

W. T. R. C. CALENDER of EVENTS

* Denotes official W.T.R.C. EVENT

- * Oct. 7 TAG TEAM 2 MILER : Mackenzie Park, E. Broadway entrance, Registration 8:00 A.M. Team drawings, 8:45 A.M. Start 9:00 A.M. Details in this newsletter
- Oct. 14 RED RAIDER ROAD RACE, Texas Tech University, 10K & 2 mile Also 1 mile childrens Run, George Jury, Director Pick up extra entry forms at 4808- 50th st
- Oct. 21 TEXAS INSTRUMENTS CLASSIC 10K., 2 mi & 1 mi kids run
1989 RACE CANCELLED !!!!!
- Oct. 21 RED HOT CHILI POT TROT, 3 & 4 miles, County Exhibit Bldg. Midland, 3 A.M. (Contact Al Rose (915) 694-4271
- Oct. 21 YMCA FITNESS WALK & CLIMIC, Midland YMCA (915) 682-2551
- Oct. 28 Allsup's Fall Road Races, Clovis, NM * Half Marathon, 10K, 5K, and 1 Mile. Contact J.R. Jacobs at (505) 769-2311 or (505) 763-5238
- Nov. 4 MRT/YMCA HALF-MARATHON & 2 mile Midland; PBRRC Box 10483 Midland, Tx. 79702
- Nov. 4 Dallas WHITEROCK HALF-MARATHON
- * Nov. 11 BUFFALO WALLOW Half Marathon & 2 Mile, Buffalo Springs Lake
- Nov. 12 SAN ANTONIO MARATHON; 6 A.M. start, Call (512) 732-1932
- Nov. 16 Run your Butts Off Cold Turkey Fun Run, Reese AFB call 885-3207
- Nov. 19 AUSTIN MARATHON , HALF-MARATHON & 5K Call (512) 473-2526
- Dec. 2 GOODFELLOWS RUN, 10K & 2 Mile
- Dec. 3 Dallas WHITEROCK MARATHON
- * Dec. 9 RED LINE CROSS COUNTRY 4 Mile Run, Mae Simmons Park

X-Press Printing

4427-50th Street
Lubbock, Texas 79414
(806) 795-2192



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
October 1989



W.T.R.C. October Race
October 7, 1989 8:00 A.M.
Broadway Entrance
Mackenzie Park (Details inside front cover)



1 mile Childrens Run
Sat. Oct. 14, 1989

Texas Tech University

October 1989

WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT: Ron Key
 0 765-5551 H 792-9280

INTERNAL V.P.: Gonzalo Ramirez
 0 742-2313 H 795-7338

EXTERNAL V.P.: Tracy Baugh
 0 762-6411 X2122 H 794-8498

SECRETARY: Jon Masood
 0 797-7094 H 797-1870

TREASURER: Shirley Wigley
 0 763-7061 H 797-4201

DIRECTORS

Barney Adams
 0 744-3333 H 793-5058

George W. Jury
 0 792-3291 H 792-1237

Gary Perry
 0 747-4663 H 795-0842

David Rodriguez
 0 741-4834 H 799-1817

Joe Stalcup
 0 794-7433 H 795-0206

April Stein
 0 799-2500 H 747-9545

W.T.R.C. Races are usually held the 2nd Saturday 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.



West Texas Running Club
 October Club Race
 2 Mile Tag Team Relay
 Designated Event No.10 of
 W.T.R.C. Challenge Series



Date: Saturday, October 7, 1989.

Time: Registration - 8:00-8:30 A.M. to allow for teams to be selected by random draw from all entrants from 8:30-9:00. NO ONE WILL BE ALLOWED TO REGISTER FOR TEAM COMPETITION AFTER TEAM DRAWINGS HAVE BEGUN.
Race Start: 9:00 A.M.

Site: Mackenzie Park, Near the East Broadway entrance, in the loop just off the park road. (Same place as the Prairie Dog Run & Go For The Gold)

Rules: Three person teams will be selected by random draw from all entrants. Each team member will run a two mile leg in relay style. Individual times will be recorded and applied to the Challenge Series in the regular divisions.

Awards: Each member of the teams finishing first through tenth will receive an award.

Entry Fee: W.T.R.C. Members - \$3; All Others - \$4.

More Information: Joe Post, 747-8359.



Shallowater Stampede

10K & 2 Mile

Designated Event No. 9

'89 W.T.R.C. Challenge Series



Great looking T shirts, distinctively attractive awards and a course that featured the "town and country" feeling that has come to symbolize W.T.R.C. club races all combined to make the initial Shallowater Stampede a super event.

A great field of fifty-nine 2 Milers and forty-two 10Kers doggedly challenged the first full fall winds on a day when just finishing was an accomplishment. The 101 entrants more than doubled the total for last year's September club race and brought '89 total attendance to 639, an increase of 102 or 19% over the year to date '88 total after 9 events.

Overall winners were Robert Guajardo, 39:52 in the 10K and Mike Williams, 11:31 in the 2 Mile. April Stein led the women in the 10K at 46:10 and Josie Aleman won the 2 Mile in 15:29. Shallowater Town Champs were Malcolm Fuentes (46:30) and Debbie Martin (53:05) in the 10K and Jeremy Salazar (12:51) and Maria Ramos (17:06) in the 2 Mile.

Many thanks to Race Director Larry Byrd for a superior job in lining up sponsors and workers, laying out a good course and managing the race. Thanks to volunteers Bill Roger, Ronnie Nugent, Gary Perry, Sue Houle, Shirley Wigley, Otto Spitz, Ron Key, Jan Ramirez, John Stalcup and Helen Esquivel who will all receive 6.2 miles Challenge Series credit. Thanks also to Doris Stalcup, Randy Pratt, Deb Kattwinkel, Tammy Byrd, Camie Eger, Veronica Lomas and Carrie Byrd who all contributed greatly to the Stampede's success.

Last but not least, a big thanks to all the folks in Shallowater who made the W.T.R.C. a part of their new school's dedication. The same kind of pride and hard work that went into the race was obviously evident in the new school. Thanks for the sponsorships, participation, encouragement and mostly the just plain friendliness. We congratulate all the Mustangs on a great race and on a great new school. Hope you'll invite us back next year for another Stampede.





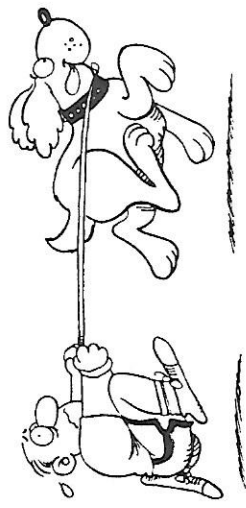
SHALLOWATER STAMPEDE

SEPTEMBER 23, 1989

10 K RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Bill Harn	35	M	38:17	LUBBOCK	* 1st	30-39
02	Robert Guajardo	46	M	39:52	LEVELLAND	1st	40-49
03	Bobby Cunningham	49	M	39:58	ABERNATHY	2nd	40-49
04	Larry Reno	37	M	41:24	LUBBOCK	2nd	30-39
05	Barney Adams	36	M	41:42	"	3rd	30-39
06	Lance Morris	29	M	42:02	"	1st	20-29
07	Joe Post	40	M	42:29	"	3rd	40-49
08	David Levens	31	M	43:07	"	4th	30-39
09	Rich Kelley	39	M	44:00	"	5th	30-39
10	Joe Martinez	44	M	44:26	"	4th	40-49
11	Mark Garland	35	M	44:33	"	6th	30-39
12	Al Grotz	40	M	44:39	"	5th	40-49
13	James Livermore	42	M	45:44	"	1st	30-39
14	April Stein	31	F	46:10	"		
15	Roger Marks	36	M	46:20	"		
16	Malcom Fuentes	14	M	46:30	SHALLOWATER	1st	19 & under
17	Tommy Parrish	32	M	47:53	LUBBOCK		
18	Brady Ray	38	M	47:57	"		
19	Sandra Grice	30	F	48:05	"	2nd	30-39
20	Francis Johns	55	M	48:11	MIDLAND	1st	50-59
21	Dwight Hood	29	M	49:12	LUBBOCK	2nd	20-29
22	Jim Wilhelm	38	M	49:22	"		
23	Tony Aleman	40	M	49:51	"		
24	Rick Buckberry	37	M	49:57	"		
25	Mike Kelley	40	M	50:16	"		
26	B. J. Lloyd	32	M	51:29	PLAINVIEW		
27	Ron Alexander	41	M	51:32	LUBBOCK		
28	Hector Ramos	15	M	52:43	SHALLOWATER	2nd	19 & under
29	Max Katwinkel	22	M	52:56	LUBBOCK	3rd	20-29
30	Debbie Martin	38	F	53:05	SHALLOWATER	3rd	30-39
31	Latha Tucker	32	F	53:07	LUBBOCK		
32	Stephen Fannin	39	M	53:58	"		
33	Rick Hudson	34	M	55:43	"		
34	Theresa Marez	39	F	56:43	ABERNATHY	1st	60 Plus
35	Bob Smith	69	M	58:01	LUBBOCK		
36	Rosa Fuentes	35	F	59:12	SHALLOWATER		
37	Joni Kitchens	34	F	59:34	"		
38	Carolyn Darden	34	F	59:36	"		
39	Ann Davis	32	F	61:47	LUBBOCK		
40	Shannon Pratt	25	F	61:48	SHALLOWATER	1st	20-29
41	Valarie Avery	28	F	65:28	LUBBOCK	2nd	20-29

* Bill Harn crossed finish line first in 38:17, but ran short course; he was awarded 1st in the 30-39 age group.



SHALLOWATER STAMPEDE

September 23, 1989

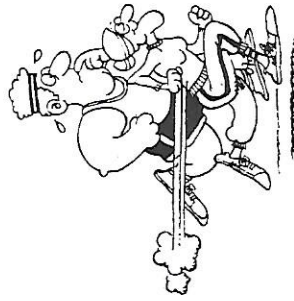
2 Mile Run

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Mike Williams	26	M	11:31	CLARENDON	1st	20-29
02	Gonzalo Ramirez	33	M	12:28	LUBBOCK	1st	30-39
03	Kendall Bergman	21	M	12:30.2	"	2nd	20-29
04	David Doyle	30	M	12:30.7	WOLFFORTH	2nd	30-39
05	Jeremy Salazar	17	M	12:51	SHALLOWATER	1st	19 & under
06	Jim Haynes	43	M	13:03	MULESHOE	1st	40-49
07	Robert Urrutius	23	M	13:16	LUBBOCK	3rd	20-29
08	Joy Gomez	45	M	13:19	"	2nd	40-49
09	Igy Agundis	30	M	13:36	"	3rd	30-39
10	Gene Fira	14	M	13:44	CROSBYTON	2nd	19 & under
11	John Barrentine	14	M	13:54	SHALLOWATER	3rd	19 & under
12	Dan Tyler	18	M	14:03	"	4th	19 & under
13	Roy Potter	12	M	14:11	"		
14	Tommy Townsend	14	M	14:28	"		
15	Jim Swan	32	M	14:31	LUBBOCK	5th	30-39
16	Eloy Moralez	38	M	14:36	SHALLOWATER	6th	30-39
17	John Harper	54	M	14:40	ANTON	1st	50-59
18	Gary Bodensteiner	40	M	14:47.0	LUBBOCK	3rd	40-49
19	David Miller	29	M	14:47.3	"	4th	20-29
20	Robert Salazar	37	M	14:49	"		
21	Jeff Tucker	34	M	15:02	"		
22	Glen Warren	38	M	15:11	PLANO		
23	Kelly Powe	15	M	15:23	SHALLOWATER		
24	Josie Aleman	38	F	15:29	LUBBOCK	1st	30-39
25	Geoff Goff	10	M	16:09	SHALLOWATER		
26	Eugene Fira	39	M	16:10	CROSBYTON		
27	Jimmy Avery	28	M	16:24	"	5	20-29
28	Danny Brown	10	M	16:43	SHALLOWATER		
29	Frank Hernandez	51	M	16:45	LUBBOCK	2nd	50-59
30	Norman Moore	19	M	16:46	SHALLOWATER		
31	Homer Moralez	42	M	16:47	LUBBOCK	4th	40-49
32	Bill Hopkins	35	M	16:57	"		
33	Maria Ramos	17	F	17:06	SHALLOWATER	1st	19 & under
34	James Bone	50	M	17:21	LUBBOCK	3rd	50-59
35	Jon Masood	43	M	17:21	"	5th	40-49
36	Gayle Blackmon	30	F	17:37	SHALLOWATER	2nd	30-39
37	Trish Cowan	25	F	17:43	"	1st	20-29
38	Denise Bakema	28	F	17:52	LUBBOCK	2nd	20-29
39	Charla Hohertz	23	F	18:00	SHALLOWATER	3rd	20-29
40	P. J. Mitchell	44	F	18:19	LUBBOCK	1st	40-49
41	Ben Lewis	9	M	18:22	SHALLOWATER		
42	Susan Gabel	30	F	18:23	LUBBOCK	3rd	30-39
43	Hollie Stanton	14	F	18:29	"	2nd	19 & under
44	Ruben DeLeon	39	M	18:31	"		
45	T'Linda Taylor	28	F	19:23	"		
46	Cathy Hohertz	27	F	19:30	"		
47	Robin Reeves	28	F	19:43	"		
48	T. J. Henderson	10	M	19:53	"		
49	Matthew Hunt	12	M	20:13	"		
50	Jeanie Sellers	14	F	20:14	"	3rd	19 & under
51	Paul Rinehart	40	M	20:18	LEVELLAND	6th	40-49
52	Charles Hohertz	50	M	20:42	SHALLOWATER		
53	Teresa Roger	16	F	21:30	LEVELLAND		
54	Connie Ramos	14	F	22:09	SHALLOWATER		
55	Lisa Brown	14	F	22:10	"		
56	Jennifer Cole	11	F	22:23	"		
57	Jessie Marez	43	M	23:24	ABERNATHY		
58	Bill Horton	15	M	23:57	SHALLOWATER		
59	Rachel Kern	17	F	24:47	LUBBOCK		

FIESTA RUN

SATURDAY, SEPTEMBER 16, 1989
10 K RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Vince Mercado	20	M	36:33	LUBBOCK	1st	20-29
02	William Stromberg	21	M	37:48	"	2nd	20-29
03	Rod Carter	19	M	38:07	"	1st	19&under
04	Robert Guajardo	46	M	38:59	LEVELLAND	1st	40-49
05	James Ivey	34	M	39:10	LUBBOCK	1st	30-39
06	Jeff Morrison	18	M	39:42	"	2nd	19&under
07	Jonathon Stewart	19	M	39:57	"	3rd	19&under
08	Larry Reno	37	M	40:19	"	2nd	30-39
09	Sue Houle	27	F	41:13	"	1st	20-29
10	Lyndol Askew	43	M	41:48	"	2nd	40-49
11	David Dody	29	M	42:14	"	3rd	20-29
12	Joe Martinez	44	M	42:20	"	3rd	40-49
13	Mario Condit	23	M	42:22	"	4th	20-29
14	Wes Boullion	32	M	42:23	"	3rd	30-39
15	Larry Byrd	48	M	42:27	"	4th	40-49
16	Rich Kelly	39	M	42:42	"	4th	30-39
17	Robin White	32	M	42:59	"	5th	30-39
18	Otto Spitz	32	M	44:34	"	"	"
19	Ron Key	46	M	44:38	"	5th	40-49
20	Harding Goodman	47	M	45:16	DANVILLE CA	"	"
21	David Miller	29	M	45:55	LUBBOCK	5th	20-29
22	Rick Buckberry	37	M	46:02	"	"	"
23	Sandra Grice	30	F	46:08	"	1st	30-39
24	Helen Esquivel	21	F	46:33	"	2nd	20-29
25	Travis Casler	56	M	46:55	"	1st	50 +
26	John Morrow	50	M	48:13	"	2nd	50 +
27	Anthony Maestas	34	M	48:24	"	"	"
28	Tommy Stewart	42	M	48:41	"	"	"
29	Terry Buzbee	30	M	48:46	"	"	"
30	Danny Curry	34	M	48:48	"	"	"
31	B. J. Lloyd	32	M	49:02	PLAINVIEW	"	"
32	June Azua	35	F	50:17	LUBBOCK	2ND	30-39
33	Shirley Wigley	35	F	51:14	"	3rd	30-39
34	Ralph Williams	53	M	51:30	"	3rd	50 +
35	Walter Jordan	40	M	51:40	"	"	"
36	Ernie Gandy	36	M	52:06	"	"	"
37	Latha Tucker	33	F	52:14	"	4th	30-39
38	Christopher Phelps	19	M	52:27	"	4th	19&under
39	Melissa Martel	19	F	52:31	"	1st	19&under
40	Theresa Marez	39	F	53:13	ABERNATHY	5th	30-39
41	Earnest Camp	44	M	53:46	LUBBOCK	"	"
42	Andrew Cortez	18	M	56:10	ABERNATHY	5TH	19&under



FIESTA RUN

SATURDAY, SEPTEMBER 16, 1989
2 MILE PLUS RUN

OVERALL PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	David Rodriguez	38	M	13:10	LUBBOCK	1st	30-39
02	David Doyle	30	M	13:58	"	2nd	30-39
03	Robert Urrutia	23	M	14:14	"	1st	20-29
04	Kendall Bergman	21	M	14:17	"	2nd	20-29
05	Jim Haynes	43	M	14:21	MULSHOE	1st	40-49
06	Craig Jackson	24	M	14:24	LUBBOCK	3rd	20-29
07	Luis Cardenas	37	M	14:32	"	3rd	30-39
08	Joe Gomez	45	M	14:39	"	2nd	40-49
09	Andrew Teague	14	M	15:09	"	1st	19&under
10	Ramon Mondragon	51	M	15:21	"	1st	50 +
11	Geno Fira	14	M	15:22	CROSBYTON	2nd	19&under
12	Scott Collins	27	M	15:42	LUBBOCK	4th	20-29
13	Luis Perez	25	M	16:02	LEVELLAND	5th	20-29
14	Josie Aleman	38	F	16:48	LUBBOCK	1st	30-39
15	Tony Aleman	40	M	16:54	"	3rd	40-49
16	Jeff Tucker	34	M	17:10	"	4th	30-39
17	Robert Salazar	37	M	17:20	"	5th	30-39
18	Eugene Fira	39	M	17:30	CROSBYTON	1st	19&under
19	Jorond Casler	19	F	17:49	LUBBOCK	"	"
20	Rudy Hernandez	27	M	18:07	"	"	"
21	Frank Hernandez	51	M	18:21	"	2nd	50 +
22	Billy Elliott	25	M	18:48	PLAINVIEW	4th	40-49
23	Paul Rinehart	40	M	18:51	LEVELLAND	2nd	19&under
24	Annette Dixon	19	F	19:13	LUBBOCK	"	"
25	Gayle Blackman	30	F	19:49	"	2nd	30-39
26	William Hopkins	36	M	20:10	"	"	"
27	P. J. Mitchell	44	F	21:21	"	1st	40 +
28	Ann Ferris	37	F	22:16	"	3rd	30-39
29	Carol Kelly	27	F	22:17	"	1st	20-29
30	Steven Haffner	21	M	22:32	"	"	"
31	Tammy Aleman	14	F	24:41	"	3rd	19&under
32	Ann Provence	35	F	24:57	"	4th	30-39

W. T. R. C. TRIATHLETE NEWS

Mike Greer

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
1st	Alpine Bay Triathlon Birmingham, AL					3rd	Timbercreek Biathlon Amarillo
3rd	Bud Light Houston (qualified for Hilton Head)					5th	Grand Lake Triathlon Tulsa, OK

NOTE: Due to a fall on the bike during a training ride, Miles suffered 4 broken ribs and a broken collarbone, so his current activity has been somewhat limited; however, HE SHALL RETURN!

Teresa Greer

3rd Place as Member of Tri Babies Triathlon Team (runner) Grand Lake Triathlon Tulsa, OK

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

<u>Womens Open</u>	<u>Points</u>	<u>Events</u>	<u>Miles</u>
1. Sue Houle	80	9*	62.8 (3)
2. Josie Aleman	56	8	29.0
3. Shirley Wigley	47	8	63.5 (2)
4. April Stein	38	6	45.4 (4)
5. Helen Esquivel	37	5	17.2
6. Tracy Baugh	36	6	42.4 (5)
7. Ann Davis	31	9*	65.5 (1)
8. Jan Ramirez	31	6	31.6
9. Theresa Marez	30	6	35.4
10. Barbara Vitalec	20	4	27.4
11. Tammy Aleman	19	5	18.0
12. Rosalie Anderson	6	2	8.0

<u>Mens Open</u>	<u>Points</u>	<u>Events</u>	<u>Miles</u>
1. Mike Williams	77	8	23.0
2. Mark Manley	51	8	73.5 (3)
3. Terry Baugh	24	7	48.6
4. David Miller	21	5	19.2

<u>Men 30-39</u>	<u>Points</u>	<u>Events</u>	<u>Miles</u>
1. David Rodriguez	65	7	30.4
2. Larry Reno	59	9*	62.8 (8 Tie)
3. Gonzalo Ramirez	51	7	44.6
4. David Doyle	38	7	34.6
5. Otto Spitz	37	9*	46.8
6. Al Grotz	35	7	46.8
7. Barney Adams	32	5	59.5 (10)
8. Bill Harn	26	5	44.3
9. Wes Boullioun	23	2	32.4
10. Brady Ray	20	6	53.3
11. James Ivey	14	9*	69.7 (4 Tie)
12. Tony Aleman	11	3	17.4
13. Jim Wilhelm	8	8	45.7
14. Ron Seal	6	7	52.6
15. Don Kephart	5	5	30.2
16. Luis Cardenas	-	2	13.0

<u>Men 40-49</u>	<u>Points</u>	<u>Events</u>	<u>Miles</u>
1. Joe Post	76	9*	74.7 (1)
2. Jim Haynes	75	9*	35.0
3. Robert Guajardo	63	8	58.8
4. Bill Roger	41	8	62.8 (8 Tie)
5. Gary Perry	39	9*	69.7 (4 Tie)
6. Ron Key	33	7	65.3 (7)
7. Kelly Haggatt	29	5	26.6
8. James Livermore	23	7	57.3
9. Ronnie Nugent	22	9*	73.8 (2)
10. Jon Masood	16	9*	65.5 (6)
11. Larry Byrd	13	7	56.6
12. Mike Kelley	9	5	31.4
13. Don Lewis	8	6	45.4
14. Loyd Senn	6	3	13.0

* indicates member is tied for Male or Female Participation Leader.

(#) indicates member's position in Mileage Award standings.

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

<u>Men 50 Plus</u>	<u>Points</u>	<u>Events</u>	<u>Miles</u>
1. Frank Hernandez	51	7	21.0
2. Charles Hensarling	32	4	19.2
3. Francis Johns	28	4	30.2
4. David Iard	27	3	19.0
5. John Stalcup	25	4	15.2
6. Hugh Haynes	9	2	32.0

Those who may be in contention for an award in more than one category (Mileage and Participation - One Male & One Female Overall each; Points - Top 50% in each division) should begin to decide which award they will choose to receive, as no one will be eligible for more than one award, as per club tradition. Those qualifying for the 66 Mile Club award may receive that award and still be eligible for an award in another category. Any questions in regard to the Challenge Series should be addressed to Joe Post at 747-8359 or 1717-39th, Lubbock, 79412.

DUKE CITY MARATHON TRIP

Thirty three W.T.R.C. members and families made the trip to Albuquerque Saturday, Sept. 23rd. Twenty one of these plus many more participated in two walking events or three running events. This was a very enjoyable trip. Several ran their very first marathon there and all who did found the altitude, hills and 20 degree warmer weather than Lubbock's to be quite a challenge.

A more complete report will appear in the next newsletter. From the enthusiasm of this group I am sure that another such trip will be planned in the future!!

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

NAME: GEORGE W. JURY
AGE: 53

NAME: JEFFREY M. JURY
AGE: 29

AGE STARTED RUNNING: 42

26

YEARS RUNNING: 11

2.5

TOTAL ACCUMULATED MILEAGE 20,459

2,600

AVERAGE MILES/WEEK 38 (30-42)

30-40

TYPICAL WEEKS TRAINING/INTENSITY OR PACE

Miles (Easy, Hard, etc.)

SUN	Rest or 4 uphills	4 easy or rest
MON	4-6 easy + swim 15 min	6 easy
TUE	8 easy	6 moderate
WED	6 easy	4-6 easy
THU	8 easy	8-10 easy
FRI	Rest	4 easy or Rest
SAT	10-12 Easy or Race (Hard!)	12-15 Easy or Race

FAVORITE

TRAINING AREA: Just "out the Door"

S. W. Lubbock

LOCAL RACE: RED RAIDER ROAD RACE

RED RAIDER ROAD RACE

WTRC RACE: BUFFALO WALLOW HALF MARA.

BUFFALO WALLOW HALF MARATHON

OUT OF TOWN RACE: Amarillo FUNFEST
and Fort Worth COWTOWN

10 K to 10 miles

RACE DISTANCE: Half marathon

N.B. 675

RUNNING SHOE: Tiger "EPIRUS"

CROSS TRAINING: Occasional swim, bike
Floor exercise, Push-ups, Chins
Cycling, Some weights

BEST TIMES AT WHAT AGE? * = Certified Course AGE?
SPRINTS: 100 yds 10.1 18
800 yds 2:04 16

1 MI. 5:26 27

2 MI. 11:24 50

5 KM 18:06 49

8 KM 28:43 52

10 KM 37:14 * 50

HALF MARA 1:22:34 * 50

MARATHON 3:05:07 * 50

OCCUPATION: Veterinarian

Yardman/Student (TTU)

HOBBIES/INTERESTS: Birdwatching, hiking

Cycling, Archery, Running



THANKS, THANKS
AND
THANK YOU!!!

EDITOR'S NOTES

As you read through this newsletter you may note the new slate of officers/directors for the next year on the title page. We congratulate these people on their election. We also invite each member to participate and call on any of these people when you have any question or concern. Anyone is invited to attend the regular monthly meetings, held on the 2nd Tuesday of the month at President Ron Key's house.

At this time I would like to recognize those who have consistently helped with putting this monthly publication together.

Joe Post For his journalistic contributions and race tabulations as well as the computation of the CHALLENGE SERIES results.

Tracy Baugh For compiling Calender information

Jan Ramirez For supplying mailing labels

Doris Stalcup For help with the assembly and mailing

Robin Roberts (of EXPRESS PRINTING) For superb printing and production at very reasonable cost.

I would like to have all the input and advice from you readers as to what you want to see in "your" Newsletter so please call me or bring me information that you feel is pertinent