

James Livermore  
5707 Second Place  
Lubbock, TX 79416

WEST TEXAS  
RUNNING CLUB  
P.O. Box 2921  
Lubbock, TX.  
79408

EXPRESS MAIL  
NEXT DAY DELIVERY  
CONTACT YOUR POST OFFICE

LUBBOCK TX TX  
12 MAY  
1987  
PM



T H E H E A L T H Y R U N N E R

"Respiratory Effects of Running"

Running has several interesting effects on breathing and lung function, but by far the most important health related effect is the observation that running regularly is one of the best ways to stop smoking. In fact, if you were previously a smoker, overwhelmingly the most dramatic health benefit of running is the elimination of this damaging factor. It is rare to find a regular runner who smokes. One exception is the lady winner of the 1985 Dallas Marathon who was a one pack per day smoker. Some recent studies suggest that the accumulative benefits of regular long term aerobic exercise may lengthen one's life on average about two years. Cessation of smoking statistically far exceeds this benefit.

The scientific documentation is somewhat sketchy, but it appears that runners have less frequent colds and other upper respiratory tract infections than the general population. There is probably multiple reasons for this (better nutrition, less smoking, etc.), but one interesting observation is that running increases the release of a chemical known as Interleukin I from white blood cells. This chemical stimulates processes in the body which increase resistance to infections.

On the other hand, there is one fairly consistent respiratory drawback to running in susceptible patients. In patients that suffer from sinus or bronchial allergies, running tends to aggravate the symptoms. The specific reason for this worsening in allergies is unclear. One particular sub-group of asthmatics have severe wheezing, cough and shortness of breath brought on very easily by running, even though they might have been completely clear of asthma prior to the run. This condition is termed "exercise asthma". Normally the wheezing, coughing and undue shortness of breath occurs early in a run, or on occasion develops several minutes after a run. Once this condition is identified, it is usually easily controllable by using an aerosolized medication to dilate the bronchial tubes prior to running.

As a final side issue to breathing and running, I might point out a common misconception. The next time you are watching a football game and observe an athlete who comes to the side line after a long sprint and picks up an oxygen mask and breathes forcefully into it, you have my permission to laugh. It has been clearly known for several years that the breathing of extra oxygen following brisk aerobic or anaerobic exercise in no way speeds up the recovery period, or has any other perceptible benefit. From a scientific standpoint, the breathing of supplemental oxygen following exercise is completely without merit.

RUN HEALTHY.  
James H. Burrell, III, M.D.

THE WEST TEXAS RUNNING CLUB NEWS LETTER  
MAY, 1987 SUPPLEMENTAL ISSUE

PRESIDENT: Ron Mahaffey (H)745 3054  
VICE PRESIDENT: Bill Roger (H)894 7911  
V. P. /COORDINATORS  
FOR EXTERNAL RACES: April Stein (W)799 2500  
(H)747 9545  
D'Ann Ducote (H)793 0459  
Ron Key (W)765 5551  
TREASURER: Butch Rogers (W)747 1617  
MEMBERSHIP: Paul Hoff (H)792 5441  
SECRETARY/NEWS LETTER: Elizabeth Middleton  
(W)763 5331

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Should you have any questions, regarding membership to the WTRC, please call Paul Hoff, Membership Chairman.

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NEWS LETTER INFORMATION DEAD LINE

Because of a supplemental issue, our next issue will be mailed out around the last week in May. For information to be published in the up-coming issue, please have it in by 1:00 p.m., Monday, May 25.

If you are running out of time; personally drop information off to 1507 13th Street. We'll try our best to get it in.

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WEST TEXAS RUNNING CLUB MAILING ADDRESS:

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

Correspondence to Dr. Burrell, or Cheryl Benoit, just write to the WTRC address; on outside of envelope put it to their attention.

# TWISTER TROT

SPONSORS: LUBBOCK PARKS AND RECREATION  
TEXAS TECH RECREATIONAL SPORTS

DATE: SATURDAY, MAY, 9, 1987

LOCATION: MACKENZIE STATE PARK,  
OUTDOOR LEARNING CENTER

DISTANCE: 2 MILE AND 10 KILOMETER (6.2 MILES)

RACE TIME: 9:00 A.M., REGISTRATION: 7:30-8:30 A.M.

COURSE: LOOP, SMALL HILLS AND ASPHALT

SPLITS: 1, 2 and 4 MILE

AWARDS: 1ST AND 2ND PLACE IN EACH AGE CATEGORY (MEN AND WOMEN)

AGE CATEGORY: 2 MILE- 11 AND UNDER, 12-13, 14-16, 17-19, 20-29,  
30-39, 40+ (WOMEN)  
11 AND UNDER, 12-13, 14-16, 17-19, 20-29,  
30-39, 40-49, 50-59, 60+

10 K - 19 AND UNDER, 20-29, 30-39, 40+ (WOMEN)  
19 AND UNDER, 20-29, 30-39, 40-49, 50+

T-SHIRTS: ALL ENTRANTS

REGISTRATION FEE: \$8.00, POSTMARKED BY WEDNESDAY, MAY 6, 1987

RACE DAY FEE: \$10.00, UNTILL 8:30 A.M., SATURDAY, MAY 9, 1987  
MACKENZIE STATE PARK, OUTDOOR LEARNING CENTER

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## REGISTRATION

PRE-RACE PACKETS MAY BE PICKED UP  
AT THE LUBBOCK PARKS AND RECREATION  
DEPARTMENT, FRIDAY, MAY 8, 1987,  
8:00 ~ 5:00, OR SATURDAY, MAY 9, 1987  
AT THE RACE SITE.

NAME: LAST \_\_\_\_\_ FIRST \_\_\_\_\_ M  
ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

AGE AS OF MAY 9, 1987 \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

SEX: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

RACE: \_\_\_\_\_ 2 MILE \_\_\_\_\_ 10K \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

WAVEY: ENTRY INVALID IF NOT SIGNED

I ATTEST TO ALL MY PHYSICAL CAPABILITIES AND I REALIZE THERE ARE RISKS ASSOCIATED WITH COMPETING IN THIS EVENT. MY PARTICIPATION IS ENTIRELY VOLUNTARY AND I WAIVE ALL CLAIMS AGAINST THE CITY OF LUBBOCK, TEXAS TECH UNIVERSITY, ANY SPONSORS, AND THE OFFICIALS CONDUCTING THIS EVENT, FOR ANY INJURY WHICH I MAY INCURE WHILE TRAVELING TO AND FROM, AND WHILE PARTICIPATING IN THIS EVENT.

RETURN CHECK OF MONEY ORDER TO:

LUBBOCK PARKS AND RECREATION  
ATT: BETH HOWARD  
P.O. BOX 2000  
LUBBOCK, TX 79457

SIGNATURE (PARENT, IF RUNNER IS A MINOR)

CONTINUED ->

COME HAVE FUN RUN!!!!

### TRAINING TIPS BY: CHERYL BENOIT

We've all heard that "training is specific": to run faster and farther, we have to practice running faster and farther. Endurance training, fartleks, tempo running, and interval workouts are the basics of most training programs. Yet, there is one area of conditioning that is many times neglected. Strengthening and flexibility exercises can be incorporated into a training program to facilitate training progressions and possibly help to avoid injuries. Specific exercises can be used to alleviate muscle imbalances (one group of muscles stronger than the other) and to strengthen weak muscles prior to strenuous training. Range of motion should be maintained through stretching and flexibility exercises which may help avoid injury while allowing freedom of movement.

Although it is true that our legs can become stronger and more efficient by running alone, the addition of strengthening exercises may provide a slight advantage. In addition to strengthening the muscle groups used primarily for running, attention should be given to conditioning the whole body. Fewer weaknesses should mean increased efficiency.

Some of the areas often neglected for strengthening and stretching are the feet (longitudinal arch), achilles tendon, hip flexors, shoulders and neck. Try to develop a "complete" training program by training the whole body.

For those of you who attended the Run For the Arts pre-race seminar, you might want to give additional attention to mental training as addressed by Dr. Bill Kozar.

\*\* \*\* \*\* \*\* \*\*

The first ever Corporate Team Challenge of the Run For the Arts was a real success!! Twenty teams entered the 2 mile race. Congratulations to each corporation who participated. Each of you set a record for your company as first-time challengers. Keep up the training....another corporate race is in the planning (possibly in the fall, 1987). A special congratulations goes to Crum & Forster Commercial Insurance for entering 5 teams!!!

**TRANSPORTATION**  
Buses for runners from finish to start.

**FLIGHT INFORMATION**  
AMERICAN AIRLINES has been designated as the official air carrier for the Funfest Races. AMERICAN AIRLINES will be competitive with other carriers into Amarillo.

Please request Star Record No. 552450  
1-800-433-1790  
(Call early for best rates mention Funfest when you call)

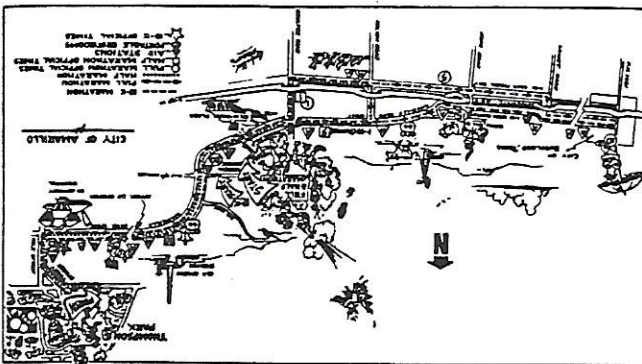
**LODGING INFORMATION**  
The following hotel/motel is within 3 miles of the start. Please call reservation clerk that you are participating in Funfest Races.

1700 West at Georgia  
SHERATON  
AMARILLO  
Reservations: (800) 556-1811  
(800) 552-4111  
Fax: (800) 552-4111

Complimentary coffee and rolls in the morning. 2 specialty restaurants, recreational facilities, indoor pool & jacuzzi, bar, swimming & courtesy transportation.

**QUALITY INN - Westgate**  
1610 Center Drive  
(800) 556-1881  
Full service restaurant 8 a.m. - 10 p.m., 25 non-smoking rooms, indoor swimming pool and jacuzzi, shuttle service available. Late checkout available.  
LOS GUARDOS INN  
2100 S. Center Road  
(800) 596-6141  
Non-smoking rooms, free continental breakfast, free popcorn, coffee, hot chocolate, cable television with pay-per-view, free local phone calls, cable television, out-door swimming pool.

The following hotels are within 1 mile of the start.



**FUNFEST CO-SPONSORS**  
Junior League of Amarillo  
Parks and Recreation Dept.  
City of Amarillo, Texas



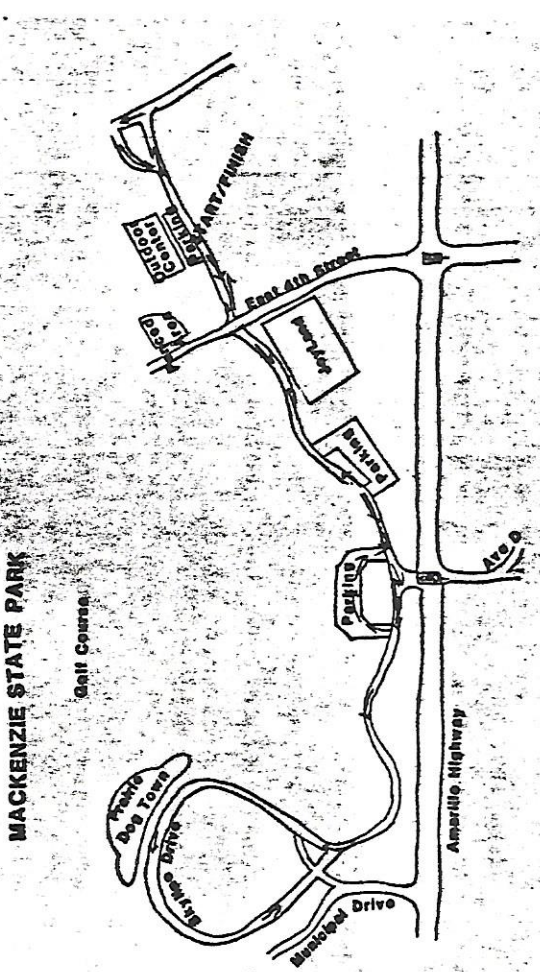
**First Place Overall Men's and Women's in all Races will Receive a Silver Tray.**  
2 drawings for all finishers of 10K for trip to New Orleans  
2 drawings for all finishers of 1/2 Marathon for trip to San Francisco  
2 drawings for all finishers of Marathon for trip to Caribbean  
(Must be present at Awards Ceremony to be eligible)



Non-Profit Organization  
U.S. Postage  
PAID  
Permit No. 264  
Amarillo, Texas

**FUNFEST RACES**  
1700 Polk Street  
Amarillo, Texas 79102

Tom Thomas  
5524 79th  
Lubbock, Texas 79424



**RUNNER'S INSTRUCTIONS**

- YOU MUST HAVE YOUR RACE NUMBER ON THE FRONT OF YOUR BODY WHEN YOU FINISH THE RACE.
- ALWAYS RUN ON THE LEFT SIDE OF THE ROAD FACING ONCOMING TRAFFIC.
- THERE WILL BE SPLITS GIVEN AT THE 1, 2, AND 4 MILE MARKERS. AID STATIONS WILL ALSO BE ALONG THE RACE COURSE.
- PLEASE PAY ATTENTION TO THE DIRECTION PERSONNEL. THEY WILL KEEP YOU ON THE CORRECT RACE ROUTE.
- HAVE A GREAT RUN!!!!!!!!!!!!

NAME: \_\_\_\_\_ LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ MIDDLE: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 RESIDENCE PHONE NUMBER: \_\_\_\_\_ BUSINESS PHONE NUMBER: \_\_\_\_\_  
 BEST PREVIOUS 10K: \_\_\_\_\_ HALF MARATHON: \_\_\_\_\_ MARATHON: \_\_\_\_\_  
 I WILL BE RUNNING IN:  10K ..... \$10  HALF MARATHON ..... \$10  MARATHON ..... \$10  
 (Registration May 22)  \$15  
No cash back will be given. All registrations are non-refundable. Payment must be received by 5:00 p.m. on May 22. For each runner, a name tag will be provided. All runners must be accompanied by a parent or guardian. All runners must wear proper athletic attire. All runners must wear proper identification. All runners must wear proper identification. All runners must wear proper identification.

**TENTH ANNUAL FUNFEST  
 10K - HALF-MARATHON  
 - MARATHON**  
 DATE: Saturday, May 23, 1987  
 STARTING TIME: 7:00 a.m. sharp!  
 All races.  
 REGISTRATION: \$10 - all races  
 \$15 on May 22  
 NO REGISTRATION ON RACE DAY  
 DUE TO LARGE NUMBER OF ENTRANTS  
 T-SHIRTS TO ALL ENTRANTS  
 CHECK-IN: Friday, May 22, 1986  
 5-7 p.m.  
 Las Tiendas  
 6666 Amarillo Blvd. W.  
 LATE CHECK/START:  
 10-K  
 Amarillo College West Campus  
 6200 West 9th Street  
 HALF & FULL MARATHON  
 Amarillo Speech, Hearing  
 and Language Center  
 Amarillo Medical Center  
 1300 Wallace Blvd.  
 FINISH: FUNFEST, Thompson Park  
 U.S. 87 at NE 24th Avenue  
 WEATHER: 7-11 a.m.  
 Average low: 58°  
 Average high: 69°

**COURSE:** TAC CERTIFIED; point to point, mostly flat, asphalt; some rolling hills.  
 10K - TX85012KL  
 Half-Marathon - TX83002TC  
 Marathon - TX83003TC  
 All races run on the same course.  
**AID STATIONS:** Every 2-2.5 miles.  
**SPLIT TIMES:** 1, 3, 5 miles-10K  
 1, 5, 10-Half  
 1, 5, 10, 20, 25-Full Marathon  
**CLASSES: 10K**  
**MEN:** 12 & under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.  
**WOMEN:** 12 & under, 13-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.  
**HALF MARATHON & MARATHON**  
**MEN:** 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.  
**WOMEN:** 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.  
**AWARDS:** FIRST PLACE OVERALL MEN'S AND WOMEN'S IN ALL RACES WILL RECEIVE A SILVER TRAY.  
 2 drawings for all finishers of 10K for trip to New Orleans.  
 2 drawings for all finishers of 1/2 Marathon for trip to San Francisco.  
 2 drawings for all finishers of Marathon for trip to Caribbean.  
 Medals given to first 3 finishers in each class of each race.  
 Certificates for all finishers may be picked up at finish line or Awards Ceremony.  
**AWARDS CEREMONY:** Funbowl Stage Thompson Park 4:00 p.m.  
**RESULTS:** Complete results mailed to each participant.  
**COURSE RECORDS: 10K**  
 Men: Roger Keesling 31:33.6, 1985  
 Women: Isabel Perez 41:27.0, 1986  
**HALF MARATHON**  
 Men: Frank Aleman 1:09.39, 1983  
 Women: Donna Burge 1:23.37, 1981  
**FULL MARATHON**  
 Men: Tyler Todd 2:23.11, 1981  
 Women: Lynne Huntington 2:45.35, 1984  
**PLEASE NOTE:**  
 (1) In order to insure the safety of all runners, the Marathon Course will close at 12:00 Noon. Please enter the race only if you are prepared to finish in that time.  
 (2) Aid stations will provide ERG and water; however, we are not able to handle individual formulas.  
**SPECIAL EVENTS**  
**Registration**  
 Friday, May 22, 5:00-7:00 p.m.  
 Las Tiendas  
 6666 Amarillo Blvd. W.  
**Pancake & Sausage Breakfast**  
 Thompson Park  
 Available at finish line for nominal fee.  
 Saturday, May 23

# Run For The Arts Results

**19 KILOMETERS**  
**MEN**  
 Overall: 1. Mike Cagle 41:53, 2. Israel Gonzales 52:25, 3. David Moore 53:17, 4. Lelo Mercado 54:37, 5. Steve Thompson 55:40, 6. Mark Stambaugh 57:01, 7. Gary McCarroll 57:14, 8. Vincent Mercado 57:29, 9. George Jury 58:11, 10. Steve Barretti 58:37.  
 14-and-under: 1. Bryan Wood 1:27.44, 2. Jeromy Mallory 1:33.26.  
 15-19: 1. Robert Foltsek 58:39, 2. Jamie Castillo 1:01.25, 3. Kevin Nole 1:04.03, 4. Tim Baker 1:07.55, 5. Petrlick Ponce 1:08.58.  
 20-29: 1. Chris Lonnegen 58:49, 2. Mark Manley 59:54, 3. Alan Richardson 1:00.10, 4. Edwin Dadirowski 1:01.33, 5. Tom West 1:01.53.  
 30-34: 1. Rudy Cantu 1:00.24, 2. Wendell Brooks 1:01.00, 3. Mark Howerth 1:01.08, 4. Steve Hamilton 1:01.33, 5. Gonzalo Ramirez 1:01.43.  
 35-39: 1. Ron Mahaffey 59:15, 2. Randy Branum 1:02.14, 3. A.L. Bustamantes 1:03.54, 4. Jackie Abshire 1:07.17, 5. Larry Hoffman 1:07.31.  
 40-44: 1. James Berryman 1:02.41, 2. Paul Hoff 1:02.53, 3. Donald Davis 1:07.25, 4. Jim Walker 1:10.45, 5. Bill Vitalec 1:12.13.  
 45-49: 1. Bill Roper Sr. 1:05.19, 2. David Knaf 1:07.59, 3. Larry Byrd 1:09.10, 4. Clint Ramsey 1:10.42, 5. Mike Greer 1:17.26.  
 50 and over: 1. Jerry Marchbanks 1:10.05, 2. Harold Ritchey 1:12.49, 3. John Stelcup 1:16.01, 4. Gerald Leng 1:17.21, 5. Hugh Haynes 1:19.34.  
**WOMEN**  
 Overall: 1. Sabrina Morrow 1:01.13, 2. Sue Houle 1:02.50, 3. Mandy Malouf 1:07.59, 4. Kathy Vick 1:10.17, 5. Teresa DeBontin 1:11.15, 6. Sharon Dingman 1:12.13, 7. Staci Denton 1:12.50.  
 15-19: 1. Gayle Heinrich 1:27.01.  
 20-29: 1. Sharon Dingsman 1:12.13, 2. Staci Denton 1:12.50, 3. April Stein 1:13.33, 4. Cynthia Mattson 1:13.40, 5. Carol King 1:13.53.  
 30-34: 1. Rhonda Kauk 1:17.01, 2. Teresa Greer 1:17.36, 3. Lynn Beqworth 1:18.50, 4. Sharon McCarroll 1:19.11.  
 40-49: 1. Jeannine McHenry 1:20.42, 2. Berinda Turcotte 1:20.46, 3. Linda Davis 1:30.25, 4. Jill Mitchell 1:39.02.  
**TWO MILES**  
**MEN**  
 Overall: 1. Mike Williams 10:22, 2. Bobby Mora 10:32, 3. Manuel Garcia 10:49, 4. Ron Lubowicz 10:52, 5. Daniel Cervantes 11:01, 6. Richard Sepic 11:03, 7. Ted Knowle 11:06, 8. David Rodriguez 11:06, 9. Brian Brathens 11:07, 10. Corey McNabb 12:27, 2. Brandon Garrison 12:50, 3. Leey McAdams 12:59.  
 14-and-under: 1. Peter Dudley 11:49, 2. Daniel Evans 11:54, 3. Rob Vardy 12:24.  
 20-29: 1. Mark Murphy 11:27, 2. Mike Mecheche 11:41, 3. Toby Gibson 11:56.  
 30-34: 1. Steve Stallings 11:24, 2. Dwayne Oakeley 12:37, 3. Robert Romero 12:42.  
 35-39: 1. Harold Clineshens 11:31, 2. Larry Reno 12:46, 3. Scott Hein 12:52.  
 40-44: 1. Ronnie Nugent 11:43, 2. Harman Slesan 13:36, 3. Jen Palles 14:16.  
 45-49: 1. Bobby Cunningham 11:30, 2. Stephan Ireland 12:00, 3. Bobby Birdson 12:09.  
 50-and-over: 1. Tom Thomas 12:24, 2. Bob Gardner 12:30, 3. William Armatrang 12:16.

**WOMEN**  
 Overall: 1. Cheryl Bonati 13:08, 2. Sheri Wilson 13:08, 3. Brenda Evans 13:35, 4. Geri Russell 13:37, 5. Conni Kiffen 13:46, 6. Denise Lee 13:37.  
 14-and-under: 1. Rebecca Johnson 14:33, 2. Rhonda Carroll 14:35, 3. Sarah Newton 14:42.  
 15-19: 1. Selma Mendoza 14:50, 2. Wendy Merton 15:24, 3. Kristen Sava 15:43.  
 20-29: 1. Conni Kiffen 13:46, 2. Denise Lee 13:53, 3. Sally Harrison 14:40.  
 30-39: 1. Joale Aleman 14:05, 2. Judy Wolff 14:36, 3. Patti Davis 14:52.  
 40-and-over: 1. Ann Gorthamer 14:01, 2. Diann Ducoite 16:57, 3. Sally McCauley 22:15.  
 Two-mile corporate run 1. Texas Instruments 1:03.27 (David Rodriguez, Bill Gallagher, Larry Reno, Sheri Wilson, Connie Kiffen), 2. St. Mary's Hospital 1:07.25 (Ronnie Nugent, Toby Gibson, Kenneth Wisberger, Patti Davis, Tammie Conway), 3. Charter Plains Hospital 1:19.38 (William Seybold, Thomas Whitteotton, Diann Ducoite, Anita Hunter, Rosie Marmolejo), 4. Texas Instruments Trotters 1:20.03 (Thomas Foster, Jan Palles, Patrick Klefer, Jeanette Potts, Debbie Moore), 5. Caprock MFG 1:22.24 (Mark Ferguson, Jerry Gandre, Sally Harrison, Resp Donaldson, William Riker).  
**ONE MILE**  
**BOYS**  
 Team trophy: Hodges Elementary School  
 Wheelchair: 1. Austin Clifford  
 First Grade: 1. Dustin Multiflork unatt., 7:44; 2. Ricky Jones, Hodges, 8:01; 3. Jason Dosa, Haynes, 8:02.  
 Second Grade: 1. Ruben Cortez, Hodges, 6:46; 2. Sebastian Ramos, Wilson, 6:59; 3. Rudy Gomez, Hodges, 7:14.  
 Third Grade: 1. James Morrison, Bozeman, 6:36; 2. David Williams, Bozeman, 6:44; 3. Quetzacoatl Alvarez, St. John Neumann, 6:51.  
 Fourth Grade: 1. Fabian Vasquez, Hodges, 6:37; 2. Charlie Steephens, Webster, 6:41; 3. Damon Pampa, Bowle, 6:56.  
 Fifth Grade: 1. Steven Herrera, Hunt, 6:13; 2. Edward Gutierrez, Hardwick, 6:18; 3. Jacob Alkila, Whiteside, 6:23.  
 Sixth Grade: 1. Jeremy Stallings, Stanton, 5:48; 2. Eugene Fira, Crosbyton, 5:59; 3. Jamie Poyner, Parsons, 6:06.  
**GIRLS**  
 Team trophy: Hodges Elementary School  
 First Grade: 1. Marisol Gonzalez, Christ The King, 7:40; 2. Jennifer Hogland, Whitefite, 9:29; 3. Sarah Young, St. John Neumann, 8:35.  
 Second Grade: 1. Mercedes Gonzales, Christ The King, 7:01; 2. Leesa Mackey, Wright, 7:48; 3. Jennifer Hodges, Aspermont, 8:08.  
 Third Grade: 1. Jill Aleman, Wheelock, 7:38; 2. Tracey Jackson, Bayless, 7:39; 3. Jessica Lozano, Hodges, 7:53.  
 Fourth Grade: 1. Patricia Paloma, Hodges, 7:10; 2. Lia Lillienquist, Whiteside, 7:11; 3. Andrea Haynle, Northridge, 7:25.  
 Fifth Grade: 1. Francine Cantu, Bayless, 6:55; 2. Charlotte Brown, St. John Neumann, 6:56; 3. Rita Thornall, Hodges, 7:04.  
 Sixth Grade: 1. Francine Cantu, Bayless, 6:51; 2. Shemeka Curtie, Wheatley, 7:00; 3. Andrea Honesfo, Hodges, 7:10.

## ***Run For The Arts Volunteers Praised By Course Monitor***

Editor, *Avalanche-Journal*:

This letter is in recognition and praise of the several groups of people who provided the traffic control which guaranteed the safety of more than 800 participants in the recent Run for the Arts.

Officers from the Lubbock Police Department, members of the Sheriff's Reserve Deputies, Explorer Scouts from the Department of Public Safety Post, and volunteers from the C.R.C.C.A. Radio Club and the West Texas Running Club worked diligently to insure the maximum safety possible under difficult and stressful conditions.

Almost all either volunteered their time or agreed to work extra hours on a Saturday morning to provide others with the opportunity to participate in a safe and enjoyable run through downtown Lubbock.

Especially appreciated was the courtesy and cooperation of all the law enforcement officers and the infectious enthusiasm and willingness to help displayed by the Explorer Scouts.

It is exceedingly refreshing in this day and age to encounter this many individuals willing to sacrifice their own time and effort in the service of others.

I would like to personally thank everyone involved in this effort and say that it was a true privilege to have had the chance to work with each of you.

Joe Post, Course Monitor  
Run for the Arts

### WEST TEXAS RUNNING CLUB SUPPLEMENTAL SCHEDULE OF EVENTS

MAY 9

TWISTER TROT - 2 MILE AND 10K

Registration: 7:30-8:30 a.m.  
Race Time: 9:00 a.m.  
Where: MacKenzie State Park, Outdoor Learning Center  
For more information, see this issue.

MAY 16

14th ANNUAL HORSESHOE BEND 11 MILE AND 2 MILE

Race Time: 8:00 a.m.  
Location: Horseshoe Bend Canyon  
Slaton, Texas  
Race Director: Hugh Haynes  
842 3586  
or: Ron Mahaffey  
745 3565

For more information, see this issue.

MAY 23

AMARILLO FUNFEST MARATHON, HALF MARATHON AND 10K

Time: 7:00 am Entry Fee: Unknown  
Amarillo, Texas.  
CONTACT: Funfest Races, 1700 Polk, Amarillo, Tx. 79102  
NOTE: The WTRC club plans travel to Amarillo as a group. Contact Ron Key-765 5551 for more information.

MAY 30

CHARTER PLAINS HOSPITAL RUN

CONTACT: Sherry Rooker at Charter Plains Hospital  
(806) 744 5505

MAY 30

PFLUGERVILLE DEUTSCHEN PFEST PFUN RUN 5K and 1 MILE

Time: 8:30 am Entry Fee: Unknown  
Pflugerville High School - Downtown Pflugerville  
CONTACT: Vicki Becker (512) 251 3271  
(How pfar is Pflugerville pfrom here???)

JUNE 6

LEVELLAND LOPE

Distance: 5K and 10K, plus a 1 mile race  
for 12 and under runners.  
Time: 5K and 10K at 9:00 a.m.  
1 Mile at 8:45 a.m.  
Where: Levelland High School, 1400 Hickory and Alamo Road, Levelland, Texas.  
Registration: Race Day Only.  
Awards: Trophies to the first four finishers in each division.  
Fee: Non-club Members-\$5.00; Club Members-\$4.00  
Contact: Bobby Birdsong  
318 Micabel, Levelland, Texas 79336  
(806) 894 7285

SEPT 7

MDA 10K AND 1 MILE RUN

Sponsored by 7/11 Food Stores  
More information to follow.

SEPT 26

T.I. 10K CLASSIC AND 2 MILE RUN

Sponsored by Texas Instruments  
More information to follow.

OCT. 10

TEXAS TECH RED RAIDER ROAD RACE

More information to follow.

PLEASE NOTE: If you would like your run listed in the WTRC Newsletter and other periodicals, please contact Don Kephart, 5401 74th Street, Lubbock, Texas 79424. (806) 794 4604, evenings between 6 and 9 pm.

14TH ANNUAL HORSESHOE BEND CANYON SPRING RUN

DATE: May 16, 1987  
 WHERE: Horsehoe Ben Canyon--Slaton, Texas  
 RACE TIME: 8:00 a.m.  
 DISTANCE: 11 Mile and 2 Mile  
 COURSE: 11 mile looped course; 1 steep hill approximately at the 1 mile marker.  
 RESTROOMS: No formal ones.  
 WATER: At approximately 2 miles; 1/2 way, and 9 miles.

HOW TO GET THERE: Approximately 1 1/2 miles south of Lubbock. Take Slaton Golf Course road. Approximately 2/3 miles north of Slaton Golf Course will be the beginning of the race.

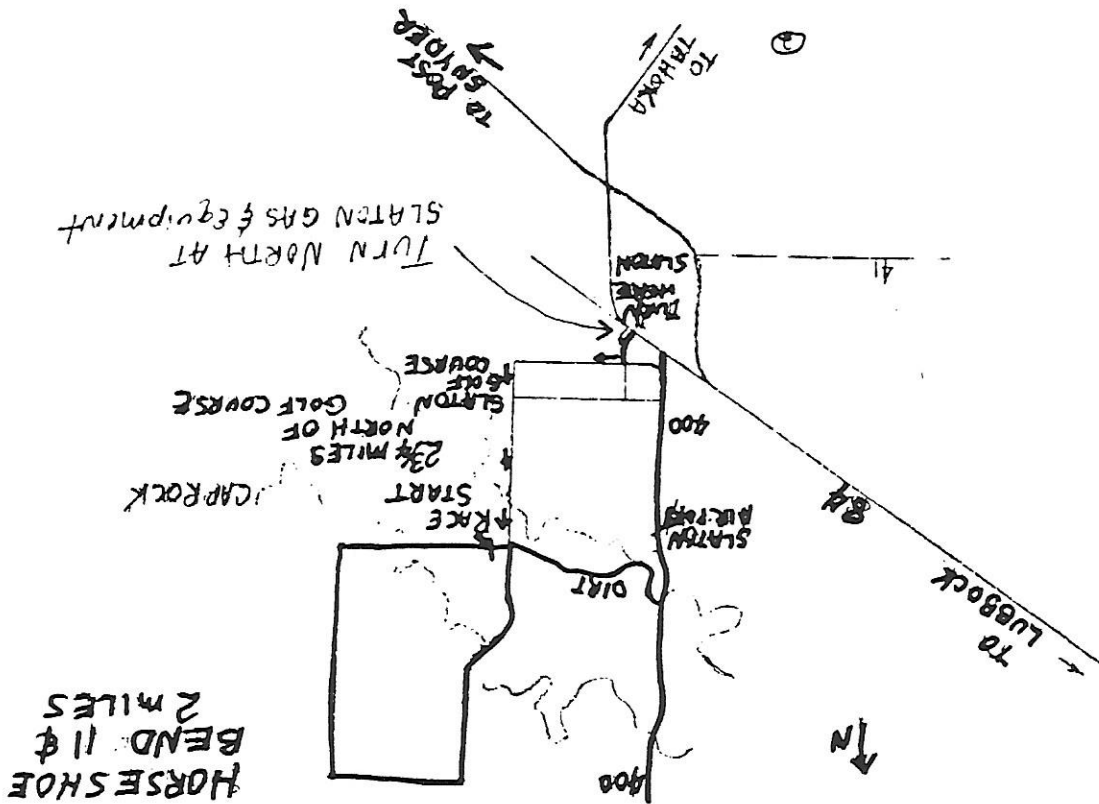
Also see map on next page.

AWARDS FOR 11 MILE AND 2 MILE RACES:

MEN'S OPEN	6 awards
30-39	4 awards
40-49	4 awards
50+	3 awards
WOMEN'S:	
24 and under	4 awards
25 and over	4 awards

CONTACT PERSON: Hugh Haynes  
842 3586

VOLUNTEERS are needed for this race. We need 2 to 3 for registration, finish line and aid stations. Call Ron Mahaffey at 741 3565 or Hugh Haynes 842 3586.



1987 RUN FOR THE ARTS  
APRIL 25 1987

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\*\*\* OFFICIAL RESULTS \*\*\*

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NO. NAME	-- TIME --		PACE		FINISH POSITION		RACE	SEX & AGE GROUP		NO. NAME	- TIME -		PACE		FINISH POSITION		RACE	SEX & AGE GROUP	
	HH:MM:SS	MM:SS	MM:SS	MM:SS	ALL	N		F	POS		SEX	AGE	GRP	HH:MM:SS	MM:SS	ALL		N	F
0117 WILLIAMS, MIKE	00:10:22	05:11			1	1		M	20 - 29	0152 BRYAND, CHRIS	00:13:03	06:32			46	45	2m1	M	0 - 14
0099 MORA, BOBBY	00:10:32	05:16			2	2		M	15 - 19	0336 GRIMES, DON	00:13:05	06:32			47	46	2m1	M	35 - 39
0136 GARCIA, MARUEL	00:10:49	05:24			3		1	F	20 - 29	0066 BENOIT, CHERYL	00:13:08	06:34			48		2m1	F	30 - 39
0144 LUBOWICZ, RON	00:10:52	05:26			4	3		M	40 - 44	0510 WILSON, SHERI	00:13:08	06:34			49	3	2m1	F	20 - 29
0319 CERVANTES, DANIEL	00:11:01	05:30			5	4		M	15 - 19	0139 DEKROFF, DAVID	00:13:15	06:37			50	47	2m1	M	30 - 34
0101 SEFCIC, RICHARD	00:11:03	05:31			6	5		M	20 - 29	0123 ARMSTRONG, WILLIAM	00:13:16	06:38			51	48	2m1	M	50 - 999
0572 KNOWLES, TED	00:11:06	05:33			7	6		M	20 - 29	0138 KUHNG, CECIL	00:13:18	06:39			52	49	2m1	M	50 - 999
0508 RODRIGUEZ, DAVID	00:11:06	05:33			8	7		M	35 - 39	0063 LORD, JOSE	00:13:18	06:39			53	50	2m1	M	20 - 29
0041 BRASHEARS, BRIAN	00:11:07	05:33			9	8		M	15 - 19	0102 POWELL, CHRIS	00:13:18	06:39			54	51	2m1	M	20 - 29
0094 BATES, ROBERT	00:11:22	05:41			10	9		M	15 - 19	0023 FORD, TRAVIS	00:13:24	06:42			55	52	2m1	M	0 - 14
0050 STALLINGS, STEPHEN	00:11:24	05:42			11	10		M	30 - 34	0035 LEOPOLDO, MARTINEZ	00:13:25	06:42			56	53	2m1	M	45 - 49
0582 MURPHY, MARK	00:11:27	05:43			12	11		M	20 - 29	0022 TEAGUE, ANDREW	00:13:28	06:44			57	54	2m1	M	0 - 14
0056 CUNNINGHAM, BOBBY	00:11:30	05:45			13	12		1	M 45 - 49	0055 MCCALLISTER, RANDY	00:13:31	06:45			58	55	2m1	M	0 - 14
0028 CLINEHENS, HAROLD	00:11:31	05:45			14	13		1	M 35 - 39	0016 AGUILAR, THOMAS	00:13:32	06:46			59	56	2m1	M	30 - 34
0086 DUDLEY, PETER	00:11:40	05:50			15	14		1	M 15 - 19	0074 ZUNIGA, ARTURO	00:13:34	06:47			60	57	2m1	M	20 - 29
0114 MENCHACA, MIKE	00:11:41	05:50			16	15		2	M 20 - 29	0076 EVANS, BRENDA	00:13:35	06:47			61		2m1	F	0 - 14
0553 MUGENT, RONNIE	00:11:43	05:51			17	16		1	M 40 - 44	0150 BRYAND, RUDY	00:13:35	06:48			62	58	2m1	M	15 - 19
0077 EVANS, DANIEL	00:11:54	05:57			18	17		2	M 15 - 19	0045 RUSSELL, GERY	00:13:37	06:48			63		2m1	M	30 - 39
0552 GIBSON, TOBY	00:11:56	05:58			19	18		3	M 20 - 29	0103 HARPER, JOHN	00:13:38	06:49			64	59	2m1	M	50 - 999
0551 WISBERGER, KENNETH	00:11:59	05:59			20	19		4	M 20 - 29	0146 SISSON, HARMON	00:13:38	06:49			65	60	2m1	M	40 - 44
0005 IRELAND, STEPHEN	00:12:00	06:00			21	20		2	M 45 - 49	0135 PRIMUS, TIM	00:13:39	06:49			66	61	2m1	M	20 - 29
0121 OLIVAS, CANDE	00:12:00	06:00			22	21		5	M 20 - 29	0065 LAPOINTE, FRED	00:13:43	06:51			67	62	2m1	M	30 - 34
0131 DERR, KENT	00:12:04	06:02			23	22		6	M 20 - 29	0027 THRASHER, CHARLES	00:13:44	06:52			68	63	2m1	M	30 - 34
0029 BIRDSONG, BOBBY	00:12:09	06:04			24	23		3	M 45 - 49	0119 GETTERTON, BRIAN	00:13:45	06:52			69	64	2m1	M	50 - 999
0140 O'NEALL, BRYAN	00:12:12	06:06			25	24		7	M 20 - 29	0506 KITTER, CONNI	00:13:46	06:53			70		2m1	F	20 - 29
0093 VARDY, ROB	00:12:24	06:12			26	25		3	M 15 - 19	0004 ELKINS, ZACK	00:13:48	06:54			71	65	2m1	M	20 - 29
0053 THOMAS, TOM	00:12:24	06:12			27	26		1	M 50 - 999	0054 LEE, DENISE	00:13:53	06:56			72		2m1	F	20 - 29
0061 MCNAEB, COREY	00:12:27	06:13			28	27		1	M 0 - 14	0033 MARTINEZ, MARIO	00:13:53	06:57			73	66	2m1	M	30 - 34
0021 NEWTON, JUSTIN	00:12:29	06:14			29	28		4	M 15 - 19	0110 MOORE, STEVE	00:13:55	06:57			74	67	2m1	M	20 - 29
0030 BIRDSONG, SHANNON	00:12:30	06:15			30	29		5	M 15 - 19	0513 FOSTER, THOMAS	00:13:58	06:59			75	68	2m1	M	20 - 29
0007 GARDNER, BOB	00:12:30	06:15			31	30		2	M 50 - 999	0042 GONZALES, JOSE	00:13:58	06:59			76	69	2m1	M	30 - 34
0015 OAKELEY, DWAYNE	00:12:37	06:18			32	31		1	M 30 - 34	0578 FERGUSON, MARK	00:13:58	06:59			77	70	2m1	M	20 - 29
0509 GALLAGHER, BILL	00:12:41	06:20			33	32		8	M 20 - 29	0580 GANDRE, JERRY	00:13:59	06:59			78	71	2m1	M	30 - 34
0079 ROMERO, ROBERT	00:12:42	06:21			34	33		2	M 30 - 34	0047 HARTMAN, BERNARD	00:14:00	07:00			79	72	2m1	M	50 - 999
0504 LARUE, DAVID	00:12:45	06:22			35	34		3	M 30 - 34	0128 LENIS, BRYAN	00:14:00	07:00			80	73	2m1	M	0 - 14
0151 HERNANDEZ, RUBEN	00:12:46	06:23			36	35		6	M 15 - 19	0142 OSBY, ERIC	00:14:00	07:00			81	74	2m1	M	0 - 14
0507 RENO, LARRY	00:12:46	06:23			37	36		2	M 35 - 39	0129 GORDHAMER, ANH	00:14:01	07:00			82		2m1	F	40 - 999
0501 ELLIS, JESS JR.	00:12:49	06:24			38	37		4	M 30 - 34	0548 FREUND, AMEDEE	00:14:02	07:01			83	75	2m1	M	45 - 49
0561 SEYBOLD, WILLIAM	00:12:50	06:25			39	38		5	M 30 - 34	0012 ALEMAN, JOSIE	00:14:05	07:02			84		2m1	F	30 - 39
0090 ESPARZA, RICHARD	00:12:50	06:25			40	39		6	M 30 - 34	0002 HERNANDEZ, FRANK	00:14:07	07:03			85	76	2m1	M	45 - 49
0010 GARRISON, BRANDON	00:12:50	06:25			41	40		2	M 0 - 14	0149 KEUP, JERRY	00:14:10	07:05			86	77	2m1	M	20 - 29
0096 HEIN, SCOTT	00:12:52	06:26			42	41		3	M 35 - 39	0575 LEWIS, LARRY	00:14:11	07:05			87	78	2m1	M	30 - 34
0137 MCADAMS, LACY	00:12:59	06:29			43	42		3	M 0 - 14	0526 BRIGGSFOM, DARRON	00:14:11	07:06			88	79	2m1	M	20 - 29
0044 CASTANEDA, ALBERT	00:13:02	06:31			44	43		4	M 0 - 14	0006 DUFFEY, PATRICK	00:14:15	07:07			89	80	2m1	M	35 - 39
0088 SOTO, DANIEL	00:13:03	06:31			45	44		9	M 20 - 29	0515 PAILLES, JAN	00:14:18	07:09			90	81	2m1	M	40 - 44



1987 RUN FOR THE ARTS  
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NO. NAME	- TIME -		PACE MM:SS	FINISH POSITION		RACE	SEX & AGE GROUP POSITIONS		NO. NAME	- TIME -		PACE MM:SS	FINISH POSITION		RACE	SEX & AGE GROUP POSITIONS	
	HH:MM:SS	MM:SS		ALL	M		F	POS		SEX	AGE		HH:MM:SS	MM:SS		ALL	M
0514 KIEFER, PATRICK	00:14:19	07:09	91	82		2m1	7	M 35 - 39	0574 CHAMBLISS, ANGELA	00:16:02	08:01	136	24		2m1	6	F 20 - 29
0560 DANZL, STEVE	00:14:20	07:10	92	83		2m1	17	M 20 - 29	0111 PURDOM, THOMAS	00:16:03	08:01	137	113		2m1	10	M 50 - 999
0133 WILKINS, ROGER	00:14:21	07:10	93	84		2m1	16	M 30 - 34	0095 PARCHMAN, BRENDA	00:16:05	08:02	138	25		2m1	7	F 30 - 39
0104 STRASSER, LARRY	00:14:24	07:12	94	85		2m1	17	M 30 - 34	0573 JOWID, CHRISTINE	00:16:06	08:03	139	26		2m1	7	F 20 - 29
0543 GONZALES, JIMMY	00:14:28	07:14	95	86		2m1	8	M 35 - 39	0148 TORRES, TIM	00:16:09	08:04	140	114		2m1	23	M 20 - 29
0516 ROGERS, JOHN	00:14:33	07:16	96	87		2m1	18	M 30 - 34	0568 HARNON, DAVID	00:16:10	08:05	141	115		2m1	5	M 40 - 44
0141 JOHNSTON, REBECCA	00:14:33	07:17	97	88	10	2m1	1	F 0 - 14	0109 MOJICA, DAVID JR	00:16:22	08:11	142	116		2m1	16	M 0 - 14
0116 EASLEY, TOMMY	00:14:34	07:17	98	88		2m1	18	M 20 - 29	0502 NCILHAHEY, RICHARD	00:16:25	08:12	143	117		2m1	11	M 50 - 999
0098 CARROLL, RHONDA	00:14:35	07:17	99	89	11	2m1	2	F 0 - 14	0057 BORDON, KIMBERLY	00:16:30	08:15	144	27		2m1	8	F 20 - 29
0036 WOLFF, JUDY	00:14:36	07:18	100	90	12	2m1	2	F 30 - 39	0143 UPSHAW, BRIAN	00:16:33	08:16	145	118		2m1	17	M 0 - 14
0570 MILLER, BILL	00:14:38	07:19	101	89		2m1	9	M 35 - 39	0524 GOWENS, LANCE	00:16:40	08:20	146	119		2m1	9	M 15 - 19
0544 WOOD, BARRY	00:14:40	07:20	102	90		2m1	10	M 35 - 39	0539 KEMP, DANNY	00:16:41	08:20	147	120		2m1	24	M 20 - 29
0576 HARRISON, SALLY	00:14:40	07:20	103	90	13	2m1	3	F 20 - 29	0070 SKRABANEK, CAROL	00:16:45	08:22	148	28		2m1	9	F 20 - 29
0009 FANNIN, RYLE	00:14:41	07:20	104	91		2m1	11	M 0 - 14	0071 HOUSER, CHAD	00:16:46	08:23	149	121		2m1	18	M 0 - 14
0020 NEWTON, SARAH	00:14:42	07:21	105	91	14	2m1	3	F 0 - 14	0567 SEIN, DAVID	00:16:50	08:25	150	122		2m1	6	M 40 - 44
0112 MENDOZA, SELMA	00:14:50	07:25	106	92	15	2m1	1	F 15 - 19	0060 MCNABB, BARBARA	00:16:51	08:25	151	29		2m1	8	F 30 - 39
0078 CANNON, CRAIG	00:14:51	07:25	107	92	16	2m1	19	M 20 - 29	0531 PAGE, TONY	00:16:53	08:26	152	123		2m1	24	M 30 - 34
0554 DAVIS, PAITI	00:14:52	07:26	108	93		2m1	3	F 30 - 39	0555 CORWAY, TAMMIE	00:16:55	08:27	153	30		2m1	10	F 20 - 29
0024 WOODUL, CHETT	00:14:53	07:26	109	93		2m1	12	M 0 - 14	0565 DUCOTE, DIANNE	00:16:57	08:28	154	31		2m1	2	F 40 - 999
0132 TUNSTALL, PAUL	00:14:53	07:27	110	94		2m1	19	M 30 - 34	0517 HANCOCK, MACKAY	00:16:59	08:29	155	124		2m1	16	M 35 - 39
0154 PAYNE, CINDY	00:14:54	07:27	111	94		2m1	4	F 20 - 29	0563 HUNTER, ANITA	00:16:59	08:30	156	32		2m1	9	F 30 - 39
0073 FIRA, EUGENE SR.	00:14:59	07:29	112	95	17	2m1	11	M 35 - 39	0049 STALCUP, JASON	00:17:01	08:30	157	125		2m1	12	M 0 - 14
0113 BURNELL, TOMMY	00:15:01	07:30	113	96		2m1	13	M 0 - 14	0107 OWENS, JOHN	00:17:02	08:31	158	126		2m1	19	M 0 - 14
0087 HARTSFIELD, JOHN	00:15:03	07:31	114	97		2m1	20	M 30 - 34	0118 ROBERTS, HEATHER	00:17:05	08:32	159	33		2m1	4	F 0 - 14
0124 ARMSTRONG, LEIGH	00:15:08	07:34	115	98	18	2m1	8	M 50 - 999	0562 MARNOLEJO, ROSIE	00:17:07	08:33	160	34		2m1	10	F 30 - 39
0106 HOORNAGLE, JAMES	00:15:08	07:34	116	98		2m1	5	F 20 - 29	0145 SMITH, SOPHIA	00:17:09	08:34	161	35		2m1	11	F 20 - 29
0584 ONIEL, KELLY	00:15:10	07:34	117	99		2m1	21	M 30 - 34	0038 GREER, ROBIN	00:17:16	08:38	162	36		2m1	4	F 15 - 19
0039 BAUER, BRAD	00:15:18	07:39	118	100		2m1	14	M 0 - 14	0031 THAXTON, LINDA	00:17:16	08:38	163	37		2m1	11	F 30 - 39
0125 MORTON, WENDY	00:15:18	07:39	119	101		2m1	20	M 20 - 29	0566 MCQUEEN, JAYNA	00:17:21	08:40	165	38		2m1	12	F 20 - 29
0080 FOSTER, ONEALA	00:15:23	07:41	120	102	19	2m1	2	F 15 - 19	0583 WALSH, ELIZABETH	00:17:23	08:41	166	39		2m1	13	F 20 - 29
0043 RAMIREZ, JAN	00:15:24	07:42	121	102	20	2m1	4	F 30 - 39	0585 PICCIONE, CAROL	00:17:24	08:42	167	127		2m1	17	M 35 - 39
0051 CARTU, BO	00:15:25	07:42	122	103	21	2m1	5	F 30 - 39	0089 PROVENZANO, RYAN	00:17:26	08:43	168	128		2m1	25	M 30 - 34
0064 HODGES, JOHNNY	00:15:31	07:45	125	104		2m1	15	M 0 - 14	0097 GAFFNEY, CATHERINE	00:17:28	08:44	169	41		2m1	5	F 0 - 14
0013 ALEHAN, TONY	00:15:34	07:47	126	105		2m1	12	M 35 - 39	0536 MCCALL, PAUL	00:17:30	08:45	170	129		2m1	25	M 20 - 29
0533 WOODBURN, GARY	00:15:35	07:47	127	106		2m1	13	M 35 - 39	0523 DAVIS, MIKE	00:17:33	08:46	171	130		2m1	18	M 35 - 39
0052 NISBETT, JOE	00:15:38	07:49	128	107		2m1	9	M 50 - 999	0100 PUNHONG, SUPARP	00:17:45	08:52	172	42		2m1	12	F 30 - 39
0527 BARNUM, JAMES	00:15:38	07:49	129	108		2m1	23	M 30 - 34	0073 GRINES, JOE	00:17:46	08:53	173	131		2m1	19	M 35 - 39
0534 LOGAN, BRUCE	00:15:40	07:50	130	109		2m1	14	M 35 - 39	0092 DOW, DANIEL	00:17:52	08:56	174	132		2m1	20	M 0 - 14
0126 SAVA, KRISTEN	00:15:43	07:52	132	110	22	2m1	3	F 15 - 19	0558 HIGDON, CHRIS	00:17:54	08:57	175	133		2m1	26	M 20 - 29
0048 GRUBBS, FRANK	00:15:45	07:52	133	111		2m1	4	M 40 - 44	0511 POTTS, JEANETTE	00:17:55	08:57	176	43		2m1	13	F 30 - 39
0564 WHITECOTTON, THOMAS	00:15:55	07:57	134	112		2m1	15	M 35 - 39	0025 BROWN, KATIE	00:17:57	08:58	177	44		2m1	6	F 0 - 14
0091 GARZA, DANIEL	00:16:02	08:01	135	113	23	2m1	22	M 20 - 29	0075 BARTON, CHRIS	00:18:13	09:06	178	134		2m1	21	M 0 - 14
0528 MAGOON, PATRICIA						2m1	6	F 30 - 39	0085 VITALEC, BARBARA	00:18:24	09:12	179	45		2m1	14	F 30 - 39
						2m1			0579 DONALDSON, ROSE	00:18:53	09:26	180	46		2m1	15	F 20 - 29

1987 RUN FOR THE ARTS  
APRIL 25 1987

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NO. NAME	- TIME -		PACE		FINISH POSITION		RACE	SEX & AGE GROUP POSITIONS	
	HH:MM:SS	MM:SS	MM:SS	MM:SS	ALL	M		F	POS
0108 NUNEZ, MARIA	00:18:55	09:27	181	47	2m1	16	F	20 - 29	15km
0522 COFFEY, CAMILLE	00:19:01	09:30	182	48	2m1	15	F	30 - 39	15km
0018 UPSHAW, RANDALL	00:19:10	09:35	183	135	2m1	20	M	35 - 39	15km
0058 TREVIÑO, BRENDA	00:19:17	09:38	184	49	2m1	17	F	20 - 29	15km
0059 TREVIÑO, EDDIE	00:19:18	09:39	185	136	2m1	21	M	20 - 29	15km
0026 LOPEZ, LARRY	00:19:19	09:39	186	137	2m1	21	M	35 - 39	15km
0535 WILSON, CINDY	00:19:25	09:42	187	50	2m1	18	F	20 - 29	15km
0512 MOORE, DEBBIE	00:19:33	09:46	188	51	2m1	16	F	30 - 39	15km
0083 PETERS, AARON	00:19:39	09:49	189	138	2m1	22	M	0 - 14	15km
0537 ANDERSON, ANDY	00:19:44	09:52	190	139	2m1	7	M	40 - 44	15km
0547 TAYLOR, BRENDA	00:19:44	09:52	191	52	2m1	17	F	30 - 39	15km
0503 BITTLE, KIM	00:19:46	09:53	192	53	2m1	18	F	30 - 39	15km
0518 STANLEY, DEANNA	00:19:52	09:56	193	54	2m1	19	F	20 - 29	15km
0084 UNDERWOOD, JOSH	00:20:05	10:02	194	140	2m1	23	M	0 - 14	15km
0046 KLINE, TONYA	00:20:11	10:05	195	55	2m1	19	F	30 - 39	15km
0062 CASTILLO, SYLVIA	00:20:15	10:07	196	56	2m1	20	F	30 - 39	15km
0069 SINS, JIM	00:20:38	10:19	197	141	2m1	7	M	45 - 49	15km
0068 RANCH, CATHY	00:20:41	10:20	198	57	2m1	21	F	30 - 39	15km
0538 SMITH, CYNDI	00:20:42	10:21	199	58	2m1	22	F	20 - 29	15km
0577 RIKER, WILLIAM	00:20:54	10:27	200	142	2m1	28	M	30 - 39	15km
0520 SULLIVAN, NANCY	00:21:00	10:30	201	59	2m1	23	F	30 - 39	15km
0540 PATTERSON, DONNA	00:21:01	10:30	202	60	2m1	24	F	20 - 29	15km
0539 KEITH, FELICIA	00:21:07	10:33	203	61	2m1	20	F	30 - 39	15km
0019 KINGERY, MICHAEL	00:21:20	10:40	204	143	2m1	24	M	0 - 14	15km
0550 HAYNES, TERESA	00:21:25	10:42	205	62	2m1	21	F	20 - 29	15km
0003 MCCAULEY, SALLY	00:21:35	10:47	206	63	2m1	22	F	20 - 29	15km
0569 OLIVAREZ, MARGARITA	00:22:15	11:07	207	64	2m1	3	F	40 - 999	15km
0329 MAYERS, SCOTT	00:22:16	11:08	208	65	2m1	23	F	20 - 29	15km
0377 MAYERS, OLLIE	00:22:18	11:09	209	66	2m1	5	F	15 - 19	15km
0519 ROGERS, SHARNA	00:22:22	11:11	210	67	2m1	24	F	20 - 29	15km
0529 PAYNE, YOLONDA	00:22:33	11:16	211	144	2m1	10	M	15 - 19	15km
0541 RIZA, MINDY	00:22:44	11:22	212	68	2m1	4	F	40 - 999	15km
0120 STOFFREGEN, KHENA	00:22:45	11:22	213	69	2m1	25	F	20 - 29	15km
0532 HARPER, LINDA	00:22:52	11:26	214	70	2m1	26	F	20 - 29	15km
0339 UNDERWOOD, MILES	00:22:53	11:26	215	71	2m1	27	F	20 - 29	15km
0082 UNDERWOOD, ALAN	00:23:07	11:33	216	72	2m1	7	F	0 - 14	15km
0153 GARCIA, DENISE	00:23:07	11:33	217	73	2m1	25	F	30 - 39	15km
0569 VILLARREAL, CHRISTINA	00:24:20	12:10	218	145	2m1	25	M	0 - 14	15km
0530 ABERNATHY, MARY BETH	00:24:20	12:10	219	146	2m1	22	M	35 - 39	15km
0545 BREWTON, CAROLYN	00:24:23	12:11	220	74	2m1	28	F	20 - 29	15km
0542 WOOTEN, CAROLYN	00:24:41	12:20	221	75	2m1	29	F	20 - 29	15km
0385 CAGLE, MICHAEL	00:26:46	13:23	222	76	2m1	26	F	30 - 39	15km
	00:29:12	14:36	223	77	2m1	30	F	20 - 29	15km
	00:29:23	14:41	224	78	2m1	5	F	40 - 999	15km
	00:51:53	05:34	1	1	15km		M	20 - 29	



WOW!!!--WHAT A RACE

Nothing but positive thoughts can be expressed about the Run For The Arts Race. All enjoyed this one!!! This one was the best by far and it was all due to those who worked on the race.

"Thanks", goes to Ron Key and Chery Benoit for their organizational skills. They assigned many people to the chairperson positions and had many meetings before the actual run. To each "thanks".

Needless to say, those participating in the race will definitely look forward to next year's race.

Keep up the great work--It helps build the club!!!

**RESULTS OF THE NINETY NINER FLY-BY**  
Race was held on May 2, 1987

The usually flat, fast Reese course was slowed by 15-20 MPH head winds on the first half of the course at the 99er's Club Fly-BY Run.

LCC dominated both the two and five mile. John Ruiz's 27:50 (5:34 per mile) taking the five miler and Larry Millard's 10:09 taking the two mile first place time.

Club member Josie Aleman's 14:52.8 was the Women's winner in the two mile. Newcomer Sue Houle did a five mile in 33:44 to take the women's five mile run.

2 MILE RESULTS:

1. Larry Millard	10:09	10. Josie Aleman	14:52.8
2. Mike Williams	10:55	11. Jay Bates	14:53.2
3. Robert Bates	11:43	12. Wendy Morton	15:19
4. Gonzalo Ramirez	12:18	13. Tony Aleman	16:10
5. Rob Vardy	12:26	14. Amy Wentland	18:18
6. Wolf Cantu	12:34	15. Rosalie Anderson	19:43
7. Dwane Oakeley	13:13	16. James Golden	21:45
8. John Harper	13:50	17. Bill Jamison	31:27
9. Frank Hernandez	14:27		

5 MILE RESULTS:

1. John Ruiz	27:50	18. Bill Vitalec	38:13
2. Lou Kohagen	28:24	19. Steve Fannin	38:51
3. Catfish Phelan	30:37	20. Scott Mayers	38:52
4. Joe Post	30:54	21. Keith Wright	39:15
5. Mark Manley	31:11	22. April Stein	39:37
6. Chris Lonngren	31:53	23. Rhonda Kauk	39:54
7. Rudy Cantu	32:49	24. Clark Besack	39:55
8. Ronnie Nugent	33:03	25. Gerald Long	40:07
9. Kent Anderson	33:15	26. Larry Lewis	40:20
10. Peter Dudley	33:42	27. John Stalcup	40:27
11. Armondo Deluna	33:55	28. Walter Jordan	41:21
12. Sue Houle	33:44	29. Rickey Gonzalez	43:08
13. Bill Roger	34:11	30. Charles Mayers	43:16
14. Tom Thomas	34:20	31. Jan Ramirez	45:13
15. Larry Byrd	36:06	32. Joyce Smith	47:42
16. Mike White	36:49	33. Barbara Vitalec	49:36
17. Mike Kelley	38:05	34. Cathy Rogers	51:00

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3611 50th St. • 792-4449 South Plains Mall • 792-3377

May 5, 1987

To the membership of the West Texas Running Club :

I would like to express my most sincere personal thanks to the following club members and / or their families who worked on traffic control for the Run for the Arts :

Bruce Blankenship    David Lard    Bob Smith

Butch Rogers    Donna Rogers    Sally Post

Members of the Texas Instruments group in Mackenzie Park

Without the efforts of these volunteers to supplement the work done by the Lubbock Police, the Reserve Sheriff's Deputies, and the Explorer Scouts, there could have been no Run for the Arts.

The opportunity for the members of the W.T.R.C. to run in this event and the financial benefits to the club from it are directly attributable to these people and all the others who worked in other areas of preparation and production for the run.

Again, thanks to the "flag-wavers" on the course for their dedication and their attitudes.

Sincerely,  
Joe Post

FACT SHEET

What: Charter Plains Hospital Mind & Body Run

When: Saturday, May 30, 1987

Where: Charter Plains Hospital

Registration:

Saturday, May 30 - beginning at 7:00 a.m. at Charter Plains Hospital

Entry Fee:

Adult Entry - \$10.00 (five mile run)

Children's Entry - \$5.00 (one mile run)

Registration by Mail:

Mind & Body Run

P.O. Box 10560

Lubbock, TX 79408

(Make checks payable to the Lubbock Council on Alcoholism and Drug Abuse)

Course: Start and finish at Charter Plains Hospital

Aid Station:

An Aid Station will be located on site.

Divisions:

Childrens - 6-12 years (one mile run)

Adult - 13-19; 20-29; 30-39; 40-49; 50 and up. (five mile run)

Awards: The top three male and female finishers in each division will receive an award.

Starting Times:

Children's Run - 8:00 a.m.

Adult Run - 9:00 a.m.

Awards Ceremony:

Charter Plains Hospital - Front Lawn

Proceeds:

Lubbock Council on Alcoholism and Drug Abuse

T-shirts:

All registered participants will receive a T-shirt.

Special Thanks to:

West Texas Running Club - City of Lubbock - Lubbock Police Department  
Sparkletts Water - McDonald's - Handy Can - I & I Marine Corps, Lubbock,  
Texas