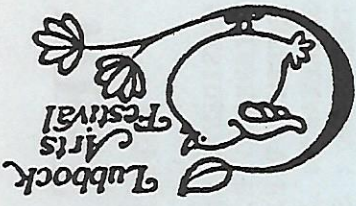


April 1989



# Calendar

## \*CHALLENGE SERIES EVENT

- \*April 8 Flight Line 1/2 Marathon, 10K & 2 mile. Reese AFB Race Director Tonnie Nugent 793-1735
- April 15 Run For The Arts - 15K, 2 mile, 2 mile corporate and 1 mile childrens run. See newsletter for details. Race Director Tom West - to volunteer call 795-4780. Lubbock Civic Center
- April 22 Pampa Sunrise Rotary 10K. Pampa High School 9:00 a.m. Contact Tim Hutto - P.O. Box 334, Pampa Texas 79066
- April 29 Arnold Air Society Race TTV - for more information call John Helm 744-7524
- May 5 Aeromania III Competitive fitness testing. Reese AFB Call 885-3207 for details
- May 6 Run For The Arts - 5K (Midland) For more information write PBRRC P.O. Box 10483 Midland, Texas 79702 Call Andra Chamberlin (915) 687-2961
- \*May 13 Horseshoe Bend Canyon 11, 6 & 2 mile run. (Slaton) Hugh Haynes race director
- May 19 Fourth Annual USAF Fitness Run Run - Reese AFB 5K, 12:15 start - Call Randy Pratt 885-3207 for details
- May 20 Club Social, Fun Run and Pot Luck Supper. Buddy Holly Park 4:00 - Call Josie Aleman for details 793-6441
- May 20 Tall Town 10,000 - Midland
- May 27 Amarillo Funfest 1/2 Marathon & 10K. Call Caytie Martin at 359-4311 or Karla Coon at 374-2022
- June 3 LCOADA 10K & 2 mile Spring High. Buddy Holly Park call 763-8763 for details
- \*June 10 Levelland Lope 10K, 2 mile & 1 mile kids race. Bill Rogers, race director
- June 17 Juneteenth 10K & 2 mile Martin Luther King Park 19th & Quirt Call Bob Gardner for details
- June 24 Nike/BRCA children's non-competitive fun run. Race directors Gonzalo Ramirez and Tracy Baugh
- \*July 4 Firecracker Run 10, 3 & 1 mile kids race. Brownfield



WEST TEXAS

Running Club

Newsletter  
P.O. Box 2921  
Lubbock, Tx. 79408



APRIL 1989

April WTRC Race: April 8, 9:00 A.M.  
RAFB (Details inside)  
Run for the Arts: April 15, Entry enclosed



# WEST TEXAS RUNNING CLUB

## OFFICERS

PRESIDENT: Ron Key  
 EXTERNAL V.P.: Tom West  
 INTERNAL V.P.: Gonzalo Ramirez  
 SECRETARY: Jan Ramirez  
 TREASURER: Shirley Wigley

## DIRECTORS

Josie Aleman : Membership  
 Tracy Baugh : RACE CALENDER  
 David Jackson : CLUB RACES  
 George Jury : NEWSLETTER  
 Ronnie Nugent : EQUIPMENT  
 Bill Vitalec :NON-CLUB RACES

W.T.R.C. Races are usually held the 2nd Sat of the month.

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 6:30 p.m. @ 3208-67th, Lubbock  
*These meetings are open and any member is invited to attend at any time*

## 1989 Flight Line Half Marathon 10K & 2 Mile Classic

WHEN: Saturday, April, 8, 1989

WHERE: Reese AFB Picnic Area

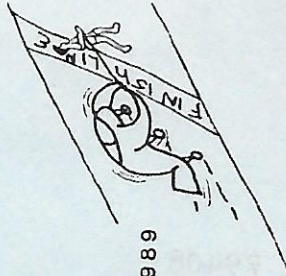
HOW FAR: Half Marathon (13.1 miles)  
 10 Kilometers (6.2 miles)  
 2 miles

Registration: 8-9 a.m. at the Picnic Grounds

ENTRY FEE: \$3.00 For Military and WTRC Members \$4.00 for all others

ELIGIBILITY: Club members of the WTRC and other non-keese runners must register with the WTRC. Reese Runners will compete among Reese runners. Non-Military will compete with the WTRC.

CATEGORIES:	Men	Women	Note:
under - 19			categories may be
20 - 29	under - 19	adjusted according to	
30 - 39	20 - 29	number of entries	
40 - 49	30 - 39		
50 - 59	40 - 49		AWARDS: will be presented to
60 plus	50 plus		the winners of each
			category



APRIL 8, 1989

Prairie Dog Run - 4 mile

March 11, 1989

Mackenzie State Park

Well, the Prairie Dog Run is history! And speaking of history, did you know the "Dog" was evolved from the "Tramplie"? That's right. In 1976, the Grass Trample at K.N. Clapp Park began as 2 loops around the park and in 1983, the race was moved to the asphalt of Mackenzie. We still called it the Grass Trample until 1987 when it became the Prairie Dog, which seemed to fit better since we were no longer running on grass. (Just a little history)

On to the results! What a difference a week makes! The previous Saturday it was 14° with a wind chill of -27°. On race day, it was sunshine, blue skies and 66°.

We had 54 race entrants (the highest number yet) and 31 of those ran faster than 7:30 pace, or under 30 minutes. Pretty impressive!!

Congratulations go out to Sue Houle, who set the Ladies course record of 28:04! (this bettered Cheryl Benoit's' previous mark of 28:42.)

I hope all of you honorary Prairie Dogs had a good time and I'd like to thank all of our great volunteers for making my job so easy!

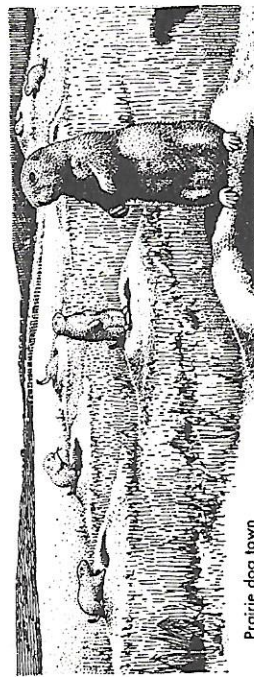
Joe Post, who say's he's never met a Prairie Dog, he didn't like, did a super job on signs along the course. It not only kept us entertained, but helped us forget just how painful 4 miles can be.

Thanks to:  
 Rosalee Anderson - water station  
 Loyd Semm - water tower lookout and directions  
 Brady Ray - turn around and registration  
 James Livermore - finish line and awards  
 Frank Hernandez - splits and course monitor  
 Sally Post - registration and finish line

All of the above people will be given 4 miles credit in the Challenge Series '89. If you haven't volunteered to help at a club race yet, try it, you might find it an enjoyable experience; just ask Rosalee, Loyd, Brady, James, Frank or Sally.

Congratulations to all of you trophy winners and to all of you participants for doing something healthy for your body!

We Did The Dog:  
 Jim Wilhelm



Prairie dog town



Prairie Dog Run - Results

Name	Age	Sex	Time
1. Brad Schroer	23	M	22:45.6
2. Mike Williams	26	M	22:58.5
3. Mark Manley	28	M	22:59.1
4. Brad Saens	19	M	23:33
5. David Rodriguez	38	M	24:21.2
6. Gonzalo Ramirez	33	M	25:09.8
7. Joe Post	40	M	25:22.1
8. Cande Olivias	26	M	26:06
9. Herbert Perez	28	M	26:14.8
10. Lance Epperson	20	M	26:24.5
11. Jim Haynes	42	M	26:39.7
12. Joe Gomez	45	M	26:44.5
13. Bill Roger	49	M	27:02.5
14. Ron Key	45	M	27:14.8
15. Richard Esparza	34	M	27:25.5
16. Craig Winford	18	M	27:28.2
17. Larry Reno	36	M	27:31.9
18. Joe Thacker	41	M	27:43
19. Mike Manchaca	31	M	28:00.6
20. Kelly Baggett	41	M	28:01
21. Dwayne Oakley	32	M	28:02.6
22. Sue Houle	29	F	28:03.5
23. David Miller	27	M	28:35.9
24. Dusty Peters	33	M	28:38
25. Mark Jennings	33	M	28:42.3
26. Ronnie Nugent	42	M	29:01.2
27. Larry Bird	47	M	29:01.6
28. Otto Spitz	31	M	29:12.6
29. Robbie Timberlake	40	M	29:19.2
30. Gary Perry	43	M	29:34.3
31. Shirley Wigley	35	F	29:45
32. David Pearson	23	M	30:04.5
33. Frank Turner	33	M	30:15
34. Tore Prestvik	46	M	30:15.3
35. Tracy Baugh	27	F	30:26.8
36. John Masood	43	M	30:31.6
37. Thomas Jones	49	M	30:49
38. Helen Esquivel	20	F	31:06.2
39. April Stein	30	F	31:22.6
40. Josie Aleman	37	F	31:37.7
41. Terry Baugh	26	M	32:01
42. Tony Aleman	39	M	32:15.4
43. Ron Seal	32	M	33:16.8
44. Don Kephart	36	M	33:42.5
45. John Harper	54	M	34:34
46. Theresa Marez	39	F	34:41.4
47. Pat Duffy	37	M	34:49.3
48. Don Lewis	40	M	36:06.6
49. Jan Ramirez	33	F	36:47.4
50. Charles Hensarling	56	M	38:40.7
51. Charles Pyron	11	M	39:23.5
52. Connie Evans	40	F	39:38.2
53. Bob Smith	68	M	40:14.5
54. Ann Davis	31	F	40:14.9

AWARDS

Listed below are the statistics for all those members who have met the entry requirements (current dues standing & having volunteered to serve as a non-running volunteer at a Challenge Series event) for the 1989 Challenge Series. If your name does not appear in these standings, you are not entered in the '89 Challenge Series. If you want to enter the Series, you may still be assigned to an event that does not have a full slate of volunteers and you will still be credited with all points, miles and events that you have accumulated to this point. If you still wish to participate in the '89 Challenge Series, you should act quickly while volunteer positions remain. Contact Joe Post at 747-8359, or 1717-39th, Lubbock, Tx. 79412 for assignment or more information.

Female Open	Points	Events	Miles
1. Sue Houle	30	3	18.2
2. Tracy Baugh	17	2	10.2
3. Josie Aleman	15	2	6.0
4. Ann Davis	15	3	14.0
5. April Stein	15	3	18.2
6. Theresa Marez	13	2	8.0
7. Jan Ramirez	10	2	10.2
8. Shirley Wigley	9	2	12.0
9. Barbara Vitalec	8	2	10.2
10. Rosalie Anderson	6	2	8.0
11. Sardi Howard	-	1	8.0

Male Open	Points	Events	Miles
1. Mike Williams	29	3	10.0
2. Mark Manley	24	3	18.2
3. Terry Baugh	7	2	10.2
4. David Doyle	-	1	6.2

Male 30-39	Points	Events	Miles
1. David Rodriguez	20	2	8.0
2. Gonzalo Ramirez	17	3	24.4
3. Larry Reno	15	3	18.2
4. Brady Ray	9	3	18.2
5. Ron Seal	6	2	8.0
6. Don Kephart	5	2	8.0
7. Tony Aleman	3	2	10.2
8. Luis Cardenas	-	1	6.2
9. Jim Wilhelm	-	1	8.0

Male 40-49	Points	Events	Miles
1. Joe Post	30	3	18.2
2. Jim Haynes	28	3	10.0
3. Kelly Baggett	21	3	14.2
4. Bill Roger	16	2	12.0
5. Gary Perry	15	3	18.2
6. Ronnie Nugent	10	3	14.2
7. Robert Guajardo	8	2	14.2
8. Don Lewis	8	3	18.2
9. Ron Key	6	2	20.0
10. Loyd Senn	6	2	8.0
11. James Livermore	5	2	12.0
12. Jon Masood	4	3	18.2
13. Larry Byrd	2	2	12.0

( Cont'd. next page )

W. F. E. C.

Male 50 Plus	Points	Events	Miles
1. Frank Hernandez	20	3	10.0
2. Francis Johns	10	1	8.0
3. Charles Hensarling	9	1	4.0

Other members having met entry requirements but not yet having attended an '89 Challenge Series event: Tammy Aleman; Ed Dabrowski; Sue Johns; Ethel Lewis; Sue Perry.

Male Milage Leaders	Miles	Female Milage Leaders	Miles
1. Gonzalo Ramirez	24.4	1. Sue Houle	18.2
2. Ron Key	20.0	2. April Stein	18.2
3. Many tied with	18.2	3. Ann Davis	14.0

Participation Leaders - All members having participated in 3 events are tied for Male or Female Participation Leader.

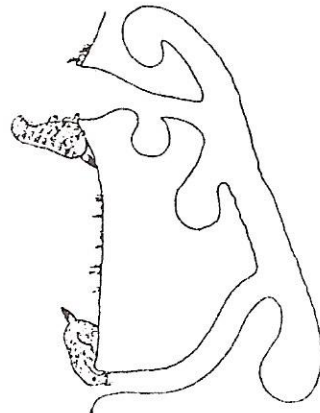
W.T.R.C. March Club Race

3rd Annual Prairie Dog 4 Mile Run  
( Formerly known as The Grass Trample )

Designated Event No. 3 of W.T.R.C. 1989 Challenge Series

Challenge Series points only; Full results listed elsewhere

Female Open	Points	Male 40-49	Points
1. Sue Houle	10	1. Joe Post	10
2. Shirley Wigley	9	2. Jim Haynes	9
3. Tracy Baugh	8	3. Joe Gomez	8
4. Helen Esquivel	7	4. Bill Roger	7
5. April Stein	6	5. Ron Key	6
6. Josie Aleman	5	6. Non-member	X
7. Theresa Marez	4	7. Kelly Baggett	4
8. Jan Ramirez	3	8. Ronnie Nugent	3
9. Connie Evans	2	9. Larry Eyrd	2
10. Ann Davis	1	10. Robby Timberlake	1
Male Open	Points	Male 50 Plus	Points
1. Brad Schroer	10	1. John Harper	10
2. Mike Williams	9	2. Charles Hensarling	9
3. Mark Manley	8	3. Bob Smith	8
Male 30-39	Points		
1. David Rodriguez	10		
2. Gonzalo Ramirez	9		
3. Non-member	X		
4. Larry Reno	7		
5. Mike Menchaca	6		
6. Dwayne Cakley	5		
7. Dusty Peters	4		
8. Mark Jennings	3		
9. Otto Spitz	2		
10. Frank Turner	1		



Prairie Dog 4 Mile

Race Director- Jim Wilhelm - 8 Miles  
Volunteers- Rosalie Anderson; Frank Hernandez; James Livermore; Brady Ray; Loyd Senn - 4 Miles each

# Race Results

## COWTOWN MARATHON & 10K FORT WORTH, FEB. 25, 1989

W.T.R.C. and other area runners participated in the 11th annual COWTOWN RACES, Feb. 25th on a day that began at 54 degrees and rose to 70 degrees by noon. Even though the marathon course was reversed from it's previous 10 years path, veteran marathoners still rate it as one of the toughest in the country, with the warm temperature only adding to the stress. The 10K course is also pretty challenging with a long tiring hill between miles 2 & 3 that will add a minute and a half to your best mile time for that distance as well as tire you out for the rest of the race! Over 800 participated in the marathon while over 6,000 ran in two 10K heats.

Local runners finishing the 10K were Brad J. Schroer, 24th overall with a time of 35:50, and George W. Jury with a time of 38:17, which gave him 1st in the 50-54 M age group. This is the third year in a row that Jury has won his age group in one of the COWTOWN RACES. Also finishing the 10K was James Livermore and Lloyd Senn, times unavailable.

### MARATHON RESULTS

NAME	CITY	TIME	OVERALL RANK	AGE GROUP	RANK
*PR Joe Post	Lubbock	3:07:47	46th	40-44	7th
*PR# Mark Manley	Whitharral	3:09:46	52nd	28-33	19th
*PR# Jeffrey Jury	Lubbock	3:10:58	56th	28-33	21st
" Wes Boullion	"	3:54:11	291st	28-33	77th
Douglass Messer	"	3:58:48	321st	34-39	65th
Scott Bertinetti	"	3:58:48	322nd	22-27	28th
Mark Jennings	"	4:16:30	412th	28-33	94th
*PR# Terry Buzbee	"	4:19:19	430th	28-33	102nd
*PR# Brady Ray	"	4:25:40	460th	34-39	93rd

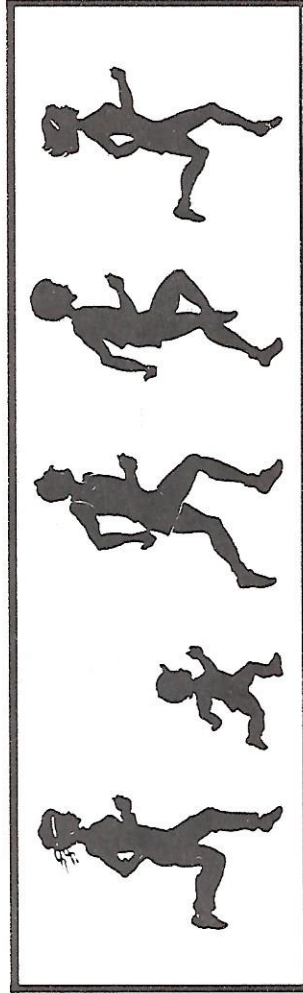
\*= WTRC mbr, #= 1st time marathon, PR= Personal Record

### L.A. MARATHON, MARCH 4, 1989

Sue Houle And April Stein completed this race but times were not divulged

### SWEETWATER RATTLESNAKE RUN, MARCH 12, 1989

A large number of WTRC members competed well at this run which was marred by the lead vehicle taking the two lead runners (including our own Scott Brickerd) about a mile off course and losing their frontrunning positions. These runners came back on course and almost caught the rest of the racers anyway. No result printout was available, but several people took home hardware





RUN FOR THE GOLD (5K) - FEB. 18, 1989

Twenty-five runners took the challenge to run 5 kilometers (3.1 mi.) against the clock on this foggy, damp 36-40 degree morning. The course had to be changed to the Martin Luther King, Jr. Recreation Area (Lake 6) because of deep water over the low water crossing in Mackenzie Park.

I want to thank the following volunteers: Larry Byrd; Bob Gardner; and Ronnie Nugent. A special " THANKS " to Ron Key who mapped out the MLK course shortly before the race. I am especially grateful for the patience of every runner there that morning. Despite the conditions and circumstances, everyone seemed to have a good time. (And isn't that what this club is all about????) Let's do it again in August!

Gonzalo Ramirez, Race Director

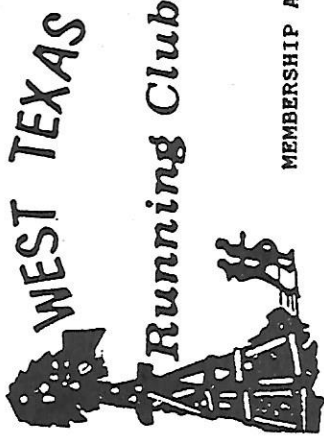
RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	RACE GROUP
01	David Rodriguez	38	M	17:17	LUBBOCK	Silver	
02	Gonzalo Ramirez	33	M	18:19	"	Silver	
03	Bill Roder	49	M	19:35	"	Silver	
04	Joe Gomez	45	M	19:40	"	Bronze	
05	Ronnie Nugent	42	M	21:03	"	Bronze	
06	Bob McGarrett	31	M	21:05	"	Bronze	
07	Tore Prestevik	46	M	21:05	"	Silver	
08	Shirley Wialley	35	F	21:12	"	Bronze	
09	Bill Vitalec	42	M	21:32	"	Bronze	
10	John Masood	43	M	21:34	"	Bronze	
11	April Stein	30	F	21:53	"	Silver	
12	Josie Aleman	37	F	22:08	"	Silver	
13	Tom Jones	49	M	22:33	"	Bronze	
14	John Rodriguez	41	M	22:36	"	Silver	
15	Tony Aiemar	36	M	23:15	"	Yellow	
16	Patrick Duffey	37	M	23:42	"	Yellow	
17	James Bone	49	M	23:47	"	Yellow	
18	Barbara Vitalec	41	F	24:08	"	Bronze	
19	Theresa Marez	35	F	24:30	"	Bronze	
20	Jim Bernum	32	M	24:44	"	Yellow #	
21	Betty Johnson	30	F	25:20	"	Yellow	
22	Connie Evans	40	F	26:09	"	Bronze	
23	Ann Davis	31	F	27:00	"	Orange	
24	Bob Smith	68	M	27:56	"	Yellow	
25	unknown runner	??	M	??:	"	??	??

# WINNER OF THE DOOR PRIZE DRAWING ( TURKEY)



Prairie dog town



MEMBERSHIP APPLICATION

Make check payable to:

\$8.00 FIRST MEMBER

WEST TEXAS RUNNING CLUB

2.00 Ea. ADDITIONAL

P.O. BOX 2921

FAMILY MBR. @ Same address

LUBBOCK, TEXAS 79408

MAILING ADDRESS:

ST. or BOX#

CITY, STATE, ZIP

TELEPHONE#

FIRST MEMBER NAME \_\_\_\_\_ DATE OF BIRTH / /  
 SEX M or F \_\_\_\_\_ Current age \_\_\_\_\_

ADDITIONAL MEMBERS  
 NAME \_\_\_\_\_ DATE OF BIRTH / /  
 M or F \_\_\_\_\_  
 Current age \_\_\_\_\_

NAME \_\_\_\_\_ DATE OF BIRTH / /  
 M or F \_\_\_\_\_  
 Current age \_\_\_\_\_

NAME \_\_\_\_\_ DATE OF BIRTH / /  
 M or F \_\_\_\_\_  
 Current age \_\_\_\_\_

PLEASE x ONE

RENEWAL  NEW MEMBER

AMOUNT ENCLOSED \$

Checks only please

Remember January is the start of a new W.T.R.C. year; all Memberships expire and payment of dues required to continue receiving the Newsletter & have reduced Race fees.

If you have already renewed recruit a friend by passing this form along!!!!

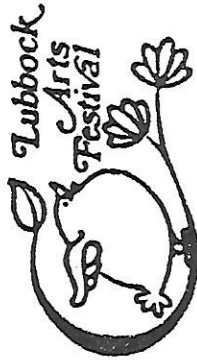
EDITORS NOTE::: Approximately \$4.00 per member per year is spent producing & mailing the monthly Newsletter



# 1989 Run For The Arts

Sponsored by

Dr. Joe Mayes  
 Liberty State Bank  
 Lubbock Power and Light



For more Information, Contact  
 Registration: Doris Stalcup  
 794-7433

1 Mile Elementary Race  
 2 Mile Fun Run  
 15K (9.3 miles) Race  
 2 Mile Corporate Race

**Saturday, April 15, 1989**  
**Civic Center**  
**Lubbock, Texas**

**Pre-Race Spaghetti Supper**  
**Friday, April 14, 1989**  
**Hodges Elementary Cafeteria**  
**Lubbock, Texas**

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

Sanctioned by  
**The WEST TEXAS RUNNING CLUB**

This months featured members are truly "long Distance Runners" as they have both moved away but still maintain Club membership

**WTRC RUNNERS of the MONTH**  
**PERSONALITY PROFILE**

<b>NAME:</b>	Ceryl Benoit	John Price
<b>AGE:</b>	36	36
<b>AGE STARTED RUNNING:</b>		15 yrs.
<b>YEARS RUNNING:</b>	6 yrs.	70-90
<b>TOTAL ACCUMULATED MILEAGE</b>		7:30-8:30
<b>AVERAGE MILES/WEEK</b>	15-20	
<b>AVG TRAINING PACE:</b>	7:45	

**FAVORITE**

**TRAINING AREA:** On the track, or near water/beach!!!  
**LOCAL RACE:** Schlotzsky's/Double T Sun Run  
**WTRC RACE:** Arts Festival  
**OUT OF TOWN RACE:** L'eggs Mini-Marathon  
**RACE DISTANCE:** 8K  
**RUNNING SHOE:** NIKE

Mountains  
 Buffalo Wallow 1/2 marathon  
 same  
 Groundhog Fall 50 miler  
 Funxutwaney, Pa.  
 50 mile trail Runs  
 Tiger Gel-Lyte

**BEST TIMES AT WHAT AGE?**

**SPRINTS:**  
 2 MI. 12:40  
 5 KM 20:03  
 8 KM  
 10 KM 41:47  
 HALF MARA 1:27  
 MARATHON N/A

**OCCUPATION: Exercise Physiologist**  
**HOBBIES/INTERESTS:**

34:58  
 1:21:23  
 3:03:57  
 50 mi. 7:21:27  
 100 mi. 26:50:06  
 Electronic Technician, NWS  
 Electronics, Computers, Aviation

COME ONE, COME ALL  
 BRING THE WHOLE FAMILY  
 Saturday, May 20, 1989

Fun Run and Pot Luck Supper  
 Run starts at 4:00 p.m.  
 Supper at 5:30 p.m.

Buddy Holly Partyhouse  
 Buddy Holly Park on N. University  
 (2525 Canyon Drive)

Bring a covered dish

For more info call:

Josie Aleman  
 793-6441 (H)  
 743-2426 (W)

