

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: \_\_\_\_\_ /      New: \_\_\_\_\_ 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 = \$ \_\_\_\_\_

March 1988



KEY NOTES

Spring is just around the corner and that means another racing season coming up. From the talk at the board meeting February 9th, it seems as though it will be a very busy one for sure. If you're interested in getting involved and helping at the races, call Ronnie Nugent and offer your assistance. Both of you will be glad you did. If not, get your jogging (or running) shoes on and get back into shape and come on out and join in on the fun of running in your club races. Everybody will be glad you did.

David Lard agreed to be the race director of the Run For The Arts and St. Mary's Hospital has agreed to sponsor the run, so it appears that a quality race is certainly in the making for April 23, at the Lubbock Art's Festival. Yes, you can still get involved, call David Lard, he'll be glad you did.

It's good to see a good number of people at the board meeting putting in their ideas and offering helping hands at the various aspects of club business. The mentality behind the reorganization of the club was simply to get more people involved in the day to day activities of the club.

Planned for March 15, 1988 is a club social. The place is Orlando's on Avenue Q, and the time is 6:30. You can order from the menu or eat the "All you can eat" special of spaghetti. Come on out and meet some of the fellow runners and share some war stories of past runs. Possibly, the New Balance shoe representative will give a short program about running shoes. Hope to see you there.

Ron

MEMBERSHIP

On the back of this newsletter, is our membership application for 1988.

If you are a past member and haven't renewed or if you like what you see and hear about the WTRC, please take this opportunity to fill out the application and send your dues so you will be placed on our current active membership list and start receiving the club newsletter plus the other benefits of our membership.

OFFICERS

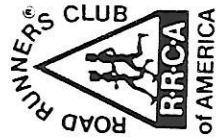
- PRESIDENT
  - VICE PRESIDENT
  - VICE PRESIDENT
  - SECRETARY
  - TREASURER
- : RON KEY
  - : JUDI HENRY
  - : JON MASOOD
  - : JAN RAMIREZ
  - : SHIRLEY WIGLEY

DIRECTORS

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

NEWS LETTER

- EDITOR
  - REPORTERS
  - RUNNER
  - MAILER
  - MAILING LIST
- : DAVID LARD
  - : JON MASOOD, JUDI HENRY,
  - ORLENE STROUD
  - : JOE POST
  - : DORIS STALCUP
  - : JAN RAMIREZ



"I'm living like a normal person, which I haven't done since I was thirteen..."..Alberto Salazar on his retirement from running.

This is an interesting statement and reflects the difference in feeling of a once world class runner and an average recreational runner.

I can relate to this feeling having just started back to running after a two month layoff due to nagging injuries. The only difference in my making this statement and Alberto making the statement is the fact that one is glad, (or says he is) to be through with running and the other is elated to be back to running.

What we must realize in this situation is that Alberto was once the fastest Marathoner in the world. Then injuries set in and five years later, a frustrating five years in which he virtually dropped out of the race scene completely, he has apparently accepted his fate and "given up the ghost".

This is a sad fate as Alberto Salazar had tremendous "heart". With a form that was anything but picture perfect Alberto set standards from 5000 M to the Marathon that no American has matched since. For a man who had "no real foot speed" Alberto set an American record for 5000 M in 1982 with a fine 13:11:93 effort. Only one American to my knowledge has run faster and that was transplanted Sidney Marce.

For Alberto Salazar the pressure is off. He has for the time being accepted the fact that his body cannot stand the abuse. But I bet you he would gladly return to the injury free status he had as a thirteen year old and start all over from scratch whatever the results might be rather than live again as a "normal person".

Through Two Events

Women's Open	Points	Men's Open	Points
1. April Stein	20	1. Joe Post	10
2. Tracy Baugh	19	2. Mike Williams	10
3. Barbara Vitalec	15	3. Robert Bates	9
4. Jan Ramirez	14	4. Joe Hernandez	9
5. Josie Aleman	9	5. Eric Packard	8
6. Kathryn Abbey	8	6. Michael Nugent	6
7. Debbie Garland	8	7. Sam Ayers	4
8. Rogie Garland	6		
9. Petty Johnson	6		
10. Jacy Garland	5		

Men's 30 - 39	Points	Men's 30-39 (contd.)	Points
1. Gonzalo Ramirez	19	12. Dwayne Oakley	6
2. Jimmy Samarron	19	13. Jim Wilhelm	6
3. Barney Adams	15	14. Walter Jordan	5
4. Al Grotz	13	15. Art Zuniga	5
5. Charles Rogers	10	16. Tony Aleman	4
6. Robby Timberlake	10	17. Roger Mc Lain	4
7. Tom West	10	18. Larry Reno	4
8. Pat Duffey	8	19. Mickey Davis	3
9. Max McGavock	8	20. Mark Jennings	2
10. David Jackson	7	21. Mark Garland	1
11. Mike Menchaca	7	22. Bill Rice	1

Men's 40 - 49	Points	Men's 50 Plus	Points
1. Bobby Hirdsong	19	1. John Stalcup	19
2. Robert Guajardo	10	2. Clint Ramsey	18
3. Larry Byrd	17	3. George Jury	10
4. Bill Vitalec	17	4. David Lard	10
5. Ronnie Nugent	12	5. John Harper	9
6. Gene Payne	9	6. Charles Thrasher	7
7. Kelly Baffett	8	7. Charles Mensarling	6
8. Ron Key	8		
9. Bill Roger	8		
10. Frank Hernandez	7		

Milafe and Participation Update

Tom West leads the Men's Milage division with 22.2 miles and Joe Post is second with 20.4 Many are tied with 14.2.

Doris Stalcup and April Stein are tied for the lead in the

Women's Milage division with 14.2 miles. Tracy Baugh, Jan Ramirez and Barbara Vitalec each have 10.2 miles.

All those attending both the Kickoff and Cottonpatch events are tied for the Participation lead.

16th Annual Cottonpatch Runs  
2 - 13 - 88 Brownfield, Texas

2nd Designated Event of 1988 W.T.R.C. Challenge Series

Some of the best running conditions in its history highlighted the 16th Cottonpatch Runs. Moderate temperatures and less than normal wind speeds combined with a dry track on the south leg of The Patch to make for an enjoyable run.

Despite a disappointing turnout of only 33 runners, Race Director Tom West did an outstanding job in continuing the tradition of this W.T.R.C. event. Our thanks to Tom, who will be credited with 16 miles for his work. Thanks also to volunteers Jon Masood, who saved the day and our times with his stopwatch when the timing machinery failed, and to regular volunteer Doris Stalcup who helped at the finish line. Jon and Doris will each be credited with 8 miles for their efforts. Thanks also to Sally Post and Jan Ramirez who again handled registration chores, and to all those who helped after finishing their runs.

The bright side of the low turnout was that all finishers qualified for awards as well as earning points in the W.T.R.C. Challenge Series. These low-key club runs really lend themselves to a lot of fun and camaraderie, so we urge everyone to come out to Mackenzie Park on March 12 for the Prairie Dog 4 Mile and join in the good times.

\*\*\*\*\* Race Notes \*\*\*\*\*

The closest age division contest was for second place in the 20-39 grouping in the 8 Mile. Barney Adams and Al Crotz were neck and neck down the stretch with Barney finally prevailing by seven seconds. Didn't get to see it, but Kelly Baggett crossed the line one second ahead of Robby Timberlake in an inter-division finish.

Those improving last year's times were four milers Alonzo Mendoza with a 2:05 improvement and Larry Byrd who was 1:31 faster than last year.

Nine year old Annie Maki won second place in the Women's 4 Mile Open in a great time of 35:56(8:59 pace). Let's see, the 2000 Olympics should be held in . . . .

\*\*\* Thought for the Month \*\*\*

"Don't let the sound of your own heels make you crazy" -  
The Eagles from "Take it Easy"

16th Annual Cottonpatch Runs  
2 - 13 - 88 Brownfield, Texas  
2nd Designated Event of 1988 W.T.R.C. Challenge Series

4 Mile Results

Men's Open	Men's 30 - 39
1. Mike Williams 23:21	1. Jimmy Samarron 25:22
2. Joe Hernandez 25:02	2. Alonzo Mendoza 26:24
3. Juan Gonzales 30:49	3. Pat Duffey 31:55
Men's 40 - 49	Men's 50 Plus
1. Daniel Fonseca 24:15	1. David Iard 27:51
2. Robert Guejardo 26:42	2. John Harper 29:36
3. Larry Byrd 28:21	3. Clint Ramsey 29:53
4. Ronnie Nugent 29:18	4. Charles Thrasher 32:22
5. Lance Maki 33:48	5. Charles Hensarling 36:36
Women's Open	Women's 30-39
1. Tracy Baugh 31:16	1. Jan Ramirez 33:03
2. Annie Maki 35:56	1. Barbara Vitalec 33:27
Women's 30-39	Women's 40-49

8 Mile Results

Men's Open	Men's 30 - 39
1. Joe Post 51:31	1. Gonzalo Ramirez 54:11
Men's 40 - 49	2. Barney Adams 57:07
1. Bill Vitalec 58:12	3. Al Crotz 57:14
2. Bobby Birdsonf 59:05	4. Robby Timberlake 59:41
3. Kelly Baggett 59:40	5. Jim Wilhelm 1:02:24
Men's 50 Plus	6. Walter Jordan 1:14:04
1. John Stalcup 1:05:17	7. Refer McLain 1:17:24
Women's Open	Women's Open
1. April Stein 1:02:43	



# At the races

1988 Kickoff 10K and 2 Mile Runs  
 1 - 23- 88 Buddy Holly Park Lubbock  
 1st Designated Event for 1988 W.T.R.C.Challenge Series

Women's 2 Mile  
 1. Robin Williamson  
 2. Josie Aleman  
 3. Kathryn Abbey  
 4. Kristen Sava  
 5. Rosie Garland  
 6. Jacy Garland

Men's 30-39 2 Mile  
 1. Charles Rogers  
 2. Jimmy Samarron  
 3. Alonzo Mendoza  
 4. Mike Menchaca  
 5. Dwayne Oakley  
 6. Art Zuniga  
 7. Tony Aleman  
 8. Mickey Davis  
 9. E. Jordan Whyte  
 10. Mark Garland

Men's Open 2 Mile  
 1. Brian Brashears  
 2. Robert Bates  
 3. Josue Gonzalez  
 4. Marty Rogers  
 5. Michael Nufent  
 6. Bill Lowe

Men's 40-49 2 Mile  
 1. Robert Guajardo  
 2. Larry Byrd  
 3. Bill Roger  
 4. Frank Hernandez  
 5. Lloyd Semn

Men's 50 Plus 2 Mile  
 1. Clint Ramsey

Women's 10 K  
 1. April Stein  
 2. Tracy Baugh  
 3. Debbie Garland  
 4. Barbara Vitalec  
 5. Betty Johnson  
 6. Jan Ramirez  
 7. Robin Smith

Men's 30-39 10 K  
 1. Tom West  
 2. Gonzalo Ramirez  
 3. Max McCavock  
 4. David Jackson  
 5. Barney Adams  
 6. Al Grotz  
 7. Larry Reno  
 8. Robby Timberlake  
 9. Mark Jennings  
 10. Bill Rice  
 11. Mike Kelley  
 12. Walter Jordan  
 13. Pat Duffey

Men's Open 10 K  
 1. Jimmy Balmer  
 2. Vince Mercado  
 3. Eric Packard  
 4. B. Dunn  
 5. John Blackburn  
 6. Russ Fellers  
 7. Sam Ayers

Men's 40-49 10 K  
 1. Bobby Birdsong  
 2. Gene Payne  
 3. Ron Key  
 4. Bill Vitalec  
 5. Brian Fornear  
 6. Ronnie Nugent

Men's 50 Plus 10 K  
 1. George Jury  
 2. John Stalcup

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# Messages

## MASTERS NEWS

There will be a Masters Track Meet at Lubbock Christian University Saturday, March 5th, beginning at 12:00 noon. This meet will be held at the LCU Fieldhouse and will feature running events from 60 yard dash to 2 miles. For more information, please see the entry application in this Newsletter.

\* CLUB SOCIAL \*

Tuesday, March 15, 1988 7:00 P.M.  
 ORLANDO'S on Ave. Q

A Meet The Members Social  
 All Club Members urged to attend

We shall Dine and Chat about the upcoming year over a plate of Pasta - no reservation necessary

## RACE SCHEDULE 1988

March 12	Prairie Dog	4 mile	McKenzie Park
March 12	West Texas Relays	5K	Odessa, Texas
March 13	Sweetwater Rattlesnake	10K	Sweetwater, Texas
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, 2mile & 1mile	Lubbock, Texas
May 28	Funfest	1/2 Marathon & 10K	Amarillo, Texas

THE FIRST ANNUAL LUBBOCK CHRISTIAN UNIVERSITY MASTER INDOOR TRACK MEET

RUNNING SCHEDULE : MARCH 5, 1988:.....INDOOR CHEVRON 200 M OVAL TRACK:.....  
 12:00 NOON IS STARTING TIME FOR THIS MEET: 5:00 TENTATIVE TIME IT WILL BE  
 OVER:  
 EVENTS WILL BE RUN WITH WOMEN FIRST AGE GROUPINGS FROM OLDER TO YOUNGER AND  
 MALES WILL BE SECOND WITH OLDER TO YOUNGER.....

EVENTS  
 60 YARD HURDLES (FEMALE, MALE (OLDER TO YOUNGER)  
 60 YARD DASH  
 ONE MILE RUN ( AGE GROUPINGS WILL DEFEND UPON NUMBER OF PARTICIPANTS)  
 300 YARD DASH  
 1000 YARD RUN  
 800 M RELAY (SPECIAL TO ALL RELAY TEAMS, THIS IS A CHANCE TO GET A GOOD 200 M  
 TIME FOR THE OUTDOOR SEASON...  
 \*\*\*\*\*THIS 200 M TRACK IS  
 A CHEVRON SURFACE..  
 IT IS OVAL AND THE  
 TWO MILE RUN ( AGE GROUPINGS DEFEND UPON NUMBERS) \*\*\*\*\*CURVES ARE BANKED\*\*\*  
 1600 M RELAY ( AGE GROUPINGS WILL APPLY)  
 \*\*\*\*\*SHOES WITH ONE FOURTH INCH SPIKE\*\*\*\*\*  
 THERE WILL BE NO PRELIMINARY HEATS ALL PLACES WILL BE BASED ON BEST TIMES!!  
 THE NO FALSE START RULE WILL BE IN EFFECT IN ALL RACES.....  
 THERE WILL BE MEDALS FOR THE FIRST THREE PLACES IN EACH AGE GROUPING.....

ENTRY FEE:.....  
 THE TOTAL FEE IS \$ 15.00 FOR ADVANCED RESERVATIONS AND \$ 20.00  
 FOR ENTRIES AT THE TIME OF THE MEET....THERE IS NO EXTRA CHARGE  
 FOR EACH EVENT JUST THE ONE TIME ENTRY FEE...  
 MAKE YOUR CHECKS PAYABLE TO LUBBOCK CHRISTIAN UNIVERSITY TRACK PROGRAM: THIS  
 IS A TAX DEDUCTABLE FEE BECAUSE ALL THE PROCEEDS ARE GOING TO THE UNIVERSITIES  
 TRACK PROGRAM.....  
 TEE SHIRTS:.....WILL BE AVAILABLE FOR A \$ 4.00 CHARGE.....SEND SIZE AND CHECK  
 FOR THESE ALONG WITH YOUR ENTRY.... MAKE THIS CHECK PAYABLE TO T-SHIRT-DAN  
 TABOR, COORDINATOR OF THIS MEET.....

DIRECTIONS TO ATHLETIC FIELD HOUSE COMPLEX\*\*\*\*\*  
 FOR THOSE FLYING INTO LUBBOCK REGIONAL AIRPORT: TAKE THE 289 LOOP WEST TO THE  
 19TH STREET EXIT, EXIT TO THE EAST, ONE HALF MILE EAST ON 19TH STREET IS THE  
 ENTRANCE TO LCU CAMPUS, THE FIELD HOUSE IS IN THE REAR AREA OF THE CAMPUS.  
 THOSE DRIVING INTO LUBBOCK: TAKE 289 LOOP TO 19TH ST. AND EXIT GOING EAST  
 ONTO 19TH, GO ONE HALF MILE TO THE ENTRANCE OF LCU CAMPUS AND TAKE A RIGHT  
 TURN INTO CAMPUS, GO TO THE REAR OF THE CAMPUS TO THE FIELD HOUSE.....  
 PLEASE HAVE YOUR ENTRY FORMS BACK TO ME BY FEBRUARY 25, 1988...SEND THEM TO  
 DANGIE TABOR-COORDINATOR  
 REMEMBER: \$ 15.00 FOR AS MANY EVENTS AS YOU  
 WANT TO PARTICIPATE IN...\$ 20.00  
 4809 UNIVERSITY AVE.  
 LUBBOCK TX. 79413  
 ALSO IF YOU WANT A T-SHIRT SEND SIZE WITH  
 \$ 4.00 TO ME  
 806-793-5445

NAME: \_\_\_\_\_ CUT ON THIS LINE AND SEND THIS BOTTOM FORM BACK TO US \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_ T-SHIRT SIZE \_\_\_\_\_  
 CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 EVENTS I WILL RUN IN: 1. \_\_\_\_\_ BEST 1987 TIME \_\_\_\_\_  
 2. \_\_\_\_\_ 1987 TIME \_\_\_\_\_  
 3. \_\_\_\_\_ 1987 TIME \_\_\_\_\_  
 I WILL NOT HOLD LUBBOCK CHRISTIAN UNIVERSITY OR ITS REPRESENTATIVES OR  
 ANY DEPARTMENT, AGENT, OR PROGRAM LIABLE FOR MY HEALTH, SAFETY OR ANY INJURY  
 DURING THIS TRACK MEET, BEFORE OR AFTER..... SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

# CALENDAR

## MARCH RACES

THE WEST TEXAS RUNNING CLUB  
 MARCH CLUB RACE

\*\*\*\*\*  
 PRAIRIE DOG RUN  
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DESIGNATED EVENT NO. 3 OF 1988 WTRC CHALLENGE SERIES

DATE: Saturday, March 12, 1988

TIME: 9:30 A.M.

DISTANCE: 4 miles

LOCATION: Mackenzie State Park, Lubbock, Tx (See map)

COURSE: Rolling terrain on asphalt

DIVISIONS:	High school & under	Awards to:
	Open	First 3
	30-39	First 5
	40-49	First 7
	50 & over	First 5
	Ladies	First 6

ENTRY FEE: \$3.00 WTRC Members  
 \$4.00 Non-Members

COURSE RECORDS:	Overall record:	Bob Jackson	1983	20:53
	H.S. & under record:	Robert Jackson	1983	24:01
	30-39 record:	Cliff McCurdy	1984	21:19
	40-49 record:	Bobby Cunningham	1983	21:58
	50 & over record:	Tom Thomas	1987	26:30
	Ladies record:	Cheryl Benoit	1987	28:42

FOR MORE INFORMATION: Contact Jim Wilhelm (Evenings) 806-794-8421