



SEPTEMBER 1988

NEWSLETTER
3509 84th
LUBBOCK, TX 79423

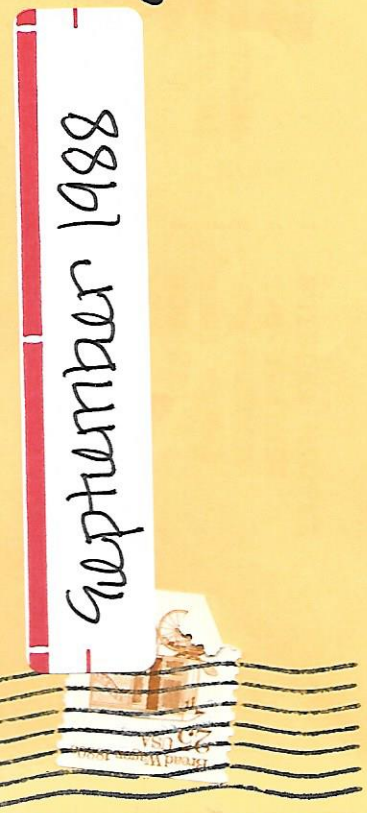


JOE POST
1717 39TH STREET
LUBBOCK TX 79407

LUBBOCK TX
AUG 29
PM
1988
704

Tag Team 2 Mile Relay
9-3-88

September 1988



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 = \$ _____

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



IT'S BEEN A GREAT YEAR!

ATTENTION RUNNERS: LSD or SSD

Starting August 27th - Training Runs at Mackenzie State Park for anyone interested.

For those interested in Long Slow Distance or Short Slow Distance running with some company, we will begin meeting at Mackenzie Park at the Parks & Recreation office in the park. If you enter the park from Broadway, proceed north to the first parking lot on the east side of the road. We will gather there on Saturday and Sunday mornings at 6:30 A.M. Depending on the needs of the various training schedules, runs from one hour to four hours duration will be held. It's planned for everyone to run at their own "pace" looping through Mackenzie Park and Mae Simmons Park. Runners will be in the area and should offer company and support during those times. Even if you just want to run but not for that length of time, runners will be in the area if you need some assistance. So come on out and run whatever training distance you need at whatever pace you desire. You'll certainly be welcome to do so. If you have any questions, please feel free to call me at 765-5551 or 792-9280 - Ron Key

Hope to see you there on the run!

MASTERS NEWS

Arlington, Texas July 23, 1988

Steve Ireland and David Lard, two Lubbock Masters Track & Field Athletes, competed here today in the Texas State Masters Championships at the U.T.A. track.

Ireland, age 47, finished 5th in the 45-49 year age group 100M Championship, 2nd in the 200M and 2nd in the 400M races.

Lard, age 51, finished 2nd in the 50-54 year age group 800M Championship and 2nd in the 1500M race.

Ireland's 24.3 200M time and 53.8 400M time both bettered the Standard of Excellence for his Masters Age Division and earned him a U.S.A. Masters All American Track & Field designation for 1988.

Lard's 2:16.6 800M run also bettered the Standard of Excellence for age 50-54 Masters Division and earned him a U.S.A. Masters All American Track & Field designation for 1988.

Designated Event No. 8 of W.T.R.C. Challenge Series

Well, it was hot, and there was a dam, so the sixty-four runners who showed up for the Hot Dam Run could not lodge any false advertising claims against the W.T.R.C. Touring a hilly, rolling course, dotted with such wonders as Beaver Hill, Hot Dam Hill and #*!#*! Hill at the finish, all those who completed the course have good reason to be proud of their achievement.

Wilson Kigen made his first '88 race as a W.T.R.C. member a winning one as he finished first overall in an amazing 26:38 (5:19 pace). Other sub-six minute paces were turned in by Greg Zamora, 27:43 (5:32), Vince Mercado, 28:34 (5:42), Eric Packard, 29:21 (5:52) Morgan McIarty, 29:38 (5:55), and Milt Brownfield, 29:57 (5:59). Just missing at 30:02 (6:00) was Jeffery Jury.

Sue Houle led the women's field, and most of the men, with a great time of 32:11 (6:26 pace) placing sixteenth overall in a very good field.

Mega-thanks go out to the people who always take the most heat at any run, our volunteers. Mark Manley, who despite a wrist to shoulder cast and an injured foot, managed the water stations and took care of clean-up and equipment pick-up, will receive Race Director credit of 10 miles in the Challenge Series. It's great to see a guy who is willing to put back into the W.T.R.C. the same kind of effort and spirit that he obviously puts into his own running. Thanks again, Mark, and we hope you'll be able to run in the Tag Team Relay. Thanks also to Teresa and the kids for their help at the water stations. Other club members receiving five mile credit for their efforts are Josie Aleman and Doris Stalcup for registration and finish line, and Gonzalo Ramirez for 1 & 4 mile splits. This good volunteer turnout was really appreciated.

Dam Fast: It was a good day for the Geritol set as the Over 30 women's division showed up their juniors by averaging a 7:56 pace as compared to 8:28 for the Under 30s. Overall women's pace was 8:18. Also raising the chant of Gray Power were the 50 Plus geezers whose 7:08 average pace was second in the men's division only to the Open Division's 6:33.40 - 49ers averaged 7:10 and the Thirty-somethings managed a 7:11 and the 19 & Unders, an 8:10. Overall men's average pace was 7:12, with 25 of 51 entrants under a 7:00 pace. We said it was a fast field!

Hot Dam Highlights: Those not attending the Hot Dam Run missed the debut of our new master-blaster sound system which will next be on display at the Tag Team Relay. Tunes-capable, this baby like does decibels, dude. Has to be heard to be appreciated, so check it out at the next W.T.R.C. event that you attend. Oh yeah, we loud!

Beaver Bulletins: The sixty-four entrants at the Hot Dam Run ranked it third among this year's W.T.R.C. events, behind the 20th Annual Firecracker (150) and the Lope (80). The fact that our last three events have been our best attended projects a positive momentum for the rest of the year. Total W.T.R.C. attendance to date is 542, an average of 68. Let's up that average at the Tag Team!



KEY NOTES

Erroneous information can come from all sources. As your West Texas Running Club President I owe you all an apology. I tried to recall from memory the election procedure and my memory failed. I'm truly sorry, I hope I've not inconvenienced anyone. The next paragraph will be Article II Section 3 of our by laws and it will rule as the procedure for the election of officers of 1988-89.

Section 3. The election of officers will be by mailed written ballot. Written ballots will be mailed to all members in good standing. All nominees for each office will be shown on said ballot, and write-in spaces will be provided. Ballots will be numbered as per the number of active members, consecutively, but mailed at random, without regard to number, to the active members in good standing. No unnumbered ballots will be counted. The completed ballot shall be returned to the Secretary by mail (absentee) or delivered in person prior to or on the day of the election by 8:00 P.M. The Secretary shall deliver the unopened ballots to the Election Committee. Late ballots will not be counted. The results of the election shall be made known to the Association membership at the election meeting and also published in next monthly newsletter.

Section 4. The President shall appoint an election committee of three members to tabulate the votes. A simple majority is necessary to elect. In case of a failure of any candidate for an office to obtain a simple majority (due to write-in nominees, third candidates or ties), a run-off between the two top candidates for each office in question will be held and said run-off election will be conducted as provided for in Section 3 of this Article.

The election committee for 1988 was appointed at the August meeting, those members are Jon Masood, Joe Post and Doris Stalcup.

Also planned for September 13, 1988, will be the regular monthly business meeting of the WTRC. Anyone who wants to attend is welcome to do so. The meeting will be held at Orlando's on 24th and Avenue Q. The business meeting will begin at 7:30 for anyone wishing to come earlier and have dinner the meeting room will open at 6:30.

Ron Key

West Texas Running Club

REMEMBER WHEN...

Remember when you ran your 1st roadrace? It probably, at the time, was more a survival test than a race but think back to that day and reminisce.

My 1st adventure came about 10 years ago at the Amarillo Mayor's Mini Marathon, a 5 miler & ½ marathon. It seems my daughter had influenced me into trying the 5 miles as a test of both our endurance. We figured we could probably sustain an 8 minute pace for 5 miles and we set that as our goal.

The ensuing race turned out really pretty uneventful I guess, but my memories carry me back to the last mile in which it became apparent that not only would we survive, but we were probably going to be able to somewhat sprint to the finish with a smile on our faces which should surely please the finish line crowd of spectators and friends.

We even started to set our sights on runners in front of us and push to pass as many of them as possible in the last few hundred yards, another gesture of the emotional high we had received for our effort and well planned pace that morning.

With the finish line in sight and our first roadrace under our belts, the fear or apprehension that had begun to wear on me since I had determined I could finish became a reality. My daughter was going to not only try to bury the opposition directly in front of us but, also to bury me in the dash for the tape.

As we gradually began to accelerate and pass runners we each glanced across at each other and at that moment there was no doubt what was about to happen. With 100 yards to go the race was on and for a time I held my own but, alas, too many years had taken too much spring from my old legs. Even a good friend's encouraging shouts from the finish line couldn't pull me any faster and I faded behind, victorious for finishing but outprinted by my youthful companion.

Many times I have thought about this race which served as my first plunge into the world of training and racing and I look back at the event and the feeling of satisfaction I had that morning for completing the 5 mile trek. It helps I guess to remember these things as a yardstick to our progress and to rejuvenate our attitude towards the endeavor that has become so much a great part of our lives.

Editor

DUTIES OF OFFICERS AND DIRECTORS

INTERNAL VICE PRESIDENT

This vice president will be in charge of the Directors of Internal Affairs:

Director of Internal Races: This person will get race directors for each monthly club race and help the race directors get the necessary equipment, awards, etc.

Director of the Newsletter: This person will be responsible for getting the monthly newsletter published and mailed to the membership.

Director of Monthly Meetings: This person is responsible for having membership forms available at our monthly races and at local sporting goods stores. This person is also in charge of any club social events throughout the year.

EXTERNAL VICE PRESIDENT

This vice president will be in charge of the Directors of External Affairs:

Director of Equipment: This person will make sure the race equipment is in proper running order. The Director will order racing supplies when necessary and will assist race directors with this equipment.

Inventory Director of External Races: This Director is the club's contact with outside organizations that plan to sponsor and direct races. After this Director has been contacted about our assistance in an external race, he/she will bring this to the attention of the WTRC Board at the next regularly scheduled meeting. If the Board votes to assist an external event, this Director will oversee this assistance: equipment rental, finish line assistance, etc.

Director of Race Calendar: This Director will keep up-to-date on races in Lubbock and the surrounding area. This person will compile a current listing of upcoming races for the club newsletter each month.

Each DIRECTOR will be elected at large to serve as a director. The Executive Board will make director assignments after the election.

Three consecutive unexcused absences by a board member shall terminate his/her term of office.

Personality Profile Questionnaire (contd.)

Hobbies, interests outside of running:

Favorite author:

Favorite book:

Favorite singer/group:

Favorite song:

Favorite movie:

Favorite T.V. show:

Favorite food:

Favorite cartoon/comic:

Comments/suggestions on W.T.R.C. in general:

We would like to begin to include a "Runner(s) of the Month" profile of members in the newsletter. If you would like to participate, please fill out the questionnaire and return it to the Newsletter Mailing Address of 3509-84th, Lubbock, Texas 79408.

We would like to start with the next issue, so please return the form as soon as possible. Thanks.

Name:

Age:

Occupation:

How long running:

Miles per week:

Favorite training area:

Average training pace:

Favorite local race:

Favorite W.T.R.C. race (if different):

Favorite out of town race:

Favorite race distance:

Best times for - 2 Mile:

5 Kilo.:

10 Kilo.:

Half Marathon:

Marathon:

Favorite brand of running shoe:

Continued on next page



Even if you don't want your profile to appear in the Newsletter, we would like for you to complete and return the sections pertaining to races for use as a survey for planning. Include a statement to that effect if you don't want your reply to be printed. Thanks



10K-(6.2 MI.) RACE

2 MILE Fun Run

Children's 1 Mile Run

2 MILE FITNESS Walk

Date: October 8, 1988.
 Distances: 10 K; 2 Mile; Kids 1 Mile; 2 Mile Walk
 Time: Kids 1 Mile - 8:00 A.M.; All Others-9:00A.M.
 Location: R.P.Fuller Track - Tech Campus
 Pre-registration: By mail before Oct.6 (See below
 for more info.) Kids 1 Mile-\$6; All Others \$8.
 Late Registration: Oct.7 @ Letterman's Lounge, at
 north end of Jones Stadium (5:00 P.M.-8:00 P.M.)
 Race Day: Parking lot of Fuller Track (Kids -
 7:15; All Others - 8:00); Late Registration
 Entry Fee: Kids - \$8; All Others - \$10.
 T Shirts: Guaranteed to first 200 entrants.

AWARDS

10K & 2mi. Fun Run

Women: 1st 5 places overall; top 3 each group
 Men: 1st 10 places overall; top 3 each age group

2mi. Fitness Walk

Top 3 men & women finishers

Children's Race

Top Girl & Boy finisher

Top 3 finishers in each age group

AGE GROUPS

Boys & Girls	Men & Women
6 & Under	15-19
7-8	20-24
9-10	25-29
11-12	30-34
13-14	35-39
	40-44
	45-49
	50+

More Information: Entry forms will be at
 Schlotzsky's, Tech Rec.Center & Tech Ath-
 letic Ticket Office after September 5th.

Contact: Sally Post 747-8359

Jeannine McHaney 742-3360

NEW AND RENEWED MEMBERS

The West Texas Running Club wants to welcome our new
 and renewed members! Please add the following names to your
 club directory. The names marked with a check (✓) are
 CORRECTIONS, not additions.

If you have not purchased your WTRC directory, you may
 pick it up at the September club race for a measly \$1. If
 you would like one mailed to your home, contact:

Jan Ramirez
 3202 - 88th Street
 Lubbock, TX 79423
 806 795 7338 (home)
 806 766 1722 (work).

✓ GENE ADAMS
 8615 POOL CREEK DRIVE
 HOUSTON, TX 77095

✓ KITTY C. MOORE
 2218 - 25TH STREET
 LUBBOCK, TX 79411

SCOTT BRICKERD
 5001 CHICAGO AVE, #606
 LUBBOCK, TX 79414
 806 796 7124

MILLYNDA WALKER
 5714 - 92ND STREET
 LUBBOCK, TX 79424
 806 794 6384

✓ WILSON KIGEN
 1102 MILWAUKEE
 PLAINVIEW, TX 79072
 806 293 0523

TOM WEST
 3416 56TH STREET
 LUBBOCK TX 79413
 806 795 4576

THERESA & CHRISTY MAREZ
 612 - 2ND STREET
 ABERNATHY, TX 79311
 806 298 2075

✓ JIM WILHELM
 7010 WAYNE AVE.
 LUBBOCK, TX 79424
 806 794 8421

November 12, 1988



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

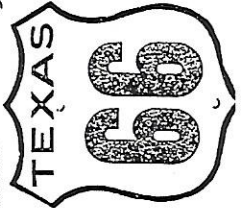
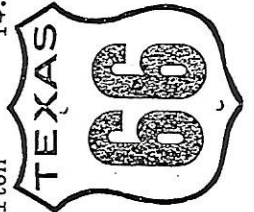
Women's Open #	Points	Men's Open	Points
1. April Stein #	76	1. Mark Manley	44
2. Tracy Baugh	50	2. Joe Post #	39
3. Barbara Vitalec	50	3. Dave Brandolini	28
4. Josie Aleman	41	4. Jeffery Jury	23
5. Jan Ramirez	30	5. Eric Packard	22
6. Debra Tinnell	27	6. Mitch Dillman	15
7. Sue Houle	20	7. Michael Nugent	11
8. Teresa Greer	19	8. Adam Ayala	10
9. Carolyn Walton	19	9. Mike Williams	10
10. Mandy Malouf	18		
11. Dolores Navarro	18		
12. Betty Johnson	15		

* Women's Under 30 and 30 & Over divisions are combined in effected races and applied in Women's Open for the Challenge Series.

Men's 30 - 39	Points	Men's 40 - 49	Points
1. Jimmy Samarron #	73	1. Robert Guajardo	57
2. Tom West #	60	2. Bill Vitalec	56
3. Alonzo Mendoza	57	3. Ron Key	49
4. Gonzalo Ramirez	45	4. Larry Byrd	43
5. Barney Adams #	41	5. Ronnie Nugent	42
6. David Jackson	41	6. Bill Roger	29
7. Al Grotz	35	7. James Livermore	26
8. Dale Underwood	20	8. Joe Gomez	25
9. Jim Wilhelm #	20	9. Mike Greer	25
10. Wes Boullouin	19	10. Gene Payne	25

Men's 50 Plus	Points
1. David Lard #	66
2. John Stalcup	61
3. George Jury	50
4. Clint Ramsey	43
5. Frank Hernandez	36
6. John Harper	19
7. John Hartsfield	16
8. Charles Thrasher	16
9. Bob Smith	13

Women's Mileage Leaders	Miles
1. April Stein	63.5
2. Doris Stalcup	59.5
3. Barbara Vitalec	47.6
4. Tracy Baugh	30.4
5. Jan Ramirez	26.4
6. Betty Johnson	25.2
7. Josie Aleman	16.0
8. Sue Houle	15.0
9. Debra Tinnell	14.2
10. Carolyn Walton	14.2

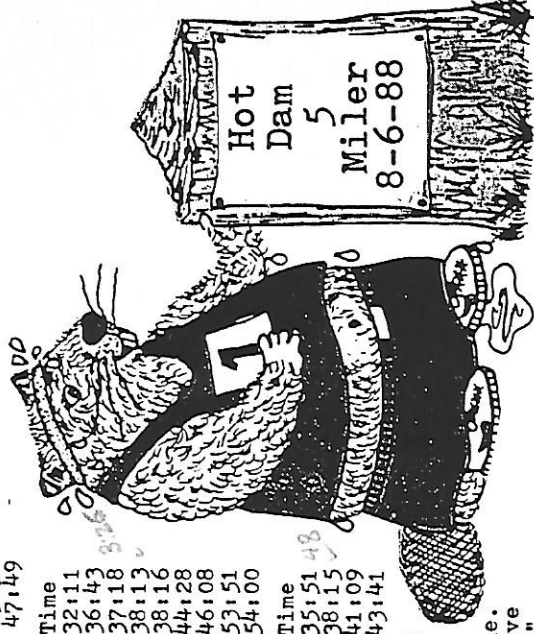


Men's Mileage Leaders	Miles
1. Joe Post	69.7
2. Jim Wilhelm	67.5
3. Tom West	64.6
4. Barney Adams	56.6
5. John Stalcup	55.3
6. Al Grotz	54.5
7. Mark Manley	54.3
8. Walter Jordan	52.6
9. Bill Vitalec	51.6
10. Jon Masood	51.3

West Texas Running Club
August Club Race
"Hot Dam 5 Mile"

Designated Event No. 8 of W.T.R.C. Challenge Series

Men 19 & Under	Time	Men's Open	Time
1. Vince Mercado	28:34	1. Greg Zamora	27:43
2. Morgan McLarty	29:38	2. Eric Packard	29:21
3. Rene Gomez	30:59	3. Jeffery Jury	30:02
4. Rene Garcia	33:24	4. Abel Almandariz	30:44
5. Jay McIlroy	43:56	5. Cande Olivias	31:38
6. Michael Nugent	52:54	6. Joe Post	32:31
7. Carlton Peters	53:49	7. Dave Brandolini	33:19
8. Kyle Pannin	53:50	8. David Doyle	35:13
		9. Preston Roobaert	38:43
		10. David Miller	38:47
Men 30 - 39	Time	Men 40 - 49	Time
1. Wilson Kigen	26:38	1. Joe Gomez	33:08
2. Milt Brownfield	29:57	2. James Livermore	34:54
3. David Rodriguez	30:34	3. Ron Key	35:20
4. Jimmy Samarron	30:48	4. Bill Roger	35:39
5. Tom West	31:45	5. Gene Payne	35:48
6. Kevin Fisher	31:46	6. Larry Byrd	36:28
7. Otto Spitz	33:31	7. Ronnie Nugent	37:10
8. David Jackson	33:45	8. Ken McEachern	38:27
9. Barney Adams	33:54		
10. Larry Reno	34:00	Men 50 Plus	Time
11. Luis Cardenas	35:08	1. George Jury	31:05
12. Mike Kelley	37:21	2. David Lard	32:25
13. Jim Wilhelm	38:14	3. Clint Ramsey	36:06
14. Ron Seal	38:45	4. Tom Bowser	38:08
15. Joe Stalcup	39:11	5. John Stalcup	40:52
16. Walter Jordan	39:38		
17. Tony Aleman	41:02		
18. Art Zuniga	41:03		
19. Steve Pannin	43:58		
20. Andrew Hall	47:49		



Women Under 30	Time
1. Sue Houle	32:11
2. Tracy Baugh	36:43
3. Debra Tinnell	37:18
4. Christine McKinnis	38:13
5. Carolyn Walton	38:16
6. Arcie Chapa	44:28
7. Betty Johnson	46:08
8. Christi Marez	53:51
9. Eva Aguirre	54:00

Thoughts For the Days

"Wealth, I ask not,
Hope nor love,
Nor a friend to know me.
All I ask, the sky above
And the road below me."

Robert Louis Stevenson

"You take your road, and I'll take mine."

Ray Davies of The Kinks

Messages

WEST TEXAS RUNNING CLUB, INC.

INCOME & EXPENSE STATEMENT

JULY 12, 1988 TO AUGUST 9, 1988

BEGINNING BALANCE:

CHECKING 2,165.02
 CERTIFICATE 7,576.62
9,741.64

INCOME:

DUES 34.00
 ENTRY FEES 192.00
 EQUIPMENT RENTAL INCOME 50.00
 DIRECTORY SALES 27.00
 INTEREST INCOME 39.02
342.02

EXPENSES:

PRINTING 105.67
 POSTAGE 58.75
 RACE EXPENSE 12.00
 AWARDS 207.78
 SOUND SYSTEM & CASSETTE PLAYER 1,015.96
1,400.16

ENDING BALANCE:

CHECKING 1,067.86
 CERTIFICATE 7,615.64
8,683.50

Angela Jones of South Plains Rehabilitation Associates attended the August WTRC meeting and demonstrated a new method of Body Composition Analysis using the latest technological tools to quickly and accurately measure body capacity and provide information about its improvement. If you were unable to attend the meeting but would like more details about the system and possible group discount for WTRC members, contact Angela at 797-3801.

CALENDAR

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

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

Date: Saturday, September 3, 1988.
 Time: Registration - 8:00 - 8:30 A.M. to allow for teams to be drawn for from 8:30 - 9:00. NO ONE WILL BE ALLOWED TO REGISTER FOR TEAM COMPETITION AFTER TEAM DRAWINGS HAVE BEGUN! Race Start - 9:00 A.M. (First Heat)
 Site: MacKenzie Park, Lubbock, Texas. Near the East Broadway entrance, just southeast of the Outdoor Center.
 Rules: Three person teams will be selected by random draw from all entrants. Each team member will run a two mile heat and times will be added to determine overall finish for the team. Individual times will be recorded and applied to the Challenge Series in the appropriate divisions.
 Awards: Each member of the teams finishing first through tenth will receive a trophy. \$3; All Others - \$4.
 Entry Fee: W.T.R.C. Members - \$3; Jim Wilhelm, 794-R421.
 More Information: Joe Post, 747 - 8359; Jim Wilhelm, 794-R421.

***** W.T.R.C. Challenge Series Schedule *****
 October: Texas Instruments 10 K & 2 Mile. Saturday, October 22.
 W.T.R.C. Members - IF YOU DO NOT WISH TO RECEIVE A T-SHIRT, YOU MAY ENTER FOR A \$3 FEE, BUT YOU MUST PRE-REGISTER. (USE ENTRY FORM BELOW)
 November: 16th Annual Buffalo Wallow Half Marathon and 2 Mile. Buffalo Springs Lake, Lubbock, Texas, (Date pending.)
 December: 3rd Annual Red Line Cross Country 4 Mile. Mae Simmons Park, Lubbock, Texas, (Date pending.)

I fully understand that my participation in the TEXAS INSTRUMENTS 10K & 2 MILE RUN can result in injury. I certify that I have decided to participate in this event with the full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. I waive all claims I may have against Texas Instruments, or their employees, representatives, or successors arising out of my participation in this event. This waiver shall be binding on my heirs, legatees, administrators or 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 this event for any legitimate reason.

ENTRANT'S SIGNATURE: _____ DATE: _____
 Entry invalid if waiver not signed.

LAST NAME: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 FIRST NAME: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 ADDRESS (Number & Street): [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 CITY: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 STATE: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 ZIP CODE: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 AC: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 DAYTIME PHONE NUMBER: [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] [] []
 EVENT ENTERED (Check One) 2 mi [] 10K []
 Previous best time for this distance: _____

MAIL TO: TEXAS INSTRUMENTS 10K and 2 Mile Race
 P. O. Box 16506 M/S. 5810
 Lubbock, Texas 79408