

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: _____

Males: _____ Females: _____ 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:

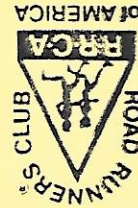
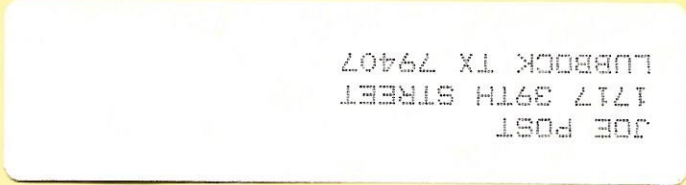
January - March = 100% April - June = 75%
July - September = 50% October - December = 25%

NAME: _____ \$ 8.00
Names of additional Family Members:

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

AMOUNT = \$ _____

May 1988



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

MAY 21st

Charter Plains Hospital 5 mile and kid's 1 mile (application enclosed). New, one loop course. WTRC Members receive \$2 discount on adult and \$1 discount on kids by using enclosed entry form. Family memberships may photocopy application for each member, but all members must be listed on WTRC roster to receive discount. Register early to insure T-shirt.

KEY NOTES

What is the most welcome site to a runner? His or her mind goes to it almost automatically as soon as the beginning commands are spoken and the gun sounds. As they laborously run with all their might away from it, their minds are on it. They know without a doubt they will feel terrible when they get to it but what a welcome site it will be. I believe without a doubt a consensus of opinion would yield that the finish line is the favorite and most welcome site. And how fortunate we are in the WTRC to have a good finish line group. As I think of that good group and the efforts they put out, I'm grateful because without their willingness to aid the runners at the races then all the training that goes into the runner's race would be wasted. All for naught.

But as I reflect over those finish line groups over the past five years that I've been racing, my mind goes to a very special girl. A special gal who has stood in freezing weather, rain, wind, blowing sand, name it (weather wise) and she has stood in it and worked the finish line to assure WTRC racers good finish line results. What a sweetheart she is.....The second most welcomed site at the WTRC races would have to go to Sally Post, what a gal, I've never known Sally to say no to the WTRC. What a help she has been over the many years. I personally want to say "Thanks, Sally, for all your help, care and understanding to those runners at the finish line. A very special salute to you, Sally. Thanks a million."

Ron Key

Dear Run For the Arts Committee Members,

There will be a meeting Tuesday, May 10, 1988, that will follow the monthly W.T.R.C. Board of Directors Meeting to critique the Run for the Arts.

It would be especially helpful if you could attend this meeting to discuss positives and negatives of this year's run.

David Lard
 Race Director

By now the Run for the Arts is history. The trumpets have sounded, the warriors have charged, the dust has risen and settled back and at last in the Hub City all is at peace again with the world.

First, let me apologize for those of you who found something about the race to your dislike. As Race Director, I am man enough to do that. Then, for those of you who have praise for the race, let me give credit where credit is due.

Back in January we put together 10 basic committees to handle the functions necessary to put the race on. Chairpeople were asked to serve in various positions that would provide needed functions best. Most of these people had been asked and had served before. As real troopers they responded again.

Tom West, Jon Masood, Doris Stalcup, Ron Key, Joe Post, Jan Ramirez, Josie Aleman, Orlene Stroud, Ron Nugent, Tom Thomas, Shirley Wigglely and myself took the ten positions that make up the Run for the Arts Organizational Chart and started to work within our own committees.

On Saturday morning when the horn went off to start the race many people hours had gone into providing what we hoped would be a class act for the runners, our club and the city of Lubbock.

Whether this particular race continues to thrive depends upon people coming forth to volunteer to handle the chores involved in organizing and carrying out the activities. Having come from a running community that doesn't have a club involved race of this magnitude, I am proud and impressed with our membership and their drive.

Only time will tell if this 7th Annual Arts Race will be the success necessary to carry over into next years 8th Annual Arts Race. Time, along with dedicated people who care enough to give us their very best.

You might say, Jim "The Dude" Wilhelm, is a living example of pioneer spirit. Then again you might not.

He was born at a young age and his parents were headed west in a covered wagon when a gust of wind uncovered the wagon and there stood little Jimmy.

His earliest recollections were of running beside the wagon for miles and miles. His parents thought they were punishing him, but Jimmy or "Dynamo" as the Indians called him, viewed it as an opportunity to train until Nike's were invented.

Of course, as you know, Jim "The Arrow", is now and always will be a legend in his own mind. The rest, well, the rest is history. The many metals he's collected, the accolades, the numerous interviews.

In fact, Jim "Hacksaw", is now industrially training for the Olympics. He hopes to achieve that cerebral level only a handful of athletes have known. Such athletes as: Rin Tin Tin, Marvin Spitz (Mark's brother) and Amarillo Slim. Yesterday the "Bullet" was even running split times! And I feel he has a great chance in Calgary!!

If you would like to help "Macho Man" in his courageous effort to be immortalized like Eddie "The Eagle", and help him represent all that is good and kind and right with the world - then be a sponsor! Send him money!

Cashier's checks are preferable, but cash is nice to.

Please note, denominations of less than \$20 will not be accepted due to handling and postage expense.

Sincerely,

Thor

Coach-Coors Light Team

FLIGHT LINE HALF MARATHON, 10K & 2 MILE
 REESE AIR FORCE BASE
 APRIL 9, 1988

Flight Line Half Marathon, 10 K & 2 Mile
 Reese Air Force Base April 9, 1988
 Designated Event No. 4 of W.T.R.C. Challenge Series

Designated Event #4 of WTRC Challenge Series

The benefits derived from running into a 50 MPH head wind are remarkably similar to those of banging yourself in the head with a hammer. It feels so good when you stop.

Fifty-seven hearty individuals, including ten complete masochists in the half marathon, doggedly challenged the winds and unseasonably cool temperature at the Flight Line Runs at Reese Air Force Base on April 9. Veteran WTRC participants could recall no worse conditions ever for the club event. The winds effectively added 30-35 seconds per mile on average to the runner's normal paces.

Mark Manley ignored the conditions to turn in an unbelievable time of 1:25:50 (6.33 pace!) in the winning the half marathon. April Stein was the only woman to brave the half marathon with a 1:40:24 placing fourth overall.

Charles Douglas made the trip over from Tatum, New Mexico, a worthwhile one by taking the 10K title with an amazing 37:25 (6:02 pace). Ron Lubowicz was the top WTRC member, finishing in a fine time of 39:10. Nancy Patton took women's honors with a 53:21.

Rod Reeves edged fellow Tech student and new WTRC member, Chris Engebretson, by ten seconds in the 2 mile with a 10:58 WTRC veteran. Josie Aleman, won the women's 2 mile in 15:39.

Congratulations to the highest order go to all those who opted to abandon warm beds and accept the challenge of being that most amazing of all breeds, a West Texas runner. You took the worst that the elements could offer up, fought them on even terms and ultimately triumphed. You're all winners and we're proud to have shared the victory with you.

2 Mile Results

Women's 30 & Under	Time	Men's Over 30	Time	Men's Under 20	Time
1. Robin Smith	17:39	1. Josie Aleman	15:39	1. Chris Engebretson	11:08
2. Amy Milam	29:33			2. Lance Linnartz	13:34
Men's 20-29	Time	Men's 30-39	Time	Men's 40-49	Time
1. Rod Reeves	10:58	1. Jimmy Samarron	12:21	1. Robert Guajardo	13:21
2. Dave Brandolini	12:17	2. Alonzo Mendoza	12:51		
3. Job Rich	15:04	3. Larry Reno	13:31		
4. Bill Yanavitch	18:48	4. Dwayne Oakley	14:02		
Men's 50 Plus	Time	5. Don Kephart	16:00		
1. John Harper	15:18	6. Tony Aleman	16:35		
2. John Hartsfield	18:41				

10 K Results

Men's Open	Time	Men's 30-39	Time
1. Charles Douglas	37:25	1. Milt Brownfield	39:33
2. Brad Raven	38:14	2. Thomas Weis	41:03
3. Steve Cox	39:08	3. Tom West	42:23
4. Mitch Dillman	39:43	4. David Jackson	44:19
5. Johnny Almaguer	41:04	5. Barney Adams	44:59
6. Dale Cox	42:24	6. Ken Hoskins	47:08
7. Chris Scott	45:26	7. Joe Stalcup	52:49
8. Sam Ayers	48:39	8. Walter Jordan	54:14
9. Britt Britton	62:01		

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Men's 40-49	Time	Men's 50 Plus	Time	Women's 30 & Under	No Entries
1. Ron Lubowicz	39:10	1. George Jury	40:21	Women's Over 30	Time
2. Ronnie Nugent	42:23	2. David Lard	45:18	1. Nancy Patton	53:21
3. Joey Thacker	45:14			2. Theresa Greer	54:23
4. Ron Key	45:47			3. Barbara Vitalec	56:58
5. Bill Vitalec	49:02				
6. Bill Roper	49:41				
7. Karl Morris	61:21				

Half Marathon Results

Men's Open	Time	Men's 30-39	Time	Men's 40-49	Time
1. Mark Manley	1:25:50	1. Dale Underwood	1:35:37	1. Gene Payne	1:46:58
2. Joe Post	1:34:27	2. Wes Boullion	1:41:00		
		3. Al Grotz	1:42:02	2. Mike Greer	1:49:08
		4. Jim Wilhelm	1:54:31		
Men's 50 Plus	Time	Women's Open	Time		
1. John Stalcup	1:52:28	1. April Stein	1:40:24		

Thanks to volunteers Larry Byrd, Jon Masood, and Doris Stalcup who will receive 13.1 miles credit in the Challenge Series for their efforts. Thanks also to Randy Pratt of the Physical Fitness Center at Reese, without whose help we could not have put on the Flight Line Runs.

The National Master's Indoor Track Meet was held in Baton Rouge, LA., on March 19 and 20, 1988, at the LSU indoor facility. Men and women competed in five year age groups starting with sub-masters (30-34 & 35-39), and masters 40-44 to 80-85. Competition was fierce in each division.

One of those competitors was Monterey High School teacher, Steve Ireland (M45-49). Competing in the 60yd dash (8th place), 7.45; the 600yd dash (3rd place), 1:22.12; and in the 300yd dash (3rd place), 35.84. Saturday was exciting but the climax was on Sunday. Running with the Dallas Masters Track Club, Steve ran the second leg on the 4 x 400 meter relay (mile relay). The Dallas Masters M45-49 4 x 400 relay won the National Championship with a time of 3:33.68, just missing the National Indoor Meet record of 3:33.30.

WEST TEXAS RUNNING CLUB, INC.
 PROFIT & LOSS
 1ST QUARTER - 1988

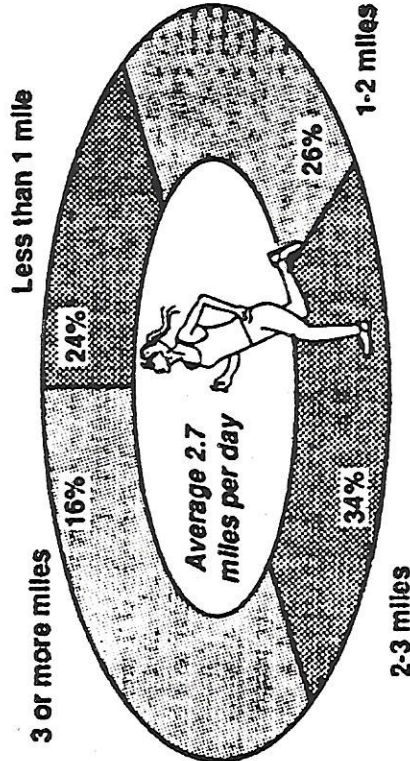
CASH ON HAND DECEMBER 31, 1987 \$3,790.12

REVENUES:	
Membership Dues	\$ 959.00
Race Entry Fees	\$ 601.00
Donations	\$ 10.00
Transfer Sales	\$ 4.00
Equipment Rental	\$ 100.00
Interest Income	\$ 51.91
TOTAL REVENUE	\$1,725.91

EXPENSES:	
Awards & T-shirts	\$ 423.16
Postage	\$ 270.48
Race Expense	\$ 404.81
Printing	\$ 252.22
Post Office Box Rental	\$ 29.00
TOTAL EXPENSES	\$1,379.67

CASH ON HAND MARCH 31, 1988 \$4,136.36

How Far Do Joggers Run?

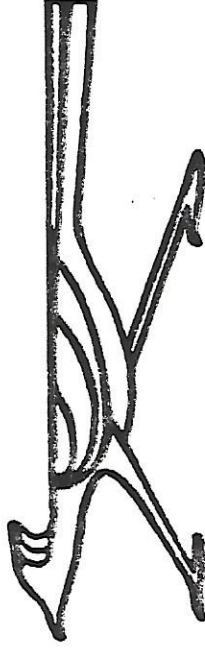


12713

On the Light Side

3rd Annual U.S. Air Force Worldwide 5K Fitness Run
 May 27, 1988 at 12:00 Noon
 Reese Air Force Base Picnic Area - \$2 Entry Fee
 All entrants receive specially designed medallion.

Then there were the male and female runners who were not only romantically compatible but were also practicing the PRITIKIN DIET way of life who reportedly broke up one evening when he came home with hamburger on his breath.



W.T.R.C. Challenge Series Leaders
Through Four Events

Women's Open	Points	Men's Open	Points
1. April Stein	40	1. Joe Post	25
2. Barbara Vitalec	29	2. Mark Manley	19
3. Josie Aleman	19	3. Mitch Dillman	15
4. Tracy Baugh	14	4. Dave Brandolini	13
5. Jan Ramirez	11	5. Robert Bates	9
6. Betty Johnson	8	6. Joe Hernandez	9
7. Kathryn Abbey	8	7. Chris Engebretson	9
8. Debbie Garland	8		

Men's 30 - 39	Points	Men's 40 - 49	Points
1. Jimmy Samarron	38	1. Robert Guajardo	39
2. Alonzo Mendoza	32	2. Ronnie Nugent	30
3. Tom West	28	3. Bill Vitalec	30
4. Barney Adams	26	4. Ron Key	23
5. David Jackson	22	5. Larry Byrd	22
6. Al Grotz	21	6. Bobby Birdsong	19
7. Gonzalo Ramirez	19	7. Gene Payne	19
8. Larry Reno	14	8. Bill Rofer	13
9. Wayne Oakley	13	9. Mike Greer	12
10. Jim Wilhelm	13		

Men's 50 Plus	Points
1. David Lard	29
2. John Stalcup	29
3. George Jury	20
4. John Harper	19
5. Clint Ramsey	18
6. Charles Thrasher	16
7. John Hartsfield	9
8. Lonnie Hollingsworth	8
9. Charles Hensarling	6

Men's Milage Leaders	Miles	Women's Milage Leaders	Miles
*1. Joe Post	37.5	*1. April Stein	31.3
*2. Jim Wilhelm	35.3	2. Doris Stalcup	27.3
*3. Tom West	32.4	*3. Barbara Vitalec	20.4
*4. Jon Masood	31.3	4. Tracy Baugh	14.2
5. Al Grotz	27.3	5. Betty Johnson	10.2
*6. Barney Adams	24.4	6. Jan Ramirez	10.2
*7. Bill Vitalec	24.4	7. Orlene Stroud	10.2

Attendance Award

All those indicated with an asterisk(*) above are tied for the attendance lead with four. Others also tied with perfect attendance are Larry Byrd, Robert Guajardo, David Lard, Alonzo Mendoza, Ronnie Nugent and Jimmy Samarron.

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

CALENDAR

16th Annual Horseshoe Bend Canyon Spring Frolic Runs Designated Event No. 5 of W.T.R.C. Challenge Series

Date : Saturday, May 14, 1988

Time : Registration - 8:00 - 8:45 A.M. ; Races Start - 9:00 A.M.
Distances : 11 Miles and 2 Miles

Site : Horseshoe Bend Canyon, Slaton, Texas. Approximately 11 miles south of Lubbock on U.S. 84. Turn left at Slaton Gas & Equipment. Stay on this road as it bends right and then left past the Slaton Golf Course. Race start is approximately 2 & 3/4 miles past golf course. (See map)

Awards : 11 Mile Divisions Trophies Medallions

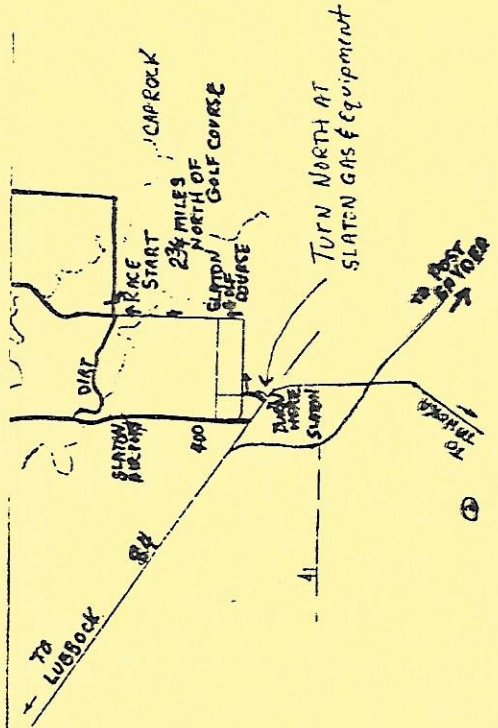
Men's Open	3	-
Men's 30-39	3	2
Men's 40-49	3	1
Men's 50 Plus	3	-
Women's Open	3	-

2 Mile Divisions Trophies Medallions

Men's Under 20	3	-
Men's 20-29	3	2
Men's 30-39	3	2
Men's 40-49	3	1
Men's 50 Plus	3	1
Women's 30 & Under	3	1
Women's Over 30	3	1

Entry Fee : W.T.R.C. Members - \$3 ; All Others - \$4

Additional Information : Joe Post, 747 - 8359





1988 CHARTER PLAINS MIND & BODY RUN AND FITNESS FAIR SATURDAY, MAY 21, 1988, 7:00 A.M.

Pre-Registration by mail: Mind And Body Run P.O. Box 10560 Lubbock, TX 79408
(to insure your Mind and Body Run T-shirt) deadline: May 13, 1988.
Make all checks payable to: Hospice of Lubbock, Inc.

Entry Fees: Adult Fee - \$10.00 (5 mile run)
Children's Fee - \$5.00 (1 mile run)

Registration & Race Packet Pick-up: Saturday, May 21, 1988 beginning at 7:00 a.m.
at Charter Plains Hospital Gym.

Course: Start and Finish Charter Plains Hospital
Aid Station: Located at the two mile mark

Divisions: Children's: 6-12 years
Adult: 13-19; 20-29; 30-39; 40-49; 50-up

Awards: Children's: 1st place awarded to male and female first finishers in each age group;
participation ribbons awarded to all registered finishers.
Adult: top three male and female finishers in each division awarded first, second and third.

Proceeds: Hospice of Lubbock, Inc.

Fitness Fair: displays in gym; hot dogs and cokes available on patio; give aways and drawings will
be held. You'll be able to learn more about the products and services from leading fitness
companies in West Texas. There will also be health check services from various local hospitals



ENTRANT MUST COMPLETE AN ENTRY FORM

Last Name _____ First _____ Middle _____ Age _____

Address _____ City/State _____

Area Code _____ Daytime Phone No. _____ Zip _____

T-shirt Size: Adult _____ Children _____ Sex: _____ Class: _____

Warning: Participation in the MIND & BODY RUN can be a threat to the health of individuals who are not in proper condition and health!

Waiver statement: Entry invalid if not signed.

I fully understand that my participation in the 1987 MIND & BODY RUN 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 I may have against Charter Plains Hospital, West Texas Running Club,

and any other sponsors/organizations 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, legatees, administrators, and assigns.

Further, I hereby grant full permission to any and all of the foregoing to use 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 years of age: _____

_____ Date: _____

MIND & BODY RUN
P.O. Box 10560 Lubbock, TX 79408