

# Marking the Calendar

Dates To Circle In Red

\* Denotes W.T.R.C. MONTHLY RACE

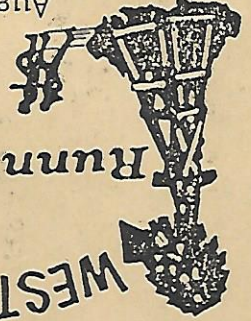
- August 5 RUN FOR THE GOLD 5K, Mackenzie Park, Gonzalo Ramirez, director  
\$3 Entry Club mbrs., \$4 Non Club mbrs. 7:30 A.M. Regist. start  
8 A.M. See newsletter for more details \*\*\*\*\*
- August 8th WTRC Meeting 6:30 p.m., 3208 67th (Officer Nominations Due)
- \* August 12 2nd Annual "HOT DAM" RUN, 5 mile & 2 mile, 8:00 a.m. Martin  
Luther King, Jr. Memorial Park, East 22nd & Quirt Avenue,  
Joe Post, race director. Proceeds benefit South Plains Food  
Bank. BRING SOME CANNED GOODS!
- August 15 10th Annual Davis Mountain Fitness Camp, Prude Ranch, Ft. Davis,  
TX Contact Barbara Henry (512) 476-3620
- August 19 WTRC SOCIAL, K N Clapp Park, 42 & University, Fun Run, Picnic
- August 19 SOUTHLAND SHUFFLE, 2 & 6 mile, San Angelo, Call Anne Fish  
(915) 944-7760
- August 19 Track & Field Meet, Reese AFB, call 885-3207
- Sept. 2 GOLDEN CROSS BIKE-A-THON, Methodist Hospital
- Sept. 9 Second Annual Pow-Mia Race, Reese AFB, 885-3207
- \* Sept. 9 WTRC TAG TEAM 2 MILER, Mackenzie Park, Contact Joe Post 747-8359
- Sept. 16 FIESTA RUN, Gonzalo Ramirez, director
- \* Sept. 23 SHALLOWATER RUN, 10K, 2 mile & 1 mile runs. Larry Bryd, Dir.
- Sept. 24 DUKE CITY MARATHON, Albuquerque NM also half-mara, 5K & 20K  
walking event. Write PO Box 14903, Albuquerque, NM 87191, or  
call (505) 291-8250
- Sept. 30 DOUBLE T CONNECTION/SCHLOTSKY'S Bun Run, 10K, 2 mile & 1 mile
- \* Oct. 7 WTRC RACE, Details to follow
- Oct. 14 RED RAIDER ROAD RACE, Texas Tech University, 10K & 2 mile  
Also 1 Mile childrens Run
- Oct. 21 TEXAS INSTRUMENTS CLASSIC 10K, .2 mi & 1 mi kids run Details  
later
- Oct. 28 Allsup's Fall Road Races. Clovis, NM \* Half Marathon, 10K,  
5K, and 1 Mile. Contact J.R. Jacobs at (505) 769-2311 or  
(505) 763-5238
- \* Nov. 11 BUFFALO WALLOW Half Marathon & 2 Mile, Buffalo Springs Lake
- Nov. 16 Run your Butts Off Cold Turkey Fun Run, Reese AFB call 885-3207
- Dec. 2 GOODFELLOWS RUN, 10K & 2 Mile
- \* Dec. 9 RED LINE CROSS COUNTRY 4 Mile Run, Mae Simmons Park

August 1989

W.T.R.C. AUGUST RACE  
August 12, 1989  
Details inside back Cover

Newsletter  
P.O. Box 2921  
Lubbock, Tx.  
August 1989

WEST TEXAS  
Running Club



# WEST TEXAS RUNNING CLUB

## OFFICERS

PRESIDENT: Ron Key  
 EXTERNAL V.P.: Tom West  
 INTERNAL V.P.: Gonzalo Ramirez  
 SECRETARY: Jan Ramirez  
 TREASURER: Shirley Wigley  
 Josie Aleman : Membership  
 Tracy Baugh : RACE CALENDER  
 David Jackson : CLUB RACES  
 George Jury : NEWSLETTER  
 Ronnie Nugent : EQUIPMENT  
 Bill Vitalec :NON-CLUB RACES

## DIRECTORS

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*

## OFFICER NOMINATIONS

As provided for in the W.T.R.C. Bylaws the President has named a nominating committee consisting of:

- Garv Penny
- Sue Houle
- Larry Byrd

This committee has contacted the following people who will serve if elected. Additional nominations may be made at the monthly W.T.R.C. meeting to be held August 8, 1989, 6:30 P.M. at 3208-67th, Lubbock. Ballots will be mailed with the September Newsletter and must be returned by mail or in person by the regular Sept. 12, 1989 meeting. (place to be announced)

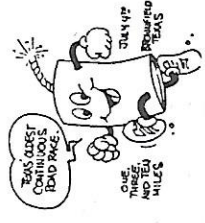
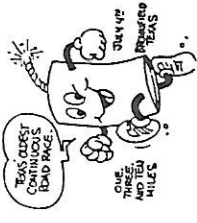
These new officers/directors will take office October 1, 1989.

- |                     |                              |
|---------------------|------------------------------|
| OFFICERS            | DIRECTORS: Six to be elected |
| PRESIDENT           | *****                        |
| INTERNAL VICE PRES. | *****                        |
| EXTERNAL VICE PRES. | *****                        |
| SECRETARY           | *****                        |
| TREASURER           | *****                        |
- 
- |                    |                 |
|--------------------|-----------------|
| BARNEY ADAMS       | RON KEY         |
| WES BOULLIQUIN     | GONZALO RAMIREZ |
| LUIS GARDENAS      | TRACY BAUGH     |
| CHARLIE CARROLL    | 500 MAsood      |
| JOE GOMEZ          | BARBARA VITALEC |
| CHARLES HENSARLING | SHIRLEY WIGLEY  |
| GEORGE W. JURY     | JOE STALCUP     |
| GARY PERRY         | APRIL STEIN     |
| DAVID RODRIGUEZ    | BILL VITALEC    |

WEST TEXAS RUNNING CLUB

# FIRECRACKER RUN!

TEXAS' OLDEST CONTINUOUS ROAD RACE.



## 21st Annual Firecracker Runs

Designated Event No. 7 of W.T.R.C. Challenge Series

The third decade of the WTRC Firecracker Runs, Texas' Oldest Continuous Road Race, began on July 4th, 1969. One hundred and eighteen runners (53 Three Milers, 50 Ten Milers, 15 Kids) representing a total of 21 different towns and ranging in age from 5 to 69 answered the 21st challenge to go the distance in the summer heat of Brownfield, Texas. Actually, this year's conditions would probably have to rank as moderate, with the temperature in the 75-85 degree range during the runs but mitigated by fairly low humidity and a tangible quaterning wind on the longest stretch of the course.

Firecracker veteran Quinn Smith returned again from the Land of Enchantment to capture the Male Overall and 20-29 championships in the 10 Mile in a time of 55:07(5:30 pace). Quinn's time was two seconds off his '82 effort which is still the record for a WTRC member. Obviously, the guy is losing it. Peter Biwott was second Overall and in the 20-29 group at 58:45(5:52). Milt Brownfield and Tom Weis staged a wire to wire battle in the 30-39 division with Milt taking a 1:04 victory in 1:03:09(6:18.9) over Tom's 1:03:13(6:19.2). Joe Post struggled to the finish line in 1:06:44(6:40) to take the 40-49 win with Robert Guajardo second at 1:09:17(6:55). Capturing the 50 Plus title was Bill Roger's 1:11:36(7:09) and Tom Jones took second at 1:21:52(8:11). Sue Houle was the only adult to repeat an '88 victory, winning the Female Overall and 20-29 titles in 1:10:30(7:03). Tracy Baugh took second place in the 20-29 group with 1:26:57(8:41). Caylene Caddell captured the 30-39 division at 1:12:30(7:15) over second place finisher Kathy Vick's 1:18:24(7:50), and was the second overall woman finisher.

The Three Mile competition was highlighted by George Jury's 50 Plus course record of 17:45(5:55). George also owns the 50 Plus record at the 10 Mile distance. David Lard, tuning up for competition in the National and World Seniors Track Championships later this summer, turned in an 18:13(6:04) for second in the 50 Plus group. Overall winner and 19 & Under champ was Greg Marmolejo in 15:32(5:10) and second place in this age division went to Brian Brashears at 17:32(5:50). Another long-time WTRC speedster, Cliff McCurdy, returned from the Metroplex region to win the 30-39 age division and finish second overall in 15:57(5:19). David Rodriguez was second in the 30-39 group at 18:34(6:11). Jim Haynes took 40-49 honors with 19:02(6:20) and L.C.U. track mentor Darrell Price was second in 20:11(6:43). Helen Esquivel was Female Overall and 20-29 champ with 20:56(6:58). Nancy Rynak's 22:40(7:33) captured second place among the 20-29ers. Mandy Malouf won the 19 & Under title and was second overall in 21:21(7:07) with Lorie Tapia second in this age division at 32:32(10:50). Marlene Cooke took the 30-39 crown in 25:11(8:23) over Jan Ramirez' 26:46(8:55). 40-49 champ was Connie Evans with 28:12(9:24) and second was Mary Balza's 33:27(11:09). Carolie Mullins won the 50 Plus title in 29:23(9:47).

Boys One Mile champ was John Rodriguez with 6:39, over Kyle Downs' 6:48. Repeating her '88 victory was Girls champ Jill Aleman in 7:40 with Lindsay Lepard second at 9:40.

The WTRC would again like to extend its thanks to the Brownfield Chamber of Commerce for its continuing encouragement and generous support of the Firecracker. It was the Chamber's financial assistance that made possible the

21st ANNUAL FIRECRACKER RUN  
July 4, 1989

10 Mile

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Quinn Smith	29	M	56:07	ALBUQUERQUE	1st	20-29
02	Peter Eiwott	25	M	58:38	LUBBOCK	2nd	20-29
03	Lolo Mercado	29	M	1:00:09	"	3rd	20-29
04	Milt Brownfield	32	M	1:03:09	"	1st	30-39
05	Tom Weis	37	M	1:03:13	"	2nd	30-39
06	Kevin Fisher	32	M	1:04:35	"	3rd	30-39
07	Vince Mercado	20	M	1:06:22	"	4th	20-29
08	Joe Post	40	M	1:06:42	"	1st	40-49
09	Robert Guajardo	46	M	1:09:17	LEVELLAND	2nd	40-49
10	Benny Mares	20	M	1:09:42	"	5th	20-29
11	Gonzalo Ramirez	33	M	1:09:49	LUBBOCK	4th	30-39
12	Larry Reno	37	M	1:09:54	"	5th	30-39
13	Ron Key	45	M	1:10:26	"	3rd	40-49
14	Sue Houle	27	F	1:10:30	"	1st	20-29
15	Bill Roger	50	M	1:11:36	LEVELLAND	1st	50-59
16	Al Grotz	39	M	1:11:56	LUBBOCK	6th	30-39
17	Gary Perry	44	M	1:12:20	"	4th	40-49
18	Caylene Caddell	37	F	1:12:30	"	1st	30-39
19	Lyndol Askew	43	M	1:12:50	TAHOCA	5th	40-49
20	Tom McCarthy	27	M	1:12:51	LUBBOCK	6th	20-29
21	Larry Byrd	48	M	1:12:52	SHALLOWATER	6th	40-49
22	Joe Thacker	41	M	1:13:28	ROARING SPRG7th	40-49	
23	Tom Byrd	41	M	1:13:55	PAMPA	8th	40-49
24	Robby Timberlake	41	M	1:14:28	LEVELLAND	9th	40-49
25	Mike Bieber	40	M	1:14:48	LUBBOCK	10th	40-49
26	Ronnie Nugent	42	M	1:17:04	"	11th	40-49
27	Joe Martinez	43	M	1:17:20	"	12th	40-49
28	James Livermore	42	M	1:17:59	"	13th	40-49
29	Kathy Vick	30	F	1:18:24	"	2nd	30-39
30	John Foley	30	M	1:18:28	"	7th	30-39
31	Wes Boullion	32	M	1:20:36	"	8th	30-39
32	Jim Wilhelm	32	M	1:20:42	"	9th	30-39
33	Shirley Wigley	35	F	1:20:43	"	3rd	30-39
34	Jon Masood	43	M	1:20:44	"	14th	40-49
35	Robert Bartlemay	31	M	1:21:35	"	10th	30-39
36	Tom Jones	50	M	1:21:52	"	2nd	50-59
37	April Stein	31	F	1:23:18	"	4th	30-39
38	Brady Ray	38	M	1:23:18	"	11th	30-39
39	Terry Buzbee	30	M	1:23:19	"	12th	30-39
40	Chris Scott	25	M	1:24:47	"	7th	20-29
41	Hugh Haynes	57	M	1:26:26	SLATON	3rd	50-59
42	Tracy Baugh	27	F	1:26:57	LUBBOCK	2nd	20-29
43	Terry Baugh	26	F	1:27:43	"	8th	20-29
44	Danny Curry	33	M	1:28:09	TAHOCA	13th	30-39
45	Harold Figg	52	M	1:28:17	LEVELLAND	4th	50-59
46	Steven Fannin	39	M	1:33:05	LUBBOCK	14th	30-39
47	Don Hunt	55	M	1:34:22	"	5th	50-59
48	Keller Greenfield	67	M	1:35:09	DALLAS	6th	50 +
49	Law Damasig	32	M	1:55:44	ANTON	15th	30-39
50	Ann Davis	32	F	1:57:32	LUBBOCK	5th	30-39

unique commemorative medallions for this year's awards and we are truly appreciatively. WTRC Vice President Gonzalo Ramirez served as liaison to the Chamber in this effort and we are grateful to him for his work here and for the WTRC in general. Thanks, Gonzalo. Thanks also to John Hasselmeier of the Brownfield News for his annual help in promoting and covering not only the Firecracker but the Cottonpatch as well.

Well-deserved thanks go out to Mark Manley for a great job in his first stint as Race Director. All systems were go for a critical on-time start, plenty of water along the course and a well organized finish line which provided accurate and speedy results and allowed for an on-time awards presentation. Mark personifies the WTRC spirit in that even though he is a superior runner he is willing to miss a race in order to serve his fellow club members. This was the second race this year he has given up to be a volunteer. Thanks again, Mark. We are proud of your running accomplishments and appreciate all your efforts for the WTRC.

Designated club member volunteers were Barney Adams, Josie Aleman, Tammy Aleman, Don Lewis and Theresa Marez. Thanks to all these folks who showed up at 7:00 A.M. to give us a good race. Special thanks to Tracy Baugh's dad, Theresa Manley, Pat Jury, Ron Key, David Lard and Sally Post who all contributed essential services to the success of the 21st Annual Firecracker Runs. Mark Manley will receive 20 miles Challenge Series credit as R.D. and all the designated club member volunteers will receive 10 miles credit.

Former Firecrackers: Winning time comparisons from 1973. 10 Mile Overall- 62:21; 30-39 - 1:10:52; 40 & Over - 1:19:01. No women entries. 3 Mile Overall & 30-39 - 18:10 (WTRC founder Gene Adams); Under 30 - 20:05; 40 & Over - 23:03; Women - 24:16. Comparisons from 1983. 10 Mile Overall- 54:11; 30-39 - 1:00:20; 40-49 - 1:07:41; 50 & Over - 1:21:56; Women - 1:24:31. 3 Mile Overall- 15:06; 30-39 - 15:18; 40-49 - 16:47; 50 & Over - 22:36; Girls - 20:50; Women - 21:58.

Faster Firecrackers: Those bettering last year's times were: Jill Aleman in the 1 Mile by 35 seconds. Three milers on the improvement track were: Max Kattwinkel-3:11; David Doyle-2:17; Dwayne Oakley-2:00; Tony Aleman-1:05; Herbert Perez-1:53; Bob Smith-0:58; Otto Spitz-1:07; Mandy Malouf-1:05; David Lard-1:01. Ten milers on the Honor Roll were: Larry Reno-4:45; Al Grotz-2:54 (co-grats. on a PR); Jim Wilhelm-2:30; Bill Roger-2:12; James Livermore-1:45; Gonzalo Ramirez-1:37; Sue Houle-1:19; Lolo Mercado-1:11.

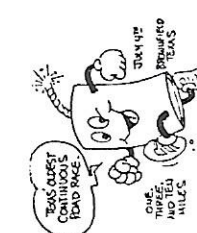
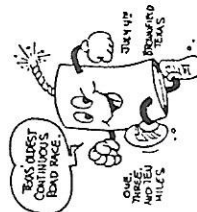
Firecracker Facts: The 103 adult participants was a decrease of only 18 from '88, and given the fact that we offered free T shirts last year, this year's turnout was probably in effect a net gain. Recent years attendance figures are: '85-71; '86-55; '87-73. This year's 103 brings '89 total WTRC attendance to 464, still a 9% increase over '88 after seven events. This becomes even more impressive when you consider that '88 attendance represented a 45% increase from '87.

Sparklers: Youngest Runner - Maria Ramirez, 5; Oldest Runner - Bob Smith, 69; Furthest Hometown - Marlene Cooke, Albany, Oregon; Eleven Consecutive Firecracker Appearances - James Livermore; Nine Consecutive Ten Mile Finishes - Jim Wilhelm.

WEST TEXAS RUNNING CLUB

# FIRECRACKER RUN!

TEXAS' OLDEST CONTINUOUS ROAD RACE.



# TO REACH A GOAL YOU MUST HAVE A GOAL

Whether you are a new runner who has a goal to run a mile, five days a week, or an experienced runner who knows a lot of training miles are going to be necessary in order to get that "PR," or need the incentive of a goal to get your tired body out of bed an hour early each morning, an attainable, reasonable mileage goal which you plan to achieve within a six month period is just the thing to help you succeed!

See page 13

21st ANNUAL WTRC July 4 FIRECRACKER RACES  
Texas' Oldest Continuous Road Races  
Brownfield, Texas

Childrens 1 Mile Run

BOYS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	John Rodriguez	12	M	6:39	LUBBOCK		
02	Kyle Downs	11	M	6:48	LEVELLAND		
03	Gabe Valdez	8	M	6:55	El Paso		
04	Michael Rodriguez	10	M	7:34	LUBBOCK		
05	Eric Valdez	9	M	7:55	El Paso		
06	Travis Perez	8	M	8:21	LUBBOCK		
07	Alex Mendoza	7	M	8:25	LEVELLAND		
08	Zachary Morin	8	M	8:31	BROWNFIELD		
09	Rocky Morin	9	M	9:30	"		
10	Raul Martinez	9	M	9:43	"		
11	Josue Delao	9	M	10:01	"		

GIRLS

01	Jill Aleman	11	F	7:40	LUBBOCK		
02	Lindsey Lepard	8	F	9:40	SWEETWATER		
03	Michelle Manley	7	F	10:16	WHITHARRAL		
04	Maria Ramirez	5	F	11:55	LUBBOCK		

# COME JOIN US

WTRC "SIZZLIN" FUN RUN  
AND POT LUCK SUPPER

Saturday, August 19, 1989  
K.N. Clapp Park Partyhouse  
46th and Avenue U

Supper starts 7:30

Runners will run around  
Clapp Park any time before then.

Bring a covered dish

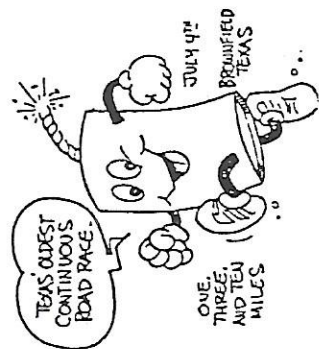
For more info call: Josie Aleman  
at 743-2426 (W) or 793-6441 (H)

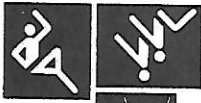
BE THERE OR BE SQUARE!!!



## 3 Mile

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Greg Marmalejo	17	M	15:32	LUBBOCK	1st	<19
02	Cliff Mc Curdy	35	M	15:57	SANGER	1st	30-39
03	Rudy Flores	20	M	17:27	MULESHOE	1st	20-29
04	Herbert Perez	28	M	17:30	LUBBOCK	2nd	20-29
05	Brian Brashears	19	M	17:32	"	2nd	<19
06	Seven Neje	17	M	17:44	"	3rd	<19
07	George Jury	52	M	17:45	"	1st	50-59
08	Paul Willmon	15	M	17:48	LEVELLAND	4th	<19
09	Lance Epperson	20	M	17:50	LUBBOCK	3rd	20-29
10	Kevin Neie	18	M	18:01	"	5th	<19
11	David Lard	51	M	18:13	"	2nd	50-59
12	Jerry Mc Ginnis	17	M	18:27	SUNDOWN	6th	<19
13	David Rodriguez	38	M	18:34	LUBBOCK	2nd	30-39
14	David Doyle	30	M	18:56	WOLFARTH	3rd	30-39
15	Jim Haynes	43	M	19:02	MULESHOE	1st	40-49
16	Mike Valdez	35	M	19:20	EL PASO	4th	30-39
17	Alonzo Mendoza	31	M	19:27	LEVELLAND	5th	30-39
18	Dwane Oakley	32	M	19:50	LUBBOCK	6th	30-39
19	Juan Delao	29	M	19:59	BROWNFIELD	4th	20-29
20	Otto Spitz	32	M	20:00	LUBBOCK	7th	30-39
21	Craig Bullis	29	M	20:09	"	5th	20-29
22	Darrell Price	40	M	20:11	"	2nd	40-49
23	Gary Corson	35	M	20:48	"	8th	30-39
24	Tom Brown	46	M	20:55	"	3rd	40-49
25	Heleen Esquivel	21	F	20:56	"	1st	20-29F
26	Teddy Solis	15	M	21:14	BROWNFIELD	7th	<19
27	David Knaff	48	M	21:15	LUBBOCK	4th	40-49
28	Mandy Malouf	16	F	21:21	LEVELLAND	1st	<19 F
29	David Schafer	34	M	21:45	DIMMITT	9th	30-39
30	David Pearson	23	M	22:05	LUBBOCK	6th	20-29
31	Jeff Presley	16	M	22:14	BROWNFIELD	8th	<19
32	Ken Mc Eachern	48	M	22:24	LUBBOCK	5th	40-49
33	Darrell Lewis	19	M	22:37	"	9th	<19
34	Nancy Rynak	25	F	22:40	"	2nd	20-29F
35	Ralph Kleinsmith	29	M	22:43	"	7th	20-29
36	Mike Kelley	40	M	23:03	"	7th	40-49
37	Tony Aleman	40	M	23:15	"	8th	40-49
38	Max Kattwinkle	22	M	23:25.2	"	8th	20-29
39	Norman Moore	19	M	23:25.5	SHALLOWATER	10th	<19
40	Gabe Valdez	8	M	24:27	EL PASO	11th	<19
41	Lisa Burkett	21	F	24:29	LUBBOCK	3rd	20-29F
42	Marlene Cooke	33	F	25:11	ALBANY, OR.	1st	30-39F
43	Dick Bullis	56	M	25:47	HOUSTON	3rd	50-59
44	Mike Rogers	35	M	25:48	LUBBOCK	10th	30-39
45	Charles Hensarling	57	M	26:17	"	4th	50-59
46	Jan Ramirez	34	F	26:46	"	2nd	30-39F
47	Karen Cole	31	F	26:57	"	3rd	30-39F
48	Bob Smith	69	M	27:39	"	1st	60 +
49	Connie Evans	40	F	28:12	"	1st	40-49F
50	Carolie Mullins	57	F	29:23	"	1st	50 +F
51	Lorie Tapia	15	F	32:32	BROWNFIELD	2nd	<19 F
52	Mary Baiza	45	F	33:27	LUBBOCK	2nd	40-49
53	David Skelton	32	M	39:47	"	11th	30-39





Betty Blanton, Director of the HUB CITY TRIATHLON has sent a note of thanks to all those WTRC members who helped put on this years event.

W.T.R.C. Challenge Series Standings Update Through Seven Events

Women	Points	Men Open	Points	Men 50 Plus	Points
1.Sue Houle *	70	1.Mike Williams	59	1.Frank Hernandez	37
2.Josie Aleman	41	2.Mark Manley *	42	2.Charles Hensarling	32
3.Shirley Wigley	41	3.Ferry Baugh	24	3.David Lard	18
4.Tracy Baugh	36	4.David Miller	19	4.Francis Johns	10
5.Jan Ramirez	31			5.Hugh Haynes	9
6.April Stein	28				
7.Ann Davis *	27				
8.Theresa Marez	20				
9.Barbara Vitalec	20				
10.Tammy Aleman	19				
11.Rosalie Anderson	6				
12.Sandy Howard	xx				
13.Sue Johns	xx				
14.Ethel Lewis	xx				

\* by name indicates member is tied for Women or Men Participation Leader with seven events.

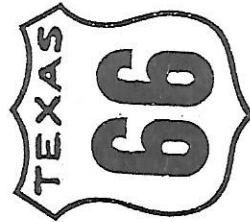


Men 30-39	Points	Men 40-49	Points
1.David Rodriguez	56	1.Joe Post *	68
2.Larry Reno *	42	2.Jim Haynes *	58
3.Gonzalo Ramirez	41	3.Robert Guajardo	44
4.Otto Spitz *	33	4.Bill Roger	37
5.Al Grotz	30	5.Gary Perry *	36
6.David Doyle	28	6.Kelly Baggett	29
7.Barney Adams	23	7.Ron Key	28
8.Wes Boullion	20	8.Ronnie Nugent *	22
9.Bill Harn	18	9.James Livermore	15
10.Brady Ray *	18	10.Larry Byrd	12
11.Tony Aleman	11	11.Jon Masood *	10
12.Jim Wilhelm	7	12.Don Lewis	8
13.Ron Seal	6	13.Loyd Senn	6
14.Don Kephart	5	14.Mike Kelley	5
15.Luis Cardenas	xx		

Milage Leaders/Women	Miles
1.Ann Davis	54.3
2.Shirley Wigley	52.3
3.Sue Houle	51.6
4.April Stein	39.2
5.Tracy Baugh	37.4
6.Barbara Vitalec	27.4
7.Jan Ramirez	25.4

If your name is not listed above, but you still want to enter the '89 Challenge Series, you may do so by being a volunteer for events scheduled for November 11 or December 9. All previously earned points, miles and events accumulated at Challenge Series races will be back-credited toward the year-end Challenge Series awards.

Contact Joe Post at 747-8359 for more information, questions, or to enter.



Several WTRC members competed in this event June 25, 1989. Recording the fastest club member time and finishing 2nd Woman overall by only 45 seconds was Sue Houle! CONGRATULATIONS Sue!!!!!! Known Club member results follow

NAME	OVERALL TIME**	SWIM***	BIKE***	RUN	AWARD[AGE GROUP]
Sue Houle	1:51:45	15:08	1:03:09	33:28	1st W18-29
Robby Timberlake	1:55:39	17:04	1:03:28	35:07	5th M40-49
April Stein	2:05:56	19:00	1:07:27	39:29	1st W30-39
Otto Spitz	2:07:35	18:10	1:13:15	38:10	
Mike Greer	2:10:25	22:06	1:07:37	40:42	2nd M50 +
Barbara Phipps	2:16:49	20:35	1:17:00	39:14	2nd W30-39
Wes Boullion	2:19:15	21:09	1:18:49	39:17	
Shirley Wigley	2:20:06	24:06	1:13:22	42:38	4th W30-39
Marla Harbin	2:33:27	20:18	1:29:44	43:25	

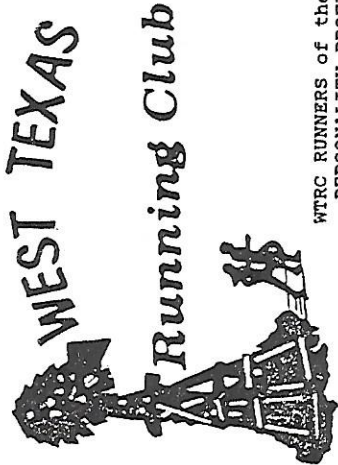
Also competing on a team were Kelly Baggett and Robert Guajardo

Very active WTRC Triathletes are Miles Hyman and Mike Greer\*\*\*\* Some of their recent Performances are---

Name	Event	Place
Miles Hyman	2nd. CANYON SPRINT TRI	5th. CANYON SPRINT TRI
Mike Greer	1st. TEXAS TECH SPRINT TRI	12th. AUSTIN TRI
	2nd. BOTTOMLESS LAKE TRI	5th. BOTTOMLESS LAKE TRI
	6th. PRESIDENTS TRI	3rd. TULSA CORPORATE CHALLENGE
		1st. MIDLAND TALL CITY TRI
		2nd. HUB CITY TRI

L S D

In Training for long distance runs, members of the club have been meeting at the MacKenzie Park Outdoor Center at 6:30 on Sunday mornings. Set your own pace, your own distance, and come join in a fun time as well as get in some good training. Set your alarm ! Everyone is welcome ! Hope to see you there !



# ELECTRIC CITY PRINTING / RRCA CHALLENGE SERIES

## GO FOR THE GOLD!

In the chart below, find your age group and goal time that will get you the GOLD or any level award which you can reach. This Challenge event is designed with emphasis on participation and self-competition - it's you and the clock for SA-GO FOR THE GOLD!

Beautiful RRCA Challenge Series lapel pins are awarded to runners achieving the time level on the chart in an ELECTRIC CITY PRINTING / RRCA CHALLENGE SERIES event. Times which fall between those on the chart receive the next award down the scale. Gold is the highest level and orange the participation level. Good Luck.

### WTRC RUNNERS of the MONTH PERSONALITY PROFILE

6-30-89  
**NAME:** Mike Greer  
**AGE:** 50  
**AGE STARTED RUNNING:** 37  
**YEARS RUNNING:** 13  
**TOTAL ACCUMULATED MILEAGE:** 26,912  
**AVERAGE MILES/WEEK:** 40-50 during Marathon trng 20-30 during TRIATHALON TRNG, 100 mi. Bike, 4,000 yds. Swimming  
**AVG TRAINING PACE:** 7:50-9:00

**FAVORITE TRAINING AREA:** MacKenzie/Mae Simmons  
**LOCAL RACE:** "RUN for the ARTS"  
**WTRC RACE:** "Firecracker 10 Miller"  
**OUT OF TOWN RACE:** "THE ROCK"  
**RACE DISTANCE:** 10 MI  
**RUNNING SHOE:** ASICS, EXCALIBUR GT

**BEST TIMES AT WHAT AGE?**  
**SPRINTS:** 100 yd. dash 9.7sec 23  
**2 MI.** 13:45 38  
**5 KM** 21:40 44  
**8 KM**  
**10 KM** 44:21 39  
**HALF MARA** 1:38:55 45

**MARATHON** 3:35:13 40  
 Mike has completed 21 marathons and 32 Triathlons  
**OCCUPATION:** Sales/ Industrial Pkg Sales/ Office furniture  
**HOBBIES/INTERESTS:** Run, Bike, Swim, Travel, Running, Professional Womens Club  
 Positive Action Seminars

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-9	23:45	29:50	28:50	35:30	35:30	42:00				
10-11	22:00	27:30	27:30	34:00	34:00	40:00				
12-13	20:15	25:30	25:30	32:00	32:00	38:00				
14-15	17:50	23:00	23:00	29:00	29:00	35:00				
16-17	16:45	21:00	21:00	27:00	27:00	33:00				
18-19	16:10	20:30	20:30	26:30	26:30	32:00				
20-24	15:35	19:45	19:45	25:45	25:45	31:00				
25-29	15:20	19:30	19:30	25:30	25:30	30:00				
30-34	14:20	18:50	18:50	24:50	24:50	29:00				
35-39	14:45	19:05	19:05	25:10	25:10	29:15				
40-44	17:25	22:30	22:30	28:30	28:30	32:30				
45-49	17:55	23:00	23:00	29:00	29:00	33:00				
50-54	18:25	23:45	23:45	29:45	29:45	33:45				
55-59	19:15	24:30	24:30	30:30	30:30	34:30				
60-64	21:00	26:30	26:30	32:30	32:30	36:30				
65-69	22:30	27:00	27:00	33:00	33:00	37:00				
70+	23:00	27:00	27:00	33:00	33:00	38:00				

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-9	24:45	33:50	31:00	37:00	37:00	43:30				
10-11	23:30	32:00	29:30	35:00	35:00	41:00				
12-13	22:00	29:50	27:30	33:00	33:00	39:00				
14-15	19:10	26:30	25:30	30:00	30:00	36:00				
16-17	18:50	26:00	25:00	29:00	29:00	35:00				
18-19	18:50	25:30	24:00	28:30	28:30	34:00				
20-24	18:30	25:00	23:30	28:00	28:00	33:00				
25-29	18:20	24:45	23:15	27:45	27:45	32:30				
30-34	19:45	26:00	25:00	30:00	30:00	35:00				
35-39	20:35	27:00	26:00	31:00	31:00	36:00				
40-44	21:45	28:00	27:00	32:00	32:00	37:00				
45-49	23:00	29:00	28:00	33:00	33:00	38:00				
50-54	24:45	30:45	29:45	34:45	34:45	39:45				
55-59	25:00	31:00	30:30	35:00	35:00	40:00				
60+	25:50	31:50	31:50	36:00	36:00	41:00				

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-9	15:01	17:51	16:45	20:45	20:45	24:57				
10-11	15:32	18:32	17:15	21:15	21:15	25:27				
12-13	15:03	17:33	16:45	20:45	20:45	24:57				
14-15	16:34	19:34	18:15	22:15	22:15	26:25				
16-17	17:05	20:05	18:45	23:00	23:00	27:30				
18-19	17:36	20:36	19:15	23:45	23:45	28:00				
20-24	18:07	21:07	19:45	24:15	24:15	28:30				
25-29	18:39	21:39	20:15	24:45	24:45	29:00				
30-34	19:10	22:10	20:45	25:15	25:15	29:30				
35-39	19:41	22:41	21:15	25:45	25:45	29:45				
40-44	20:12	23:12	21:45	26:15	26:15	30:00				
45-49	20:43	23:43	22:15	26:45	26:45	30:15				
50-54	21:14	24:14	22:45	27:15	27:15	30:30				

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-9	15:01	17:51	16:45	20:45	20:45	24:57				
10-11	15:32	18:32	17:15	21:15	21:15	25:27				
12-13	15:03	17:33	16:45	20:45	20:45	24:57				
14-15	16:34	19:34	18:15	22:15	22:15	26:25				
16-17	17:05	20:05	18:45	23:00	23:00	27:30				
18-19	17:36	20:36	19:15	23:45	23:45	28:00				
20-24	18:07	21:07	19:45	24:15	24:15	28:30				
25-29	18:39	21:39	20:15	24:45	24:45	29:00				
30-34	19:10	22:10	20:45	25:15	25:15	29:30				
35-39	19:41	22:41	21:15	25:45	25:45	29:45				
40-44	20:12	23:12	21:45	26:15	26:15	30:00				
45-49	20:43	23:43	22:15	26:45	26:45	30:15				
50-54	21:14	24:14	22:45	27:15	27:15	30:30				

SPECIAL W.T.R.C. EVENT, 8 A.M. Aug. 5th  
 5 K Run against the clock, Medals for each runner according to the chart above  
 Register 7:30 A.M. MacKenzie Park near the Broadway entrance\*\*\*\* Gonzalez Ramirez, Director  
 795-7338

## KEY NOTES

I recently had the opportunity to attend the Road Runners Club of America national convention in Colorado Springs, Colorado. It was a welcome treat to enjoy the rocky mountains and cool Colorado weather for a few days. At the convention, I was able to observe our affiliate club better than I ever have before. My views and opinions of the RRCA were influenced and changed and I would like to relate those changes to you. The RRCA is a 32 year old organization, and although it has a fairly long history, it is still a struggling organization--not from an organizational standpoint, but from an assistance to associated clubs standpoint. It is difficult to develop national running programs that fit into local clubs. Partly because runners are somewhat independent and partly because the specific application of a program might not fit locally. But, regardless of those facts, the RRCA still aims at being a grass roots organization whose main goals seem to be aimed at assisting the local clubs at developing internal strengths for their clubs. The RRCA offers ideas and assistance on all aspects of developing stronger local clubs, whether it is newsletters, local races, club socials, awards, children's running, etc. You name it and the RRCA has tried and proven ideas to assist local club leaders in further developing their clubs.

While at the convention, I listened to the Director of the London marathon discuss big race problems. I.A.C. certified course measurements and various other people discuss all aspects of road racing. Because of the people the convention attracted--I mean nationally known--you have to know the RRCA has some national prominence in our sport: that is road racing in America. Although a lot more needs to be done the RRCA is certainly moving in the right direction. I believe our affiliation with the RRCA is a positive step in assisting runners across America. True, existing clubs with long term developed and successful programs and races may not need help from outside to stay alive, but new clubs forming need help, older clubs reorganizing need help, and our affiliation with the RRCA indirectly helps those clubs that need help. I believe we serve our fellow runners well by being associated with the RRCA.

Ron Key, Pres. W.T.R.C.



# PERSONAL FITNESS PROGRAM

## CAN HELP YOU!

Register your goal NOW! You will receive a RUNNING DIARY to help you keep track of your progress toward success. REWARD is also in the program. You will receive an EMBROIDERED patch and a certificate SUITABLE FOR FRAMING to show the world how many miles you have run (you will receive a patch for the number of miles you have run--regardless of your original goal).

USE THE FORM BELOW TO ENTER--AND--PLEASE FILL OUT THE FORM COMPLETELY.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Six-Month Mileage Categories (Check only one):

- Under 250 Miles  
 250 Miles (10 Miles per Week)  
 500 Miles (19 Miles per Week)  
 750 Miles (29 per Week)  
 1000 Miles (33 per Week)  
 1500 Miles (58 per Week)  
 2000 Miles (77 per Week)
- Member of the RRCA  
 Not yet a member  
 Send me information on RRCA

**NOTE:** You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

Please register me for the following 6-month period: (check only one)

- January 1 thru June 30 (Register by March 31)  
 July 1 thru December 31 (Register by Sept. 30)

Registration fee: \$5.00 for RRCA members. \$6.00 for non-members

Make checks payable to: RRCA Personal Fitness Program

MAIL THIS FORM TO: Paul W. Hronjak  
 RRCA Personal Fitness Program  
 111 Barnsbury Drive  
 Lima, Ohio 45804  
 Phone: (419) 227-8844

ROAD RACE EXCURSION

\*\*\*\*\*

Your officers have been exploring the idea of an out of town group trip to a well known and fun Road Race for some time. At the July club meeting a vote was approved to look into a trip to the

ALBUQUERQUE JOURNAL



**Sunday, September 24**

- Marathon • Half Marathon •
- 20K Event (Walkers Only) • 5K Event •
- Family Fitness Festival, Sept. 22 & 23

For registration information write: Duke City Marathon, P.O. Box 14903, Albuquerque, NM 87191; or call (505) 291-8250.

ALBUQUERQUE "DUKE CITY MARATHON", Sunday September 24, 1989. Thanks to Sandi Howard an excursion package has been arranged that includes bus transportation at \$25 per person and a room at the HOLIDAY INN JOURNAL CENTER for \$50 double occupancy. A \$25 deposit is required by August 26. The bus will leave MONTEREY SHOPPING CENTER Sept. 23, 1989 at 2 P.M. and will leave Albuquerque to return on Sunday Sept. 24, at 4 P.M. following the award ceremony.

The bus carries 39, so make your reservations early. Entry forms or information is available from Ron Key, 765-5551 or Sandi Howard, 795-6891 \*\*\*\*\*

West Texas Running Club  
South Plains Food Bank  
International Awards

Present

2nd Annual "Hot Dam Run"

5-Mile Race & 2 Mile Fun Run

ALL ENTRY FEES TO BE DONATED

TO SOUTH PLAINS FOOD BANK

(ADDITIONAL CASH OR CANNED GOOD

DONATIONS GREATLY APPRECIATED)

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

Date: Saturday, August 12, 1989.

Time: Registration - 7:15 A.M.; Race Start - 8:00 A.M.

Site: Martin Luther King, Jr. Memorial Area (near waterfall at Canyon Lake); approximately E. 22nd St. & Quirt Ave., just east of Mae Simmons Park, Lubbock, Texas.

Distance: 5 Mile Race & 2 Mile Fun Run.

5 Mile Awards: Trophies will be offered in the following divisions. (Many thanks to International Awards for their generous donation of inscribed trophy plates.)

Age Divisions	Home	Men
19 & Under	1st-2nd	1st-4th
20 - 29	1st-2nd	1st-5th
30 - 39	1st-3rd	1st-7th
40 - 49	1st-2nd	1st-6th
50 Plus	1st-2nd	1st-3rd

Post-race refreshments will be provided by the South Plains Food Bank to thank runners for their participation!

Entry Fee: West Texas Running Club members-\$3; All Others-\$4. Your additional cash or canned food donations will help the South Plains Food Bank assist its many member agencies in providing much needed food for the ill, elderly or otherwise unfortunate individual and family clients which they serve across the entire South Plains area.

Additional Information: Joe Post (806) 747-8359.

\*\* 5 Mile race only

\*\*\* Extra!Extra\*\*\*  
Post race drawing  
for 10 South  
Plains Foodbank  
T-Shirts

