

COMING ATTRactions

- * = CHALLENGE SERIES EVENT
 * JAN 14 DR. MARTIN LUTHER KING JR. MEMORIAL RUN--
 RAFB. 9:00 A.M.+++ 10K & 2 MI.
 RACE DIRECTOR- GONZALO RAMIREZ. 795-7338
- JAN 22 SUPERBOWL SUNDAY 1 & 3 MI. FUN RUN.
 TTU STUDENT REC CENTER; 2 P.M. \$6 T-SHIRT FEE
 CALL 742-3351
- * FEB 11 W.T.R.C. COTTONPATCH 8 & 4 MI. BROWNFIELD
 RACE DIRECTOR- TOM WEST
- FEB 12 ALL-TERRAIN BIKE RACE; TTU STUDENT REC. CENTER
 1 P.M. .CALL BETTY BLANTON FOR MORE
 INFORMATION @ 742-3351
- FEB 19 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" GOLD. SILVER OR BRONZE
 MEDALS GIVEN TO RUNNERS REACHING TIME STANDARD
 FOR THEIR AGE & SEX CATEGORY+++ RACE DIRECTOR
 GONZALO RAMIREZ. 795-7338
- FEB 25 COWTOWN MARATHON & 10 K. CALL (817)735-2033
 FOR ENTRY BLANK
- * MAR 11 PRARIE DOG TOWN 4 MI.; MCKENSIE PARK
 RACE DIRECTOR JIM WILHELM
- MAR 12 CAPITOL 10K. AUSTIN
- APRIL 1 APRIL 1st FOOLS FROLIC. IN CONJUNCTION WITH
 TTU INVITATIONAL TRACK MEET:: 8 A.M. START AT
 R.P. FULLER TRACK:: 10K. 2 MI. & 1 MI.
 CHILDRENS RUN. POST RACE DRAWING FOR PRIZES.
 RACE DIRECTOR TRACY BAUGH 794-8498
- APRIL 15 RUN FOR THE ARTS LUBBOCK: MORE INFO TO COME
- MAY 27 AMARILLO FUNFEST RACES
- OCT 14 TTU RED RAIDER ROADRACE HOMECOMING

WEST TEXAS RUNNING CLUB
 P.O. Box 2921
 Lubbock, Texas 79408

January 1989

January 1989



January W.T.R.C. Race is in
 conjunction with and at R.A.F.B.
 "MLK Memorial 10K & 2 Mi. Run"
 Jan. 14, 1989 ; 9:00 A.M.
 Details inside

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 Calendar
 David Jackson: Club Races
 George Jury: Newsletter
 Ronnie Nugent: Equip.
 Bill Vitalec: Non-Club Races



Reese ARB, Texas

Dr. Martin Luther King, Jr. Memorial Run
 January 14, 1989
 9 a.m.

Reese Picnic Grounds

Co-Hosted by Reese Black History
 Committee, West Texas Running Club
 and Reese Physical Fitness Center

Distance: 10 KM and 2 Mile

Fees: \$3.00 for military members
 and members of WTRC; \$4.00
 for others.
 T-shirts: Will be available to all
 runners for extra charge.
 Awards: Trophies and medals to
 winners.
 Finish times: Will be
 electronically tabulated.
 All proceeds will be donated to the Reese Black History Committee.
 Race day registration will be 8 - 9 a.m. at the Picnic Grounds.

For Further info. call Gonzalo Ramirez @792-3221 #326 (day)
 or 795-7338 (night)

"IT'S JUST AROUND THE CORNER!"

The "Run for the Arts" is April 15, 1989, and it's time to start getting the committees organized. The following is a list of various committees and the name of each committee director. If you are interested in volunteering please contact the following committee directors. See attached sheet for details of each committee.

Tom West-Race Director 795-4780
 Jon Masood-Asst. Director 797-1870

Advertising & Promotion
 Joe Post 747-8359

Registration
 Doris Stalcup 794-7433

Course Aid Stations & Split Times
 Tom West 795-4780

Childrens Run
 Jan & Gonzalo Ramirez 795-7338

Pre Race Social
 Josie Alman

Finish Line Results
 Tom West 795-4780

Corporate Run
 Sandy Howard

Awards
 Tom West 795-4780

TECATE TROT 8K & 2 MI. RACES

Nov. 19, 1988 Benefitting CHILDREN'S PROTECTIVE SERVICES &

BIG BROTHERS / BIG SISTERS

Place	Name	Age	Sex	Time
1	JERRY MCGINNIS	17	M	27:46
2	JEFFREY M. JURY	28	M	27:55
3	GEORGE W. JURY	52	M	28:43
4	JOHN W. BLATTER	27	M	28:50
5	WILLIAM STROMBERG	46	M	29:43
6	ROBERT GUJARDO	36	M	31:09
7	LARRY WAYNE RENO	27	F	31:13
8	SUE HOULE	27	F	31:24
9	MARIO G. CONDIT	42	M	31:30
10	RONNIE NUGENT	27	M	32:52
11	JOHN H. PEARSON	46	M	33:00
12	DAVID STROMBERG	33	M	33:23
13	JAMES P. IVEY	55	M	33:45
14	TRAVIS L. CASLER	20	M	33:49
15	JOHN G. EBERLY	42	M	33:52
16	BILL VITALEC	30	F	33:58
17	APRIL STEIN	34	M	34:03
18	THOMAS W. BUTLER	38	M	34:12
19	JIM WILHELM	32	M	34:26
20	ANDY LUMA	41	M	34:56
21	JAMES LIVERMORE	22	M	35:02
22	KARL V. KIRK	35	M	35:28
23	MARK GARLAND	31	M	35:31
24	ROGER S. MARKS	35	M	35:36
25	OTTO SPITZ	35	M	35:53
26	JACKIE SELF	39	M	36:09
27	MALOUF	32	M	36:43
28	MIKE KELLEY	39	M	37:06
29	RON C. SEAL	32	M	37:08
30	GARY PERRY	43	M	37:10
31	TOM JONES	49	M	37:16
32	MICHAEL B. ELKO	35	M	37:17
33	MOLLY DEISCHL	19	F	37:29
34	RAY L. TEACHOUT	39	M	37:44
35	PATRICK T. DUFFEY	37	M	38:02
36	LINDSEY	32	M	38:40
37	WALTER JORDAN	39	M	39:00
38	DON LEWIS	40	M	39:01
39	TOMMY E. PATTERSON	50	M	39:06
40	F. MCINROE	40	M	39:14
41	BARBARA VITALEC	41	F	39:38
42	EARNEST C. CAMP	43	M	40:04
43	CHARLES MAYERS	48	M	40:14
44	JIM S. BARNUM	32	M	40:14
45	FRANK DURAN, JR.	31	M	42:11
46	ANN E. DAVIS	31	F	42:27
47	BETTY M. JOHNSON	30	F	43:07
48	ROSALIE ANDERSON	52	F	44:10
49	CHARLES HENSARLING	56	M	44:44
50	BOB SMITH	68	M	45:03
51	LARRY HILES	33	M	46:10
52	LONNIE HOLLINGSWORTH	50	M	46:35

Sandy & Barbara

Sue Long

Anthony Gary

Ron

Jan

Wes

Joe Stalup

Shirley

Josie

DINKER

- ADVERTISING AND PROMOTION

 - To promote the "Run for the Arts" -- locally and statewide.
 - Develop other Sponsors (Example: EGR)
 - Develop Budget.
- REGISTRATION

 - To register all race entrants, develop pre-race entrants as well as entrants the day of the race.
 - Assemble and dispurse race packets.
 - Order Race Numbers, etc.
 - Invitations sent*
- SPONSORS

 - Secure sponsors and develop adequate public relation for an annual renewing of sponsor. Should communicate with the Chamber of Commerce as to input, desires, etc.
 - Order T-shirts with committee and sponsor approval.
 - Develop Budget.
- COURSE LAY OUT

 - Secure parade status for course and traffic.
 - Police protection during race.
 - Determine the race distances for Children's course and the course for the adult "Run For the Arts" race.
 - Setup of the starting line and the finish line.
 - Secure TAC approval and insurance.
 - Develop Budget.
- CHILDREN'S RUN

 - Promotion and course for Children's Run.
 - Develop Budget.
- AID STATIONS AND SPLITS *Splittings for*

 - Provide adequate aid to the runners in the form of water, vasaline, etc, at various predetermined distances in the race. At finish line furnish water, oranges, etc.
 - Possible contest between Aid Stations with prizes.
 - Provide time splits at 1, 3, 5, etc. throughout race.
 - Develop Budget.
- FINISH LINE RESULTS

 - Provide accurate results at the finish line as soon as possible.
 - Use loud speakers to announce runners as they finish, etc.
 - Develop Budget.
- TREASURER

 - Handle all monies, pay all bills, etc.
 - Suggest a voucher system to be established before race. Nothing paid that is not budgeted.
 - Develop overall race budget--race committee approval.
- AWARDS

 - Establish award divisions, order awards to be presented.
 - Awards presentation establish time of awards and place to be presented -- Method of presentation.
 - Finishing book with race results to be mailed to participants.
 - Finishing trophy.
 - Develop Budget.
- PRE-RACE SPONSOR

 - Develop an activity the night before the "Run for the Arts" with emphasis on promoting running.
 - Secure place.
 - Develop program.
 - Develop Budget.

***** W.T.R.C. Challenge Series Award Presentations *****

The 1988 Challenge Series Awards will be presented on Saturday, January 14, at the Picnic Area at Reese Air Force Base immediately following the Martin Luther King, Jr. Memorial Run at Reese, the first event of the 1989 Challenge Series.

Awards will go to the male and female having run the most miles in club races; the male and female having participated in the most club races; all members having run 66 or more miles in club races; and the top seven point scorers in each of the five divisions in the Champion's Series.

We really encourage all those members who have won awards (see the Final Standings in this issue) to attend and receive your award in person, and also encourage all members to attend and help congratulate your fellow club members on their achievements.

***** Tentative 1989 W.T.R.C. Challenge Series Schedule *****

- January 14: Martin Luther King, Jr. Memorial 10K & 2 Mile. Reese APB.
- February 11: Cottonpatch 8 & 4 Mile. Brownfield, Tx.
- March 11: Prairie Dog 4 Mile. MacKenzie Park.
- April 8: Flight Line Half Marathon, 10 K & 2 Mile. Reese Air Force Base.
- May 13: Horseshoe Bend Canyon Spring Frolic 11, 6 & 2 Mile. Slaton, Tx.
- June 10: Levelland Lope 10 K, 2 Mile & Kid's 1 Mile. Levelland, Tx.
- July 4: Firecracker 10, 3 & Kid's 1 Mile. Brownfield, Tx.
- August 12: Hot Dam 5 Mile. Martin Luther King, Jr. Memorial Area.
- September 9: Beat The Clock 5 K. Mackenzie Park.
- October : Undetermined.
- November 11: Buffalo Wallow Half Marathon & 2 Mile. Buffalo Springs Lake.
- December 9: Red Line 4 Mile Cross Country. Mae Simmons Park.

***** 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 Race 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.

HOW FAR IS 8 K ????????

4 miles, 1708 yards, 2 feet
8 inches !!!!!

That is 51 yards, 4 inches
short of 5 miles.

For a 6 minute per mile
runner add about 10 sec.
to your time to get
your 5 mile time

NOV. 19, 1988
TECATE TROT 2 MI.

PLACE	NAME	AGE	SEX	TIME
1	KEVIN NEIE	17	M	10:49
2	RONNIE MATA	18	M	10:51
3	STEVEN NEIE	31	M	11:31
4	ALONZO MENDOZA, JR.	31	M	12:05
5	JOE A. GOMEZ	45	M	12:28
6	DWAYNE OAKELEY	32	M	13:08
7	J. J. GONZALEZ	39	M	13:45
8	JOHN R. STALCUP	55	M	14:01
9	TIM R. MATTHEWS, JR.	13	M	14:11
10	JOSIE ALEMAN	37	F	14:12
11	SYLVIA GONZALEZ	20	F	14:35
12	GEORGE PONCICIVA	28	M	15:07
13	TONY ALEMAN	39	M	15:09
14	KEVIN PIPKINS	27	M	15:37
15	SABRINA SCHIELD	27	F	15:44
16	DAVID HAMMETT	16	M	16:10
17	JILL INMAN	23	F	16:36
18	ALAN RIPP	27	M	17:42
19	ANN KLITZKE	25	F	18:09
20	FRED LONG	49	M	18:50
21	BLANCA E. SPEER	19	F	19:42
22	RENIA BERNACKI-PORAY	31	F	21:23
23	GEORGIA FOJTASEK	40	F	21:36

AGE GROUP AWARDS 2 MI.

AGE	MALE	FEMALE
0-19	1 KEVIN NEIE	1 BLANCA E. SPEER
20-29	2 RONNIE MATA	1 SYLVIA GONZALEZ
30-39	2 KEVIN PIPKINS	2 SABRINA SCHIELD
40-49	2 DWAYNE OAKELEY	1 JOSIE ALEMAN
50+	1 JOE GOMEZ	2 RENIA PORAY
	2 FRED LONG	1 GEORGIA FOJTASEK
	1 JOHN STALCUP	

AGE GROUP AWARDS 8K

0-19	1 JERRY MCGINNIS	0-19	1 MOLLY DEISCHL
20-29	1 JEFF JURY	20-29	1 SUE HOULE
	2 JOHN BLATTER		
30-39	1 LARRY RENO	30-39	1 APRIL STEIN
	2 JAMES IVEY		2 ANN DAVIS
40-49	1 ROBERT GUAJARDO	40-49	1 BARBARA VITALEC
	2 RONNIE NUGENT		
50 +	1 GEORGE JURY	50 +	1 ROSALIE ANDERSON
	2 TRAVIS CASLER		

W.T.R.C. Challenge Series Standings
Final; Official

Listed below are the statistics for all club members who participated in the 1988 W.T.R.C. Challenge Series. The Series was shortened to eleven events due to the weather cancellation of the Red Line 4 Mile Cross Country on December 10. Those individuals needing the Red Line miles to qualify for the 66 Mile Club were credited with those miles.
If you have any questions, please contact Joe Post at 747-8359. Congratulations to all those who participated in the 1988 W.T.R.C. Challenge Series!

Women's Open	Points	Events	Miles
1. April Stein	103	11	84.8
2. Josie Aleman	66	9	22.0
3. Tracy Baugh	57	8	32.4
4. Barbara Vitalec	57	8	60.7
5. Sue Houle	50	5	26.3
6. Jan Ramirez	45	9	46.6
7. Debra Tinnell	27	3	14.2
8. Shirley Wigley	26	4	30.5
9. Tammy Aleman	19	3	6.0
10. Teresa Greer	19	3	13.2
11. Carolyn Walton	19	3	14.2
12. Randy Malouf	18	2	5.0
13. Dolores Navarro	18	2	4.0
14. Sylvia Gonzalez	15	4	25.2
15. Betty Johnson	15	4	2.0
16. Christine Vasquez	15	2	9.0
17. Kathryn Abbey	8	1	2.0
18. Rosalie Anderson	6	1	19.3
19. Amy Coleman	6	1	10.0
20. Rosie Marmolejo	6	1	2.0
21. Mary Slater	6	2	4.0
22. Annette Ledbetter-Harris	4	1	2.0
23. Carolyn Campbell	3	2	9.2
24. Denise Hinrichs	3	1	6.2
25. Orlene Stroud	3	2	10.2
26. Vanessa Nash	2	1	2.0
27. Jeannine McHaney	1	1	6.2
28. Karen Brown	-	1	6.2
29. Cathy Rogers	-	1	3.0
30. Denise Stalcup	-	1	10.0
31. Doris Stalcup	-	9	76.6
Men's Open			
1. Mark Manley	59	8	66.5
2. Joe Post	47	11	91.0
3. Dave Brandolini	36	6	18.0
4. Jeff Jury	35	6	51.5
5. Eric Packard	32	4	23.2
6. Rodney Hendrix	27	3	29.3
7. Mike Williams	19	2	6.0
8. Chris Engebretson	17	2	8.2
9. Mitch Dillman	15	2	10.2
10. Terry Baugh	11	4	9.0
11. Michael Nugent	11	4	13.0
12. Aram Ayala	10	2	5.0
13. Lolo Mercado	10	1	13.1
14. Robert Bates	9	1	2.0
15. Gero Fira	9	1	2.0
16. Jimmy Glascock	9	1	6.2
17. David Miller	9	4	27.4
18. Sam Ayers	7	3	16.4

W.T.R.C. Challenge Series Standings
Final; Official
(cont'd.)

Men's Open	Points	Events	Miles
19. David Doyle	6	4	16.2
20. Craig Jackson	5	2	5.0
21. Jerry Nash	4	1	2.0
22. Jim Hartline	3	1	4.0
23. Britt Britton	2	1	6.2
24. John Blackburn	2	1	10.0
25. Steve Shannon	2	1	4.0
26. Max Kattwinkel	1	3	7.0
27. James Mayfield	1	1	3.0
28. Kyle Fannin	-	1	5.0
29. Damon Pomba	-	2	10.2
Men's 30-39			
1. Jimmy Samarron	98	11	34.2
2. David Jackson	65	9	43.6
3. Tom West	65	10	68.6
4. Alonzo Mendoza	62	8	21.0
5. Gonzalo Ramirez	59	8	41.4
6. Barney Adams	57	11	73.7
7. Al Grotz	41	7	67.6
8. David Rodriguez	37	4	15.2
9. Larry Reno	36	8	48.5
10. Mike Menchaca	26	5	12.0
11. Jim Wilhelm	24	2	88.8
12. Wes Boulliouin	21	4	42.4
13. Robby Timberlake	21	4	30.3
14. Wilson Kifer	20	2	7.0
15. Tom Nesbitt	20	2	19.3
16. Dale Underwood	20	2	23.1
17. Tony Aleman	19	9	22.0
18. Ewayne Oakley	18	5	11.0
19. Don Kephart	12	5	37.2
20. Luis Cardenas	11	4	11.0
21. Pat Duffey	11	4	14.2
22. Walter Jordan	10	9	71.9
23. Charles Rogers	10	1	2.0
24. Art Zuniza	10	6	18.0
25. Tim Bowman	9	1	13.1
26. Max Mc Gavock	8	1	6.2
27. Eugene Fira	7	1	2.0
28. Ken Hoskins	5	1	6.2
29. Mike Kelley	5	5	32.4
30. Jess Smith	5	2	5.0
31. Randy Branum	4	4	4.0
32. Mark Jennings	4	2	12.4
33. Roger McInain	4	2	18.0
34. Ron Seal	4	2	28.3
35. Joe Stalcup	4	5	21.2
36. Mickey Davis	4	3	2.0
37. Don Lewis	3	3	27.2
38. Bill Rice	3	1	6.2
39. David Bass	1	1	3.0
40. Steve Fannin	-	1	8.0
41. Andrew Hall	-	2	10.0
42. Roger Marks	-	3	27.1
43. Brady Ray	-	3	23.1
44. David Skelton	-	1	2.0

W.T.R.C. Challenge Series Standings

Final; Official
(cont'd.)

Men's 40-49	Points	Events	Miles
1. Robert Guajardo	81	9	34.1
2. Ron Key	74	9	67.9
3. Larry Byrd	61	10	43.3
4. Bill Vitalec	61	8	68.7
5. Ronnie Nugent	53	9	46.6
6. Joe Gomez	44	5	15.0
7. Bill Roger	40	7	39.6
8. James Livermore	37	6	45.1
9. Mike Greer	27	5	51.2
10. Gene Payne	25	3	24.3
11. Joey Thacker	25	3	25.5
12. Ron Lubowicz	20	2	19.3
13. Bobby Birdsong	19	2	14.2
14. Kelly Baggett	15	3	17.2
15. Mitch Slater	12	3	22.4
16. Joel Collins	11	2	5.0
17. Dick Brenner	10	1	10.0
18. Loyd Senn	10	2	5.0
19. Bobby Cunningham	9	1	3.0
20. Jon Masood	9	7	70.6
21. Michael Bieber	8	1	6.2
22. Charles Davis	6	1	13.1
23. David Knaf	6	1	6.2
24. Ken McEachern	3	1	5.0
25. Gary Perry	3	2	19.3
26. Carl Morris	2	1	2.0
27. Earnest Camp	-	2	19.3

Men's 50 Plus	Points	Events	Miles
1. David Iard	85	10	51.7
2. John Stalcup	77	9	70.4
3. George Jury	70	7	48.7
4. Clint Ramsey	59	7	35.4
5. John Harper	36	4	10.0
6. Frank Hernandez	36	4	9.0
7. Francis Johns	17	2	12.0
8. John Hartsfield	16	2	5.0
9. Charles Thrasher	16	3	18.0
10. Bob Smith	13	2	5.0
11. Don Hunt	10	2	23.1
12. Lonnie Hollingsworth	8	1	4.0
13. Howard Milsap	8	1	3.0
14. Tom Bowser	7	1	5.0
15. Hugh Haynes	6	3	41.3
16. Charles Hensarling	6	1	4.0
17. John Owens	4	1	3.0

148 W.T.R.C. members participated in at least one Challenge Series event. The total attendance for Challenge Series events was 780, an average of 71 per event. In the seven months for which comparative figures were available, there was a 45% increase in attendance over 1987 (493 in '88 - 340 in '87). Congratulations again to all those who participated in the '88 Challenge Series. Be sure to see the entry information in this issue concerning the '89 W.T.R.C. Challenge Series.

"One's own self conquered is better than all others conquered."

The Dhammapada

W.T.R.C. Challenge Series Leaders

Final Standings

T denotes a tie for the place indicated

** denotes individual has chosen to receive an award in another category

Women's Open	Points	Men's Open	Points
1. April Stein	107	1. Mark Manley	59
** Josie Aleman	66	2. Joe Post	47
T2. Tracy Baugh	57	3. Dave Brandolini	36
T2. Barbara Vitalec	57	4. Jeff Jury	35
4. Sue Houle	50	5. Eric Packard	32
5. Jan Ramirez	45	6. Rodney Hendrix	27
6. Debra Tinnell	27	7. Mike Williams	19
7. Shirley Wigley	26		

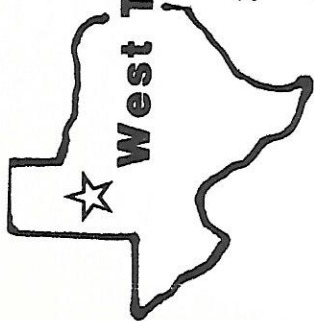
Men's 30-39	Points	Men's 40-49	Points
1. Jimmy Samarron	98	1. Robert Guajardo	81
T2. David Jackson	65	2. Ron Key	74
T2. Tom West	65	T3. Larry Byrd	61
4. Alonzo Mendoza	62	T3. Bill Vitalec	61
5. Gonzalo Ramirez	59	5. Ronnie Nugent	53
** Barney Adams	57	6. Joe Gomez	44
6. Al Grotz	41	7. Bill Roger	40
7. David Rodriguez	37		

Men's 50 Plus	Points
1. David Iard	85
2. John Stalcup	77
3. George Jury	70
4. Clint Ramsey	59
T5. John Harper	36
T5. Frank Hernandez	36
7. Francis Johns	17

Women's Milage Champion	Miles	Men's Milage Champion	Miles
** April Stein	84.8	** Joe Post	91.0
1. Doris Stalcup	76.6	1. Jim Wilhelm	88.8

Women's Participation Champion	Events	Men's Participation Champion	Events
** April Stein	11	1. Barney Adams	11
1. Josie Aleman	9	** Joe Post	11
(Given option on basis of highest points total)		** Jimmy Samarron	11
** Jan Ramirez	9	** Jim Wilhelm	11
** Doris Stalcup	9		

66 Mile Club Qualifiers			
April Stein	Ron Key	Joe Post	Bill Vitalec
Barney Adams	Mark Manley	Doris Stalcup	Tom West
Al Grotz	Jon Masood	John Stalcup	Jim Wilhelm
Walter Jordan			



West Texas Trot

Benefitting



American
Diabetes
Association

2 MILE & 4 MILE FUN RUNS SATURDAY, DECEMBER 17, 1988

PLACE	NAME	RESULTS		CITY
		AGE	SEX	
01	SCOTT BRICKERD	36	M	LBK
02	TIM BOWMAN	30	M	"
03	TOM WEISE	37	M	"
04	JEFFREY M. JURY	28	M	"
05	ROBERT GUAJARDO	46	M	"
06	LARRY RENO	36	M	"
07	J. P. IVEY	33	M	"
08	LARRY BYRD	47	M	SH WTR
09	BILL ROGER	49	M	2nd 40-49
10	ANDY LUNA	33	M	LEVLND
11	APRIL STEIN	30	F	LBK
12	BRADY RAY	38	M	"
13	DAVID MILLER	29	M	"
14	ROGER MARKS	35	M	"
15	TORRE PRESTVIK	46	M	"
16	JOHN STALCUP	55	M	"
17	GARY PERRY	43	M	"
18	DOON LEWIS	40	M	"
19	THOMAS JONES	49	M	"
20	STEPHEN FANNIN	39	M	"
21	TOM MORRISON	46	M	"
22	BETTY JOHNSON	30	F	"
23	ANN DAVIS	31	F	"
24	BOB SMITH	68	M	"
25	CONNIE EVANS	40	F	"
26	KIM KIMBROUGH	25	F	"
27	LEANNE HARRELL	25	F	"

PLACE	NAME	RESULTS		CITY
		AGE	SEX	
01	RONNIE MATA	18	M	LBK
02	DAVID RODRIGUEZ	38	M	"
03	GEORGE W. JURY	52	M	"
04	ALONZO MENDOZA	31	M	"
05	JOE GOMEZ	45	M	"
06	DWAYNE OAKELEY	32	M	"
07	JOSIE ALEMAN	37	F	"
08	ART ZUNIGA	34	M	"
09	TONY ALEMAN	39	M	"
10	JOYCE KANYANGWA	31	F	"
11	CHRIS BARNARD	38	M	"
12	JAY HARRALL	29	M	"
13	WILLIAM PEEK	28	M	"
14	JOHN ABRAHAM SALOMAN	11	M	"
15	DAVID SKELTON	32	M	"

4 MI. RESULTS

TIME	CITY	1st OVER
20:03	LBK	1st 30-39
22:50	"	2nd 30-39
23:41	"	1st 20-29
23:56	"	1st 40-49
24:52	"	"
25:10	"	"
25:22	"	"
26:32	SH WTR	2nd 40-49
26:37	LEVLND	"
26:55	LBK	"
27:00	"	1st F OVER
27:18	"	"
27:38	"	"
27:47	"	2nd 20-29
28:07	"	"
29:19	"	1st 50-59
29:42	"	"
31:02	"	"
31:18	"	"
31:32	"	"
31:41	"	"
33:19	"	2nd F 30-39
34:24	"	"
37:00	"	1st 60+
37:04	"	1st F 40+
44:53	"	1st F 20-29
44:58	"	2nd F 20-29

2 Mi. Results

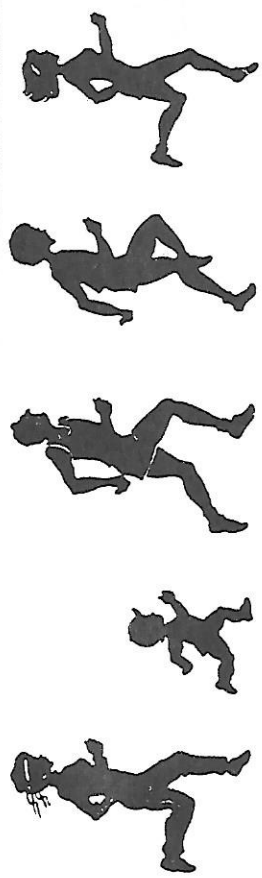
TIME	CITY	1st M 0-19
10:40	LBK	1st M 30-39
11:08	"	1st M 40 +
11:25	"	2nd M 30-39
12:28	"	2nd M 40 +
12:48	"	"
12:56	"	"
14:04	"	1st F overall.
14:20	"	"
14:51	"	1st F 30-39
16:48	"	"
17:25	"	1st M 20-29
17:31	"	2nd M 20-29
18:00	"	"
18:08	"	"
18:18	"	2nd M 0-19

AT THE RACES

LOCAL RUNNERS PARTICIPATING IN OUT OF TOWN RACES ARE LISTED BELOW: *WTRC MEMBER: #=FIRST MARATHON: PR=PERSONAL BEST

TULSA RUN 15K, 10-29-88	NEW YORK CITY MARATHON 11-06-88
CARLOS YBARRA* 48:00	TOM WEST* 3:53:00
MARINE CORP MARATHON, 11-06-88	NANCY PATTON 4:18:10
SUE HOULE* PR 3:11:??	DON LEWIS* 4:53:25
APRIL STEIN* 3:35:??	AUSTIN MARATHON & HALF-MARATHON, 11-20-88
LARRY BYRD* 3:55:04	SUE HOULE* 1/2 1:30:??
BILL ROGER* 3:47:??	APRIL STEIN* 1/2 .. 1:36:??
	WES BOULLIQUON* PR FULL 3:29:20
	DALLAS WHITE ROCK MARATHON DEC.4, 1988
	BRIAN BRASHEARS(former MHS)2:48:17
	DAVID RODRIGUEZ* # PR 3:06:??
	SUE HOULE* 3:13:28
	RON KEY* 3:15:??
	TOM THOMAS* PR 3:21:08
	APRIL STEIN* 3:27:38
	ROBBY PICKETT (MHS) 3:30:??
	KEVIN NEIE (MHS) 3:34:??
	WES BOULLIQUON* 3:42:05
	STEVEN NEIE (MHS) 3:43:??
	JOHN BLACKBURN* #PR 3:46:11
	MIKE GREER* 3:52:33
	JOE THACKER* 4:01:30
	JOHN STALCUP* 4:21:55
	MITCH SLATER* # PR 4:24:??

CLUB MEMBERS ARE ASKED TO SHARE YOUR EXPERIENCES AT OUT OF TOWN RACES. AS WELL AS REPORT OTHER RUNNERS TIMES BY CALLING THE NEWSLETTER EDITOR AT 792-1237 (after 6 P.M.)



DISTANCES AND METRIC CONVERSIONS

(NOTE: A kilometer is 1000 meters)

50 meters = 54 yards 6.5 inches	50 yards = 45.72m
60 meters = 65 yards 1 foot 10.2 inches	60 yards = 54.864m
100 meters = 109 yards 1 foot 1 inch	70 yards = 64.008m
110 meters = 120 yards 10.7 inches	100 yards = 91.44m
200 meters = 218 yards 2 feet 2 inches	120 yards = 109.728m
300 meters = 328 yards 3 inches	220 yards = 201.168m
400 meters = 437 yards 1 foot 4 inches	300 yards = 274.32m
500 meters = 546 yards 2 feet 5 inches	330 yards = 301.644m
600 meters = 656 yards 6 inches	440 yards = 402.336m
800 meters = 874 yards 2 feet 8 inches	500 yards = 457.2m
1000 meters = 1093 yards 1 foot 10 inches	600 yards = 548.64m
1500 meters = 1640 yards 1 foot 3 inches	660 yards = 603.504m
2000 meters = 1 mile 427 yards 8 inches	880 yards = 804.672m
3000 meters = 1 mile 1520 yards 2 feet 6 inches	1000 yards = 914.4m
4000 meters = 2 miles 854 yards 1 foot 4 inches	1320 yards = 1207.008m
5000 meters = 3 miles 188 yards 2.4 inches	One mile = 1609.344m
6000 meters = 3 miles 1281 yards 2 feet	2 miles = 3218.688m
7000 meters = 4 miles 615 yards 10 inches	3 miles = 4828.032m
8000 meters = 4 miles 1708 yards 2 feet 8 inches	4 miles = 6437.376m
9000 meters = 5 miles 1042 yards 1 foot 6 inches	5 miles = 8046.72m
10,000 meters = 6 miles 376 yards 4.8 inches	6 miles = 9656.064m
12,000 meters = 7 miles 803 yards 1 foot	7 miles = 11,265.408m
15,000 meters = 9 miles 564 yards 7.2 inches	8 miles = 12,874.752m
20,000 meters = 12 miles 754 yards 9.6 inches	9 miles = 14,484.096m
25,000 meters = 15 miles 940 yards 1 foot	10 miles = 16,093.44m
30,000 meters = 18 miles 1128 yards 1 foot 2.4 inches	15 miles = 24,140.16m
35,000 meters = 21 miles 1316 yards 1 foot 4.8 inches	20 miles = 32,186.88m
40,000 meters = 24 miles 1504 yards 1 foot 7.2 inches	Marathon = 42,195m
50,000 meters = 31 miles 120 yards 2 feet	30 miles = 48,280.32m
60,000 meters = 37 miles 476 yards 2 feet 4.8 inches	40 miles = 64,373.76m
70,000 meters = 43 miles 872 yards 2 feet 9.6 inches	50 miles = 80,467.2m
80,000 meters = 49 miles 1249 yards 2.4 inches	60 miles = 96,560.64m
90,000 meters = 55 miles 1625 yards 7.2 inches	70 miles = 112,654.08m
100,000 meters = 62 miles 241 yards 1 foot	80 miles = 128,747.52m
	90 miles = 144,840.96m
	100 miles = 160,934.4m

Most of the distances shown here, both English and metric, are standard racing events.

WTRC RUNNERS of the MONTH PERSONALITY PROFILE

ROBBY TIMBERLAKE
40

10
30
7:30-8:00

LEVELLAND

FAVORITE TRAINING AREA: MAXEY PARK
TEXAS TECH
LOCAL RACE: ARTS FESTIVAL
TI 10K
WTRC RACE:

CLOVIS

10 K
1/2 MARATHON
ASIC TIGER GEL LYTE

BEST TIMES AT WHAT AGE?

SPRINTS:
2 MI. 10:57
5 KM 16.45
8 KM
10 KM 34:50

HALF MARA 1:18
MARATHON 2:50

OCCUPATION: ENTREPRENEUR
HOBBIES/INTERESTS:

FAVORITE AUTHOR E. STANLEY JONES

BOOK: IN CHRIST

SINGER/GROUP: JOHN MICHAEL TALBOT

SONG : ONE FAITH

MOVIE : SOUND OF MUSIC

T.V. SHOW: FAMILY TIES

FOOD: MEXICAN

CARTOON/COMIC : GUMMI BEARS

43:00
1:33
3:35
PHARMACIST
TRIATHALONS, CROSS-TRAINING
SKIING
LARRY MCMURTRY
LONESOME DOVE

WILLIE NELSON, LYLE LOVETT

SHE AIN'T NO LADY SHE'S MY WIFE
[LYLE LOVETT]

30 SOMETHING
L.A. LAW
ANYTHING