

# COMING ATTRACTIONS

WEST TEXAS RUNNING CLUB

## RACE CALENDAR

\* Denotes WTRC Challenge Series Event

- MAY 27th Amarillo Funfest - 1/2 marathon & 10K, 7a.m. start, no race day registration. TAC certified course. Call Karla Coon (806) 374-2002 for information.
- JUNE 3rd LCOADA Spring High - 10K, 2 mile, & 1 mile children's run. See newsletter for details or call 763-8763
- JUNE 8-11th 32nd Annual National RRCA Convention - Colorado Springs, Colorado. Informative workshops and seminars, annual RRCA business meeting, and garden of the Gods 10 miler. WTRC will be represented by Ron Key, Jan Ramirez and Tracy Baugh. If you would like to attend, call one of the above for registration details.
- \*JUNE 10th Levelland Lope - 10K, 2 mile & 1 mile children's race. Kids run free! See newsletter for details. Bill Rogers, race director (806) 894-7911.
- JUNE 17th 1st Annual Juneteenth - 10K & 2 mile, 9:00a.m. Martin Luther King Memorial Park, 19th & Quirt Avenue. \$8.00 by June 11th, \$10.00 late fee. Registration cut off June 16th. T-shirts for first 500 entrants. Call Eddie Richardson for more information 747-9604.
- JUNE 24th 11 for Kids Manafun - 1 mile, 1/2 mile, and 1/4 mile noncompetitive fun runs for kids. \$1.00 entry fee, \$2.00 race day. Race starts at 9:00a.m. at TTU track. Stretching clinic at 8:15 a.m. Prizes and refreshments for all. Race directors Gonzalo Ramirez and Tracy Baugh.
- JUNE 24th WTRC Social - Fun run and potluck supper at Ron Key's. Don't miss out!
- JUNE 25th Hub City Triathlon - TTU Rec Center. 7:30 a.m. 900 meter swim, 22 mile bike and 5 mile run. Call 742-3351 for more information.
- \*JULY 4th Firecracker Run - 10, 3 and 1 mile runs. Brownfield Texas.
- JULY 8th Reese 8 miler - more information to follow.
- JULY 14th Midnight 5K - Amarillo, Tx. contact Barry Strickland (806) 359-0384
- JULY 15th Women's Distance Festival - Midland Texas. 5K races for men and women. Breakfast and style show. Contact the PBRRC, P.O. Box 10483, Midland Texas 79702.
- JULY 15th Timber Creek Canyon Biathlon - In Amarillo - Contact Ed Tunncliffe (806) 359-5423



June 1989



W.T.R.C. June Race  
Levelland Lope  
June 10, 1989  
Details inside

NewsLetter  
P.O. Box 2921  
Lubbock, Tx. 79408  
June 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*

\*\*\*\*\*  
 ++++++ W.T.R.C. June Club Race ++++++

10th Annual LEVELLAND LOPE 10k, 2 mi., & 1 mi. Kids Run

DATE: Sat., June 10, 1989

Time: Registration 7:30 to 8:45 A.M.  
 ( On site)

Start: 8:30, Childrens 1 mi. Fun Run

Awards: Ribbons to all runners

9:00 10k & 2 mi.

Awards: Equipment Bags instead of trophies in age Groups

Entry Fee: WTRC Members \$3.00 Others \$4  
 Kids 1 mi. FREE

SITE: Levelland High School 1400 Hickory @ Alamo Rd.

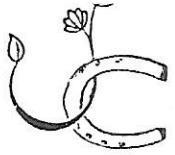
Directions: From Lubbock, Hiway 114 west Turn Left on Alamo Rd. East side of Levelland

Contact: Race Director, Bill Roger (806) 894-7911



West Texas Running Club  
 May Club Race

17th Annual Horseshoe Bend Canyon Spring Frolic Runs  
 Designated Event No. 5 of W.T.R.C. Challenge Series



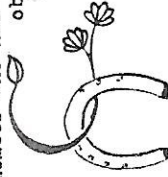
"Onward through the fog!" almost became the starter's call for the 17th Annual Horseshoe Bend Canyon Spring Frolic Runs. Fortunately the race start coincided almost simultaneously with the disappearance of a heavy fog that had shrouded the canyon all morning. This proved to be a good omen for a very large segment of the great field of 79 runners as several course records fell and half those returning to the same distance as last year notched vastly improved times.

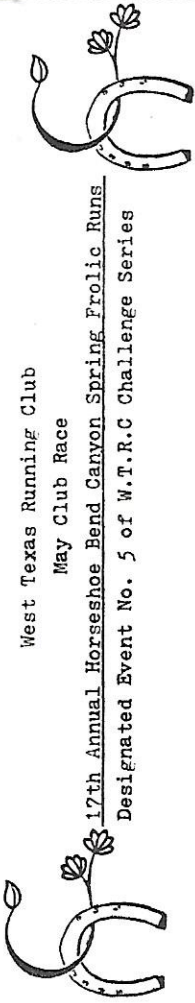
Josie Aleman established a new two mile standard in the 30-39 division for women with a 13:58, besting the old mark by eleven seconds. Heleen Esquivel was the Overall and 20-29 division winner in 13:42. Tammy Aleman was the 19 & under champ at 17:19. Mike Williams and Brad Schroer duelled it out in the 20-29 division for men with Mike taking the Overall and division win by one second at 10:26. (Not a course record as erroneously announced at awards presentation. 20-29 record is 10:14 by Cliff McCurdy in 1983.) Other age division winners were: Ronnie Mata, 19 & under (10:47); David Rodriguez, 30-39 (11:18); Joe Gomez, 40-49 (12:19) and John Morrow, 50-59 (13:46).

The six mile distance was contested for the first time and it seems only fitting that the Overall winner was Bobby Cunningham in 37:00. Bobby, aka Mr. Spring Frolic, now owns the 40-49 age division records at all three distances for this event. Second overall and the 30-39 division champ was Jimmy Samarron at 38:09.0. Other male age division winners: Chris Scott, 20-29 (40:35); Mike Greer, 50-59 (46:06); Teresa Greer was the female Overall winner and 30-39 division victor with a 48:13.

The top three finishers in the eleven mile all surpassed the old course record of 1:06:39. Rodney Hendrix (1:00:49), Tim Green (1:01:03), and Mark Manley (1:05:20) finished 1, 2, 3 in the 20-29 division and Overall. Brian Brashears bettered his own 19 & under record of 1:14:12 with a winning time of 1:08:15. Milt Brownfield took the 30-39 top spot in 1:11:00 and Joe Post was first in the 40-49 division at 1:12:22. George Jury, owner of the 50-59 two mile course record, added the eleven mile standard to his credit by shattering the old mark of 1:19:53 in winning the 50-59 division in 1:10:10. Tom Bowser took the inaugural 60 Plus division in 1:29:59. Female winners were: Overall and 20-29-Sue Houle (1:20:01); 30-39-Marla Harbin (1:26:44); 40-49-Barbara Vitalec (1:43:27).

High praise is due Race Director Hugh Haynes for another Fantastic Frolic! Hugh handled all the details perfectly, including the logistics of the new six mile distance. Thanks again, Hugh. Many thanks also to WTRC designated volunteers Francis and Sue Johns who braved the fog all the way from Midland. Jim Haynes who came in from Muleshoe and to Ron Seal for all their invaluable efforts. Hugh will receive Race Director credit of 22 miles and each of the designated volunteers earned 11 miles credit. Thanks also to Hugh's Crew of Carollee Mullins, Beth Rist, Bob and Ann Burbridge, Eric Haynes and his friend Brian. We would have a very difficult time producing this event without the annual efforts of this support group and we greatly appreciate them. Special thanks to John and Doris Stalcup for creeping down the canyon with the trailer and for their finish line help. Additional thanks to Sally Post and Teresa Manley for their continuing support. Yep, it does take a lot of help to continue to produce a monthly WTRC event, so any member who has not volunteered for their turn should consider their own real obligation to repay has given them by the WTRC for the opportunities which it has given them by volunteering for one of the remaining '89 races.





West Texas Running Club  
May Club Race

17th Annual Horseshoe Bend Canyon Spring Frolic Runs  
Designated Event No. 5 of W.T.R.C Challenge Series

**Fast Frolicers:** As mentioned earlier, half of those running the same distance as last year bettered their times. The Honor Roll is as follows: (Parenthetic figure denotes time improvement) Two Mile- Michael Nugent( :56); Tony Aleman ( :31); Josie Aleman( :26). Eleven Mile- James Livermore(10:59); Barney Adams (6:00); Brian Braghears(5:57); Al Grotz(4:02); Mark Manley(3:36); Milt Brown-field(3:28); Joe Post(3:01); Ron Key(2:29); Jim Wilhelm( :44).

**Canyon Quickies:** Median times for each distance- Two Mile, 13:43(6:51 pace); Six Mile, 44:40(7:26 pace); Eleven Mile, 1:23:03(7:33 pace). Last month's figures were: Two Mile, 15:24(7:42 pace); 10 K, 47:46(7:42 pace); Marathon, 1:42:47(7:50 pace). We're headed in the right direction!

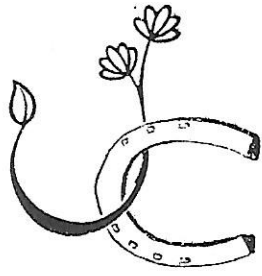
**Frolic Figures:** The attendance of 79 runners is the largest field for the Spring Frolic since at least 1983 when 65 runners participated (previous year's figures not available at this writing) and represents a whopping 58% increase over last year. This brings the 1989 WTRC Challenge Series events attendance total to 287 as compared to 248 at this time last year, a 16% increase. We're headed in the right direction!

**Bend Bits:** Youngest Runner- John Rodriguez, 12; Oldest Runner- Matthew Zhine, 66 and running the Eleven Mile.

Challenge Series points won by qualified entrants by division; parenthetic figure denotes distance

Women	Points	Men Open	Points	Men 30-32	Points
Sue Houle(11)	10	Mike Williams(2)	10	David Rodriguez(2)	10
Josie Aleman(2)	9	Mark Manley(11)	8	David Doyle(6)	9
Jan Ramirez(6)	9	Terry Baugh(11)	5	Larry Reno(11)	8
Tammy Aleman(2)	7			Tony Aleman(2)	7
April Stein(11)	7			Otto Spitz(6)	7
Shirley Wigley(11)	6			Barney Adams(11)	6
Tracy Baugh(11)	5			Jim Wilhelm(11)	3
Barbara Vitalec(11)	4			Brady Ray(11)	2
Ann Davis(11)	3				

Men 40-49	Points	Volunteers	Men 50 Plus	Points
Joe Post(11)	10	Race Director,	David Lard(11)	9
Ronnie Nugent(6)	9	Hugh Haynes (22)	Charles Hensarling(6)	9
Robert Guajardo(11)	8		Frank Hernandez(2)	8
Ron Key(11)	7			
Larry Byrd(11)	6	Jim Haynes(11)		
Bill Roger(11)	5	Francis Johns(11)		
James Livermore(11)	4	Sue Johns(11)		
Gary Perry(11)	2	Ron Seal(11)		
Jon Masood(11)	-			
Mike Kelley(11)	-			
Don Lewis(11)	-			



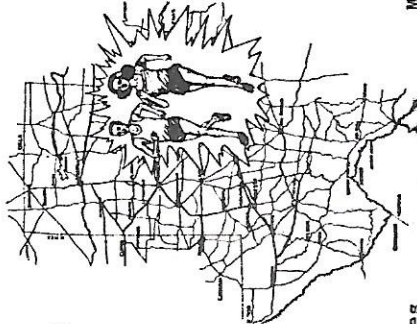
W.T.R.C. Challenge Series Standings Update

Through Five Events

Women	Points	Men Open	Points	Men 50 Plus	Points
1. Sue Houle *	50	1. Mike Williams *	49	1. Frank Hernandez	28
2. Josie Aleman	34	2. Mark Manley *	32	2. Charles Hensarling	18
3. Tracy Baugh	31	3. David Miller	19	3. Francis Johns	10
4. Jan Ramirez	26	4. Terry Baugh	16	4. David Lard	9
5. Shirley Wigley	25			5. Hugh Haynes	-
6. April Stein	22				
7. Ann Davis *	18				
8. Tammy Aleman	14				
9. Theresa Marez	13				
10. Barbara Vitalec	12				
11. Rosalie Anderson	6				
12. Sandi Howard	-				
13. Sue Johns	-				

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

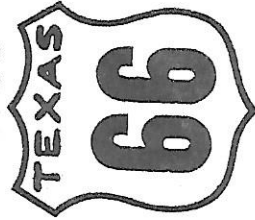
Men 30-39	Points
1. David Rodriguez	38
2. Larry Reno *	29
3. Gonzalo Ramirez	26
4. Barney Adams	24
5. Otto Spitz *	24
6. Brady Ray *	17
7. David Doyle	14
8. Tony Aleman	10
9. Ron Seal	6
10. Don Kephart	5
11. Jim Wilhelm	5
12. Luis Cardenas	-



Men 40-49	Points
1. Joe Post *	50
2. Jim Haynes *	38
3. Bill Roger	30
4. Kelly Baggett	29
5. Robert Guajardo	26
6. Gary Perry *	25
7. Ron Key	20
8. Ronnie Nugent *	19
9. James Livermore	15
10. Jon Masood *	9
11. Larry Byrd	8
12. Don Lewis	8
13. Loyd Senn	6
14. Mike Kelley	-

Milage Leaders/Women	Miles
1. Ann Davis	38.1
2. Shirley Wigley	36.1
3. Sue Houle	35.4
4. April Stein	29.2
5. Tracy Baugh	27.4
6. Jan Ramirez	22.4
7. Barbara Vitalec	21.2

Milage Leaders/Men	Miles
1. Ronnie Nugent	46.4
2. Ron Key	44.1
3. Mark Manley	42.3
4. Jon Masood	42.3
5. Gary Perry	42.3
6. Joe Post	42.3
7. Brady Ray	42.3
8. James Livermore	36.0
9. Larry Reno	35.4



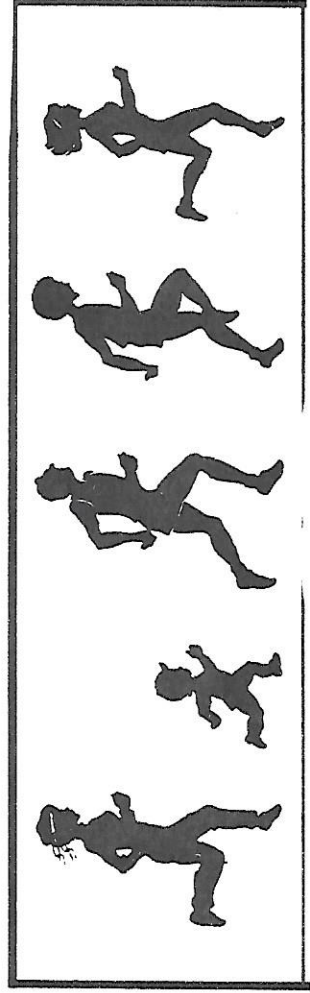
If your name does not appear in the above listings, but you want to be included in the '89 Challenge Series, there is still time. You may still be assigned as a volunteer for one of the remaining Challenge Series events and be included with credit for all previously accumulated points, miles and events. Contact Joe Post at 747-8359 if you would like to enter or need more information.

ANYONE WISHING TO DONATE THEIR OLD RUNNING SHOES AND T-SHIRTS FOR THE NEEDY. PLEASE CONTACT JAN or GONZALO RAMIREZ at 795-7338. Please machine wash all shoes before donating. You may bring shoes and shirts to any WTRC race or function.

May 13, 1989  
 W.T.R.C. HORSESHOE BEND CANYON SPRING FROLIC  
 OVERALL RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD [AGE GROUP]
01	Rodney Hendrix	23	M	1:00:49	LUBBOCK	1st 20-29 **
02	Tim Green	23	M	1:01:03	"	2nd 20-29
03	Mark Manley	28	M	1:05:20	WHITHARRAL	3rd 20-29
04	Brian Brashears	18	M	1:08:15	LUBBOCK	1st 0-19 *
05	George Jury	52	M	1:10:10	"	1st 50-59 *
06	Milt Brownfield	31	M	1:11:00	"	1st 30-39
07	Joe Post	40	M	1:12:22	"	1st 40-49
08	Bill Harn	34	M	1:13:30	"	2nd 30-39
09	Adam Romero	44	M	1:14:10	SNYDER	2nd 40-49
10	Robert Guajardo	46	M	1:15:25	LEVELLAND	3rd 40-49
11	David Lard	51	M	1:15:44	LUBBOCK	2nd 50-59
12	Kevin Neile	18	M	1:18:28	"	2nd 0-19
13	Larry Reno	37	M	1:18:40	"	3rd 30-39
14	Ron Key	46	M	1:18:51	"	4th 40-49
15	Al Grotz	39	M	1:19:39	"	4th 30-39
16	Sue Houle	27	F	1:20:01	"	1st F20-29
17	Larry Byrd	43	M	1:20:07	SHALLOWATER	5th 40-49
18	Bill Roger	50	M	1:20:20	LEVELLAND	3rd 50-59
19	James Livermore	41	M	1:21:11	LUBBOCK	6th 40-49
20	Barney Adams	36	M	1:21:42	"	5th 30-39
21	Donald Key	45	M	1:23:03	DALLAS	7th 40-49
22	Wes Boullion	32	M	1:23:47	LUBBOCK	6th 30-39
23	Gary Perry	44	M	1:24:13	"	"
24	Bernard Hartman	55	M	1:24:51	"	4th 50-59
25	Andy Luma	34	M	1:26:10	"	"
26	Bill Vitalec	43	M	1:26:32	"	"
27	Jon Masood	43	M	1:26:44	"	"
28	Marla Harbin	30	F	1:26:44	LITTLEFIELD	1ST F30-39
29	Barbara Phipps	32	F	1:27:04	LUBBOCK	2nd F30-39
30	Jim Wilhelm	38	M	1:28:49	"	"
31	April Stein	31	F	1:29:22	"	3rd F30-39
32	Tom Bowser	62	M	1:29:59	"	1st 60 + *
33	Terry Baugh	26	M	1:31:42	"	4th 20-29
34	Shirley Wigley	35	F	1:31:55	"	4th F30-39
35	Brady Ray	38	M	1:32:11	"	"
36	Tracy Baugh	27	F	1:33:50	"	2nd F20-29
37	Mike Kelley	40	M	1:36:48	"	"
38	Matthew Zhine	66	M	1:40:22	"	2nd 60 +
39	Don Lewis	40	M	1:42:15	"	"
40	Barbara Vitalec	41	F	1:43:23	"	1st F40-49
41	Ann Davis	31	F	no time	"	5th 30-39

\* Age Group Record  
 # Overall course record



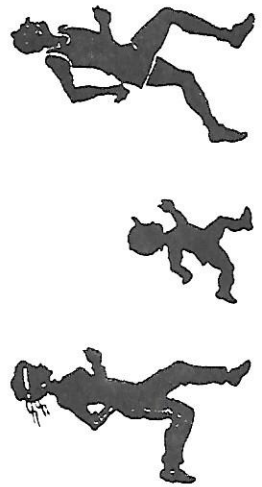
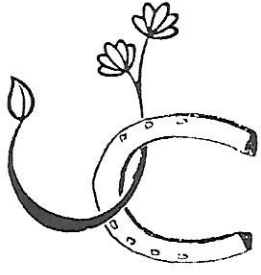
May 13, 1989  
 Horseshoe Bend 2 mile

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD [AGE GROUP]
01	Mike Williams	26	M	10:26	Clarendon	1st 20-29
02	Brad Schroer	23	M	10:27	LUBBOCK	2nd 20-29
03	Ronny Mata	18	M	10:47	LEVELLAND	1st 0-19
04	David Rodriguez	38	M	11:18	LUBBOCK	1st 30-39
05	Lance Epperson	20	M	11:33	"	3rd 20-29
06	Paul Willmon	15	M	11:52	LEVELLAND	2nd 0-19
07	Geno Fira	14	M	12:18	CROSSBYTON	3rd 0-19
08	Joe Gomez	45	M	12:19	LUBBOCK	1st 40-49
09	Ted Phipps	33	M	13:31	LUBBOCK	2nd 30-39
10	Eugene Fira	39	M	13:35	CROSSBYTON	3rd 30-39
11	Helen Esquivel	21	F	13:42	LUBBOCK	1ST F20-29
12	David Knaff	48	M	13:43	"	2nd 40-49
13	John Morrow	50	M	13:46	"	1st 50-59
14	John Stalcup	56	M	13:52	"	2nd 50-59
15	Josie Aleman	37	F	13:58	"	1st F30-39 *
16	Michael Nugent	13	M	14:04	"	4th 0-19
17	John Rodriguez	12	M	14:08	"	5th 0-19
18	Tony Aleman	39	M	14:31	"	4th 30-39
19	Frank Hernandez	51	M	15:21	"	3rd 50-59
20	Lisa Burkett	20	F	16:21	"	2nd F20-29
21	Tammy Aleman	14	F	17:19	"	1st FO-19
22	Paul Rhinehart	40	M	17:38	LEVELLAND	3rd 40-49

\* Age Group Record

Horseshoe Bend 6 mile (new distance)

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD [AGE GROUP]
01	Bobby Cunningham	49	M	37:00	ABERNATHY	1st 40-49
02	Jimmy Samarron	34	M	38:09	LEVELLAND	1st 30-39
03	David Doyle	30	M	39:42	WOLFARTH	2nd 30-39
04	Chris Scott	24	M	40:35	LUBBOCK	1st 20-29
05	Bob McGarrett	31	M	41:50	"	3rd 30-39
06	Otto Spitz	32	M	42:07	"	4th 30-39
07	Ronnie Nugent	42	M	43:29	"	2nd 40-49
08	Tore Preetvik	46	M	44:21	"	3rd 40-49
09	Joe Martinez	43	M	45:01	"	4th 40-49
10	Mike Greer	50	M	46:06	"	1st 50-59
11	Theresa Greer	38	F	48:13	"	1st F30-39
12	Vic Magnon	31	M	49:45	"	5th 30-39
13	Paul Keeling	43	M	52:07	"	5th 40-49
14	Charles Hensarling	56	M	54:46	"	2nd 50-59
15	Jan Ramirez	34	F	56:07	"	2nd F30-39
16	Lonnie Hollingsworth	56	M	1:03:00	"	3rd 50-59



### NIKE/RRCA Childrens Running Development

The West Texas Running Club was fortunate enough to receive one of only 18 grants awarded by the NIKE/RRCA children's developmental running program. The WTRC was the only Texas chapter to be selected. The program promotes fitness in children through non-competitive activities. KCBD TV will co-sponsor and promote the event to be held on June 24th entitled the 11-For Kids Marafun. We feel that it is of paramount importance for us as a club to encourage our communities children to be fit, healthy and happy people. As RRCA president Henley Gribble states, "Establishing a love of running reaps benefits far beyond just the running, giving a child a measure of self-esteem that can help against the temptation of drugs." Because this event is for kids, 12 and under, (sorry Bill Rogers!) here's your chance to support your club by volunteering! Please call Tracy Baugh at 794-8498 to help out.

### AT THE RACES

93rd Boston Marathon, April 17, 1989  
 April Stein recorded a time of 3:56.51 as the only area participant in this event

Big Sur Marathon, April 23, 1989 \*\*\* WTRC President Ron Key Turned in a fine 3:29:52 time on this very hilly California course. He finished 350th overall of 2,200 successful runners; 26th in his age group

Lewisville Dam Run, Lewisville, Texas April 29, 1989  
 George Jury ran a 38:37 10K, finishing 2nd in age group and 26th overall of 402 male runners.

"Running Jogs Your Mind" Run, New Orleans, La.  
 Gonzalo Ramirez finished 1st overall in this 1 1/2 mile race in 8:54



THIRD WTRC FUN RUN  
 AND POT LUCK SUPPER  
 Saturday, June 24, 1989

NEW TIME & PLACE

Due to the hot weather the time has been changed for the run and supper. Runners will run at A.M. Leftwich Park on 66th & Flint (a block north of Ron's house). Running can be done any time before 6:30 p.m. The supper will start at 6:30 at Ron's house (patio) 3208 67th.

Bring a covered dish

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

SO COME ON AND ENJOY AN EVENING OF FUN!!

### Entry Form

Name ..... Age ..... Sex: M F  
 Address ..... City & State .....  
 Phone ..... Work Phone .....

### Event

2 Mile ..... 10K .....

T Shirt (Circle One) M L XL  
 Race Fee: .....

Total: .....

Signature of Applicant

# 1st Annual Juneteenth 10K and 2 Mile Run

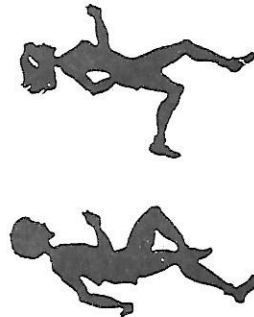
Coordinated by: Lubbock Black Chamber of Entrepreneurs, Inc.  
 Make Checks Payable to: Juneteenth 10K & 2 Mile Run  
 Mail to: Lubbock Black Chamber of Entrepreneurs, Inc.  
 2812 Weber Drive  
 Lubbock, Texas 79404  
 Phone: 747 9804

For more information call: Eddie Richardson, 747 9804

**WAIVER STATEMENT:** Entry invalid if not signed  
 I fully understand that my participation in the 1989 Juneteenth 10K & 2 Mile Run can result in injury. I certify that I have decided to participate in the event with full knowledge that being physically fit and sufficiently trained are necessary to prevent injury to myself. I waive all claims against all claims against the Lubbock Black Chamber of Entrepreneurs, Inc. and the sponsor organization of this event, or their employees, representatives or successors arising out of my participation in the event. This waiver shall be binding on my heirs, legatees, administrators, and assigns.

Further, I hereby grant full permission to any and all of the foregoing to use any photograph, videotapes, motion pictures, recordings, or any other record of my participation in the event for any legitimate purpose.

.....  
 Signature, Parent or Guardian if under 18



**LUBBOCK COUNCIL ON ALCOHOL AND DRUG ABUSE**  
 EDUCATION INFORMATION REFERRAL  
 A UNITED WAY AGENCY

1503 Ave. J Suite 204 • Lubbock, Texas 79401 • 763-8763



**announces**



**SATURDAY**

**JUNE 3, 1989**

CHILDREN AND FAMILY 1-MILE NEW THIS YEAR \*\*\* WE HOPE YOU ALL CAN COME!!

REFRESHMENTS\*\*\*RIBBONS AND MEDALS FOR ALL\*\*T-SHIRTS

BUDDY HOLLY PARK, by the gazebo 8:00 A.M. Registration

Children's Fees: \$3.00 Pre-Registration

\$5.00 Registration the day of the race

(Parents may pace their runner at no charge to the participating parent)

ADULT RUNS SCHEDULED AFTER THE CHILDREN'S RUN; \$5.00 Pre-registration; \$7.00 on-site



THE ANNUAL SPRING HIGH RUN IS SPONSORED BY THE LUBBOCK COUNCIL ON ALCOHOL AND DRUG ABUSE, A NON-PROFIT AGENCY OF UNITED WAY AND THE LUBBOCK REGIONAL MENTAL HEALTH/MENTAL RETARDATION CENTER. THE SPRING HIGH RUN BENEFITS ALCOHOL AND DRUG ABUSE PREVENTION AND TREATMENT PROGRAMS IN THE LUBBOCK AREA.

CHILDREN'S RUN

SPRING HIGH RUN REGISTRATION

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 T-SHIRT SIZE: \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL

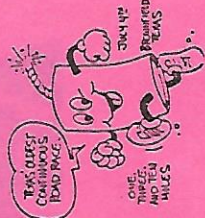
Waiver of Claim (must be typed and submitted with registration in conjunction of the acceptance of this race) I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this race, or while I am on the premises of this event, and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsor or promoters or the negligence of employees of either.

X

Checks payable to: Lubbock Council on Alcohol and Drug Abuse, 1503 Ave. J., 79401

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. Repetto St., Brownfield, Tx.

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

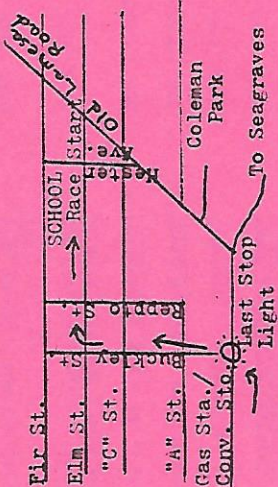
Awards: Thanks to the continuing generous support and sponsorship of the Brownfield Chamber of Commerce, specially designed medal-lion awards commemorating "Texas' Oldest Continuous Road Race" will be offered in the following divisions:

Age Division	3 Mile	10 Mile	3 Mile	10 Mile
	Men	Women	Men	Women
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