

Born to run

*CHALLENGE SERIES EVENT

- March 4th - Hispanic Culture Week Benefit 5K run. 8:30 a.m. TTU Rec Center \$5.00
- *March 11th - Prairie Dog 4 mile Mackenzie State Park near Broadway entrance, east of Avenue A 9:30 a.m. contact Jim Wilhelm 794-8421
- March 12th - Annual Sweetwater Rattlesnake Run 10K starts at 10:30 a.m., 2 mile at 9:30. Starts at Sweetwater Country Club. See newsletter for details.
- March 25th - Gone with the Wind 5K and 2 mile Mackenzie State Park Outdoor Center. Contact Lubbock Parks and Rec, Todd Streetman 762-6411 ext. 2690 \$8.00 entry fee, \$10.00 after March 20th.
- April 1st - April 1st Fool's Frolic 10K, 2 mile and 1 mile children's run. TTU track 10K and 2 mile starts at 8:00 a.m., children's run at 9:15. See newsletter for entry blank. For more details call Tracy Baugh 794-6498.
- *April 8 - Flight Line 1/2 Marathon, 10K and 2 mile Reese AFB. Call 885-3207 for details.
- April 15th - Run for the Arts. To volunteer call Tom West.
- May 5th - Aeromania III-Competitive Fitness testing. Reese AFB call 885-3207 for details.
- May 6th - Run for the Arts-Midland
- * May 13th - Horseshoe Bend Canyon Spring Frolic 11, 6 & 2 mile run. Slaton Texas contact Hugh Haynes.
- May 19th - Fourth Annual USAF Fitness Fun Run. Reese AFB call 885-3207 for details.
- May 27th - Amarillo Funfest 1/2 marathon & 10K Call Caytie Martin at 359-4311 or Karla Coon 374-2022



Prairie dog town

March 1989



BLACKTAIL PRAIRIE DOG

WEST TEXAS

Running Club

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

MARCH 1989



March W.T.R.C. Race
Prairie Dog Town 4 mile
Mar. 11; 9:00 A.M.
Details inside

WEST TEXAS RUNNING CLUB

OFFICERS

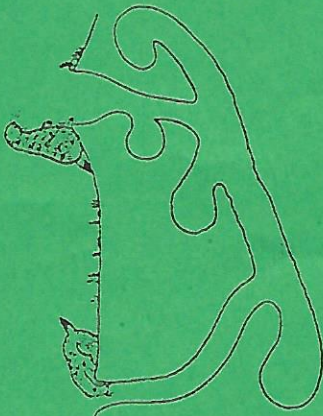
PRESIDENT: Ron Key
 EXTERNAL V.P.: Tom West
 INTERNAL V.P.: Gonzalo Ramirez
 SECRETARY: Jan Ramirez
 TREASURER: Shirley Wigley

DIRECTORS

Josie Aleman : Membership
 Tracy Baugh : RACE 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



Prairie Dog 4 Mile

DATE: Saturday, March 11, 1989

TIME: 9:30 a.m.

DISTANCE: 4 miles

LOCATION: Mackenzie State Park, Lubbock, Tx (near Broadway entrance, East of Ave. A)
 COURSE: Rolling terrain on asphalt

Awards to:

First 3	First 5	First 7	First 5	First 5	First 6
20-29	30-39	40-49	50 & over	Ladies	

ENTRY FEE: \$3.00 WTRC members
 \$4.00 Non-members

FOR MORE INFORMATION: Contact Jim Wilhelm

(Evenings) 806-794-8421

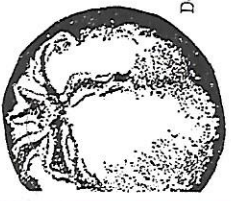
THE WEST TEXAS RUNNING CLUB

MARCH CLUB RACE

 PRAIRIE DOG RUN

DESIGNATED EVENT NO. 3 OF 1989

WTRC CHALLENGE SERIES



West Texas Running Club
 February Club Race
 Seventeenth Annual
 Cottonpatch Runs
 February 11, 1989

Designated Event No.2 of W.T.R.C. Challenge Series

The 17th Annual Cottonpatch Runs were highlighted by good weather, an increase in attendance, a new course record in the Male 30-39 Age Division and the debut of the W.T.R.C.'s "Rolling Thunder" equipment trailer. Only a moderate wind marred an otherwise fine day for running, as sunny skies and a moderate temperature that quickly warmed greeted the 28 Four Milers and 27 Eight Milers who toured the uniquely picturesque W.T.R.C. course.

Overall 8 Mile victor Scott Bricker's 43:09(5:24) shattered the Male 30-39 course record of 44:14 set by John Bednarski in 1981. Milt Brownfield turned in a fine 51:32(6:26) for second in the 30-39 group and sixth overall. Lolo Mercado took the 29 & Under title with a 47:00(5:22) to finish second overall. Israel Gonzales' 47:23(5:55.3) edged Vince Mercado's 47:27(5:55.8) for second in this age group and third overall. Mark Manley was fourth in the 29 & Under and fifth overall at 48:47(6:06). Joe Post took the 40-49 division in 51:40(6:27) and Francis Johns won the 50 Plus in 57:56(7:14). Sue Houle was overall and Under 30 Women's champ in 56:45(7:06) and April Stein was second overall and 30-39 winner with a 1:05:36(8:12).

Mike Williams won the overall 4 Mile and Men's 29 & Under division in 23:00(5:45) over Brad Schorer's 23:07(5:47). David Rodriguez captured the 30-39 title and was third overall in 23:55(5:59). Dan Fonseca garnered the 40-49 crown with a 24:16(6:04) and Flynn Frank Hernandez won the 50 Plus grouping in 32:15(8:04). Lori Moralez won the Women's Under 30 in 33:00(8:17). Theresa Marez the 30-39 at 35:27(8:52); Barbara Vitalec the 40-49 with 36:05(9:01) and Rosalie Anderson the 50 Plus in 39:11(9:48).

Thanks to Ron Key who stepped in to perform Race Director duties, and to his merry band of designated volunteers: Larry Byrd, Robert Guajardo, Sandi Howard, Larry Reno and Shirley Wigley. Thanks also to Barbara Vitalec, Ronnie Nugent and Jon Masood who all helped before and/or after their runs.

Cottonpatch Quickies: Only two competitors managed to better their '88 performances. Mike Williams was 21 seconds better than last year's 23:21 in the 4 Mile with a 23:00. Gonzalo Ramirez turned in a 52:40 in the 8 Mile, topping his 54:11 in '88 by one minute and thirty-one seconds.

Patches Past: Six past Age Division winners recaptured past glories at the '89 Cottonpatch. Dan Fonseca won the 4 Mile in the 30-39 in '85 and as a 40-49er in '88 as well as a 30-39 crown in the 8 Mile in '87. Francis Johns repeated 8 Mile wins as a 50 Plusser in '85 & '87 with his '89 victory. Mike Williams won the Male 4 Mile Open for the second year in a row and Joe Post took the 40-49 title in '89 after winning the Open 8 Mile in '88. Barbara Vitalec repeated her '88 win in the 40-49 Women's 4 Mile and April Stein did likewise in the Over 30 Eight Mile. April also won the 25 & Over 4 Mile title in '87. For real nostalgia buffs - Nine runners returned to the Cottonpatch five years to the day from '84. Listed are '84 & '89 times: Eight Milers - Al Crotz(57:00, 57:22); Francis Johns(61:04, 57:56); James Lavermore(R.D., 63:03); Lolo Mercado(46:19, 47:00); Joe Post(54:59, 51:40). Returning at different distances: Dan Fonseca(49:25 for 8, 24:16 for 4); Robert Guajardo(19:00 for 3, volunteer); Vince Mercado(17:48 for 3, 47:27 for 8); John Owens(27:08 for 3, 39:24 for 4).

Patch Participation

'83 - 112	'87 - 50
'84 - 97	'88 - 33
'85 - 75	'89 - 55
'86 - Unavl.	

Patch Paces for '89 (per mile)
 Women: 4 Mile-9:07; 8 Mile-8:40
 Men Under 30: 4 Mile-6:19; 8 Mile-6:08
 Men 30-39: 4 Mile-7:57; 8 Mile-6:52
 Men 40-49: 4 Mile-7:19; 8 Mile-7:35
 Men 50 Plus: 4 Mile-9:15; 8 Mile-7:28

BROWNFIELD COTTONPATCH RUNS
ORDER of FINISH

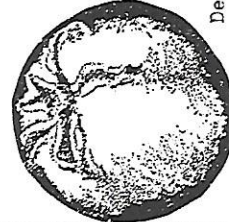
8 Mile

PLACE	NAME	AGE	SEX	CITY	TIME	AWARD	RACE GROUP
01	SCOTT BRICKERD	36	M	LBK	43:09	1ST	30-39M
02	LOLO MERCADO	29	M	"	47:00	1ST	20-29M
03	ISRAEL GONZALES	21	M	"	47:23	2ND	20-29M
04	VINCE MERCADO	20	M	"	47:27	3RD	20-29M
05	MARK MANLEY	28	M	LEVLND	48:47	4TH	20-29M
06	MILT BROWNFIELD	31	M	LBK	51:32	2ND	30-39M
07	JOE POST	40	M	LBK	51:40	1ST	40-49M
08	GONZALO RAMIREZ	33	M	"	52:48	3RD	30-39M
09	BOBBY REED	52	M	"	52:48	4TH	30-39M
10	KENDALL RICHARDS	26	M	LBK	54:33	5TH	20-29M
11	SUE HOULE	27	F	"	55:45	1ST	20-29F
12	AL GROTZ	49	M	"	57:22	5TH	30-29M
13	BILL ROGER	49	M	LEVLND	57:44	2ND	40-49M
14	FRANCIS JOHNS	54	M	MIDLND	57:56	1ST	50-54M
15	GARY PERRY	54	M	"	58:53	3RD	40-49M
16	WES BOULLIQUON	31	M	LBK	1:00:56	"	"
17	TORRE PRESTVIK	46	M	"	1:01:18	4TH	40-49M
18	TRAVIS CASLER	56	M	"	1:01:37	2ND	50+M
19	BILL VITALEC	42	M	"	1:02:50	5TH	40-49M
20	JAMES LIVERMORE	41	M	"	1:03:03	"	"
21	JON MASSOD	43	M	"	1:03:18	1ST	30-39F
22	APRIL STEIN	30	F	"	1:05:36	"	"
23	BRADY RAY	38	M	"	1:05:40	"	"
24	DON LEWIS	40	M	"	1:09:40	2ND	30-39F
25	BETTY JOHNSON	30	F	"	1:15:04	3RD	30-39F
26	ANN DAVIS	32	F	"	1:20:02	"	"

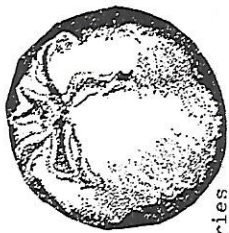
4 Mile

PLACE	NAME	AGE	SEX	CITY	TIME	AWARD	RACE GROUP
01	MIKE WILLIAMS	26	M	CLARENDON	23:00	1ST	20-29M
02	BRAD SCHROER	23	M	"	23:07	2ND	20-29M
03	DAVID RODRIGUEZ	38	M	LBK	23:55	1ST	30-39M
04	DANIEL FONSECA	42	M	BRNFLD	24:46	1ST	40-49M
05	DAVID MUNIZ	19	M	"	25:24	3RD	0-29M
06	BILL HARN	34	M	LBK	25:51	2ND	30-39M
07	JIM HAYNES	42	M	MULESHOE	26:00	2ND	40-49M
08	DANIEL CARRION	22	M	"	26:00	4TH	20-29M
09	BARNEY ADAMS	36	M	LBK	27:32	3RD	30-39M
10	KELLY BAGGETT	40	M	LVLND	27:38	3RD	40-49M
11	OTTO SPITZ	31	M	LBK	28:00	4TH	30-39M
12	TEDDY SOLIZ	15	M	BRNFLD	28:19	5TH	0-29M
13	RONNIE NUGENT	42	M	LBK	30:06	4TH	40-49M
14	RON SEAL	32	M	"	31:26	5TH	30-39M
15	FRANK HERNANDEZ	50	M	"	32:15	1ST	50- M
16	DON KEPHART	36	M	"	32:24	"	"
17	PAT DUFFY	37	M	"	32:50	"	"
18	LORI MORALES	17	F	SHLWTR	33:09	1ST	0-29F
19	DAVID DUNWOODY	33	M	"	34:07	"	"
20	THERESA MAREZ	39	F	ABRNTHY	35:27	1ST	30-39F
21	BARBARA VITALEC	41	F	LBK	36:05	1ST	40-49F
22	LOYD SENN	49	M	"	37:47	5TH	40-49M
23	CONNIE EVANS	40	F	"	38:26	2ND	40-49F
24	ROSALIE ANDERSON	52	F	"	39:11	1ST	50+ F
25	BOB SMITH	68	M	"	39:17	2ND	50+ M *
26	JOHN OWENS	59	M	SEAGRVS	39:25	3RD	50+ M
27	RANDY RANDALL	31	M	"	40:06	"	"
28	CHARLEY CARROLL	39	M	RANSOM CANYON	41:49	"	"

* EDITORS NOTE 60 + M WINNER!!!*



West Texas Running Club
February Club Race
Seventeenth Annual
Cottonpatch Runs
February 11, 1989



Designated Event No.2 of W.T.R.C. Challenge Series

8 Mile Results

Women 29 & Under
1. Sue Houle 56:45

Women 30-39
1. April Stein 1:05:36
2. Betty Johnson 1:15:04
3. Ann Davis 1:20:02

Men 29 & Under
1. Lolo Mercado 47:00
2. Israel Gonzales 47:23
3. Vince Mercado 47:27
4. Mark Manley 48:47
5. Kendall Richards 54:33

Men 30-39
* 1. Scott Brickerd 43:09
2. Mill Brownfield 51:32
3. Gonzalo Ramirez 52:40
4. Bobby Reed 52:48
5. Al Grotz 57:22
6. Wes Boullion 1:00:56
7. Brady Ray 1:05:40

* Age Division Record

Men 40-49
1. Joe Post 51:40
2. Bill Roger 57:44
3. Gary Perry 59:53
4. Tore Prestvik 1:01:18
5. Bill Vitalec 1:02:50
6. James Livermore 1:03:03
7. Jon Masood 1:03:18
8. Don Lewis 1:05:00

Men 50 Plus
1. Francis Johns 57:56
2. Travis Casler 1:01:37

4 Mile Results

Women 29 & Under
1. Lori Morales 33:09

Women 30-39
1. Theresa Marez 35:27

Women 40-49
1. Barbara Vitalec 36:05
2. Connie Evans 38:26

Women 50 Plus
1. Rosalie Anderson 39:11

Men 29 & Under
1. Mike Williams 23:00
2. Brad Schorer 23:07
3. David Muniz 25:24
4. Daniel Carrion 26:00
5. Teddy Solis 28:19

Men 30-39
1. David Rodriguez 23:55
2. Bill Harn 27:32
3. Barney Adams 28:00
4. Otto Spitz 28:00
5. Ron Seal 31:26
6. Don Kephart 32:24
7. Pat Duffy 32:50
8. David Dunwoody 34:07
9. Randy Randall 40:06
10. Charley Carroll 41:49

Men 40-49
1. Dan Fonseca 24:16
2. Jim Haynes 26:00
3. Kelly Baggett 27:38
4. Ronnie Nugent 30:06
5. Loyd Senn 37:47

Men 50 Plus
1. Frank Hernandez 32:15
2. Bob Smith 39:17
3. John Owens 39:24

Race Director: Ron Key - 16 Miles
Volunteers: Larry Byrd; Robert Guajardo;
Sandi Howard; Larry Reno;
Shirley Wigley - 8 Miles Each

It was good to hear from club member Bobby Birdsong of Levelland, who was stricken with a form of Leukemia this past year. Bobby is competing in the most important race of his life and hopefully is on the homestretch to victory. Join with me in cheering him on to the finish line. *****

Dear George and members of the WTRC,

First I would like to say how much I am missing all the fun you are having at the races. I miss that gut-wrenching last mile of a good 10K and then listening to everybody "shoot the bull" about how it was just a good training run. Maybe it will not be so long before I will be out helping with some races whether I can run or not.

Presently, I am taking a chemotherapy treatment every Friday afternoon and the results seem to be positive. At least I have felt much better especially since the first of the year. I am back on the job (teaching) full time now. My doctor says I have a 70% chance of whipping this thing and I feel like that it is getting better all of the time. I know there are a lot of people that are worse off than that.

Thanks to all the WTRC members that have sent flowers, cards, and made telephone calls. They helped boost my spirits when they were at their lowest.

Sincerely,
Bobby Birdsong
 Bobby Birdsong

W.T.R.C. Challenge Series

Leaders through Two Events

Men 29 & Under	Points
1. Mike Williams	20
2. Mark Manley	16
3. Lolo Mercado	10
4. Brian Schorer	9
5. Jeff Jury	8
6. David Miller	8
7. Terry Baugh	7

Women	Points
1. Sue Houle	20
2. Ann Davis	14
3. Josie Aleman	10
4. Lori Morales	10
5. Tracy Baugh	9
6. Theresa Marez	9
7. April Stein	9
8. Betty Johnson	8
9. Barbara Vitalec	8
10. Jan Ramirez	7
11. Rosalie Anderson	6

Men 40-49	Points
1. Joe Post	20
2. Jim Haynes	19
3. Kelly Baggett	17
4. Gary Perry	15
5. Joe Gomez	9
6. Bill Roper	9
7. Robert Guajardo	8
8. Don Lewis	8
9. Charlie Stallings	8
10. Ronnie Nugent	7
11. Tore Prestvik	7

Men 30-39	Points
1. Scott Brickerd	20
2. Otto Snitz	11
3. Alonzo Mendoza	10
4. David Rodriguez	10
5. Tim Rowman	9
6. Milt Brownfield	9
7. Bill Harn	9
8. Brady Ray	9
9. Barney Adams	8
10. Charley Carroll	8
11. Larry Reno	8
12. Gonzalo Ramirez	8

Men 50 Plus	Points
4. Travis Casler	9
5. Bob Smith	9
6. John Owens	8

Men 50 Plus	Points
1. Frank Hernandez	20
2. Francis Johns	10
3. George Jury	10

Milage Leaders - Women	Miles
1. Sue Houle	14.2
2. April Stein	14.2
3. Barbara Vitalec	10.2

Milrage Leaders - Men	Miles
1. Gonzalo Ramirez	20.4
2. Ron Key	16.0
3. Many tied with	14.2

Listed below are the remaining Challenge Series events and the names of those members who have met the Challenge Series entry requirement by having agreed to serve as a non-running volunteer at an event. Any member who has not met this entry requirement by 3/15/89 will be deleted from Challenge Series competition until the volunteer requirement has been met. Contact Joe Post at 747-8359 or 1717-39th, Lubbock, Tx., 79412 to volunteer or for more information.

- 3/11/89- Prairie Dog Run: Jim Wilhelm, R.D.; James Livermore, Brady Ray, Loyd Senn, Frank Hernandez
 - 4/8/89- Flight Line Run: Ronnie Nugent, R.D.; Ann Davis, Mark Manley, Rachel Fox
 - 5/13/89- Slaton Horseshoe Bend Caryon Run: Francis Johns, Sue Johns, Jim Haynes
 - 6/10/89- (tentative)/89- Levelland Lope: Bill Roper, R.D.; Kelly Baggett
 - 7/4/89- Firecracker Run (Brownfield, Tx.): NONE
 - 8/12/89- Hot Dam Run: Joe Post, R.D.; Don Lewis, Tracy Baugh, Terry Baugh
- Sept. - Date, site, distance pending: Sue Houle, Ed Dabrowski
- Oct. - Date, site, distance pending: NONE
- 11/11/89- Buffalo Wallow: Don Kephart, R.D.; Gary Perry, Sue Perry
- 12/9/89- Red Line Cross Country: Mike Kelley, R.D.; Mike Williams, David Rodriguez
- These members have already satisfied entry requirements: Gonzalo Ramirez, Jon Masood, Barbara Vitalec, Luis Cardenas, David Doyle, Ronnie Nugent, April Stein, Ron Key, Robert Guajardo, Shirley Wifley, Larry Reno, Larry Byrd, Sandi Howard.

PACE CHART

time/mile	5k	5m	10k	15k	10m	20k	15m	25k	30k	20m	marathon
4:40	14:30	23:20	29:00	45:00	48:20	59:00	1:10:00	1:27:00	1:33:20	1:33:20	2:03:22
4:50	15:01	24:10	30:02	45:03	48:20	1:00:04	1:12:30	1:15:05	1:30:08	1:36:40	2:07:44
5:00	15:32	25:00	31:04	46:38	50:00	1:02:08	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
5:10	16:03	25:50	32:06	47:09	51:40	1:04:12	1:17:30	1:20:15	1:36:16	1:43:20	2:15:28
5:20	16:34	26:40	33:08	48:42	53:20	1:06:16	1:20:00	1:22:50	1:39:24	1:48:40	2:19:50
5:30	17:05	27:30	34:10	51:15	55:00	1:08:20	1:22:30	1:25:25	1:42:30	1:50:00	2:24:12
5:40	17:36	28:20	35:12	52:48	56:40	1:10:24	1:25:00	1:28:00	1:45:38	1:53:20	2:28:34
5:50	18:07	29:10	36:14	54:21	58:20	1:12:28	1:27:30	1:30:35	1:48:42	1:56:40	2:32:56
6:00	18:38	30:00	37:17	55:55	1:00:00	1:14:33	1:30:00	1:33:10	1:51:48	2:00:00	2:37:19
6:10	19:10	30:50	38:19	57:29	1:01:40	1:16:38	1:32:00	1:35:45	1:54:54	2:03:20	2:41:41
6:20	19:41	31:40	39:22	59:03	1:03:20	1:18:43	1:35:00	1:38:20	1:59:00	2:06:40	2:46:03
6:30	20:12	32:30	40:24	1:00:39	1:05:00	1:20:47	1:37:30	1:40:55	2:01:06	2:10:00	2:50:25
6:40	20:43	33:20	41:26	1:02:09	1:06:40	1:22:52	1:40:00	1:43:30	2:04:12	2:13:20	2:54:47
6:50	21:14	34:10	42:28	1:03:42	1:08:20	1:24:56	1:42:30	1:46:05	2:07:24	2:16:40	2:59:09
7:00	21:45	35:00	43:30	1:05:15	1:10:00	1:27:00	1:45:00	1:48:40	2:10:30	2:20:00	3:03:03
7:10	22:16	35:50	44:32	1:06:48	1:11:40	1:29:04	1:47:30	1:51:15	2:13:36	2:23:20	3:07:55
7:20	22:47	36:40	45:34	1:08:21	1:13:20	1:31:08	1:50:00	1:53:50	2:16:42	2:26:40	3:12:17
7:30	23:18	37:30	46:36	1:09:54	1:15:00	1:33:12	1:52:30	1:56:25	2:19:48	2:30:00	3:16:39
7:40	23:49	38:20	47:38	1:11:27	1:16:40	1:35:16	1:55:00	1:59:00	2:22:54	2:33:20	3:21:01
7:50	24:20	39:10	48:40	1:13:00	1:18:20	1:37:20	1:57:30	2:01:35	2:26:00	2:36:40	3:25:23
8:00	24:51	40:00	49:42	1:14:33	1:20:00	1:39:24	2:00:00	2:04:10	2:29:06	2:40:00	3:29:45
8:10	25:22	40:50	50:44	1:16:06	1:21:40	1:41:28	2:03:30	2:08:45	2:32:12	2:43:20	3:34:07
8:20	25:53	41:40	51:46	1:17:39	1:23:20	1:43:32	2:05:00	2:09:20	2:35:18	2:46:40	3:38:29
8:30	26:24	42:30	52:48	1:19:12	1:25:00	1:45:36	2:07:30	2:11:55	2:38:24	2:50:00	3:42:51
8:40	26:55	43:20	53:50	1:20:45	1:26:40	1:47:40	2:10:00	2:14:30	2:41:30	2:53:20	3:47:13
8:50	27:26	44:10	54:52	1:22:18	1:28:20	1:49:44	2:12:30	2:17:05	2:44:36	2:56:40	3:51:35
9:00	27:57	45:00	55:54	1:23:51	1:30:00	1:51:48	2:15:00	2:19:40	2:47:42	3:00:00	3:55:00
9:10	28:28	45:50	56:56	1:25:24	1:31:40	1:53:52	2:17:30	2:22:15	2:50:48	3:03:20	4:00:22
9:20	28:59	46:40	57:58	1:26:57	1:33:20	1:55:56	2:20:00	2:24:50	2:53:54	3:06:40	4:04:44
9:30	29:30	47:30	59:00	1:28:30	1:35:00	1:58:00	2:22:30	2:27:25	2:57:00	3:10:00	4:09:06
9:40	30:01	48:20	1:00:02	1:30:03	1:36:20	2:00:04	2:25:00	2:30:00	3:00:06	3:13:20	4:13:28
9:50	30:32	49:10	1:01:04	1:31:36	1:38:20	2:02:08	2:27:30	2:32:35	3:03:12	3:16:40	4:17:50

W.T.R.C. Members would like to know more about their fellow runners. Please fill out the following questionnaire & return to: ↑
 G. W. Jury, 5212-44 th, Lubbock, tx 79414

WTRC RUNNERS of the MONTH
 PERSONALITY PROFILE

NAME: _____
 AGE: _____
 AGE STARTED RUNNING: _____
 YEARS RUNNING: _____
 TOTAL ACCUMULATED MILEAGE: _____
 AVERAGE MILES/WEEK: _____
 AVG TRAINING PACE: _____

FAVORITE TRAINING AREA: _____
 LOCAL RACE: _____
 WTRC RACE: _____
 OUT OF TOWN RACE: _____
 RACE DISTANCE: _____
 RUNNING SHOE: _____

BEST TIMES AT WHAT AGE?
 SPRINTS: _____
 2 MI. _____
 5 KM _____
 8 KM _____
 10 KM _____
 HALF MARA _____
 MARATHON _____
 OCCUPATION: _____
 HOBBIES/INTERESTS: _____

MEMBERSHIP APPLICATION

Make check payable to: **\$8.00 FIRST MEMBER**
WEST TEXAS RUNNING CLUB 2.00 Ea. ADDITIONAL
 P.O. BOX 2921 FAMILY MBR. @ Same address
 LUBBOCK, TEXAS 79408

MAILING ADDRESS: _____
 ST. or BOX# _____
 CITY, STATE, ZIP _____
 TELEPHONE# _____

FIRST MEMBER NAME _____ DATE OF BIRTH / /
 SEX M or F Current age _____

ADDITIONAL MEMBERS
 NAME _____ DATE OF BIRTH / /
 M or F Current age _____
 NAME _____ DATE OF BIRTH / /
 M or F Current age _____
 NAME _____ DATE OF BIRTH / /
 M or F Current age _____

PLEASE x ONE
 RENEWAL [] NEW MEMBER [] AMOUNT ENCLOSED \$.

Remember January is the start of a new W.T.R.C. year; all Memberships expire and payment of dues required to continue receiving the Newsletter & have reduced Race fees.
 If you have already renewed recruit a friend by passing this form along!!!!

Checks only please

COMING ATTRACTIONS

Saturday, February 25th
 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)



NEWS and NOTES

THANKS

The editor would like to express a few words of appreciation to the following for their help in making the monthly W.T.R.C. Newsletter possible. To Joe Post for tabulating race results: challenge series data, and for his interesting race reports!!!!!!!

To Tracy Baugh for compiling a thorough RACE CALENDAR and help in putting the pages together

To Doris and John Stalcup for aid in labeling, stamping and mailing

To Robin Roberts of X-PRESS PRINTING ,4427-50th :795-2192 for aid in reducing and compiling and the copywork

SINGLET'S

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

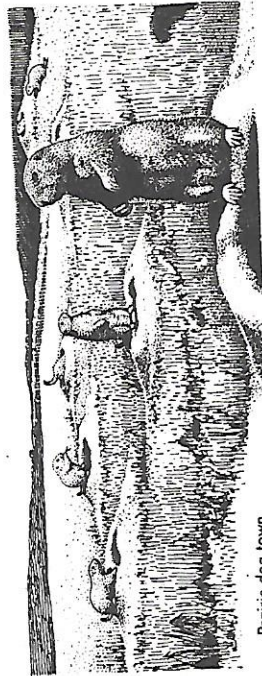
Anyone wishing to purchase one of the 60\40 Poly\Cotton singlets with the W.T.R.C. Logo, may do so by mailing your check for \$7.50 to Gonzalo Ramirez
3202- 88th [a minimum of 25 shirts is required
Lubbock, Texas 79423 and if not obtained a refund will be issued]

SWEETWATER RACE

Although there has been no advance publicity on the annual "SWEETWATER RATTLESNAKE RUN", this event is still on for Sunday Mar. 12 For those not going to Austin for the "CAPITOL 10K", this event has a special feature this year in that it will be covered by ESPN TV. Anyone wishing entry blanks for this event, call George Jury @ 792-1237 after 6 P.M.

HOUSTON TENNECO MARATHON

Congratulations are in order to club member Corky Eritch of Amarillo for his fine effort of 2:44:18 at the "HOUSTON TENNECO MARATHON" Jan. 15, 1989. This time placed him 85th overall and 3rd in his age group of 40-44.!!



Prairie dog town

This month we feature one of our oldest runners and one of our newest runners, who by the way, happens to also be one of the fastest guys around

Located elsewhere in this newsletter is a form for your contribution to this column

WTRC RUNNERS of the MONTH PERSONALITY PROFILE

NAME: Bob Smith
AGE: 68
YEARS RUNNING: 7
TOTAL ACCUMULATED MILEAGE: UNKNOWN
AVERAGE MILES/WEEK: 15
AVG TRAINING PACE: 9:00-10:00

Scott Brickerd
36
15
21
UNKNOWN
60
6:40-7:00

FAVORITE

TRAINING AREA: Higginbotham Park;
LOCAL RACE: Buddy Holly,Canyon Lakes
WTRC RACE: All
OUT OF TOWN RACE: Levelland Lope

Quaker Ave. Parks ?
TTU RRRR 10K
Same as above

RACE DISTANCE: 10 K
RUNNING SHOE: NIKE
BEST TIMES AT WHAT AGE?
SPRINTS:
2 MI. 24:00
5 KM 54:00
8 KM 2:06
10 KM none
HALF MARA
MARATHON

ALAMO CITY 10K
San Antonio
Between 7 to 10 miles
NIKE Air Pegasus

9:12 22 (Sr. @ Syracuse U)
15:10 35
24:40 35
31:06 30 (in California)
1:07 29
2:49 31(not a serious race

OCCUPATION: Retired

HOBBIES/INTERESTS: Geology/Rockhound
FAVORITE AUTHOR: HILDERMON

USAF; RAFB
Roger Bannister

BOOK : "The Skinwalker"
SINGER/GROUP:

"The Four Minute Mile"

SONG:

MOVIE: "The Gods Must Be Crazy"

"The Last Emperor"

T.V. SHOW: National Geographic

"Wise Guy"

FOOD: Meat & Potatoes

Progresso Soup

CARTOON/COMIC:

"Alf" Saturday AM's