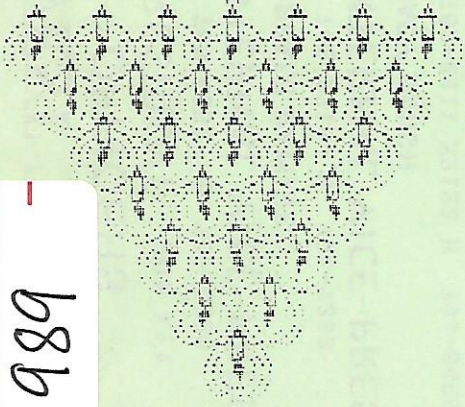


## CALENDER of EVENTS

\* Denotes Monthly W.T.R.C. Race

- \* DEC. 9 RED LINE CROSS COUNTRY 4 Mile Run, Mae Simmons Park  
DETAILS IN THIS NEWSLETTER, Race Director Mike Kelly, 793-2728
- DEC. 16 AMERICAN DIABETES ASSOCIATION TURKEY TROT  
9:00 A.M., MACKENZIE PARK, call O.J. at 791-1086 or the ADA  
at 794-0691\*\*\*\*\* ENTRY FORM IN THIS NEWSLETTER
- \* JAN. 13 DR. MARTIN LUTHER KING JR. MEMORIAL RUN, on RAFF [10K and 2 M1]  
9:00 A.M., Race Director to be announced
- JAN. 14 HOUSTON TENNECO MARATHON, (713) 757-2700 or write  
Houston-Tenneco Marathon P.O. Box 56464, Houston, Tx 77027  
Tracy Baugh has a few entry forms
- JAN. 28 SUPERBOWL SUNDAY FUN RUN 1 and 3 Miles  
TTU Student Rec Center, 2:00 P.M., \$ 6.00 T-Shirt Fee  
Call 742-3351
- \* FEB. 10 W.T.R.C. COTTONPATCH RUNS, 8 and 4 Miles, WOLFFORTH  
9:00 A.M., Co-Race Directors David Doyle 866-9367  
and Luis Cardenas 745-3856
- FEB. 14 VALENTINES DAY RUN, TTU Student Rec Center  
5:15 P.M. \* Couples closest to predicted times and the fastest  
couples will win dinners at ORLANDO'S. TTU Students and Staff  
only eligible!! Individual entrants may participate, also  
\$ 6.00 T-Shirt Fee \*\* call 742-3351 for details
- FEB. 24 COWTOWN MARATHON and 10K RUN, Fort Worth, call (817) 735-2033  
for entry blank
- \* MAR. 10 PRARIE DOG TOWN 4 MILER , Mackenzie Park  
Details later
- MAR. 11 CAPITOL 10K , Austin Details Later
- MAR. 31 AMERICAN HEART ASSN. BUN RUN
- APR. 7 VENTURE CLUB FUN RUN
- \* APR. 14 FLIGHT LINE RACES, Half Marathon, 10K, and 2 Mi.
- APR. 28 LUBBOCK ARTS FESTIVAL, RUN FOR THE ARTS
- \* MAY. 12 HORSESHOE BEND RACES, Slaton
- MAY. 19 L.C.O.A.D.A., SPRING HIGH RUN
- MAY. 26 Amarillo FUNFEST RACES
- \* JUNE 9 LEVELLAND LOPE, Levelland
- JUNE 16 JUNETEENTH RUN
- \* JULY 4 22nd ANNUAL FIRECRACKER RACES, Brownfield, 10 and 3 Mile
- \* AUG. 11 HOT DAM RUN
- \* SEPT 8 SHALLOWATER 10K
- SEPT 29 RED RAIDER ROAD RACE, TTU

December 1989



DECEMBER W.T.R.C. RACE  
RED LINE CROSS COUNTRY  
Dec. 9, 1989  
Details inside



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408



# WEST TEXAS RUNNING CLUB

## OFFICERS DIRECTORS

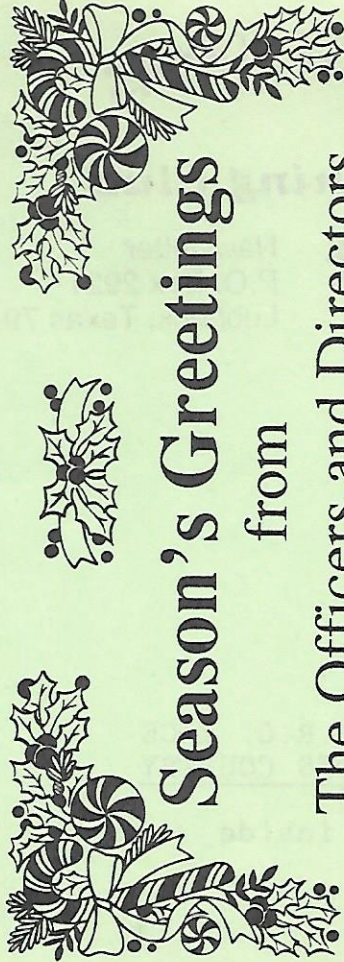
- PRESIDENT : RON KEY**  
 0 765-5551 H 792-9280  
**INTERNAL VICE-PRES**  
 GONZALO RAMIREZ 0 792-3291 H 792-1237  
 0 742-2313 H 795-7338  
**EXTERNAL VICE-PRES**  
 TRACY BAUGH 0 747-4663 H 795-0842  
 0 762-6411 X2122 H 794-8498  
**SECRETARY**  
 JOE STALCUP  
 0 794-7433 H 795-0286  
**APRIL STEIN**  
**TREASURER**  
 SHIRLEY WIGLEY 0 763-7061 H 797-4201

*W.T.R.C. Races are usually held the Second Saturday of each Month*

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 6:30 P.M. at 3208 67th, Lubbock

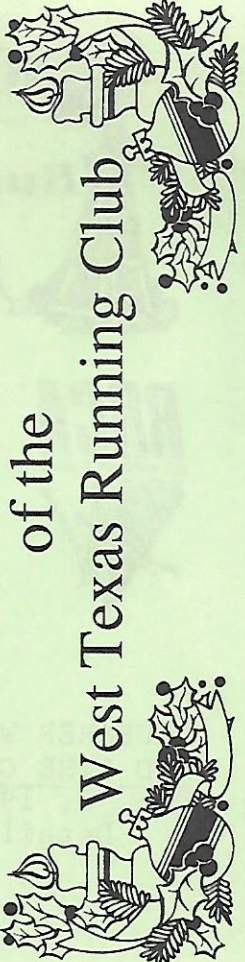
These meetings are open and any member is invited to attend at any time

\*\*\*\*\*



# Season's Greetings

from  
The Officers and Directors



of the  
West Texas Running Club

## NOTEWORTHY MEMBERSHIP RENEWAL

PLEASE USE THE OUTER MAILING LABEL COVER TO RENEW YOUR MEMBERSHIP IN THE W.T.R.C. FOR 1990. PLEASE INDICATE ON THE FORM TO THE LEFT OF YOUR MAILING LABEL IF YOU INTEND TO PARTICIPATE IN THE 1990 "CHALLENGE SERIES". REMEMBER THAT TO BE ELIGIBLE YOU MUST BE WILLING TO VOLUNTEER TO ASSIST IN ONE OF THE 12 EVENTS, AS OUTLINED IN THE FOLLOWING COLUMN.

## CHALLENGE SERIES

All members wishing to participate in the 1990 Challenge Series (see information and rules on a separate page in this issue) must volunteer to serve as a non-running Race Director or volunteer for at least one of the monthly races. Volunteer duties include registration, finish line and results, water stations and split time callers.

In order to enter the 1990 Challenge Series, you must notify the WTRC by no later than March 1 and advise as to which race you would prefer to volunteer for. Also, please state a second choice, as approximately 6-10 volunteers are needed at each race and requests will be honored on a first received/first assigned basis, so if you have a specific preference, you should respond immediately: P. O. Box 2921, Lubbock, TX 79408 or call David Rodriguez at 741-4834 or 765-6686

We feel that this is the fairest way to insure that everyone has an equal chance to compete and to insure that we have a sufficient number of volunteers to produce a full schedule of Challenge Series races for 1990. It is also only fair that those who receive the benefits from this program should contribute something back to it.

If you have any questions or need further information, please contact one of the individuals listed in the preceding paragraph. Remember that all Challenge Series entries must be received by March 1 or before the January and February races if you wish to volunteer for one of those races.

## BUFFALO WALLOW

Beautiful weather greeted 61 runners for the annual Buffalo Wallow Races. This race was originally a 13 miler, but in 1981, your Editor and current Race Director, Don Kephart, measured off the extra .109 mile past the finish line and onlookers were astonished that these two idiots continued running past the finish line to get the personal satisfaction of having completed a half-marathon. This scene was repeated in 1982 with an additional number of runners blasting on to that personal goal. The course was officially changed to Half-Marathon distance in 1983. By the way, many thanks are due Race Director, Don Kephart, who served as Co-Director with Ray Lamont in 1980 then has served as Director since 1981. Also due thanks as volunteers this year are Joe and Sally Post, Carolle Mullan, David Miller, Terry and Tracy Baugh and Brenda, Ross, and Wade Kephart.

## RUN FOR THE ARTS

Planning is already underway for the 1990 "RUN FOR THE ARTS", April 28th, with the naming of Gary Perry as Race Director and Tracy Baugh as Assistant Race Director. Committees are to be named soon. See January Newsletter.



# BUFFALO WALLOW RACES

## HALF MARATHON AND 2 MILES

### NOVEMBER 11, 1989

NO.	NAME	TIME -		PACE		FINISH POSITION			RACE	SEX & AGE GROUP POSITIONS		
		HH:MM:SS	MM:SS	HH:MM:SS	MM:SS	ALL	M	F		POS	SEX	AGE
222	MARK, MANLEY	00:10:48	05:24			1			2mf	1	M	0 - 29
165	RODRIGUEZ, DAVID	00:11:31	05:45			2			2mf	1	M	30 - 39
157	JURY, GEORGE	00:11:39	05:46			3			2mf	1	M	50 - 59
224	DOYLE, DAVID	00:12:11	06:05			4			2mf	2	M	30 - 39
171	HAYNES, JIM	00:12:15	06:07			5			2mf	1	M	40 - 49
164	CARBENAS, LUIS	00:12:30	06:15			6			2mf	3	M	30 - 39
177	PERRY, GARY	00:12:48	06:24			7			2mf	2	M	40 - 49
223	MARTINEZ, JOE	00:12:56	06:28			8			2mf	3	M	40 - 49
353	PRIGG, RONNIE	00:13:12	06:36			9			2mf	4	M	30 - 39
245	GUFFEE, EDDIE	00:13:16	06:38			10			2mf	2	M	0 - 29
226	DOLL, MICHAEL	00:13:43	06:51			11			2mf	3	M	0 - 29
227	MOREMAN, BILL	00:13:53	06:56			12			2mf	4	M	40 - 49
243	GRICE, SANDRA	00:13:53	06:57			13			2mf	1	F	30 - 39
169	ALEMAN, JOSIE	00:14:30	07:15			14			2mf	2	F	30 - 39
170	ALEMAN, TONY	00:14:34	07:17			15			2mf	5	M	40 - 49
252	HUR, PHIL	00:14:35	07:17			16			2mf	5	M	30 - 39
246	WILSON, KATHY	00:14:38	07:19			17			2mf	1	F	0 - 29
221	DAVIS, MICKEY	00:15:58	07:59			18			2mf	6	M	30 - 39
228	REINHART, PAUL	00:16:51	08:25			19			2mf	6	M	40 - 49
178	STALCUP, ADAM	00:18:26	09:13			20			2mf	1	F	0 - 29
219	MARCHBANKS, JANICE	00:18:35	09:17			21			2mf	4	M	0 - 29
160	DAVIS, ANN	00:19:39	09:49			22			2mf	5	F	30 - 39
216	SKELTON, DAVID	00:22:52	11:26			23			2mf	7	M	40 - 49
158	MARTIN, MARSHA	00:23:52	11:56			24			2mf	2	F	0 - 29
166	HEREDIA, VICTOR	01:14:19	05:43			1			13mf	1	M	0 - 29
162	DAVIS, ROSS	01:22:27	06:21			2			13mf	2	M	0 - 29
220	OLIVIA, ANGEL	01:26:20	06:38			3			13mf	1	M	WHEELCHAIR
174	GUJARDO, ROBERT	01:28:10	06:47			4			13mf	2	M	40 - 49
172	ROMERO, ADAM	01:30:03	06:56			5			13mf	2	M	40 - 49
281	HOULE, SUE	01:36:05	07:23			6			13mf	1	F	0 - 29
291	ADAMS, BARNEY	01:36:33	07:26			7			13mf	1	M	30 - 39
168	RENO, LARRY	01:39:01	07:37			8			13mf	2	M	30 - 39
283	GARLAND, MARK	01:39:40	07:40			9			13mf	3	M	30 - 39
250	GROTZ, AL	01:40:20	07:43			10			13mf	3	M	40 - 49
218	MARCHBANKS, JERRY	01:42:18	07:52			11			13mf	1	M	50 - 59
248	HERNANDEZ, NASARIO	01:42:52	07:55			12			13mf	3	M	0 - 29
247	BYRD, TOM	01:43:41	07:59			13			13mf	4	M	40 - 49
288	MARKS, ROGER	01:45:31	08:07			14			13mf	4	M	30 - 39
167	KELLY, MIKE	01:46:13	08:10			15			13mf	5	M	40 - 49
244	WILHELM, JIM	01:46:13	08:10			16			13mf	6	M	40 - 49
176	VITALEC, BILL	01:46:40	08:12			17			13mf	7	M	40 - 49
253	KELLY, RICH	01:46:53	08:13			18			13mf	7	M	40 - 49
285	MASOOD, JON	01:46:53	08:13			19			13mf	5	M	30 - 39
173	NUGENT, RONNIE	01:48:48	08:22			20			13mf	8	M	40 - 49
221	WIGLEY, SHIRLEY	01:48:48	08:22			20			13mf	9	M	40 - 49
286	LIVERMORE, JAMES	01:49:48	08:27			21			13mf	1	F	30 - 39
225	GREER, MIKE	01:49:58	08:28			22			13mf	10	M	40 - 49
280	O NEALL, BRYAN	01:50:11	08:29			23			13mf	2	M	50 - 59
232	RAY, BRADY	01:53:30	08:44			24			13mf	6	M	30 - 39
282	SPITZ, OTTO	01:54:53	08:50			25			13mf	6	M	30 - 39
213	STALCUP, JOHN	01:55:34	08:53			26			13mf	7	M	30 - 39
284	STEIN, APRIL	01:57:07	09:01			27			13mf	8	M	30 - 39
159	BONE, JAMES	01:57:40	09:03			28			13mf	3	M	50 - 59
289	HAYNES, HUGH	02:01:35	09:21			29			13mf	2	F	30 - 39
175	VITALEC, BARBARA	02:04:44	09:36			30			13mf	4	M	50 - 59
217	CAMP, EARNEST	02:06:03	09:42			31			13mf	1	F	40 - 999
287	HUNT, DON	02:06:04	09:42			32			13mf	11	M	40 - 49
279	JORDAN, WALTER	02:07:47	09:50			33			13mf	6	M	50 - 59
161	MC CLAIN, ROGER	02:09:12	09:56			34			13mf	12	M	40 - 49
214	EVANS, CONNIE	02:15:27	10:25			35			13mf	9	M	30 - 39
215	JONES, TOM	02:17:11	10:33			36			13mf	2	F	40 - 999
		02:17:12	10:33			37			13mf	7	M	50 - 59

\* Course Age Group Record (50 +)

## W.T.R.C. CHALLENGE SERIES STANDINGS THROUGH ELEVEN EVENTS

### CHAMPIONS SERIES

WOMEN'S OPEN		POINTS	MEN'S OPEN		POINTS
1	Sue Houle	* 90	1	Mike Williams	86
2	Josie Aleman	* 74	2	Mark Manley	71
3	Shirley Wigley	* 66	3	Terry Baugh	32
4	April Stein	46	4	David Miller	21
5	Tracy Baugh	44			
6	Ann Davis	* 38	MEN'S 50 PLUS		
7	Helen Esquivel	37	1	Frank Hernandez	58
8	Jan Ramirez	31	2	David Lard	36
9	Theresa Marez	30	3	John Stalcup	33
10	Barbara Vitalec	27	4	Charles Hensarling	32
11	Tammy Aleman	19	5	Francis Johns	28
12	Rosalie Anderson	6	6	Hugh Haynes	15

MEN 30 - 39		POINTS	MEN 40 - 49		POINTS
1	David Rodriguez	85	1	Jim Haynes	85
2	Larry Reno	* 77	2	Joe Post	* 85
3	David Doyle	55	3	Robert Guajardo	83
4	Gonzalo Ramirez	51	4	Gary Perry	* 53
5	Otto Spitz	* 45	5	Bill Roger	47
6	Barney Adams	42	6	Ron Key	37
7	Al Grotz	42	7	Kelly Baggett	29
8	Wes Boullion	28	8	Ronnie Nugent	* 29
9	Bill Harn	26	9	James Livermore	26
10	Brady Ray	* 26	10	Jon Masood	* 23
11	Tony Aleman	21	11	Larry Byrd	20
12	Luis Cardenas	14	12	Mike Kelley	16
13	James Ivey	14	13	Don Lewis	8
14	Jim Wilhelm	13	14	Loyd Senn	6
15	Ron Seal	6			
16	Don Kephart	5			

WOMEN'S MILEAGE LEADERS		MILES	WOMEN'S MILEAGE LEADERS		MILES
1	Joe Post	89.7	1	Shirley Wigley	78.6
2	Ronnie Nugent	88.9	2	Sue Houle	75.9
3	Brady Ray	84.8	3	Ann Davis	67.5
4	Jon Masood	80.6	4	April Stein	58.5
5	Larry Reno	77.9	5	Tracy Baugh	57.5
6	Mark Manley	77.5	6	Barbara Vitalec	40.5
7	Robert Guajardo	73.7	7	Theresa Marez	35.4
8	Gary Perry	73.7	8	Josie Aleman	33.0
9	Al Grotz	72.6	9	Jan Ramirez	31.6
10	James Livermore	70.4			
11	Ron Key	67.3	WOMEN'S PARTICIPATION LEADERS		
12	Jim Wilhelm	65.7	* Indicates four who are tied at 10 events each		
13	Bill Roger	64.8	MEN'S PARTICIPATION LEADERS		
14	Terry Baugh	63.7	* Indicates seven who are tied at 11 events each		

CHALLENGE SERIES AWARDS WILL BE PRESENTED AT A CLUB SOCIAL TO BE HELD FRIDAY JANUARY 5, 1990 AT A TIME AND PLACE YET TO BE DETERMINED WATCH FOR DETAILS IN NEXT NEWSLETTER



# Allsup's 15th Annual Fall Roadraces October 28, 1989, Clovis, NM

A large contingent of W.T.R.C. and other area runners participated in the 15th annual ALLSUP'S FALL ROAD RACES at Clovis on Oct. 28, 1989. A total of 251 finished one of four races and thus earned one of the good-looking T-Shirts. Allsup's has long been known for their generosity with uniquely designed awards and post-race refreshments. This year's awards were engraved platters or medals of the beautiful heavy metal alloy known as NAMBE'. Several club members brought home awards as shown in the results below. Two club members set age group standards; Carolie Mullan for Women 50-59 in the 10K and George Jury for Men 50-59 in the 5K. Jury now holds current age group (50-59) records for the Half-Marathon (1:22:50) and the 5K (18:10) at this annual affair.

OVERALL NAME	AGE	SEX	TIME	AWARD
<b>RESULTS</b>				
<b>5K RACE (75 finishers)</b>				
3	George Jury	53	M 18:10	3rd Over-
15	Joe Gomez	46	M 20:02	all
26	Alfonso Brito	24	M 22:11	
<b>10K Race (67 finishers)</b>				
28	Don Kephart	37	M 47:13	
29	Ralph Williams	53	M 47:22	1st M50-59
37	Chuck Johnson	32	M 48:32	
56	Don Lewis	40	M 51:39	
60	Connie Evans	40	F 55:30	2nd F40-49
65	Carolie Mullan	57	F 1:06:00	1st F50-59
<b>Half-Marathon Race (51 finishers)</b>				
8	Robert Guajardo	46	M 1:26:18	2nd M40-49
11	Joe Post	40	M 1:27:27	3rd M40-49
13	Ron Key	46	M 1:34:33	
18	Robbie Timberlake	41	M 1:39:56	
28	Tom Jones	50	M 1:44:54	1st M50-59
29	Ken McEachern	48	M 1:45:41	
34	Mike Barrett	22	M 1:51:02	
35	Mike McAda	22	M 1:51:02	
37	Roni Schlagerl	22	F 1:52:30	2nd F20-29
41	Hugh Haynes	58	M 1:58:44	3rd M50-59
42	Shirley Wigley	35	F 1:58:55	2nd F30-39
43	James Bone	50	M 2:01:13	

## RRCA NEWS

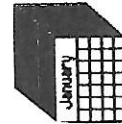
The WTRC will again continue its affiliation with the ROAD RACERS CLUB OF AMERICA for 1990. The RRCA is a nationwide non-profit organization dedicated to the promotion of long distance running. As of May 1, 1989, 441 running clubs with a total membership of 10,587 runners were a part of the RRCA. We have a national, regional, and state representative. The WTRC representative is Tracy Baugh.

The RRCA has a lot to offer to its membership. The organization disseminates information about running, through educational programs and research. It publishes FOOTNOTES, a quarterly newsletter packed with an abundance of useful running information, that is mailed to each member. It sponsors events like the Houston Tenneco Marathon, the 1990 RRCA National Marathon Championship. Awards will be given in team and individual categories for RRCA members. The team in each region having the highest % of participants in the event will receive \$250 to be applied to the 1990 RRCA convention to be held in Miami, March 8-11.

The RRCA also promotes local events. It provides race numbers and awards for races like the Electric City Challenge and the Women's Distance Festival. The group encourages recognition of outstanding club member by sponsoring the President's Special Volunteer award and the Julia Emmons Journalism Award. The RRCA negotiated with NIKE, Inc. to develop the Children's Running Program. The WTRC was awarded a \$500 grant in 1989 for children's races. The Personal Fitness Program is among the other RRCA activities.

The WTRC pays .75 for each member to be a part of the RRCA and feels that the money is well spent. We look forward to participating in as many RRCA events as possible in 1990. The next RRCA activity will be the Personal Fitness Program. Sign up now!!!

ENTRY FORM IS ON THE OUTSIDE BACK PAGE OPPOSITE THE MEMBERSHIP APPLICATION



## START YOUR NEW YEARS RESOLUTION

### NOW!!!

## JOIN THE PERSONAL FITNESS PROGRAM

## THE WTRC CLUB GOAL IS 100 PARTICIPANTS

## THERE WILL BE A PARTY FOR ALL

## PARTICIPANTS

## CALL ANN DAVIS AT 744-1707 WHEN YOU

## REGISTER

## GOOD LUCK!!!



\*\*\*\*\*The West Texas Running Club's 1990 Challenge Series\*\*\*\*\*

The WTRC is pleased to announce the 1990 Challenge Series, a 12 month series of events culminating in year-end awards for performance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in this issue, and each month's designated race will be detailed in the Newsletter prior to that race. All members desiring to participate in the 1990 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement.

The 1990 Challenge Series features these categories:

1. 66 Mile Club - All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as Race Director will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles in that event.
2. Mileage Award - An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. Participation Award - An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. Champions' Series - Points will be earned at each qualifying event in the following manner:
  - A. Divisions will include: Male Open, 30 - 39, 40 - 49, 50 Plus, and Female Open.
  - B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e. if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.
  - C. Awards will be presented to an as yet undetermined number of the top point scorers in each division. The number of awards to be given in each division will be announced at a future date after a consideration of the number of Challenge Series participants.
  - D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

WEST TEXAS RUNNING CLUB, INC.

CASH FLOW STATEMENT

SEPTEMBER 1, 1988 TO AUGUST 31, 1989

REVENUE:

Membership Fees	1,953.56
Race Entry Fees	2,587.00
Equipment Rental Income	210.00
Singlet Sales	108.50
Interest Income	246.58
	<hr/>
	5,105.64

EXPENSES:

Awards	3,144.48
Singlets	922.50
Newsletter Printing	1,718.43
Newsletter Postage	808.35
Membership Supplies	59.43
Misc. Race Expense	127.75
Flowers	91.94
Pot Luck Suppers	342.00
Equipment	1,951.75
Franchise Tax	183.90
RRCA Dues	138.00
Donations	1,500.00
RRCA Convention	751.66
	<hr/>
	11,740.19
	<hr/>
	(6,634.55)

RUN FOR THE ARTS:

Revenue	12,729.75
Expenses	10,070.62
Net	<hr/>
	2,659.13

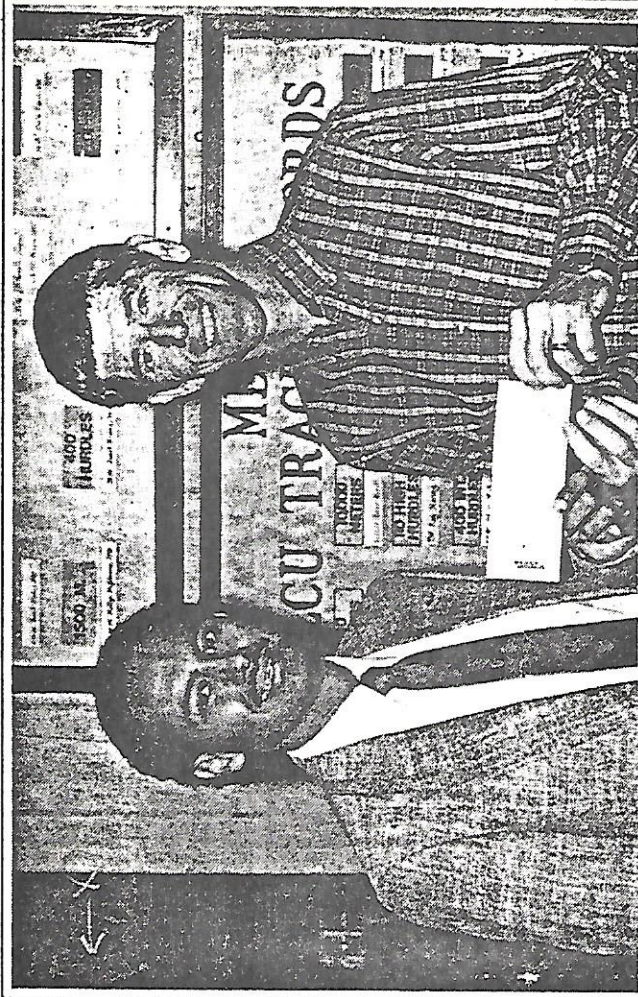
RRCA CHILDREN'S  
RUNNING DEVELOPMENT:

Revenue	500.00
Expenses	283.53
Net	<hr/>
	216.47
	<hr/>
	(3,758.95)

NET



October 18, 1989



**Running club donates**--Gonzalo Ramirez, Jr., a member of the West Texas Running Club, presents Coach Darrell Ramirez with a check for \$200 for the LCU cross country team. The running club also presented checks to the cross country programs at Texas Tech University, Wayland Baptist University and South Plains College. Ramirez is an associate professor of education who is on one year leave of absence from Lubbock Christian.

FROM THE PLAINVIEW DAILY HERALD

## Running Club makes donation to WBU

The West Texas Running Club, a non-profit organization in its 19th year of existence, has donated \$250 to the Wayland Baptist University cross-country program. The club made similar donations to Texas Tech, Lubbock Christian University, and South Plains College on funds raised during runs from 1989. The organization hosts one road race per month with the next event, the 17th annual Buffalo Hallow Half-Maraton and two-mile run, set for Nov. 11 at Buffalo Springs Lake. Call Gonzalo Ramirez at 795-7338 for more information.

## TRIATHLETE NEWS

Mike Greer reports having completed the "KAUAI LOVES YOU!" Triathlon on Oct. 8, 1989 at Hanalei Bay, Kauai, Hawaii. It was a qualified long course consisting of a 1.1 mile ocean swim, a 42 mile hilly bike ride and a 7.2 mile hilly run. He finished in 4:25 and 7th in his age group (50-?) He reported that is was a very beautiful (what else!) but challenging course. Not recommended for a first time out course

## RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1989 W.T.R.C CHALLENGE SERIES



**WHEN:** SATURDAY, DECEMBER 9, 1989  
REGISTRATION 8:00-8:45 A.M.  
RACE START AT 9:00 A.M.

**WHERE:** MAE SIMMONS PARK, EAST 23rd ST. AND QUIRT AVE.; Register in parking lot just west of Quirt Ave. by the football field

**COURSE:** RUGGED, HILLY, FOUR MILE CROSS COUNTRY

**ENTRY FEE:** W.T.R.C. MEMBERS= \$ 3.00  
OTHERS = \$ 4.00

### AWARDS:

DIVISION	TROPHIES	MEDALS
Women 0 to 24	3	2
Women 25 & over	3	2
Men 0 to 19	3	2
Men 20 to 29	3	2
Men 30 to 39	3	2
Men 40 to 49	3	2
Men 50 & over	3	2

**RACE DIRECTOR:** Mike Kelly Office 766-0237  
Home 793-2728

**HEY TOUGH GUY!**

So you think you're tough, huh? You say you've run how many marathons? Run in snow, driving rain, hail, 100 degree heat? Run through spouse's criticism and taunts yelled from passing cars? Well friend, you haven't suffered enough yet! Not until you have run the toughest cross country course in West Texas. Run where the regional high school cross country meets are held. Hills and more hills! Run along the Prarie Dog Fork of the Brazos River. Run where the last major buffalo hunter/Comanche Indian skirmish was held in 1877. You've raced ten miles in July heat, over an icy January course, and run against the gales of Reese. Start training: charge those hills! You haven't done it all 'til you've run the Red Line Cross Country 4 mile. **MK**