

Marking the Calendar

Dates To Circle In Red

*=CHALLENGE SERIES EVENT

- *FEB. 11 COTTONPATCH 8 & 4 MI., BROWNFIELD 9:00 a.m.
RACE DIRECTOR - TOM WEST 795-4780
- FEB. 12 ALL-TERRAIN BIKE RACE: TTU STUDENT REC. CENTER 1 p.m.
CALL BETTY BLANTON FOR MORE INFORMATION @ 742-3351
- FEB. 14 VALENTINE'S DAY RUN:: TTU STUDENT REC CENTER 5:15 p.m.
COUPLES CLOSEST TO PREDICTED TIMES AND THE FASTEST COUPLE
WILL RECEIVE DINNER AT ORLANDO'S. POST RACE DRAWINGS FOR
OTHER PRIZES INDIVIDUAL ENTRANTS MAY PARTICIPATE. ALSO
\$6.00 T-SHIRT FEE--CALL 742-3351 FOR INFO
- FEB. 18 RUN FOR THE GOLD RACE - W.T.R.C. MEMBERS \$3.00 OTHERS \$4.00
EACH RUNNER WILL RECEIVE A GOLD, SILVER, BRONZE, YELLOW, OR
ORANGE PIN DEPENDING ON YOUR 5K TIME AND AGE GROUP. (SEE
CHART IN THIS NEWSLETTER) EACH RUNNER WILL BE REQUIRED TO
RECORD THEIR OWN TIME. THIS WILL ALLOW EVERYONE AN OPPOR-
TUNITY TO RUN THIS RACE AND REDUCE THE NUMBER OF VOLUNTEERS.
NON-RUNNING VOLUNTEERS NEEDED! NO EXPERIENCE NECESSARY!
CALL GONZALO RAMIREZ AT 795-7338. MACKENZIE STATE PARK
- FEB. 25 COWTOWN MARATHON-10K - FORT WORTH: MARATHON 9:00 and 10K
9:20 AND 9:30 \$18.00 FOR MARATHON PRIOR TO FEB. 20 THEN
\$25.00. 10K \$12.00 AND \$15.00 LATE. FMI WRITE FORT WORTH
COWTOWN MARATHON, P.O. BOX 567, FORT WORTH, TX 76101 OR CALL
817/735-2033.
- FEB. 25 FUN RUN AND POT LUCK SUPPER - FROM 4:00 p.m. - ?? K.N. CLAPP
PARK 46th & AVE. U JOSIE ALEMAN 793-6441 (H) 743-2426 (W)
- *MAR. 11 PRARIE DOG TOWN 4 MI.; MAKENZIE PARK
RACE DIRECTOR - JIM WILHELM 794-8421
- MAR. 12 CAPITOL 10000 - AUSTIN - DEADLINE FEB. 15 - 30000 LIMIT.
FMI 512/445-3598. RUNNERS SEEDED IF PROOF OF A 35:00 OR
BETTER 10K WITHIN THE LAST 6 MONTHS.
- APR. 1 APRIL 1st FOOLS FROLIC. IN CONJUNCTION WITH TTU INVITATIONAL
TRACK MEET :: 8 a.m. START AT R.P. RULLER TRACK :: 10K. 2 MI.
& 1 MI. CHILDRENS RUN. POST RACE DRAWING FOR PRIZES.
RACE DIRECTOR - TRACY BAUGH 794-8498
- APR. 8 FLIGHT LINE 1/2 MARATHON 10K 2 MI. REESE AFB.
CALL 885-3207 FOR DETAILS.
- APR. 15 RUN FOR THE ARTS LUBBOCK: MORE INFO TO COME.
- MAY 27 FUNFEST 1/2 MARATHON & 10K AMARILLO (CONTACTS: CAYTIE MARTIN
359-4311 AND KARLA COON 374-2022)
- OCT. 14 TTU RED RAIDER ROADRACE HOMECOMING

February 1989



An "88" on your name label indicates this will be your last NEWSLETTER

February W.T.R.C. Race
Brownfield Cotton Patch
Feb. 11, 10:00 A.M.
Details inside

WEST TEXAS
Running Club
Newsletter
P.O. Box 2921
Lubbock, Tx. 79408

FEBRUARY 1989

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*

BROWNFIELD

GOLTON PATCH RUN
 8 and 4 mile run

10:00am start February 11th

Race Director: Tom West

Men
 Open to 29
 30-39
 40-49
 50 +

Women
 Open to 29
 30-39
 40-49
 50 +

Trophies will be given to first place winners, medallions will be given to second and third place winners.

Take U.S. 62 West out of Lubbock to Brownfield. In Brownfield at the Chevrolet dealership, Neal Echols, take a left on Bryan Lane, and head east. Heading east you will run into Ballard Rd., take a right and the registration is next to Cub Stadium.

If you would like to volunteer to help please contact Tom West at 795-4780. You will get credit toward the 1989 Challenge series.

Thanks

Tom West
 795-4780

NOTE!!! Later start than usual *****



West Texas Running Club
 January Club Race

Dr. Martin Luther King, Jr. Memorial 10 K & 2 Mile
 Designated Event No. 1 of W.T.R.C. 1989 Challenge Series

10 K

Women 25-29	Time	Women 30-39	Time	Women 40-49	Time
1. Sue Houle	45:59	1. Jan Ramirez	61:38	1. Connie Evans	63:34
2. Tracy Baugh	60:13				

Men 20-29

1. Leogard Martin	35:13	1. Scott Brickard	35:27
2. Mark Manley	40:40	2. Tim Bowman	41:47
3. Jeff Jury	43:48	3. Larry Reno	44:06
4. Terry Baugh	55:04	4. James Ivey	44:33
		5. Andy Luma	47:43
		6. Brady Ray	50:04
		7. Otto Spitz	51:51
		8. Tony Aleman	54:13
		Men 50 Plus	Time
1. Joe Post	42:34	1. George Jury	42:11
2. Kelly Baggett	46:37	2. Jim Dixon	59:36
3. Robert Guajardo	48:25		
4. Gary Perry	49:16		
5. Tom Jones	54:07		
6. Don Lewis	55:06		
7. Ray Brady	55:13		

2 Mile

Women 24 & Under	Time	Women 25-29	Time	Women 30-39	Time
1. Kathryn Russell	17:21	1. Jennifer Kowalski	17:01	1. Josie Aleman	16:39
				2. Ann Davis	19:22
				Men 30-39	Time
				1. Mike Williams	11:57
				2. David Miller	15:44
				3. David Pierson	18:03
				Men 50 Plus	Time
				1. Frank Hernandez	16:49
				Men 20-29	Time
				1. Ronnie Mata	12:44
				Men 40-49	Time
				1. Jim Haynes	13:53
				2. Joe Gomez	15:00
				3. Charlie Stallings	19:54

Race Director: Gonzalo Ramirez - 12.4 miles credit in Challenge Series.
 Volunteers: Luis Cardenas, David Doyle, Jon Masood, Ronnie Nugent, April Stein, Barbara Vitalec - All 6.2 miles credit in Challenge Series.



W.T.R.C. Challenge Series Leaders
Through One Event

Womens Open		Points	Mens Open		Points
1. Josie Aleman *	10	1. Mike Williams	#	10	
2. Sue Houle	10	2. Mark Manley	*	9	
3. Tracy Baugh	9	3. Jeff Jury	*	8	
4. Ann Davis	7	4. David Miller	**	8	
5. Jan Ramirez	7	5. Terry Baugh		7	
Mens 30-39		Points	Mens 40-49		Points
1. Scott Prickard **	10	1. Jim Haynes **	#	10	
2. Alonzo Mendoza *	10	2. Joe Post		10	
3. Tim Bowman	9	3. Kelly Barrett *		9	
4. Larry Reno	8	4. Joe Gomez	*	9	
5. Charley Carroll *	7	5. Robert Guajardo **	#	8	
6. James Ivey	7	6. Charlie Stallings **	#	8	
7. Andy Luna	6	7. Gary Perry		7	
8. Brady Ray	5	8. Tom Jones *		7	
9. Otto Spitz	4	9. Don Lewis		5	
10. Tony Aleman	3				
Mens 50 Plus		Points			
1. Frank Hernandez *	10				
2. George Jury *	10				

* Indicates member has not notified W.T.R.C. of entry into Challenge Series by volunteering to serve as non-running Pace Director or Volunteer at a Challenge Series Event. All those not having volunteered by March 1 will be deleted from Challenge Series standings until they have done so. Contact Joe Post, 747-8350, or Gonzalo Ramirez, 795-7338, to enter the Challenge Series by volunteering.

Indicates member has not renewed membership for 1989.

***** IMPORTANT NOTICE TO ALL MEMBERS INTENDING TO COMPETE *****
***** IN THE 1989 CHALLENGE SERIES *****

All members wishing to participate in the 1989 Challenge Series (see information page in this issue) must volunteer to serve as a non-running Pace Director or Volunteer for at least one of the above races. Volunteer duties include registration, finish line and results, water stations and split time callers.

In order to enter the 1989 Challenge Series, you must notify the W.T.R.C. 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. You may send your entry to: W.T.R.C. Challenge Series, P.O. Box 2921 Lubbock, Tx. 79408, or call: Gonzalo Ramirez, 795-7338; David Jackson, 793-6700; or Joe Post, 747-8359.

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 1989. 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.

5
GET INVOLVED !! IMPORTANT MEETING of
W.T.R.C. to vote on proposed changes of the
bylaws. Don't pass up this opportunity to
get involved and share ideas! This meeting is
scheduled for : Tuesday, Feb. 14, 1989 , 6:30 P.M.
at 3208-67 th St., Lubbock

BY-LAWS UPDATE

The following amendments to the By-Laws have been proposed by the WTRC By-Laws Committee. These amendments will be voted on at the next WTRC meeting. Please take the time to read them. If you have concerns or thoughts concerning the proposed amendments, come to the February meeting and make your thoughts known. Anyone wanting a copy of the WTRC Constitution and/or By-Laws should contact:

Jan Ramirez
WTRC Secretary
3700 - 80th Street
Lubbock, TX 79423
795 - 7338 (home)
755 - 1722 (work)

Proposal # 1

Article I, Section 1.

The administration of the affairs of this Association shall be vested in the Board of Directors, consisting of the elected officers and the ex-President whose term of office last expired and at most, two members at large...

Amendment to read as follows:

The administration of the affairs of this Association shall be vested in the Board of Directors, consisting of the elected officers and the ex-President whose term of office last expired.

(The underlined words were deleted.)

Article I, Section 2.

...The Secretary shall give notice of all meetings, and also perform or be responsible for such other functions or duties and have such power and authority as may be delegated to him by the By-Laws, the Association and the Board of Directors.

Amendment to read as follows:

...The Secretary shall give notice of all meetings, and also perform or be responsible for such other functions or duties and have such power and authority as may be delegated by the By-Laws, the Association and the Board of Directors.
(The underlined words were deleted.)

Article II, Section 2.

...It will be the duty of the Committee to present their selections of two nominees for each office at the regular meeting held at least two weeks preceding the election...

Amendment to read as follows:

...It will be the duty of the Committee to present their selections of nominees for each office at the regular meeting held at least two weeks preceding the election...

(The underlined word was deleted.)



By-Laws (cont.)Article II. Section 3.

...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. ...

Amendment to read as follows:

...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 6:00 p.m. ...
(The time was changed.)

Article III. Section 3.

...The Board of Directors may elect, at its discretion, to acquire appropriate liability (or other insurance) to properly cover said officers and/or said Board of Directors.

Amendment to read as follows:

...The Board of Directors may elect, at its discretion, to acquire appropriate liability or other insurance to properly cover said officers and/or said Board of Directors.
(The () were deleted.)

Article V. Section 1. Constitution and By-Laws Committee:

It shall be the duty of the Constitution and By-Laws Committee to hear recommendations, complaints, grievances and requests from any of the various divisions of the Association including, but not limited to, members, committees and the Board of Directors as such matters may relate to the Constitution and By-Laws. This committee shall consider these matters in the light of the Constitution and By-Laws as they relate to said matters. This committee will convey its interpretation to the Board of Directors in writing. However, this committee shall not make recommendations to the Board of Directors concerning such matters, but only offer interpretations of the Constitution and By-Laws. The Constitution and By-Laws from time to time and make such proposals for amendments or revisions to these documents as it shall deem appropriate. The Chairman of the Constitution and By-Laws Committee shall be known as the Parliamentarian of the Association. He shall be appointed by the President for a term of one year and may serve as many consecutive one year terms as the various presidents may request.

Amendment: Delete the entire section.

Article V. Section 2. Race Standard Committee:

It shall be the duty of the Race Standard Committee to set standards for the club races as well as races sanctioned by the Association. The Committee shall hear recommendations, complaints, grievances and request from any of the various divisions of the Association including, but not limited to, members, Committees and the Board of Directors on such matters that relate to race safety, quality, and health. This committee shall consider these matters in the light of the Constitution and By-Laws of the Association. It shall convey its interpretation to the Board of Directors concerning said matters for the Board's final ruling. This committee will convey its interpretation to the Board of Directors in writing. This committee may make recommendations to the Board of Directors on any matters that pertain to race standards or recommendation of supporting or not supporting a race or races.

Amendment: Delete the entire section.

By-Laws (cont.)Article V. Section 3, 4, 5, and 6.

Section 3. Each Committee shall consist of not less than three members in good standing.

Section 4. The President may, from time to time, appoint special committee chairmen on a temporary basis provided that such committee shall not assume any or exert any authority which is hereby delegated to the Board of Directors or in conflict with the duties of any of the Directors.

Section 5. In addition to the other duties within its power, it shall be the duty and within the power of authority of the Board of Directors to encourage or admonish all officers in their respective work, activity, decisions, or judgment, and to concur in or amend the action or decision of any committee or members of the Association.

Section 6. Committee chairman shall assign duties to committee members in a matter to assure the proper function of their committees, without interruption, during all meetings and activities of the Association.

Amendment to read as follows:

Section 1. The President may, from time to time, appoint special committee chairmen on a temporary basis provided that such committee shall not assume any or exert any authority which is hereby delegated to the Board of Directors or in conflict with the duties of any of the Directors. Each Committee shall consist of not less than three members in good standing.

Section 2. In addition to the other duties within its power, it shall be the duty and within the power and authority of the Board of Directors to encourage or admonish all officers in their respective work, activity, decisions, or judgment, and to concur in or amend the action or decision of any committee or members of the Association.

Section 3. Committee chairman shall assign duties to committee members in a matter to assure the proper function of their committees, without interruption, during all meetings and activities of the Association.

(Section numbers were changed, one sentence was relocated, and one word was changed.)

Article VI. Section 1.

At any meeting, twenty members in good standing present or ten (10) percent of the good standing membership whichever is smaller shall constitute a quorum for the transaction of business and a majority vote of those present shall be decisive.

Amendment to read as follows:

At any meeting, ten members in good standing present or five (5) percent of the good standing membership whichever is smaller shall constitute a quorum for the transaction of business and a simple majority vote of those present shall be decisive.

(Two words were changed; one word was inserted.)

By-Laws (cont.)

Article VI., Section 2.

At any board meeting at least two-thirds of the members must be present to constitute a quorum for the transaction of business and a majority vote of those present shall be decisive.

Amendment to read as follows:

At any board meeting at least fifty (50) percent of the Board must be present to constitute a quorum for the transaction of business and a simple majority vote of those present shall be decisive.
(Two changes and one insertion.)

Article VIII., Section 3.

...Three consecutive unexcused absences by any board member shall terminate his/hers term of office...

Amendment to read as follows:

...Three consecutive unexcused absences by any board member shall terminate their term of office...

Article VIII., Section 4.

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

Amendment to read as follows:

...Three consecutive unexcused absences by any board member shall terminate their term of office...

Article IX., Section 1.

These By-Laws may be amended at any regular meeting of the Association by a majority of the members actually present at said meeting and voting thereon, provided that such proposed changes shall be mailed to each member at least one week before such change is to be voted upon.

Amendment to read as follows:

These By-Laws may be amended at any regular meeting of the Association by a simple majority of the members actually present at said meeting and voting thereon, provided that such proposed changes shall be announced in the newsletter at least thirty (30) days before such change is to be voted upon. Approved amendments will be mentioned in the following newsletter. Any club member wanting a copy of the By-Laws should contact the Secretary.

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 5K-GO FOR THE GOLD! Beautiful RRCA Challenge Series medals 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 goal is to reach the highest level, and average the participation level. Good luck.

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-10	23:45	29:50	27:30	35:30	31:00	39:30	42:00			
10-11	22:00	27:30	25:30	31:00	29:00	35:30	37:00			
12-13	20:45	24:30	23:30	27:00	26:00	30:30	33:00			
14-15	19:50	23:00	21:30	25:00	24:00	27:00	29:00			
16-17	18:45	21:30	19:00	23:30	21:30	24:30	26:00			
18-19	17:45	20:00	18:45	21:30	20:30	23:00	25:00			
20-24	16:50	18:40	17:50	19:45	19:45	22:15	24:45			
25-29	15:55	17:40	16:55	18:55	20:40	21:55	23:30			
30-34	14:45	16:45	15:55	17:05	19:05	20:20	21:55			
35-39	13:45	15:45	14:45	16:05	18:05	19:25	20:55			
40-44	12:45	14:45	13:45	15:05	17:05	18:25	19:55			
45-49	11:45	13:45	12:45	14:05	16:05	17:25	18:55			
50-54	10:45	12:45	11:45	13:05	15:05	16:25	17:55			
55-59	9:45	11:45	10:45	12:05	14:05	15:25	16:55			
60-64	8:45	10:45	9:45	11:05	13:05	14:25	15:55			
65-69	7:45	9:45	8:45	10:05	12:05	13:25	14:55			
70+	6:45	8:45	7:45	9:05	11:05	12:25	13:55			

Min. per mile	5 Kilometer (3.105 miles) Pace Chart		Min. per mile	Finish Time
	Min. per mile	Finish Time		
4:50	15:04	21:45	9:00	27:57
5:00	15:32	22:16	9:10	28:28
5:10	16:03	22:47	9:20	28:59
5:20	16:34	23:18	9:30	29:30
5:30	17:05	23:49	9:40	30:01
5:40	17:36	24:20	9:50	30:32
5:50	18:07	24:51	10:00	31:04
6:00	18:39	25:22	10:10	31:36
6:10	19:10	25:53	10:20	32:08
6:20	19:41	26:24	10:30	32:40
6:30	20:12	26:55	10:40	33:12
6:40	20:43	27:26	10:50	33:44
6:50	21:14		11:00	34:16

Min. per mile	5 Kilometer (3.105 miles) Pace Chart		Min. per mile	Finish Time
	Min. per mile	Finish Time		
4:50	15:04	21:45	9:00	27:57
5:00	15:32	22:16	9:10	28:28
5:10	16:03	22:47	9:20	28:59
5:20	16:34	23:18	9:30	29:30
5:30	17:05	23:49	9:40	30:01
5:40	17:36	24:20	9:50	30:32
5:50	18:07	24:51	10:00	31:04
6:00	18:39	25:22	10:10	31:36
6:10	19:10	25:53	10:20	32:08
6:20	19:41	26:24	10:30	32:40
6:30	20:12	26:55	10:40	33:12
6:40	20:43	27:26	10:50	33:44
6:50	21:14		11:00	34:16

The Electric City Printing/RRCA Challenge Series is brought to you as a public service of the Road Runners Club of America and Electric City Printing, P.O. Box 630, Anderson, S.C. 29622. 800-845-1030 for all your road race numbers and management info.

SPECIAL W.T.R.C. EVENT, 9:00 A.M. Feb. 18
5 K run against the clock, Medals for each runner according to chart above
McKenzie Park, Broadway entrance*** Door Prize** Turkey awarded to runner most near their predicted time

NEWS & NOTES

IS THIS YOUR LAST NEWSLETTER? ? ? ? ?

Notice the 2-digit number on your address label. This number indicates the year you paid your dues. "89" means you are up to date on dues payment and will receive all 12 newsletters this year plus a discount at W.T.R.C. Races! "88" indicates we have not received your payment of dues. If your address label has "88", this is your last W.T.R.C. NEWSLETTER. * Send in your renewal before Jan. 31st, so you won't miss any issues.

Any questions about your dues status should be directed to:

W.T.R.C. SECRETARY
Jan Ramirez 795-7338 home(night)
3202 - 88th phone 766-1722 work (day)
Lubbock, Tx 79423

W.T.R.C. SINGLETS

Members who paid their dues prior to Dec. 31, 1988, may pick up the free singlet at any regular monthly or sanctioned W.T.R.C. race during the months of Jan. thru March. If you would like to make any other arrangements please call Gonzalo or Jan Ramirez at 795-7338

W.T.R.C. RUNNER of the MONTH

NAME: Bill Roep 49
AGE: 49
YEARS RUNNING: 10
TOTAL ACCUMULATED MILEAGE: 45
AVERAGE MILES/WEEK: 8:00
AVG TRAINING PACE: 8:00

Rennie Nugent
41

10

0-50
8:00

FAVORITE

TRAINING AREA: Levelland

Farm Roads

LOCAL RACE: RUN For the ARTS

RUN For The ARTS

WTRC RACE: Finecracker 10 mile

RED LINE C.O. 4 mile

OUT OF TOWN RACE: 10 K

LEVELLAND LOPE

RACE DISTANCE: 10 K

10 K

RUNNING SHOE: TIGER ASICS

"SIDEWALK SPECIALS"

BEST TIMES AT WHAT AGE?

SPRINTS:

2 MI.
5 KM
8 KM
10 KM
HALF MARA
MARATHON

11:40

39:57

OCCUPATION: BAKER SERVICE TOOLS. MGR.

MECHANIC. ST. MARY'S HOSP.
Restoring a "55" FORD

FAVORITE AUTHOR:

BOOK: "Car Books"

"Car Books"

SINGER/GROUP: "Music of the 50's & 60's"

"Music of the 50's & 60's"

SONG: "

"

MOVIE: MURPHY'S ROMANCE

MURPHY'S ROMANCE

T.V. SHOW: NFL SPORTS, etc.

MATLOCK

FOOD: ICE CREAM

POPCORN

CARTOON/COMIC: "ROAD RUNNER" "Beep Beep !!"

"ROAD RUNNER" "Beep Beep !!"

Saturday, February 25th
Fun Run and Pot Luck Supper

From 4:00 p.m. - ??

K.N. Clapp Park Party House
46th & Ave. U



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