

INDIVIDUAL
MEMBERSHIP APPLICATION

SEND CHECK, NOT CASH

Make Check Payable to:

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

Membership is from January 1 - December 31

Annual Membership Fee: \$8.00

Proration of Membership Fee is:

January - March = \$8.00 April - June = \$6.00
July - September = \$4.00 October - December = \$2.00

NAME: _____
(Please Print)
MAILING ADDRESS: _____

Male: _____ Female: _____ Nav: _____ Renew: _____
Birthdate: _____ / _____ PHONE NUMBER: _____

FAMILY MEMBERSHIP
APPLICATION

Under a family membership the first person is charged \$9.00. Any additional family member is charged \$2.00 each.

Membership is from January 1 - December 31

Proration of Membership Fee is:

January - March = 100% April - June = 75%
July - September = 50% October - December = 25%

NAME: _____ \$ 8.00

Names of additional Family Members:

Number of additional family members: _____
_____ X \$2.00 each = \$ _____

AMOUNT = \$ _____

April 1988



NEWSLETTER
3509 84th
LUBBOCK, TX 79423



OFFICERS

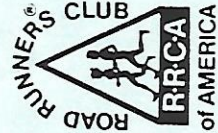
- PRESIDENT** : RON KEY
- VICE PRESIDENT** : JUDI HENRY
- VICE PRESIDENT** : JON MASOOD
- SECRETARY** : JAN RAMIREZ
- TREASURER** : SHIRLEY WIGLEY

DIRECTORS

- JOSIE ALEMAN**
- TOM WEST**
- GEORGE JURY**
- DON KEPHART**
- RONNIE NUGENT**
- APRIL STEIN**

NEWS LETTER

- EDITOR** : DAVID LARD
- REPORTER** : VARIOUS
- TYPESETTER** : LAURA STEPHENSON
- RUNNER** : JOE POST
- MAILER** : DORIS STALCUP
- MAILING LIST** : JAN RAMIREZ



1988 Run For The Arts

Sponsored by
St. Mary of the Plains Hospital "Flight for Life"



15K (9.3 mi.) Race
2 mi. Corporate Race

1 Mi. Elementary Race
2 mi. Fun Run

Saturday, April 23, 1988
Civic Center - Lubbock, Texas
Specially Designed Awards to All Finishers

Race Times
8:00 a.m. - 1-mi. Elementary Race
9:00 a.m. - 15K & 2-mi. Races

Registration
By mail through April 15
Children: \$6.00
15K & 2-mi.: \$8.00

Late Registration
Friday, April 22 at the Civic Center
12 Noon - 9:00 p.m.
Race Day: Till 30 min. prior to the race
Children: \$8.00
15K & 2-mi.: \$10.00

Race Divisions
1-mi. Elementary Race: Individual & School Participation. Grades 1-6.
2-mi. Fun Run: For all age groups

15K (9.3 mi.): "The distance runner's challenge"
All ages. Scenic, slightly hilly—via downtown Lubbock through McKenzie Park. Split times at every mile mark. Aid stations at miles 2, 6, and Finish Line.

2-Mile Corporate Team Challenge: A new event open to corporations and small businesses. Each team shall consist of 5 members (2 men, 3 women or 2 women, 3 men). Each team must fill out an entry form. All 5 team entries must be turned in together. Teams are required to pre-register by April 22. (For more information, call Ron Key (765-5551) or David Lard, Race Director (794-8851))

Pre-Race Clinic
Friday, April 22, 7:00 - 9:00 p.m.
Civic Center, Room 110

Speaker:
Dr. Robert Yost - Injury Clinic and Preventive Injury

Awards
(Results for the 15K and 2 mile will be computed on Texas Instruments Professional Computer by the T.I. Running Club)

Children's 1 mile race:
Awards at 11:00 a.m. Categories: 1st three girls/boys in each grade; Boys/girls team trophy; Participation trophy.

2 mile Fun Run: (Awards at 12 Noon)
Men: 1st 10 places overall; top 3 in age categories; 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50 & over

Women: 1st 5 places overall; top 3 in age categories; 14 & under, 15-19, 20-29, 30-39, 40+

15K Race: (Awards at 12 Noon)
Men: 1st 10 places overall; top 3 in age categories: 14 & under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50 & over.

Women: 1st 5 places overall; top 3 in age categories: 14 & under, 15-19, 20-29, 30-39, 40+

Corporate Division:
1st Place Team: The Corporate Challenge Cup Award.
Runner-Up: Certificates & prizes.

Last Name										First										Sex		Event Entered (Check One)			
																				M F		Children's <input type="checkbox"/> 2 mi. <input type="checkbox"/>			
Corporate Team Name																				15K <input type="checkbox"/> Corporate Team <input type="checkbox"/>					
Address (Number and Street)										City										State		Zip		Team Name:	
Day Phone (include area code)										Age (March 28)										T-Shirts		Adults		S M L XL	

Make checks payable to: Run For The Arts
David Lard, Race Director,
F.O. Box 2921
Lubbock, TX 79408

WAIVER STATEMENT: Entry invalid if not signed.

I fully understand that my participation in the 1988 Run For The Arts can result in injury. I certify that I have decided to participate in this event with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. I waive all claims against the Lubbock Arts Festival, Lubbock Cultural Affairs Council, Civic Lubbock and City of Lubbock, West Texas Running Club, and any other persons of this event, or their employees, representatives, or successors arising out of my participation in this event. This waiver shall be binding on my heirs, assigns, and assigns. I hereby grant full permission to any and all of the foregoing to use, in any photograph, videotapes, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose.

NOTE: Also, I understand that police protection along the course will stop after 2 hours and any further running will be entirely at my own risk. Entrant's Signature _____ Parent/Guardian signature if under 18 yrs. _____

W.T.R.C. Challenge Series Update
Through Three Events

Women's Open	Points	Events	Miles
1. April Stein	30	3	18.2
2. Barbara Vitalec	21	3	14.2
3. Tracy Bauh	19	3	14.2
4. Jan Ramirez	14	2	10.2
5. Betty Johnson	11	2	10.2
6. Josie Aleman	0	1	2.0
7. Kathryn Abbey	8	1	2.0
8. Debbie Garland	8	1	6.2
9. Rogie Garland	6	1	2.0
10. Jacy Garland	5	1	2.0
11. Orlene Stroud	3	2	10.2
12. Doris Stalcup	-	2	14.2

Men's Open	Points	Events	Miles
1. Joe Post	16	3	24.4
2. Mike Williams	10	1	4.0
3. Robert Bates	9	1	2.0
4. Joe Hernandez	9	1	4.0
5. Mark Marley	9	1	4.0
6. Mitch Dillman	8	1	4.0
7. Eric Packard	8	1	6.2
8. Mark Murphy	7	1	4.0
9. Michael Nugent	6	2	6.0
10. Dave Brandolini	5	1	4.0
11. Sam Ayers	4	2	10.2
12. Jim Hartline	3	1	4.0
13. Steve Shannon	2	1	4.0
14. Damon Pompa	-	2	10.2

Men's 30 - 39	Points	Events	Miles
1. Jimmy Samarron	28	3	10.0
2. Alonzo Mendoza	23	3	10.0
3. Barney Adams	20	3	18.2
4. Tom West	20	3	26.2
5. Gonzalo Ramirez	19	2	14.2
6. David Jackson	15	2	10.2
7. Al Grotz	13	2	14.2
8. Charles Rogers	10	1	2.0
9. Robby Timberlake	10	2	14.2
10. Mike Menchaca	10	2	6.0
11. Pat Duffey	8	2	10.2
12. Max McAvock	8	1	6.2
13. Dwayne Oakley	6	1	2.0
14. Larry Reno	6	2	10.2
15. Jim Wilhelm	6	2	22.2
16. Walter Jordan	5	2	14.2
17. Art Zuniga	5	2	6.0
18. Tony Aleman	4	1	2.0
19. Randy Branum	4	1	2.0
20. Roger McLain	4	1	8.0
21. Mickey Davis	3	1	2.0
22. Mark Jennings	2	1	6.2
23. Mark Garland	1	1	2.0
24. Don Kerhart	1	1	4.0
25. Bill Rice	1	1	6.2
26. Mike Kelley	-	2	10.2
27. Roger Marks	-	1	4.0

W.T.R.C. Challenge Series Update (Contd.)

Men's 40 - 49	Points	Events	Miles
1. Robert Guajardo	29	3	10.0
2. Bill Vitalec	24	3	18.2
3. Larry Byrd	22	3	10.0
4. Ronnie Nugent	21	3	14.2
5. Bobby Birdsong	19	2	14.2
6. Ron Key	16	2	10.2
7. Gene Payne	9	1	6.2
8. Kelly Baggett	8	1	8.0
9. Bill Roger	8	1	2.0
10. Frank Hernandez	7	1	2.0
11. Jance Maki	6	1	4.0
12. Joe Gomez	6	1	4.0
13. James Livermore	4	1	4.0
14. Mike Greer	3	1	4.0
15. Jon Masood	-	3	18.2

Men's 50 Plus	Points	Events	Miles
1. David Iard	20	3	14.2
2. John Stalcup	19	2	14.2
3. Clint Ramsey	18	2	6.0
4. Charles Thrasher	16	2	8.0
5. George Jury	10	1	6.2
6. John Harper	9	1	4.0
7. Lonnie Hollingsworth	8	1	4.0
8. Charles Hensarling	6	1	4.0
9. Hugh Haynes	-	1	6.2

Men's Mileage Leaders	Miles	Women's Mileage Leaders	Miles
1. Tom West	26.2	1. April Stein	18.2
2. Joe Post	24.4	2. Tracy Bauh	14.2
3. Jim Wilhelm	22.2	3. Doris Stalcup	14.2
4. Barney Adams	18.2	4. Barbara Vitalec	14.2
5. Bill Vitalec	18.2	5. Betty Johnson	10.2
6. Jon Masood	18.2	6. Jan Ramirez	10.2
		7. Orlene Stroud	10.2

All those who have attended the Kickoff, Cottonpatch and Prairie Dog runs are tied for the Attendance Award.

**** Any questions in regard to the Challenge Series standings should be directed to Joe Post at 747 - 8359 or 1717 - 39th, Lubbock, Texas 79412.



EDITORIAL

We all have our needs that we try to accomplish and satisfy through our running.

These needs may vary from those who need to log 40-50 miles a week LSD, those who need to race several times a month, those who need to go to the track and "sprint" like a deer, those who need to run several Marathons a year and on and on.

Apparently our minds, attitudes, physical abilities and other attributes aim us in the direction we follow. Fortunately the sport of running can accommodate all of these needs.

We read about those who have a consecutive days run record accumulating. We read about those who are age group phenomons and who have hardly lost a step since youth. We read about those who run a Marathon every week or so. These are exceptions of course but somewhere on the ends of these feats or in the middle we all seem to fit.

This is why running is the purest, most satisfying activity there is. Your pace, or your physical ability have little bearing on what you can accomplish within yourself. These are your goals alone and generally only you know if you made them. There are no limits to the progress we can make if our goals are realistic.

So I say run far, run fast, run slow, run short, running can be and is for everyone with the patience, diligence, and discipline to tie on the shoes and go. ---I feel sorry for those who won't, don't you???

WANTED

Does anyone know the whereabouts of Bobby Cunningham, one time Masters Runner from Abernathy, Texas?

He was last seen running the High Plains Baptist Race in Amarillo last fall and a reward is offered for information leading to the status of this Club Member.

On Saturday, March 5, 1988, Lubbock Christian University hosted an indoor Master's track meet. Twenty-five participants ran in four events.

World record holders, former world record holders, American record holders, Texas champions and many former collegiate standouts were among the rich field of athletes participating in the meet.

The meet director, Dan Tabor, did a wonderful job putting the meet together. Coach David Conder, Lubbock Christian University track coach, and his staff did a superb job of running off the meet.

Unfortunately, no runners entered in the 1000 yd run, one-mile run, two-mile run or the 1600m relay. Most of the runners were sprinters and were gearing up for the Indoor National Master's Track Meet in Baton Rouge, LA. on March 19 and 20 at the LSU indoor facility.

Results of the meet were as follows:

Lubbock Participants

		55m Dash - Men		
Age 35-39	1. Willard Thompson	35	Dallas, TX	6.67
	2. Robert Hahn	36	Tyler, TX	7.07
	3. Brad Winter	35	Hobbs, NM	7.19
	4. Dan Tabor	39	Lubbock, TX	7.65
Age 45-49	1. Roy Turner	48	Richardson, TX	6.83
	2. James Hurd	46	Dallas, TX	7.19
	3. Steve Ireland	46	Lubbock, TX	7.28

		300yd Dash - Men		
Age 35-39	1. Willard Thompson	35	Dallas, TX	35.59
	2. Brad Winter	35	Hobbs, NM	37.06
	3. Robert Hahn	36	Tyler, TX	38.95
	4. Dan Tabor	39	Lubbock, TX	43.70
Age 45-49	1. Roy Turner	48	Richardson, TX	34.61
	2. Steve Ireland	46	Lubbock, TX	36.40
	3. James Hurd	46	Dallas, TX	37.57
	4. Mike Greer	49	Lubbock, TX	50.77

		600yd Dash - Men		
Age 45-49	1. Roy Turner	48	Richardson, TX	1:18.43
	2. Steve Ireland	46	Lubbock, TX	1:23.17

Thanks are in order to Coach David Conder, Dan Tabor and to all the participants who made the meet possible. Get in shape early next year and come out and run! We'll be looking for you!

The Prairie Dog 4 miler was contested under blue skies and chilly temperatures. 28 degrees and a stiff breeze did not deter 46 runners from taking in the sights of Prairie Dog town and some teed off golfers. In an extremely fast field, we had 22 runners finish in under a 7:00 minute pace. Our down-to-the-wire category, includes: Joe Post and David Jackson - 1.4 seconds apart; Alonzo Mendoza, Epi Aguirre, and David Lard were separated by 1.3 seconds; Randy Branum was .2 of a second ahead of Mike Menchaca; and .2 of a second was also the difference between Roger Marks and Don Kephart. The Ladies division was just as competitive with .3 seconds between Christine Vasquez and Christina McKinnis. With all the photo finishes, we may have to change this run to the Match Race series.

Congratulations to all the participants! I'd like to thank the following volunteers, who will be credited with 4 miles in the challenge series: Sally Post, Jon Masood, Tracy Baugh and Mike Kelley.

Jim Wilhelm

RACE SCHEDULE 1988

March 26 Gone with the Wind 5M McKenzie Park
March 27 Capital 10K Austin, Texas
April 9 Reese AFB 1/2 Marathon 10K & 2 mile Reese A.F.B.
April 23 Run For the Arts Race - Lubbock, Texas
May 14 Horse Shoe Bend 11 mile & 2 mile Slaton, Texas
May 21 Charter Plains 5mile, & 1mile Lubbock, Texas
May 28 Funfest 1/2 Marathon & 10K Amarillo, Texas

The WTRC was well represented at Fort Worth Cow Town Marathon and 10K in February. Joe Post completed the Marathon in 3 hours 13 minutes. April Stein ran her Marathon in 3 hours 53 minutes and George Jury ran the 10K in 38 minutes 09 seconds for a number 2 age group finish in that event. Word was that it was unusually warm for February and made the Marathon a little tougher.

John & Joe Stalcup (along with wife, Doris) traveled to El Paso March 12, and completed the Transmountain Run a 10 mile over the mountain venture with John posting 1 hour 30 minutes 25 seconds time and Joe a 1 hour 32 minutes 27 seconds time.

The Distance

The distance is not enough to stop you. It's always there - you know that at the start. And the tiredness . . . one somehow gets used to; the legs are strong enough if you've the heart

to stay the course for the distance measured, and a will so strong it won't let you give in; for the distance is a goal so treasured, it's worth the pain withstood to gain the end.

But the pain is really only what you bargain for the strength that it takes to conquer it; and that triumph . . . by whatever margin, is victory - because you never quit.

And your strength is there for you to turn to at those times when you fear that you must stop; half-way up the hill you feel it lift you with the courage that takes you to the top.

Then at that crest comes the longed-for feeling of the eagle soaring strong and sure and free; when suddenly with heart wildly beating, you are at last as you were meant to be.

So the call to that feeling is unending to all those strong enough of will and heart to take each mile as a new beginning and every finish as another start.

Joe Post

At the races

Fourth Annual Prairie Dog Run
(formerly known as the Grass Trampoline)
Mackenzie Park
Lubbock, Texas

3rd Designated Event of the W.T.R.C.Challenge Series for 1988
Four Miles March 11, 1988

Women's Open	Time	Male High School & Under	Time
1. April Stein	29:56	1. Michael Nugent	35:57
2. Christine Vasquez	31:24	2. Damon Pompa	Unavailable
3. Christine McKinnis	31:25		
4. Teresa Greer	31:44		
5. Barbara Vitalec	33:22		
6. Betty Johnson	34:30		
7. Robin Smith	37:37		
8. Crlene Stroud	Unavailable		

Men's Open	Time	Men's 30 - 39	Time
1. Israel Gonzalez	22:09	1. Tom West	24:46
2. Mark Manley	24:22	2. Jimmy Samarron	25:01
3. Mitch Dillman	24:53	3. David Jackson	25:20
4. Mark Murphy	25:15	4. Ed Dabrowski	25:34
5. Joe Post	25:19	5. Alonzo Mendoza	26:30
6. Dave Brandolini	25:33	6. Barney Adams	26:34
7. Epi Afuirre	26:31	7. Randy Branum	27:08.6
8. Jim Hartline	28:08	8. Mike Menchaca	27:26
9. Steve Shannon	29:46	9. Larry Reno	31:13.0
10. Max Vattwinkel	35:44	10. Don Kephart	31:13.2
11. Sam Ayers	37:16	11. Roger Marks	32:01
	38:20	12. Art Zuniga	33:03
		13. John Mendoza	35:42.97

Men's 40 - 49	Time	Men's 50 Plus	Time
1. Robert Guajardo	26:26	1. David Iard	26:31
2. Ronnie Nugent	26:53	2. Charles Thrasher	32:12
3. Ron Key	27:18	3. Lonnie Hollingsworth	39:25
4. Bill Vitalec	29:24		97:68
5. Joe Gomez	27:59		
6. Larry Byrd	28:16		
7. James Livermore	29:31		
8. Mike Greer	31:08		
	29:33		

**** Jim Wilhelm is awarded 8 miles for Best Performance as a Race Director.
Best Supporting Performance awards of 4 miles go to volunteers Tracy Raugh, Mike Kelley and the ever popular Jon Masood.
Thanks to all these folks who gave up the run to put on a fine event.

CALENDAR

West Texas Running Club
April Club Race
Flight Line Half Marathon, 10 K & 2 Mile
Designated Event No. 4 of W.T.R.C. Challenge Series

Date : Saturday, April 9, 1988
Time : Registration - 8:00 - 8:45 A.M. ; Races Start - 9:00 A.M.
Site : Reese Air Force Base, just west of Lubbock on U.S.62, State 114; Base Entrance north of U.S.62, State 114 on War Highway;
Registration and race start at Picnic Area (directions to the Picnic Area will be available at Base Entrance)
Awards : Half Marathon Divisions Trophies Medallions
Men's Open 2 1
Men's 30 - 39 2 1
Men's 40 - 49 2 1
Men's 50 Plus 1 2
Women's Open 1 2

10 Kilometer Divisions	Trophies	Medallions
Men's Open	2	2
Men's 30 - 39	2	3
Men's 40 - 49	2	2
Men's 50 Plus	1	2
Women's 30 & Under	1	2
Women's Over 30	1	2
2 Mile Divisions	Trophies	Medallions
Men's Under 20	1	2
Men's 20 - 29	2	1
Men's 30 - 39	2	2
Men's 40 - 49	1	2
Men's 50 Plus	1	2
Women's 30 & Under	1	2
Women's Over 30	1	2

Separate awards will be presented to those military personnel competing in the Military Divisions sponsored by the Reese Air Force Base Physical Fitness Center.

Entry Fee : W.T.R.C. Members - \$3 ; Non-members - \$4

Separate entry fees will be collected by the Physical Fitness Center for those in the Military Divisions.

Sponsors : Reese Air Force Base Physical Fitness Center
West Texas Running Club

Lubbock Beverage Company (Complimentary beer after race)

Additional Information : Joe Post, 747 - 8359