

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: _____ Nov: _____ Renew: _____

Birthdate: _____ / _____ / _____ PHONE NUMBER: _____

FAMILY MEMBERSHIP APPLICATION

Under a family membership the first person is charged \$8.00. 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 = \$ _____



Texas Instruments 10 K & 2 Mile
10-22-88

October 1988

NEWSLETTER
3509 84th
LUBBOCK, TX 79423
October, 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

CALENDAR

October 8: Bun Run 10 K, 2 Mile, Kids 1 Mile
See Page 9 for details

October 22: Texas Instruments 10 K, 2 Mile
See Page 8 for details.

November 12: Buffalo Wallow Half Marathon,
2 Mile. See Page 8.

Key Notes

Thank you, West Texas Running Club membership, for the privilege of serving as your President for another year. I count it an honor. Assessing the election causes me to believe that the West Texas Running Club was the real winner. A great slate of officers and directors who are willing to work hard for you and your club were elected. Shortly we will be in some planning sessions, laying out a plan of action for the year ahead. If you have some ideas for runs or social events, your input would be appreciated. As I think of the up-coming year, I believe we can have an exciting year, possibly with a variety of running events. Hopefully we will have something for everyone, but everyone needs to get involved. I encourage you to do so.

Recently, some discussion was held with the Lubbock Parks and Recreation Department. They have expressed an interest in getting involved with the W.T.R.C. The Department has wholeheartedly given its support to the training runs at Mackenzie Park. Also, Kim Balmer of the Parks & Recreation Dept. was encouraged to start attending the monthly W.T.R.C. board meetings to look for ways for the Department to get involved with the W.T.R.C. Hopefully in the future both the Parks & Recreation Dept. and the W.T.R.C. will profit and strengthen from this coming together.

Thanks again for allowing me the privilege of serving you as your West Texas Running Club President another year. Ron Key

Results of W.T.R.C. Elections
9-13-88

Officers

- President: Ron Key
- Vice President: Tom West
- External Races: Tom West
- Vice President: Gonzalo Ramirez
- Internal Races: Gonzalo Ramirez
- Secretary: Jan Ramirez
- Treasurer: Shirley Wigley

Directors

- Josie Aleman
- Tracy Paugh
- David Jackson
- George Jury
- Ronnie Nugent
- Bill Vitalec

The term of office for all those elected is twelve months. The areas of responsibility for individual Directors will be assigned by the Executive Board.

West Texas Running Club
September Club Race
2 Mile Tag Team Relay



Designated Event No. 9 of W.T.R.C. Challenge Series

The West Texas Running Club's first ever Tag Team Two Mile Relay and Street Dance attracted forty-eight runners who merged into sixteen teams for an interesting new format for a club run. Teams were selected by random draw and each team member ran a two mile heat with times being combined to determine overall team finishes. Each member of the first ten teams received a plaque in recognition of their overall place. Individual statistics were applied to the Challenge Series in the regular divisions.

The hilly MacKenzie course didn't deter several runners from turning in outstanding two mile legs. Ten runners (21% of the field) managed sub-12 minute clockings, including as the luck of the draw would have it, all three members of the first place team. Wilson Kigen (10:19, overall best) was joined by David Rodriguez (10:55, second overall) and the only other sub-11 minute runner) and Jimmy Samarron (11:29, sixth overall) to blow away the field with a team total of 32:43. Second place went to David Lard (11:58), Tom Nisbett (12:08) and James Livermore (12:51) with a total of 36:57. The most consistent team was composed of Jess Smith (13:22), Terry Baugh (13:25) and Larry Byrd (13:39).

Thanks are in order for Race Director Doris Stalcup, who generously volunteered her time even though John was not running, and to Jim Wilhelm for his services as Special Referee for the Tag Team appointed by the Commissioner to maintain order. Not a single foreign object was slipped in by any competitor nor was there any outside interference by any slimy, weasel manager! Doris will receive 4 miles credit in the Challenge Series and Jim will gain 2 miles credit. Thanks again, Doris and Jim.

Tag Team Tales: Overall average time per team was 40:00, an individual average of 13:20, or 6:40 per mile. The turnout of forty-eight runners was slightly lower than our yearly club race average of sixty-eight, but the conflict with the Golden Cross bike ride and the holiday weekend most likely were contributing factors. Our total attendance at officially designated W.T.R.C. races for 1988 is now 590 as compared to approximately 340 through September of 1987 (no stats available for last year's August race, 50 est.). Even though there were no designated club races for April and September last year, this still represents a healthy increase in W.T.R.C. attendance of at least 120 through nine months, a percentage growth of 25%. Average club race attendance for 1988 is 65.5 as compared to 48.3 for '87 in races for which exact data is available.

On a serious note, we learned at the Tag Team Relay that longtime W.T.R.C. member Bobby Birdsong was recuperating in Methodist Hospital. We're all thinking of you, Bobby, and are rooting for you to get well and get back out on the roads as quickly as possible. Hope to see you soon!

West Texas Running Club
September Club Race
2 Mile Tag Team Relay

Designated Event No. 9 of W.T.R.C. Challenge Series

Team	Time	Total	Team	Time	Total
1. Wilson Kigen	10:19	32:43	9. Larry Reno	12:19	39:43
David Rodriguez	10:55		Robert Guajardo	10:51	
Jimmy Samarron	11:20		Bill Roper	14:33	
2. Scoop Lard	11:58	36:57	10. Tom West	12:27	40:01
Tom Nisbett	12:08		Francis Johns	13:01	
James Livermore	12:51		Josie Aleman	14:23	
3. Cande Clivas	12:04	37:42	11. Jess Smith	13:22	30
Russ Keveryn	12:41		Terry Baugh	13:25	40:26
Ron Key	12:57		Larry Byrd	13:39	
4. Gary Morris	11:55	38:04	12. Luis Cardenas	12:43	30
David Jackson	11:58		Joe Gomez	12:43	40:58
Rick Deaver	14:11		Carl Morris	15:32	
5. Milt Brownfield	11:07	38:15	13. April Stein	13:40	41:49
David Doyle	12:20		Kieth Hill	14:10	30
Tony Aleman	14:48		Ron Seal	13:59	30
6. Barrey Adams	12:23	38:49	14. Sue Houle	12:33	42:53
Mike Menchaca	12:36		John Rodriguez	14:53	30
Joshua Smith	13:50		Max Kattwinkel	15:27	
7. Dave Brandolini	11:52	38:57	15. Dwayne Oakley	14:14	30
Greg Jackson	13:12		John Harper	14:56	44:48
Clint Ramsey	13:53		Jan Ramirez	15:38	
8. Eric Packard	11:19	39:05	16. Mark Manley	11:21	49:05
Joe Post	12:19		Ronnie Nugent	14:10	30
Oscar Lopez	15:27		David Skelton	23:34	30

Challenge Series Results

Time	Men's Open	Time
12:33	1. Eric Packard	11:19
13:40	2. Mark Manley	11:21
14:33	3. Dave Brandolini	11:52
15:38	4. Cande Clivas	12:04
	5. Joe Post	12:19
	6. David Doyle	12:20
	7. Russ Keveryn	12:41
	8. Greg Jackson	13:12
	9. Terry Baugh	13:25
	10. Joshua Smith	13:50
Time	Men's 40 - 40	Time
10:19	1. Gary Morris	11:55
10:55	2. Joe Gomez	12:43
11:07	3. James Livermore	12:51.6
11:29	4. Robert Guajardo	12:51.9
11:58	5. Ron Key	12:57
12:08	6. Larry Byrd	13:39
12:19	7. Ronnie Nugent	14:10
12:23	8. Bill Roper	14:33
12:27	9. Carl Morris	15:32
12:36		

Men's 50 Plus

Time
1. Scoop Lard
2. Francis Johns
3. Clint Ramsey
4. John Harter



W.T.R.C. Challenge Series Standings
Through Nine Events

Those who may be in contention for an award in more than one category (Male, Attendance-One Male & One Female Overall each; Champions Series-First through Seventh in each division) should begin to decide which award they will choose to receive as no one will be eligible for more than one award, as per club tradition. Those qualifying for the 66 Mile Club may receive that award and still be eligible for an award in another category.

Listed below are statistics for all those club members who have participated in at least two W.T.R.C. events in 1988.

Women's Open	Points	Events	Miles
1. April Stein	85	9	65.5
2. Tracy Faugh	50	7	30.4
3. Barbara Vitalec	50	7	47.6
4. Josie Aleman	49	7	18.0
5. Jan Ramirez	37	7	28.4
6. Sue Houle	20	3	17.0
7. Debra Finnell	27	3	14.2
8. Teresa Greer	19	3	13.2
9. Carolyn Walton	18	2	5.0
10. Mandy Malouf	18	2	5.0
11. Dolores Navarro	15	2	25.2
12. Betty Johnson	15	2	9.0
13. Christine McKinnis	15	2	4.0
14. Tammy Aleman	14	2	4.0
15. Shirley Wigley	11	2	9.2
16. Carolyn Campbell	3	2	10.2
17. Orlene Stroud	3	2	63.5
18. Doris Stalcup	xx	8	

Men's Open	Points	Events	Miles
1. Mark Manley	53	7	56.3
2. Joe Post	45	9	71.7
3. Dave Brandolini	36	6	18.0
4. Eric Packard	32	4	23.2
5. Jeffrey Jury	23	4	22.2
6. Mitch Dillman	15	2	10.2
7. Michael Nugent	11	4	13.0
8. Adam Ayala	10	2	5.0
9. David Miller	9	3	21.2
10. Sam Ayers	7	3	16.4
11. David Doyle	5	3	10.0
12. Jerry Baugh	2	2	5.0
13. Damon Pempa	xx	2	10.2
14. Max Kattwinkel	xx	2	5.0

Men's 30 - 39	Points	Events	Miles
1. Jimmy Samarron	80	9	30.2
2. Tom West	62	9	66.6
3. Alonzo Mendoza	57	7	19.0
4. David Jackson	45	7	39.6
5. Gonzalo Ramirez	45	6	33.2
6. Barney Adams	44	6	58.6
7. Al Orcutt	27	6	54.5
8. David Rodriguez	25	3	13.2
9. Larry Reno	23	6	29.2
10. Wilson Kifen	20	2	7.0

W.T.R.C. Challenge Series Standings
Through Nine Events
(continued)

Men's 20 - 29 (contd.)	Points	Events	Miles
11. Dale Underwood	20	2	23.1
12. Jim Wilhelm	20	9	60.5
13. Wes Foulfoun	19	3	20.3
14. Tony Aleman	18	7	18.0
15. Robby Timberlake	16	3	17.2
16. Dwayne Cakley	14	4	9.0
17. Don Kerhart	12	4	11.0
18. Mike Manchaca	11	3	8.0
19. Pat Duffey	10	3	12.2
20. Walter Jordan	10	7	52.6
21. Art Zuniga	8	5	16.0
22. Luis Cardenas	6	3	6.0
23. Mike Kelley	5	5	32.4
24. Jess Smith	5	5	5.0
25. Roger McLain	4	2	18.0
26. Ron Seal	4	3	9.0
27. Joe Stalcup	4	3	21.2
28. Don Lewis	3	3	27.2
29. Steve Fannin	xx	2	8.0
30. Andrew Hall	xx	2	8.0
31. Roger Marks	xx	2	14.0

Men's 40 - 49	Points	Events	Miles
1. Robert Guajardo	64	7	19.0
2. Bill Vitalec	56	7	51.6
3. Ron Key	55	7	40.6
4. Larry Byrd	48	8	35.1
5. Ronnie Nugent	46	8	44.6
6. Joe Gomez	34	4	13.0
7. James Livermore	34	5	32.0
8. Bill Roger	32	6	37.6
9. Mike Greer	25	4	38.1
10. Gene Payne	25	3	24.3
11. Bobby Birdsong	19	2	14.2
12. Kelly Baggett	15	3	17.2
13. Mitch Slater	12	2	16.2
14. Joel Collins	11	2	5.0
15. Loyd Senn	11	2	5.0
16. Jon Masood	xx	5	51.3

Men's 50 Plus	Points	Events	Miles
1. Scoop Lard	76	9	38.6
2. John Stalcup	61	7	55.3
3. Clint Ramsey	51	6	29.2
4. George Jury	50	5	29.4
5. Frank Hernandez	36	4	9.0
6. John Harper	26	3	8.0
7. Francis Johns	17	2	12.0
8. John Hartfield	16	2	5.0
9. Charles Thrasher	16	3	18.0
10. Bob Smith	13	2	5.0
11. Hurh Haynes	xx	2	28.2

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

Reprinted from The Complete Runner's Day-by-Day Log and Calendar 1988
by John Jerome

Trying to push the pace a bit, but otherwise minding my own business — my mind, that is, somewhere west of Betelgeuse — it occurs to me to attempt to tune in for a change. Shouldn't I be paying attention to what's actually going on, physiologically, instead of so carefully shoving it out of my attention? After all, I like this activity; am I afraid I'm going to find out it hurts? If I really paid attention, would I find running unpleasant enough to threaten my motivation?

These thoughts lead me to perceive that I really have only two paces. The first is best characterized as the lowest level of effort that still feels like running; the other is the highest level of effort that I'm sure I can maintain. (Note "effort": let's not talk about speed, okay?)

The slow pace is for warming up, for hard places, for unaccustomed distances. There's even an uphill version, a climbing gear that's almost comfortable. I've never understood the term "jogging," but I suppose this is it: when I start getting both feet off the ground at the same time. It's more comfortable than trying to walk fast. It is also the most mindless running of all, of course, but when I do check in — to judge whether I'm loose yet, to see whether the joints have stopped complaining — I find a reassuring homeostasis, a sense that things are all balanced out. Nothing is calling itself to my attention — not lack of air, muscle fatigue, body temperature, or any other observable variable. Each system says, almost cheerfully, sure, go ahead, you can go faster. More is available.

The other pace is not so cheerful. (Dutiful, rather — and, being your basic guilt-driven runner, I spend more time there.) It is nothing like a racing pace, certainly venturing into areas I'm *not* sure I can maintain, but it is a pace with a certain pressure on it. The process is unconscious now, but I'm sure I arrive at it by creeping up on it, increasing speed until something starts to complain, then backing off to what I can hold. It is the pace that tells me I'm making physiological headway. I'm training things.

Attempting to run a little objectivity under this airy nonsense, I check some heart rates. The slow pace, as it turns out, is in fact producing some training effect — 60 percent of maximum. The faster pace gives perhaps a little too much, driving me nearer 80 percent. Until I'm training for competition, something more comfortable would do just as well. No need to run even that fast.

Unfortunately, I have to. Taking the pressure off would lose the sense of gain that keeps me running. Besides, discomfort is useful. A level of discomfort that just makes me want to take my mind off it is exactly the level that sends my mind off toward Betelgeuse. It is the level that turns running into an hourly vacation.

The trick is to manage it, to keep it generalized enough that it doesn't turn into pain. It is not pleasant, this discomfort stuff. It feels like a lead suit, a layer of physical heaviness that drags me down. It nags me with the fantasy of what running would be like without it, if the last mile felt as good as the first quarter. It doesn't hurt, exactly, but it whispers in my ear — with the persistence of two million years of evolution behind it — *Rest. Now.* I choose to ignore it. The comforts, in the end, outweigh the discomfort: a net gain. So I continue.



W.T.R.C. Runners of the Month
Personality Profiles

Name: <u>Bobby Cunningham</u>	<u>Kelly Baggett</u>
Age: 48	40
Years Running: 10	17
Miles Per Week: 40-50	25-30
Training Area: Dirt roads	Levelland neighborhoods; Yellowhouse Canyon
Training Pace: 6:30-7:00 per mile	7:40 per mile
Favorite Local Race: Red Raider Road Race	Lubbock Triathlon
" " W.T.R.C. Race: (if different)	Levelland Lope
" " Out of Town, Boston Race Marathon	A & M Triathlon in College Station, Tx.
" " Race Distance: 10 K	10 K
Best Times: 2 Mile: 9:58	13:00
5 Kilo.: 16:30	20:14
10 Kilo.: 32:38	42:51
Half Marathon: 1:15:00	1:38:00
Marathon: 2:30:48	None
Favorite Running Shoe: Nike Air	Asics Tiger GT II
Occupation: Owner, 66 Butane & Fertilizer Co. in Abernathy, Texas	Assistant High School Principal in Levelland, Texas
Hobbies/ Interests: Working	Triathlon; Fishing
Favorite Author: Louis L'Amour	Lawrence Sanders; Robin Cook; Michael Crichton
" " Book: Comic	Any by above authors
" " Singer/ Group: Randy Travis	Most all Country/ Western groups
" " Song: "It's Me Again, Margaret"	Theme from "Patton"
" " Movie: "Porky's"	"Patton"
" " T.V. Show: Laugh-In	St. Elsewhere
" " Food: Fish	Red beans & cornbread
" " Cartoon: Wylie Coyote	Peanuts

We would like to receive more responses to the Personality Profile Questionnaire and feature "Runners of the Month" in each newsletter. The questionnaire appeared in the September newsletter, but if you don't have that, just answer the questions on the left side of this page and mail to: W.T.R.C. Newsletter, 3509-84th, Lubbock, Texas, 79423. Please include any comments or suggestions you may have about the W.T.R.C. in general. Thanks to all those who have already replied, and we'll be featuring your responses as soon as possible.