

CALENDAR OF EVENTS

* denotes Monthly WTRC Event

- * July 4th 21st Annual Firecracker Run, 10 mile, 3 mile and 1 mile childrens run, Brownfield, Texas, Colonial Heights School; 1 mile starts, 7:30 AM; 3 & 10 mile at 8:00 AM*** see Newsletter page 15 for details. Mark Manley, RD
- July 8th Second Annual Flag Pole Run -RAFB call 885-3207 for details
- July 10th WTRC Monthly meeting; 3:00-6:30 PM, 6:30-8 PM, Everyone welcome
- July 14th Midnight 5K, Amarillo, Tx. call Amarillo RC, 806-383-7181, Gene Strouse
- July 15th Timber Creek Canyon Biathlon-Near Amarillo. Contact Ed Turncliff, P.O. Box 8530, Amarillo, TX, or call (806) 358-1363 or (806) 622-1717. 3K or 5K run & 17K or 27K bike ride.
- July 15th Women's Distance Festival, Midland, TX 5K races for men & women. Breakfast & style show afterwards. Contact Andrea Chamberlin, (915) 687-7181.
- July 21st Amarillo Running Club One Hour Run, Contact Gene Strouse (806) 383-7181.
- July 29th ISTEI Tee Hot To Trot, Amarillo, TX 10K & 2 mile. Contact Linda Maxey (806) 355-2316
- August 5th Run for the Gold 5K, Mackenzie Park, Gonzalo Ramirez, director
- August 8th WTRC Meeting, 6:30 p.m., 3208 67th
- *August 12 2nd Annual "Hot Dam" Run, 5 mile & 2 mile, 6:00 a.m. Martin Luther King, Jr. Memorial Park, East 22nd & Guirt 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 Bikathon, Methodist Hospital
- Sept. 9 Second Annual Pow-Mia Race, Reese AFB, 885-3207
- 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-mar, 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. 14 Red Raider Road Race, Texas Tech University, 10K & 2 mile
- Oct. 21 Texas Instruments Classic 10K, 2 mi & 1 mi kids run Details later
- Oct. 28 Allsup's Fall Road Races. Clovis, NM details later

Surplus "RUN FOR THE ARTS" T-shirts are available for \$ 5.00 each.

Also, transfers of the W.T.R.C. logo are for sale at \$ 2.00 each

See Doris Stalcup at the races to purchase

JULY 1989



FIRECRACKER RUN!

WEST TEXAS RUNNING CLUB

July 4, Race Details inside Back, cover

WEST TEXAS Running Club

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

July 1989

RRC
ROAD RUNNERS CLUB OF AMERICA

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

The family of

Bobby J Birdsong

acknowledges with grateful

appreciation your kind expression

of sympathy

*Your visits, Cards, flowers,
 phone calls always put a
 bright spot in his day.
 Thanks to all of you.*

*Darlene + Shannon,
 Gerry, Stephanie,*

A TRIBUTE

By Joe Post

Bobby Birdsong Remembered

The passing of Bobby Birdsong on May 24 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who did not have that chance. Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby went the extra mile and got local sponsors to fund Lope T-shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evident in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as Teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely his friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered my call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since and it was Bobby's positive attitude and encouragement that made me want to join the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-News after the 1984 Palo Duro Canyon Run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip over because it will be the best way to remember Bobby, standing there on those steps, making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T-shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.

The June West Texas Running Club race will henceforth be known as

The Bobby Birdsong Memorial Levelland Lope



10th Annual Levelland Lode
10 Kilometer
(contd.)

- Men 50 Plus
1. John Morrow
2. Harold Figg
3. Thomas Jones
4. Charles Hensarling
5. Bob Smith

- Men 40-49
1. Bobby Cunningham
2. Robert Guajardo
3. Joe Post
4. Joe Gomez
5. Joe Thacker
6. Gary Perry
7. Bill Vitalec
8. Ronnie Nugent
9. David Knaif
10. Jon Masood
11. Joe Martinez
12. Mike Kelley
13. Ray Brady
14. Don Lewis
- Men 30-39
1. Cliff McCurdy
2. David Rodriguez
3. Tom Weis
4. Larry Reno
5. David Doyle
6. Otto Spitz
7. Al Grotz
8. David Schaeffer
9. Brady Ray
10. Roger Marks
11. Jim Wilhelm
12. Ron Seal
13. Tony Aleman
14. Frank Turner
15. Law Damasiq
- Men 20-29
1. Mark Manley
2. Lee Young
3. Bill Grimes
4. Mike McAda
5. Chris Scott
6. Terry Baugh

Race Director - Bill Roger - 12.4 miles Challenge Series credit
Volunteers - Kelly Baggett, Wes Boullion, Larry Byrd, Bill Harn - 6.2 miles
Challenge Series credit

A special thanks to Kelly Baggett for his remarks in accepting the Founder's Award for the family of Bobby Birdsong.



Our Norwegian Visitor, Tore Prestvik will be returning to his homeland, July 10, 1989

COMING SOON

WTRC "SIZZLIN" FUN RUN
AND POT LUCK SUPPER

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

Supper starts 6:30
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!!!!



West Texas Running Club
June Club Race
10th Annual Levelland Lode
Designated Event No. 6 of W.T.R.C. Challenge Series

Forty-six 10K runners and twenty-eight 2 Milers gathered under overcast skies and very humid but mild conditions for the 10th Annual Levelland Lode on June 10th. The unusually moderate temperature was in marked contrast to the hot and windy climate normally associated with the Lode and made for a sticky but pleasant day for a run.

The 74 entrants in the adult runs represents the largest attendance since the '86 figure of 79. This is an increase of 32% from last year's event and a 61% growth over the '87 total. This brings the '89 WTRC club race attendance total to 361, an 18.75% increase over last year's figure of 304 after six runs. Xudos and huzzas are extended to Bill Roger on his second tour of duty as Race Director. The course was well marked and managed with a strategically placed water stop on the 10K course to serve runners going out and coming in. Also, over half the entrants were presented with WTRC/Levelland Lode equipment bags as awards in age division competition and several more participants received bags in a post-race drawing. Thanks again to Bill Roger for his efforts in presenting another fun-filled Levelland Lode.

Thanks also to designated club member volunteers Kelly Baggett, Bill Harn, Wes Boullion and Larry Byrd for their yeoman service and to Bill Roger's group of family and friends who lent invaluable helping hands along the way. Thanks also to the regular WTRC support group; you know who you are, and so do we, so thanks again. Bill Roger earns Challenge Series credit of 12.4 miles as Race Director and each designated club member volunteer is credited with 5.2 miles.

Due to equipment problems we were unable to record runner times, but the following is the order of finish by age division in each race.

- Two Mile
- | | | | |
|-----------------------------|----------------------|----------------------|--------------------|
| <u>Women 19 & Under</u> | <u>Women 20-29</u> | <u>Women 30-39</u> | <u>Women 40-49</u> |
| 1. Mandy Malouf | 1. Helen Esquivel | 1. Isabell Torrez | 1. Mary Baiza |
| 2. Tammy Aleman | 2. Lisa Burkett | 2. Josie Aleman | |
| | | 3. Dolores Hernandez | |
| <u>Men 19 & Under</u> | <u>Men 20-29</u> | <u>Men 30-39</u> | <u>Men 40-49</u> |
| 1. Paul Willmon | 1. Mike Williams | 1. Jimmy Samarron | 1. Jim Haynes |
| 2. Geno Fira | 2. Herbert Perez | 2. Bill Ashley | 2. Paul Rinehart |
| 3. Michael Nugent | 3. Craig Jackson | 3. Gonzalo Ramirez | <u>Men 50 Plus</u> |
| 4. Micah Crimes | 4. Nasario Hernandez | 4. Alonzo Mendoza | 1. John Stalcup |
| | 5. Luis Perez | 5. Jaime Castillo | 2. Frank Hernandez |
| | | 6. Eugene Fira | |
| | | 7. David Skelton | |
- 10 Kilometer
- | | | |
|--------------------|--------------------|--------------------|
| <u>Women 20-29</u> | <u>Women 30-39</u> | <u>Women 40-49</u> |
| 1. Sue Houle | 1. Shirley Wifley | 1. Barbara Vitalec |
| | 2. Theresa Marez | 2. Connie Evans |
| | 3. Ann Davis | |

(contd. next page)

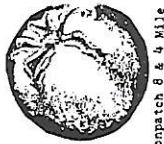


W.T.R.C. Challenge Series Standings Update
Through Six Events

If your name is not listed below, but you still want to participate in the '89 Challenge Series, you may still enter by being a volunteer for events scheduled for July 4, November 11 or December 9. All previously accumulated points, miles and events earned at Challenge Series events will be credited toward year-end awards.
Contact Joe Post at 747-8359 for more information or to enter.



	Points	Events	Miles
Womens Open			
* 1. Sue Houle	60	6	41.6
2. Josie Aleman	41	5	12.0
3. Shirley Wigley	34	5	42.3
4. Tracy Baugh	31	4	27.4
5. Jan Ramirez	26	4	22.4
* 6. Ann Davis	23	6	44.3
7. April Stein	22	4	29.2
8. Theresa Marez	20	3	14.2
9. Barbara Vitalec	20	4	27.4
10. Tammy Aleman	19	3	6.0
11. Rosalie Anderson	6	2	8.0
12. Sandi Howard	xx	1	8.0
13. Sue Johns	xx	1	11.0
Mens Open			
* 1. Mike Williams	59	6	16.0
* 2. Mark Manley	42	6	48.5
3. Terry Baugh	21	5	33.6
4. David Miller	19	3	12.2
Mens 30 - 39			
1. David Rodriguez	47	5	22.4
* 2. Larry Reno	36	6	41.6
3. Gonzalo Ramirez	34	5	32.6
* 4. Otto Spitz	29	6	32.6
5. Al Grotz	25	4	38.3
6. Barney Adams	23	3	28.1
7. David Doyle	20	4	24.6
8. Bill Harn	18	2	21.2
* 9. Brady Ray	18	2	48.5
10. Wes Boullion	17	4	38.3
11. Tony Aleman	10	5	31.5
12. Ron Seal	6	4	25.2
13. Don Kephart	5	2	8.0
14. Jim Wilhelm	5	4	31.4
15. Luis Cardenas	xx	1	6.2



Cottonpatch 8 & 4 Mile

* Indicates member is tied for Women or Men Participation Leader with six events.



Prairie Dog 4 Mile

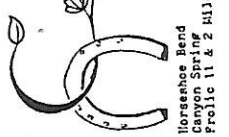


Flight Line 4 Marathon 10 K & 2 Mile



W.T.R.C. Challenge Series Standings Update (contd.)
Through Six Events

	Points	Events	Miles
Mens 40 - 49			
* 1. Joe Post	58	6	48.5
* 2. Jim Haynes	48	6	25.0
3. Robert Guajardo	35	5	37.6
* 4. Gary Perry	30	6	48.5
5. Bill Rofar	30	5	41.6
* 6. Kelly Baggett	29	3	26.6
* 7. Ronnie Nugent	22	6	52.6
8. Ron Key	20	4	44.1
9. James Livermore	15	4	36.1
* 10. Jon Masood	10	6	48.5
11. Larry Byrd	10	4	29.2
12. Don Lewis	8	4	35.4
13. Loyd Senn	8	5	8.0
14. Mike Kelley	6	2	17.2
xx	xx	2	
Mens 50 Plus			
1. Frank Hernandez	37	5	14.0
2. Charles Hensarling	25	3	16.2
3. Francis Johns	10	2	19.0
4. David Iard	9	1	11.0
5. Hugh Haynes	xx	1	22.0
Milage Leader/Men Miles			
1. Ronnie Nugent	52.6		
2. Mark Manley	48.5		
3. Jon Masood	48.5		
4. Gary Perry	48.5		
5. Joe Post	48.5		
6. Brady Ray	48.5		
7. Ron Key	44.1		

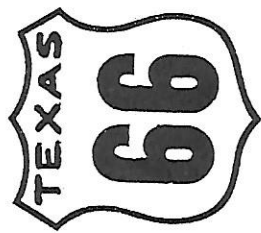


Horseshoe Bend Canyon Spring Frolic 11 & 2 Mile



Leveland Lope 10 K & 2 Mile

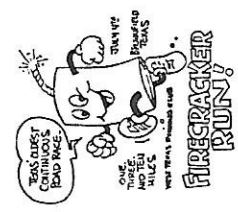
* Indicates member is tied for Men Participation Leader with 6 events.



Milage Leader/Women	Miles
1. Ann Davis	44.3
2. Shirley Wigley	42.3
3. Sue Houle	41.6
4. April Stein	29.2
5. Tracy Baugh	27.4
6. Barbara Vitalec	27.4
7. Jan Ramirez	22.4

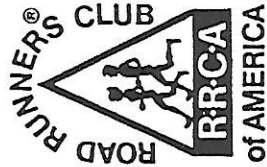


Red Line 4 Mile Cross Country



Hot Dam Run 5 Mile

Buffalo Wallow Half Marathon & 2 Mile



32ND ANNUAL RRCA NATIONAL CONVENTION
 Colorado Springs
 June 8 - 11
 1989

Tracy Baugh, Jan Ramirez, and Ron Key attended the RRCA National Convention earlier this month. At our June WTRC meeting, they reported on several new and exciting ideas they learned while meeting with runners from all over the United States. Some of the topics discussed were:

- * running a running club;
- * promoting enthusiasm, loyalty, and devotion;
- * women's running;
- * childcare at running events;
- * children's running;
- * improving the club newsletter; and
- * certifying race courses.

We will be discussing some of these new ideas at upcoming WTRC meetings, since we hope to implement them during the year. One topic that will be discussed at our July WTRC meeting will be that of childcare at running events. The following questions will be discussed:

- * Is there a need for childcare in the WTRC?
- * Will it help bring in more women runners?
- * Do we have enough WTRC members, spouses, and teenage sons and daughters to do the childcare watching?
- * Should there be a small fee (example: each parent pay \$1 per child; the club pay \$1 per child)?

Club members who would use the childcare or volunteer to watch the children or have any opinions on this matter should contact Jan Ramirez before the July WTRC meeting (July 11). If you can schedule it, come to the meeting and voice your opinions in person. You can be contacted at:

Jan Ramirez
 3202 - 88th Street
 Lubbock, TX 79423
 806 795 7338

TWELFTH ANNUAL FUNFEST 10K — HALF-MARATHON

DATE: Saturday, May 27, 1989



Among the 370 finishers of the FUNFEST RACES were 37 area runners. Winning silver platters for 1st place overall finishes in the Half-Marathon were Tim Green (2nd yr. in a row) and Sue Houle. Congratulations!!!!!! Condolences are in order to Hugh Haynes and Jim Wilhelm whose names were drawn for air tickets to New York!!!!Neither were present to win!!!!!! Several Medals were brought home.

HALF-MARATHON

OVERALL PLACE	NAME	TIME	AWARD
01	Tim Green	1:14:07	1st 20-24 M
02	Mark Manley	1:17:25	1st 25-29 M
13	Joe Post	1:27:25	
20	Sue Houle	1:32:18	1st 25-29 F
24	Ron Key	1:33:12	2nd 45-49 M
35	James Livermore	1:36:31	
38	Wes Boullioun	1:36:53	
42	Joe Thacker	1:37:39	
45	Gary Perry	1:37:43	
49	Mike Reiber	1:42:24	
57	April Stein	1:42:48	2nd 30-34 F
58	Bill Vitalec	1:43:05	
65	Kathy Vick	1:45:33	2nd 25-29 F
69	Jim Wilhelm	1:46:14	
72	Barbara Phipps	1:46:49	
83	Terry Baugh	1:49:31	3rd 55-59 M
89	John Stalcup	1:52:46	
99	Hugh Haynes	1:59:35	3rd 40-44 F
103	Barbara Vitalec	2:02:57	

115 finishers

10K

04	Brian Brashears	35:02	2nd 17-19 M
06	Mike Williams	35:44	3rd 25-29 M
07	Brad Schroer	35:58	1st 20-25 M
20	George Jury	37:57	2nd 50-54 M
22	Gonzalo Ramirez	38:51	
24	David Lard	39:21	3rd 50-54 M
26	Dusty Peters	39:42	
51	Charles Davis	43:20	3rd 45-49 M
55	Otto Spitz	43:35	
71	Jimmie Peters	45:13	2nd 30-34 F
91	Javier Pina	47:05	
116	Tony Aleman	48:21	
121	Josie Aleman	48:27	
122	Joe Martinez	48:27	
134	Joe Stalcup	48:58	2nd 35-39 F
161	Mike Doss	51:30	
221	Jan Ramirez	58:28	
229	Loyd Senn	59:42	

255 Finishers



SATURDAY
JUNE 3, 1989

The following "Thank-You" note was received by Jon Masood from the staff of the Lubbock Council on Alcohol and Drug Abuse regarding Spring High Run:

Dear Jon and the West Texas Running Club-

Thank you, sincerely and deeply, for all your assistance and support of our Spring High Run last Saturday (6-3-89). We have much to be grateful for in all your help in preparation for the race, and on the race day. We could never have been able to have such a successful event without all the back-up and generous assistance. You're a great bunch of people! And a Special Thanks to Jon, race official, who had to tolerate our novices!

In Appreciation,

Becky Haskitt-Sentner
Renee Coke

The Lubbock Council on Alcohol and Drug Abuse

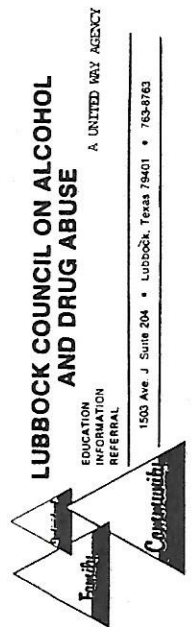
SPRING HIGH RUN

This annual race is sponsored by the Lubbock Council on Alcohol and Drug Abuse, a non-profit agency of United Way and the Lubbock Mental Health/Mental Retardation Center. The Run benefits alcohol and drug abuse prevention and treatment programs in the Lubbock area.

Corporate sponsor for this run was Charter Plains Hospital. FM99 brought their JAM BOX to the site. Lucy Brown of the local McDonald's group provided orange drink and Frito-Lay provided snacks.

This year featured a Children's Run for the first time. Approximately twenty (20) children participated. A total of eighty-eight (88) adults participated in either the 2 mile and the 10 K races.

The original course was washed out in four separate places along the Buddy Holly Park roadway and an alternate course of the park sidewalks was put in to action. A cool, cloudy misty morning greeted all runners.



AGE GROUP AWARDS



SATURDAY
JUNE 3, 1989

10 K (Approximate)

MALE	AGE	TIME	FEMALE	AGE	TIME
AGE 20-29	1. Mark Manley	34:56	AGE 20-29	1. Sue Houle	42:32
	2. Lee Young	36:01		2. Tracy Haugh	52:45
	3. Carde Olivvas	39:34			
AGE 30-39	1. Milt Brownfield	36:54	AGE 30-39	1. April Steyn	46:51
	2. David Rodriguez	37:40		2. Latha Tucker	59:24
	3. Gonzalo Ramirez	37:47		3. Ann Davis	61:46
AGE 40-49	1. Bobby Cunningham	39:03	AGE 40-49	1. Barbara Vitalec	52:43
	2. Larry Byrd	42:20			
	3. Gary Penny	43:26			
AGE 50 & OVER	1. Bill Roger Sr.	45:09	AGE 50 & OVER	1. Carolle Mullian	61:44
	2. Tom Bowser	48:26			
	3. Hugh Haymes	49:54			

2 Mile (Approximate)

MALE	AGE	TIME	FEMALE	AGE	TIME
AGE 19 & UNDER	1. Ronnie Mata	12:08	AGE 19 & UNDER	1. Elizabeth Pritchett	17:15
	2. Steven Neie	15:15		2. Tammy Aleman	19:34
	3. Gene Fira	15:03			
AGE 20-29	1. Ricky Martinez	12:50	AGE 20-29	1. Holley Hightower	14:41
	2. Craig Jackson	13:23		2. Helen Esquivel	15:03
	3. Richard Rodriguez	13:24		3. Marsha Bennett	19:11
AGE 30-39	1. Jamie Castillo	13:40	AGE 30-39	1. Jessie Aleman	15:15
	2. J.R. Merdosa	14:10		2. Theresa Marez	17:30
	3. Eugene Fira	14:32		3. Joyce Kanyangwa	18:46
AGE 40-49	1. Joe Gomez	13:15	AGE 40-49	1. No Entries	
	2. Ken McEachern	16:41			
	3. Juan Ramos	17:46			
AGE 50 & OVER	1. George Jury	12:20	AGE 50 & OVER	1. Mary Owens	Time not recorded
	2. John Stalcup	15:24			



MARK MANLEY FINISHES 2nd Overall in the Funfest 1/2 marathon in Amarillo

Race Results

Jeff Jury is in Kansas City, Mo. for the summer and has run in two roadraces so far. On June 4th he ran the renowned "Hospital Hill Half-Marathon" with a time of 1:26:40, placing 36th of 156 in his age group. This race draws such well known runners as Mark Corp. On June 18th did an 8K in 30:24.

David Lard competed in the N.M. state TAC "RUNNER'S PENTATHALON" in Albuquerque on June 11th. He was First in his age division (50-55) and 6th overall. He posted fine times in the following five events.

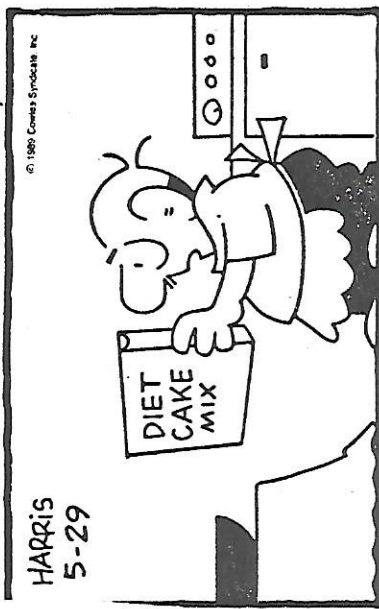
- 2 mile 11:45
- 800 meter 2:25
- 1 Mile 5:45
- 400 meter :62
- 200 meter :28

 Tore Prestvik ran the famous "LILAC BLOOMSDAY 12K" in Spokane, Wa. in 59:28, 3,107 out of 52,457 & 199th of 1687 in age group (45-49) Congrats!!!!

HE BETTER HALF

By HARRIS

HARRIS
5-29



"Directions: Put mix in bowl, jog 3 miles; add 2 cups water, jog 3 miles; add one egg, jog 3 miles..."

WTRC RUNNERS of the MONTH PERSONALITY PROFILE Feb. 1989

NAME: Ron Key
 AGE: 45
 AGE STARTED RUNNING: 39
 YEARS RUNNING: 6
 TOTAL ACCUMULATED MILEAGE 10,930
 AVERAGE MILES/WEEK 50
 AVG TRAINING PACE: 7:45-8:15

FAVORITE

TRAINING AREA: MacKenzie State Park

LOCAL RACE: "RUN FOR THE ARTS"

WTRC RACE: "BUFFALO WALLOW"

OUT OF TOWN RACE: "DALLAS WHITEROCK MARATHON"

RACE DISTANCE: Half-Marathon

RUNNING SHOE: New Balance 830

Mae Simmons Park

TTU "RRRR 10K"

5 mi.

Turntec

BEST TIMES AT WHAT AGE?

SPRINTS:	AT WHAT AGE?	AGE?
2 MI.	13:12	45
5 KM	19:46	43
8 KM		
10 KM	41:20	43
HALF MARA	1:32:56	45
MARATHON	3:15:09	45

OCCUPATION: Key Auto Supply & Key Real Estate
 HOBBIES/INTERESTS: Running & other Sports

Rod Carter
 18
 13
 5
 3,000
 35-45
 6:30-6:45

none
 none
 Student @ LCU
 Running, Basketball &
 Collecting Baseball cards

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.)

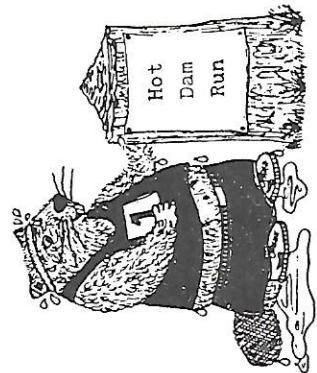
Age Divisions	Women	Men
19 & Under	1st-2nd	1st-4th
20 - 29	1st-2nd	1st-5th
30 - 39	1st-3rd	1st-7th
40 - 49	1st-2nd	1st-6th
50 Plus	1st-2nd	1st-3rd

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.

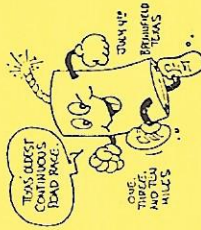
Additional Information: Joe Post (806) 747-8359.

** 5 Mile race only



WEST TEXAS RUNNING CLUB

FIRECRACKER RUN!



West Texas Running Club
 July Club Race

21st Annual Firecracker Runs

-- "TEXAS' OLDEST CONTINUOUS ROAD RACE"

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

Date: Tuesday, July 4, 1989.

Distances: Elementary Kids 1 Mile; 3 Miles; 10 Miles.

Time: Registration- 7:00 A.M.; 1 Mile Start- 7:30; 3 & 10 Mile Start- 8:00 A.M.

Site: Colonial Heights School, 1100 E. Reppto St., Brownfield, Tx.

See map below.

Entry Fee: 1 Mile Kids Run- \$2; Adult Runs: W.T.R.C. Members- \$3; All Others- \$4.

Awards: Thanks to the continuing generous support and sponsorship of the Brownfield Chamber of Commerce, specially designed medal-lion awards commemorating "Texas' Oldest Continuous Road Race" will be offered in the following divisions:

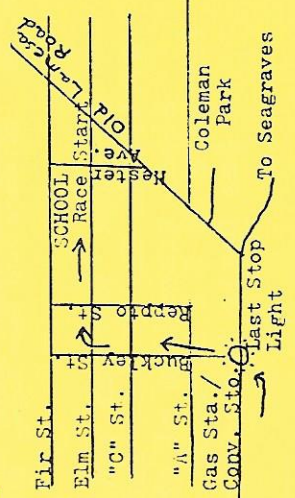
1st Place medallions will be awarded to the first overall male and female Brownfield resident finishers in the 10 Mile and 3 Mile runs and to the first Brownfield boy and girl in the Elementary 1 Mile.

Age	3 Mile	Men	10 Mile	3 Mile	Women	10 Mile
19 & Under	5		3		3	2
20 - 29	7		4		3	2
30 - 39	8		8		3	3
40 - 49	5		8		2	2
50 Plus	4		4		2	2

Medallions to first 10 girls & first 10 boys in Elementary 1 Mile.

Award presentations and B.Y.O.Picnic to begin in Coleman Park at approximately 10:45 A.M.

Contact: Race Director Mark Manley (Whitharrell)- (806) 299-1143 or Joe Post (Lubbock)- 747-8359.



Lubbock U.S. 62

To Seagraves Light