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AUG + SEPT 85 RESULTS

James Livermore
5707 2nd Place
Lubbock, TX 79416



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Warm-up exercises serve a dual function. They allow you to stretch your muscles and they give passersby something to laugh about.

WTRC SEPTEMBER CLUB RACE
3000 METER TRACK

Results available on award winners only

FEMALE
April Stein 13:17
Josie Aleman 13:46
Jan Ramirez 13:47
Ann Gordhamer 17:33
Kristen Sava 18:01

MALE
19 & under
Charlie Douglas 9:45
Manuel Mendoza 9:46
Gary Douglas 11:16
20-29
Tim Godfrey 9:02
Robert Rogers 10:58
Gonzalo Ramirez 11:05

30-39
Tom Nisbett 10:02
John Price 10:48
David Jackson 11:00

40-49
Bobby Cunningham 10:18
George Jury 10:59
Bill Roger 12:03

50-59
John Harper 12:38
Charles Thrasher 12:48
John Hartsfield 13:18

MARATHON SCHEDULE

Nov. 4, 1985 -- Las Colinas, San Antonio. Contact Lawrence Baiza (512) 433-6391
Dec. 7, 1985 -- Brownsville. Contact John Gonzalez (512) 544-2918
Dec. 8, 1985 -- White Rock, Dallas. Contact Steve Shopoff, 3421 Brookshire, Plano, Texas 75075, wk (214) 247-4740 or hm. 596-9227.
Jan. 19, 1986 -- Tenecco, Houston. Contact Houston Tennessee Marathon, P.O. Box 56682, Houston, Tx. 77027.
Feb. 8, 1986 -- The Woodlands, 30 miles north of Houston. Contact Doug Earl, South County YMCA, Box 7152, Woodlands, Tx. 77387 (713) 367-9622.
Feb. 22, 1986 -- Cowtown, Fort Worth. Contact Cowtown Marathon, Box 562, Fort Worth, Tx. 76101 (817) 870-9784.
Mar. 1, 1986 -- Desert, El Paso. Contact Bill Berry (915) 565-9977.
Mar. 2, 1986 -- Galveston. Contact Charles Deigado (409) 744-5281 or 945-7966
Mar. 9, 1986 -- Alamo City, San Antonio. Contact John Purnell, Run Away Running Store, 3428 N. St. Mary's, San Antonio, Tx. 78212 (512) 732-1332.
March 29 or April 5, 1986 -- Greater Southwest Contact Mike Osborn, YMCA, Box 3137 Abilene, Tx. 79604. (915) 677-8144.
April 26, 1986 -- Daybreak, Willis Point, near Dallas. Contact Ray Sewell (214) 873-2858 or 873-2888.
May 24, 1986 -- Funfest, Amarillo. Contact Funfest Marathon, 1700 Polk St. Amarillo, Tx. 79102 or Debbie Jeffers (806) 353-9920 or the Junior League (806) 374-0802.
Aug. 24, 1986 -- Fort Davis, Prude Ranch. Contact Prude Ranch, Box 1431, Fort Davis, Tx. 79734 (915) 426-3202 or Steve Smith 822-7964.

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WEST TEXAS RUNNING CLUB
PRESENTS
THE 13TH ANNUAL
BUFFALO WALLOW HALF MARATHON AND 2 MILE RACES

WHEN: Saturday, October 19, 1985, 9:00 AM
WHERE: Buffalo Springs Lake, Lubbock, Texas (see map)

DIVISIONS & AWARDS:

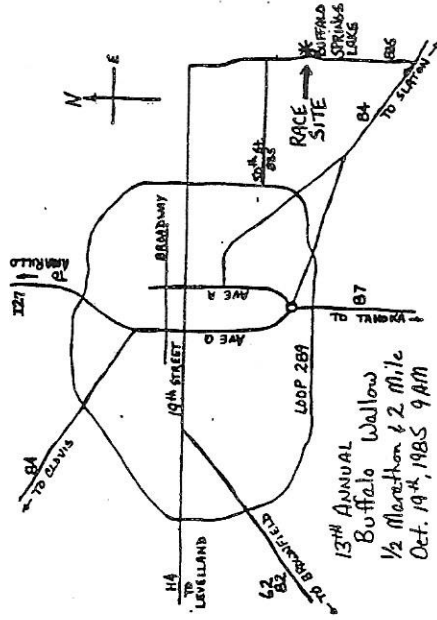
Half Maratlon	2 Miles	5 trophies
Open	Open	5 trophies
30-39	High School	5 trophies
40-49	& Under	5 trophies
50 +	30-39	5 trophies
Women	40 +	5 trophies
	Women	3 trophies

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

COURSE: Asphalt roads all the way
2 mile - out and back, flat
Half Marathon - looped course, some tough hills
Aid Stations at 3.5, 7 & 10 miles; Splits at 1.5, & 10 miles

RACE DIRECTOR: Don Kephart
5401 74th Street
Lubbock, Texas 79424
806-794-4604 (evenings)

** 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.



13th ANNUAL
Buffalo Wallow
1/2 Marathon & 2 Mile
Oct. 19th, 1985 9 AM

** CLUB MEMBERS PLEASE READ:
Volunteers are needed for the following functions:
Finish Line - 2 persons
Aid Stations - 2 persons
Sign Up - 2 persons
Splits - 2 persons
Please contact Don Kephart at the number above if you would be willing to help. Thank You.

2

10 K Awards

CALENDAR

October 12 Stroh's Run for Liberty II. 8K. San Angelo. \$11. T-shirts \$5 additional charge. Commemorative medallions coast from Statue of Liberty materials to all entrants. Certified course along Concho River. Results booklet mailed to all entrants. Contact: San Angelo Road Lizards, Box 2851, San Angelo, Texas 76902.

Oct. 19 Third Annual Caliente Classic Run and Chili Cook-off. 6 mile 3 mile, 1 mile fun run. 8:30 a.m. for 1 mile and 9 am for 3 & 6 mil races. Big Lake, Texas. T-shirts to all entrants. Awards to top 3 finishers in age divisions. \$6 before \$8 after 10-16-85. Location: County Park. Contact Mike Fisher, 1305 Pecan Grove, Big Lake, Texas 76932 (915) 884-2023 or 884-2113 work; or Cindy Joyce & Big Lake Chamber of Commerce, 310 2nd St., 76932 884-2980.

Oct. 19 Combat Medic Mini-Marathon, Garden Avenue and Hardee Road on Fort Sam Houston, San Antonio. 9 a.m. 10K and 1/2 marathon, \$9. For more information 221-4596.

Oct. 19 Buffalo Wallow, Buffalo Springs Lake, Lubbock. WTRC October Club Race. See details this issue.

Oct. 19 Canadian 10K and 2 mile.

Nov. 2 Athletes vs. MS run, 10K

Nov. 2 YMCA Half marathon and 2 mile. San Angelo, Texas. No further details at this time.

Nov. 3 11th annual Las Colinas Marathon. See marathon schedule for contact. \$10 before and \$15 after 10-19-85. Must be registered with T.A.C. by 11-3-85 to run.

Nov. 16 Big Spring Turkey Trot. 10K and 1 mile. No further information at this time.

Nov. 16 Run for your lungs/American Cancer Society Great American Smokeout 10K.

Nov. 23 Turkey Trot 5 K.

Nov. 23 Texas Instruments 10K and 2 mile. Lubbock. Details to follow.

Dec. 7 Frosty Four

Jan. 19 Houston Tenneco Marathon. See marathon schedule for contact.

*Amarillo YMCA Running Club
 #Henry Glavin
 816 Van Buren
 Amarillo, Texas 79101

Male

Male Overall - L. Martin - 30:45	Female Overall - M. Medina 38:50
18 & Under	19-29
1 Mora	1 Price
2 Aranda	2 Post
3 Burrell	3 Spear
40-49	30-39
1 Keesling	1 Cunningham
2 Redcloud	2 Lara
3 Kigen	3 Hoff
60-69	50-59
1 George	1 Long
2 Smith	2 Thomas
3 Hartman	3 Ducote

5 K Order of finish

Order of finish	Name	Time
1	Warner	16:24
2	Gwandu	16:32
3	McCurdy	16:34
4	Diaz	16:42
5	Mendivil	18:07
6	Cranford	18:08
7	Samarron	18:13
8	Lara	18:43
9	Tullah	19:05
10	Jury	19:10
11	Mahaffey	19:41
12	Fisher	19:57
13	Mendoza	20:06
14	Heath	20:09
15	Wimberly	20:15
16	Birdsong	20:24
17	Brashears	20:53
18	Knaff	21:03
19	Harper	21:08
20	Dickson	21:22
21	Roger	21:27
22	Morrow	21:44
23	Lassiter	21:46
24	Punhong	21:54
25	Millican	21:56
26	Woody	22:00.4
27	Smith	22:00.7
28	Newsom	22:05
29	Cardenas	22:11
30	Oakeley	22:15
31	Hoff	22:24
32	Piether	22:26.1
33	White	22:26.4
34	Jenson	22:34
35	Thrasher	22:54.0
36	Baggett	22:54.6
37	Brown	23:04
38	Reno	23:11
39	Luce	23:23
40	Schilling	23:34
41	Zertuche	23:41
42	Russell	23:52
43	Mediano	23:57
44	Cannon	24:00
45	Angerer	24:02
46	Hyatt	24:10
47	Aleman	24:12
48	Balkman	24:15
49	Smith	24:26
50	Hammond	24:30
51	Weis	24:36
52	Loocco	24:42
53	Gahr	24:49
54	Baker	24:55
55	Nunez	24:56.5
56	Baker	24:56.6
57	Gahr	24:57.2
58	Storey	24:57.6
59	Crowder	25:04
60	Hayes	25:09
61	Tank	25:10
62	Platt	25:11
63	Rappa	25:14
64	Gross	25:20
65	Poole	25:31
66	Pelley	25:41
67	Hall	25:43
68	Botkin	25:45
69	Paries	25:46
70	Birdsong	25:52
71	Newsome	25:58
72	Ramirez	26:05
73	Cooper	26:11
74	Chavez	26:25
75	Lubno	26:20
76	Magruder	26:30
77	Simon	26:47
78	Torres	27:06.3
79	Punhong	27:06.6
80	Albright	27:06.9
81	McMahon	27:09
82	Feach	28:17
83	Meier	28:31
84	Gamble	28:37
85	Cook	28:42
86	Stalcup	29:06
87	Rampy	29:14
88	Allen	29:26
89	Estes	29:26
90	Maki	29:33
91	Maki	29:41
92	Bagley	30:04
93	Nelson	30:26
94	Cushion	31:01
95	Spurlett	31:14
96	Moore	31:32
97	Johnson	31:38
98	Dunn	33:21
99	Pafe	33:25
100	Fore	33:32
101	Russell	34:09
102	Maki	35:09
103	Frias	Clock
104	Loveless	Mal-
105	Timberlake	Funct--

5

4

10 K Results

1	Martin	30:45	Thomas	45:11
2	Keesling	31:14	Johnson	45:18
3	Redcloud	32:44	Wysocki	45:25
4	Kigen	Clock	45:42	45:47
5	Mercado	Mal-	45:53	
6	Cunningham	Func-	46:37	
7	Bernacke	tion	46:54	
8	Mora	" "	47:05	
9	Aranda	" "	47:27	
10	Price	" "	47:32	
11	Palacio	" "	47:52	
12	Medina	" "	48:22	
13	Post	" "	48:26	
14	Peters	" "	48:32	
15	Pooler	" "	48:45	
16	Bustamantes	39:40	48:47	
17	Farrell	40:48	49:14	
18	Lara	40:02	49:52	
19	Burrell	40:11	50:15	
20	Muarjala	40:53	50:22	
21	Moore	41:41	50:27	
22	Branum	42:29	50:28	
23	Rogers	42:34	50:44	
24	Bagg	42:47	50:52	
25	Long	43:33	51:23	
26	Pollard	43:37	52:16	
27	Cooke	43:46	52:57	
28	Flinders	43:48	52:57	
29	Castillo	43:52	53:14	
30	Ellis	44:00	53:21	
31	Burrell	44:09	53:22	
32	Hoff	44:11	53:29	
33	Sparkman	44:17	53:32	
34	Self	44:33	53:54	
35	Gomez	44:35	54:30	
36	Spear	44:35	54:42	
37	Livermore	44:42	60:11	
38	Byrd	45:01	60:12	
39	Chamberlain	45:05	61:30	

Mal-Function

Thoughts for the Days
 " People have forgotten what the savage instinctively knows - that the body is the supreme instrument of life."
 Havelock Ellis
 " When thou runnest, thou shalt not stumble."
 Proverbs 4:12
 " But there was this road windin' mile after mile, and nothin' to do but go."
 H.H.Knibbs
 " Suffering is the sole origin of consciousness."
 " Ack!"
 Fedor Dostoevski
 Bill the Cat

M.D.A. - 7-11 Labor Day Run
 5 mile order of finish

Leodgard Martin	24:09	Karl Steavenson	40:21
David Hamer	28:38	C.B. Baiza	40:32
Mark Potter	30:12	Lee Wassum	41:36
Jimmy Samarron	30:31	Nicky Summitt	41:43
Ed Levesque	30:41	Jim Solomon	41:44
Roger Robles Jr.	30:55	David Cummins	42:32
Jose Aguayo	31:15	John Stalcup	43:13
Randy Remington	31:25	Steve Gross	43:58
Bobby Mora	31:30	Karen Jones	44:16
John Price	31:33	Jan Ramirez	44:46
Dusty Peters	31:34	Rosalie Anderson	49:13
David Jackson	31:35	Darline Gamble	50:59.6
David Lard	31:44	Gary Cloud	51:49
John Farrell	31:49	Lucy Owen	51:49
Tom Weis	31:53	Tereso Sifuentes Jr.	52:53
Joe Post	32:05	Ramona Swann	53:49
Robert Guajardo	32:11		
Jeff Burrell	32:16		
Ron Mahaffey	32:24		
Alonzo Mendoza Jr.	33:29		
James Livermore	33:33		
Don Kephart	33:50		
Tom Brown	34:01		
Todd Parker	34:07		
Gary Chase	34:21		
Bill Roger	34:23		
Paul Hoff	34:36		
David Knaff	34:41		
Ken Remington	34:48		
Ronnie Nugent	34:53		
Ronald Key	35:01		
Lee Burke	35:06		
Jaime Mentz	35:22		
Richard Levesque	35:46		
Pat Donovan	35:56		
Dwayne Oakeley	36:26		
John Harper	36:27		
Rudy Cantu	36:31		
Jim Wilhelm	36:43		
Ken McEachern	37:11		
Jaime Castillo	37:17		
Mike Greer	37:38		
Becky Remington	37:39		
Clay Lowder	37:54		
Jim McDuff	38:12		
Grady Alberts	38:25		
Kathy Vick	38:37		
Joshua Garcia	38:39		
Cecil Kuhne	38:42		
D.L. Swafford	38:51		
Eugene Fira	38:57		
Jim Clark	39:03		
April Joe Stein	39:04		
C.A. Thrasher	39:17		
Hugh Haynes	39:44		
Steve Moore	40:15		

5 MILE AWARDS
 1st overall male Leodgard Martin
 1st overall woman Becky Remington
 Women 19 & under
 1. Becky Remington
 Women 20-29
 1. Kathy Vick
 2. April Stein
 3. Karen Jones
 Women 30-39
 1. Jan Ramirez
 2. Ramona Swann
 Women 40+
 1. Rosalie Anderson
 2. Darline Gamble
 Male 19 & under
 1. Randy Remington
 2. Bobby Mora
 3. Jaime Mentz
 Male 20-29
 1. Leodgard Martin
 2. David Hamer
 3. Mark Potter
 Male 30-39
 1. Jimmy Samarron
 2. Ed Levesque
 3. John Price
 Male 40-49
 1. David Lard
 2. Robert Guajardo
 3. Tom Brown
 Male 50+
 1. John Harper
 2. Cecil Kuhne
 3. C.A. Thrasher
 1 MILE AWARDS
 1st Female Overall -- Sarah Tienda
 2nd Female Overall -- Clara Minzotie
 1st Male Overall -- G. Zacharias
 2nd Male Overall -- Abel Almandariz

We are without club races for the months of December and January, and bankrupt of ideas, time and energy. Anyone with suggestions as to the solution of this problem should contact David Jackson or Joe Post immediately to insure that there might be races for these months.
 No participation = No races