason, Texas. Details to follow or call:
1-512-837-5433.

Wednesday, July 4
15th Peachtree Road Race, 10K, Atlanta. Register by mail only. Limited to 25,000 or June 4. CONTACT: Peachtree, Atlanta Track Club, 3087 E. Shadowlawn Ave., NE, Atlanta, GA 30305.

Sunday, August 19
7th San Francisco Marathon, CONTACT: SFM, Box 27385, S.F., Cal., 94127.

Sunday, October 21
America's Marathon/Chicago.

Sunday, October 28
New York City Marathon.
* * * * *
LATE ADDITIONS

Saturday, April 28
The 2nd Annual Run for Life for the American Cancer Society 5K, 10K and 1 mile. 1 mile at 8:30, 5&10K at 9:00. Dimmitt, Texas. CONTACT: Roger Malone, (806)647-3286 work/647-3231 home.

*Denotes monthly WTRC event

I would like to personally thank the volunteers who braved the cold to manage the event. I can't thank enough all the people who are always willing to help, rain or shine, hot or cold:

Diana Fangman - Sign up & finish chute
 Johnny Nava - Sign up & 1 & 3 mile splits
 Hugh Haynes - Finish line timing
 Brenda Kephart - Finish chute & Results
 Jim Wilhelm - Course marking

A final note - The Grass Trample was run on grass until 1983, when we moved to the present asphalt course. It seems that the name is no longer appropriate. If you have a suggestion for a name, please call Don Kephart at 806-797-4604 or write to 5320-45th, Lubbock, Texas 79414. Your ideas are appreciated.

We'll see you in Lamesa on April 14th!!!

Everybody's running in 'America's Love Run.

You don't have to be an Olympic champion to join. Set a reasonable goal... then ask friends, neighbors, and business associates to pledge 5¢ or more to the Muscular Dystrophy Association for every mile you run during **MAY** Run in your neighborhood, on a track, at a local park—anywhere you'd like—and at any time.

Send in the registration form below along with your \$5.00 entry fee (check payable to MDA), and we'll send you an official t-shirt. Sponsorship Form, Runner's Log, and complete instructions.

Registration Form	
Name _____	Zip _____
Address _____	State _____
City _____	City _____
Running Club Affiliation (if any) _____	AMERICA'S LOVE RUN
T-Shirt Size (circle one) S M L XL	
Return Registration with your \$5.00 tax deductible entry fee (check payable to MDA) to:	MDA 1713 S. Avondale Amarillo, TX 79106



West Texas Running Club's 9th Annual

4 Mile Grass Trample

Men's Results

1.	Robin Powell	22	Levelland	21:17.5	5:19.4
2.	Cliff McCurdy	30	Canadian	21:19.2	:19.8
3.	John Harris	23	Midland	21:22.8	:20.7
4.	Lolo Mercado	24	Lubbock	22:26.4	:36.6
5.	Karl Wolfe	23	Lubbock	22:29.6	:37.4
6.	Bobby Cunningham	44	Abernathy	22:42.0	:40.5
7.	Richard Kleinhans	34	Midland	23:36.2	:54.0
8.	Kevin Wolfe	23	Lubbock	23:50.6	:57.6
9.	Stewart Smith	24	Lubbock	24:00.9	6:00.2
10.	Ed Dabrowski	26	Levelland	24:18.8	:04.7
11.	John Price	29	Lubbock	24:19.3	:04.8
12.	Jimmy Samarron	29	Levelland	24:43.8	:11.0
13.	Robert Guajardo	41	Levelland	24:48.3	:12.1
14.	George Jury	47	Lubbock	24:48.7	:12.2
15.	Hal Cooper	23	Lubbock	25:26.8	:21.7
16.	Norman Pittenger	47	E1 Paso	25:29.6	:22.4
17.	Jim Fisher	32	Lubbock	26:06.7	:31.7
18.	Alan Lee	25	Lubbock	26:29.3	:37.3
19.	David McCord	16	Lubbock	26:34.9	:38.7
20.	Tom Brown	41	Lubbock	26:36.9	:39.2
21.	Mark McDuff	21	Crosbyton	26:37.9	:39.5
22.	Bobby Birdsong	43	Levelland	26:39.0	:39.8
23.	Ron Mahaffey	33	Lubbock	26:46.4	:41.6
24.	Charles Davis	40	Amarillo	26:53.4	:43.4
25.	Joe Post	35	Lubbock	27:04.2	:46.1
26.	Paul Harper	44	Lubbock	27:12.5	:48.1
27.	Al Grotz	34	Lubbock	27:13.4	:48.3
28.	Bruce Ebanks	33	Lubbock	27:20.7	:50.2
29.	Francis Johns	49	Midland	27:34.9	:53.7
30.	Lamar Thompkins	23	Lubbock	27:43.2	:55.8
31.	Jim Wilhelm	33	Lubbock	27:49.0	:57.2
32.	William Hewett	42	Seminole	27:54.7	:58.7
33.	Gonzalo Ramirez	28	Lubbock	28:17.3	7:04.3
34.	Mike Kelley	35	Lubbock	28:26.5	:06.6

		<u>Women's Results</u>			
35.	Charles Delahoussaye	30	Lubbock	28:36.5	7:09.1
36.	John Harper	49	Anton	28:38.2	:09.5
37.	D.L. Swofford	38	Lubbock	28:40.8	:10.2
38.	Mike Greer	45	Lubbock	28:44.8	:11.2
39.	Gerald Long	49	Lubbock	28:55.4	:13.8
40.	Ron Lehr	34	Lubbock	29:20.7	:20.2
41.	Will Fewin	12	Lubbock	29:27.2	:21.8
42.	David Knaff	42	Lubbock	29:32.8	:23.2
43.	Tim Poole	24	Lubbock	29:39.7	:24.9
44.	Anthony Morrison	13	Lubbock	29:46.0	:26.5
45.	Michael Jacobs	35	Lubbock	29:56.9	:29.2
46.	Jim McDuff	46	Crosbyton	30:06.2	:31.5
47.	Roger Coughran	47	Lubbock	30:17.0	:34.2
48.	Dave James	39	Lubbock	30:32.4	:38.1
49.	John Harsfield	50	Lubbock	30:45.8	:41.4
50.	Frank Hernandez	45	Lubbock	30:46.3	:41.6
51.	James Livermore	36	Lubbock	30:55.2	:43.8
52.	Robby Timberlake	35	Levelland	51:07.9	:47.0
53.	Larry Ladd	31	Lubbock	31:25.6	:51.4
54.	Clyde Young	16	Lubbock	31:29.6	:52.4
55.	George Angerer	42	Staton	31:42.5	:55.6
56.	Steve Lehman	26	Anton	32:01.6	8:00.4
57.	Phillip Long	52	Lubbock	32:03.6	:00.9
58.	Feliciano Garcia	26	Lubbock	32:06.5	:01.6
59.	William Vitalec	38	Lubbock	32:09.3	:02.3
60.	Jason Shone	13	Lubbock	32:10.8	:02.7
61.	Rick Houston	35	Lubbock	32:46.8	:11.7
62.	Don Address	51	Lubbock	32:59.5	:14.9
63.	-Charles Moyer	38	Lubbock	33:32.8	:23.2
64.	Richard Thomas	27	Lubbock	34:21.9	:35.5
65.	Charlie Stallings	39	Lubbock	34:28.8	:37.2
66.	Cody Clay	12	Lubbock	40:16.7	10:04.2
67.	A.C. Swofford	35	Lubbock	41:45.4	:26.3
68.	Stephen Vitalec	12	Lubbock	43:04.6	:46.1

		<u>Women's Results</u>			
1.	S. Jane Jones	44	Tatum, NM	32:32.6	
2.	Melissa Brannon	22	Lubbock	34:38.7	
3.	Pauline Garcia	23	Lubbock	35:31.3	
4.	Liza Poole	21	Lubbock	37:33.3	
5.	Darlene Jones	40	Lubbock	40:27.3	

		<u>AWARDS</u>	
		<u>High School & Under</u>	<u>30-39</u>
		David McCord	*Cliff McCurdy
		Will Fewin	Richard Kleinbans
		Anthony Morrison	Jim Fisher
		Clyde Young	Ren Mahaffey
		Jason Shone	Joe Post
		<u>50 & Over</u>	<u>Women, 24 & Under</u>
		*John Hartsfield	Melissa Brannon
		Phillip Long	Pauline Garcia
		Don Address	Liza Poole

		<u>AWARDS</u>	
		<u>Open</u>	<u>High School & Under</u>
		Robin Powell	David McCord
		John Harris	Will Fewin
		Lolo Mercado	Anthony Morrison
		Karl Wolfe	Clyde Young
		Kevin Wolfe	Jason Shone
		<u>40-49</u>	<u>50 & Over</u>
		Bobby Cunningham	*John Hartsfield
		Robert Guajardo	Phillip Long
		George Jury	Don Address
		Norman Pittenger	
		Tom Brown	
		<u>Women, 25 & Over</u>	
		*S. Jane Jones	
		Darlene Jones	

*New age group course record

FOOTNOTES. . .

The WTRC was started in 1972 to promote running in west Texas. A look at this month's calendar of events would indicate the club (and other factors, too) have had a beneficial effect along those lines.

Presently the club puts much energy into the monthly race and newsletter. The reason is simple. These are the activities that interest and attract the present group of volunteers.

If you have some ideas or some unmet needs (in regard to running) make the officers aware. There are probably other club members with the same perspective, they just have not spoken up.

Presently, the WTRC has 385 members scattered all over west Texas: Lubbock, Floydada, Brownfield, Midland, Odessa, Abilene, Coahoma, Levelland, Amarillo, Odessa, Lamesa, Friona, Roswell, Hobbs, etc.

Other clubs have social parties. Anyone interested? Others have a Grand Prix series. Points are earned in designated races by means of a scoring system and awards are given on the basis of attendance or improvement. What do you think?

Is there a need to attempt to answer training and/or medical questions in this newsletter? What about a monthly social, informal fun run?

Lack of response will be interpreted as non-interest in these ideas and that no new ideas are available.

* * * * *

This is 1984, how prophetic! Did you know the club historian keeps a record of each member's performance in club races? For some members, this goes back for many years. It is used to keep track of annual awards.

When the historian gets a newsletter with results, they simply write the date, time and distance on each members' page. It usually takes 30 minutes to an hour, once a month.

It can easily be done by a club member living in or out of Lubbock. How about you? Seriously, we need a volunteer. Call James at 792-5815 or write Box 2921, Lubbock, Texas 79408 to offer to help.

* * * * *

In Framingham, Mass., near Boston, there's a tavern called the Happy Swallow that traditionally offers free beers to any bona-fide participant in the Boston Marathon. Interviewed by a reporter, the owner of the bar figured the happiest swallow of all was enjoyed by a runner who came bursting in some six -and-a-half miles into the race, had a "frosty," and then dashed out again. "He got as far as the next intersection," said the tavern keeper. "Then he came back and spent the rest of the afternoon here."

FOOTNOTES 2. . .

There are many club members who run one club race a year. There are a goodly number who receive the newsletter but choose not to run in any races. Therefore, you might live near a club member (and potential running partner) and not know it.

From time to time, the club officers have discussed listing all members from the same town. It would be up to members from there.

In February, 1984, out of 386 newsletters mailed, 20 went to Big Spring, 8 to Lamesa, 6 to Abernathy, and 156 to Lubbock addresses.

If you do not want your name & address published, call James Livermore, at (806)792-5815 after 6:00 p.m.

* * * * *

At 3 A.M. on the day after the New York City Marathon, the mother of one of the competitors worriedly phoned race headquarters to say that her son hadn't returned home. The woman wanted race officials to call hospitals and police. A couple of hours later she called back in a far happier mood. It turned out that her son had finished the race but had been so sore-legged that when he came home he didn't use the front entrance, which would have involved climbing steps. And he was so tired he didn't even make it to his bed. His mother found him asleep on a couch by the back door!

* * * * *

TRIVIA QUESTION:

How did Rick DeSebastian and Alan Knopp get accepted into the Olympic Marathon trials without running a 2:19.04 or better qualifying time?

ANSWER: DeSebastian missed it by 2 seconds at Boston. He claimed he was delayed by more than that by the crowd at the start. Knopp argued the same point when he ran 2:19:07 at Nike-OTC.