

Marking the Calendar

Dates To Circle In Red

* denotes challenge series event

- Sept. 2nd Amarillo Triathlon, 7:00 am, Southwest Park. 800m swim, 40k bike, 10k run. \$25 per individual, \$60 per 3 member team. Contact Cindy Dawson, 2611 S. Hawthorne, Amarillo 79109, (806) 358-2553 or 358-2421
- Sept. 2nd 9th Annual Golden Cross Bike-a-thon. 7:30 am. 10k, 25m, 50m, 62m and 100m. \$15 entry fee. Contact Methodist Hospital, 793-4199
- Sept. 9th 2nd Annual POW-MIA Race for Freedom, 9:00 am. Reese AFB, 5k, \$5early, \$8 late Contact: Randy Pratt 885-6020
- Sept. 9th Septemberfest 10k & 2 mile, Midland, Contact Andra Chamberlain (915) 687-2961
- Sept. 12th WTRC election banquet. 7:00 pm, Lubbock Plaza hotel. Dinner is only \$5 if reservatins are made by 9-10-89 by calling 794-8498, \$8 without reservation.
- Sept. 16th Fiesta Run, 10k, Mackenzie Park. Contact Gonzalo Ramirez 795-7338
- * Sept. 23rd Shallowater Stampede 10k, 2 mile, and 1 mile. \$4 non-members \$3 members. Race starts at 9:00 am. Contact Larry Byrd P.O. box 652, Shallowater, 79363 832-4600
- Sept. 24th Duke City Marathon, Albuquerque. Also 1/2 marathon, 5k, & 20k walking event. Contact: P.O. Box 14903, Albuquerque NM 87191, (505) 291-8250
- Sept. 30th Double T Connection 10k, 2 mile and 1 mile. Contact Joe or Sally Post 747-8359
- * Oct. 7th Tag Team 2 Miller. Mackenzie Park, E. Broadway entrance. Three person teams will be selected by random draw from all entrants. Each team member will run a 2 mile relay leg. Each member of the 1st 10 teams will receive an award. Individual times will be kept and applied to the challenge series in appropriate divisions. Registration: 8:00- 8:45am for team drawings to be held 8:45-9:00. No one will be allowed to register for team competition after drawing for teams has begun. Race starts at 9:00 am.
- Oct. 14th Red Raider Road Race, 10k, 2 mile and 1 mile children's race. ITU. Contact George Jury for more information.
- Oct. 21 Texas Instruments 10k, 2 mile and 1 mile children's race.
- Oct. 21 Red Hot Chili Pot Trot 8 mile and 4 mile, Midland. Contact andra Chamberlain (915.) 687-2961
- Oct. 28 Allsup's Fall Roadraces, Clovis NM. 1/2 marathon, 10k, 5k, and 1 mile. Contact J.R. Jacobs (505) 769-2311 or 763-5238
- * Nov. 11 Buffalo Mallow 1/2 mara thon, & 2 mile, Buffalo Springs Lake
- Nov 16th Run your Butts Off Cold Turkey fun run, Reese AFB, call 885-3207
- Dec. 2nd Goodfellows Run, 10k and 2 mile
- * Dec. 9 Red Line Cross Country 4 mile, Mae Simmons Park



September 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

Josie Aleman: Membership
 Tracy Baugh: RACE CALENDER
 David Jackson: CLUB RACES
 George Jury: NEWSLETTER
 Ronnie Nugent: EQUIPMENT
 Bill Vitalec: NON-CLUB RACES

DIRECTORS

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*

SHALLOWWATER STAMPEDE

" SHS DEDICATION RUN "

EVENT: 10K . 2 MI . 2MI WALK . CHILDREN 12 & UNDER 1 MILE RUN
 DATE: SAT. SEPT. 23 . 1989
 TIME: REGISTRATION 7:30 A.M. : 1 MILE START at 8:30 A.M. : 10K . 2MI & 2MI WALK START at 9:00 A.M.

SITE: RACE WILL START AND END AT SHALLOWWATER HIGH SCHOOL
 ENTRY FEE: W.T.R.C. MEMBERS - \$ 3.00 : all others - \$4.00
 AWARDS: TROPHIES TO OVERALL WINNERS. MEN & WOMEN in 10K & 2 MI
 MEDALS TO OVERALL WINNERS FROM SHALLOWWATER . MEN & WOMEN IN 10K & 2MI

AGE DIVISIONS AWARDS	WOMEN		MEN	
	2 MI	10K	2 MI	10K
19 & UNDER	3	3	4	3
20-29	3	3	6	5
30-39	3	3	6	6
40-49	2	2	6	5
50-59	1	1	3	3
60 +	0	0	1	1

AWARDS WILL BE AWARDED TO THE FIRST 25 WALKERS AND THE FIRST 100 CHILDREN WHO FINISH . TROPHIES TO ALL RUNNERS . POST RACE REFRESHMENTS WILL BE PROVIDED FOR INFORMATION CALL RACE DIRECTOR : LARRY BYRD - 832-4600

West Texas Running Club
 August Club Race
 "Hot Dam 5 Mile"

Designated Event No. 8 of W.T.R.C. Challenge Series

Cool,cloudy conditions seemed perhaps to modify the August 12 WTRC race into the "Not As" Hot Dam Run.A great turnout of seventy-four 5 Mile Racers and twenty-six 2 Mile Fun Runners gave the Hot Dam our second best attendance total for '89(118 at the Firecracker).The total of seventy-four 5 mile participants brings the '89 comparable attendance figure to 538 against last year's 489,representing a 10% increase over 1988 after eight events.

The good climate lent itself to good times as four new age division records were set and fifteen of the twenty-five returnees from last year notched better times.Moreover,47.4% of the field finished under a 7:00 pace.

New age division records were: Male Open- Joseph Ruiz(26.43);Male 40-49-Bobby Cunningham(30.42);Male 50 Plus- George Jury(30.18);Female 30-39-Christina McKinnis(35.48).

Those improving last year's times were: John Stalcup(31.35);Christine Vasquez(31.26);Tony Aleman(21.25);Ron Key(21.01);Bill Roger(1:43);Larry Byrd(1:24);Ron Seal(1:01);Shirley Wigley(1:48);George Jury(1:47);Ken McEachern(1:41);Mike Kelley(1:37);David Doyle(1:19);Jim Wilhelm(1:19);David Miller(1:17);James Livermore(1:15).

Thanks to designated club member volunteers Terry Baugh,Tracy Baugh,Bob Gardner,Al Grotz and Jim Ivey,all of whom earned 5 miles Challenge Series credit.

A huge thank you to all the participants at the Go For The Gold 5K and the Hot Dam Run.Your entry fees and additional contributions at these runs resulted in \$500 being raised for the South Plains Food Bank.Good guy club member Jim Wilhelm has made an additional \$75 individual gift to bring the total WTRC donation to the Food Bank to \$575.Thanks also to all those who brought food donations;be assured they are greatly needed and appreciated.

Mega thanks to International Awards for their donation of the engraved trophy plates;to Sparklett's for the donated water;and to Norval Pollard at the Avalanche-Journal for his continuing help in promoting our races.

These sponsorships covered all race costs and enabled the WTRC to donate all monies received to the Food Bank.

Thanks again everybody.

HOT DAM 5 MILE OVERALL RESULTS

WOMEN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Sue Houle	27	F	32:47	LUBBOCK	1st	20-29
02	Regina Ortega	18	F	34:29	"	1st	19 & under
03	Christina Vasquez	15	F	34:47	"	2nd	19 & under
04	Christina McKinnis	35	F	35:48	"	1st	30-39
05	Shirley Wigley	35	F	37:27	"	2nd	30-39
06	Josie Aleman	38	F	38:16	"	3rd	30-39
07	Theresa Marez	39	F	44:17	ABERNATHY	4th	30-39
08	Connie Evans	40	F	47:38	LUBBOCK	1st	40-49
09	Ann Davis	32	F	52:20	"	5th	30-39

MEN

SEE THE NEXT PAGE PLEASE

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Joseph Ruiz	21	M	26:43	LUBBOCK	1st	20-29
02	Mark Manley	28	M	28:09	WHITHARRAL	2nd	20-29
03	Mike Williams	26	M	28:36	CLARENDON	3rd	20-29
04	Javier Zamora	25	M	28:50	LUBBOCK	4th	20-29
05	Vince Mercado	20	M	29:26	"	5th	20-29
06	Cody Staneland	17	M	29:50	JAYTON	1st	19 & under
07	Brian Brashears	19	M	29:51	LUBBOCK	2nd	19 & under
08	Marsh Blackmore	34	M	30:17	"	1st	30-39
09	George Jury	53	M	30:18	"	1st	50-59
10	David Rodriguez	38	M	30:35	"	2nd	30-39
11	Jerry McGinnis	17	M	30:36	SUNDOWN	3rd	19 & under
12	Bobby Cunningham	49	M	30:42	ABERNATHY	1st	40-49
13	Robert Guajardo	46	M	30:53	LEVELLAND	2nd	40-49
14	Paul Willmon	19	M	30:55	"	4th	19 & under
15	Bill Harn	35	M	31:11	LUBBOCK	3rd	30-39
16	Herbert Perez	28	M	32:14	"	6th	20-29
17	Larry Reno	37	M	32:15	"	4th	30-39
18	Dusty Peters	32	M	32:32	"	5th	30-39
19	Joe Thacker	41	M	32:41	ROARINGSPRG	3rd	40-49
20	Jim Haynes	43	M	32:43	MULESHOE	4th	40-49
21	Ken Jernigan	38	M	32:53	SUNDOWN	6th	30-39
22	Joe Gomez	45	M	33:09	LUBBOCK	5th	40-49
23	David Lard	52	M	33:11	"	2nd	50-59
24	Ron Key	46	M	33:19	"	6th	40-49
25	Otto Spitz	32	M	33:29	"	7th	30-39
26	Wes Boullion	32	M	33:49	"	8th	30-39
27	Bill Roger	50	M	33:56	LEVELLAND	3rd	50-59
28	Gary Perry	44	M	33:59	LUBBOCK	7th	40-49
29	David Moya	16	M	34:02	SUNDOWN	5th	19 & under
30	Ryan McWhirter	16	M	34:05	LUBBOCK	6th	19 & under
31	Dwayne Oakley	33	M	34:18	"	9th	30-39
32	David Doyle	30	M	34:54	WOLFFARTH	10th	30-39
33	James Livermore	42	M	34:39	LUBBOCK	8th	40-49
34	Larry Byrd	48	M	35:04	SHALLOWTR	9th	40-49
35	Joe Martinez	44	M	35:05	LUBBOCK	10th	40-49
36	Stan Coffman	35	M	35:23	DURHAM, NC	11th	30-39
37	Luis Cardenas	37	M	35:55	LUBBOCK	12th	30-39
38	Francis Johns	55	M	36:18	MIDLAND	4th	50-59
39	Mike Kelley	40	M	36:44	LUBBOCK	11th	40-49
40	David Schaeffer	34	M	36:49	DIMMITT	13th	30-39
41	Nasario Hernandez	24	M	37:03	LUBBOCK	7th	20-29
42	Terry Buzbee	30	M	37:05	"	14th	30-39
43	Ronnie Nugent	42	M	37:11	"	12th	40-49
44	Jon Masood	43	M	37:15	"	13th	40-49
45	Andy Luma	34	M	37:16	"	15th	30-39
46	John Stalcup	56	M	37:17	"	5th	50-59
47	Don Kephart	37	M	37:18	"	16th	30-39
48	Ron Seal	32	M	37:44	"	17th	30-39
49	Ken McEachern	48	M	37:46	"	14th	40-49
50	Jim Wilhelm	38	M	37:55	"	18th	30-39
51	Tom Jones	50	M	37:59	"	6th	50-59
52	Chuck Johnson	31	M	38:00	"	19th	30-39
53	Javier Pina	28	M	38:07	"	8th	20-29
54	David Miller	29	M	38:30	"	9th	20-29
55	Tony Aleman	40	M	38:37	"	15th	40-49
56	Brady Ray	38	M	38:44	"	20th	30-39
57	Mike Doss	42	M	39:05	"	16th	40-49
58	Luis Perez	25	M	39:29	LEVELLAND	10th	20-29
59	Frank Hernandez	51	M	40:51	LUBBOCK	7th	50-59
60	Jame Bone	50	M	41:01	"	8th	50-59
61	Don Hunt	55	M	41:09	"	9th	50-59
62	Rudy Hernandez	27	M	42:39	"	11th	20-29
63	Loyd Senn	49	M	47:41	"	17th	40-49
64	Lonnice Hollingsworth	57	M	50:27	"	10th	50-59
65	David Skelton	32	M	64:35	"	21st	30-39

* Denotes New Age Group Record

Men Open

1. Mike Williams
2. Mark Manley *
3. Terry Baugh
4. David Miller

Points

- 80
- 47
- 46
- 36
- 31
- 29
- 28
- 24
- 20
- 19
- 6
- xx
- xx
- xx

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

Men 40-49

1. Joe Post *
2. Jim Haynes *
3. Robert Guajardo
4. Bill Roger
5. Gary Perry *
6. Ron Key
7. Kelly Baggett
8. Ronnie Nugent *
9. James Livermore
10. Larry Byrd
11. Jon Masood *
12. Don Lewis
13. Loyd Senn
14. Mike Kelley

Points

- 65
- 49
- 41
- 37
- 30
- 29
- 26
- 23
- 23
- 18
- 14
- 11
- 7
- 6
- 5
- xx

Men 30-39

1. David Rodriguez
2. Larry Reno *
3. Gonzalo Ramirez
4. Otto Spitz *
5. Al Grotz
6. David Doyle
7. Bill Harn
8. Barney Adams
9. Wes Boullion
10. Brady Ray *
11. Jim Ivey
12. Tony Aleman
13. Jim Wilhelm
14. Ron Seal
15. Don Kephart
16. Luis Cardenas

Points

- 65
- 49
- 41
- 37
- 30
- 29
- 26
- 23
- 23
- 18
- 14
- 11
- 7
- 6
- 5
- xx

Men 50 Plus

1. Frank Hernandez
2. Charles Hensarling
3. David Lard
4. Francis Johns
5. Hugh Haynes
6. Bob Gardner

Points

- 42
- 32
- 27
- 18
- 9
- xx

Milage Leaders/Men

1. Mark Manley
2. Joe Post
3. Ronnie Nugent
4. Jon Masood
5. Gary Perry
6. Brady Ray
7. Ron Key

Miles

- 59.3
- 57.3
- 56.6
- 42.4
- 39.2
- 29.2
- 27.4

Milage Leaders/Women

1. Ann Davis
2. Shirley Wigley
3. Sue Houle
4. Tracy Baugh
5. April Stein
6. Theresa Marez
7. Barbara Vitalec

Miles

- 59.3
- 57.3
- 56.6
- 42.4
- 39.2
- 29.2
- 27.4

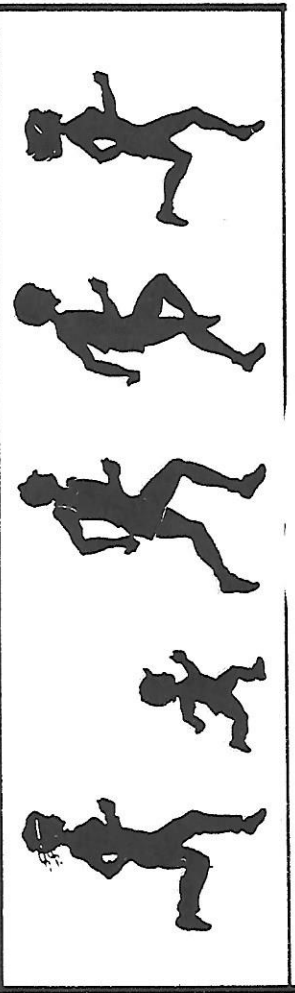
GO FOR THE GOLD 5 K

AUGUST 5, 1989

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD (AGE GROUP)
01	Greg Zamora	24	M	17:00	LUBBOCK	SILVER
02	Richard Pennington	36	M	17:24	AUSTIN	SILVER
03	Vince Mercado	20	M	17:53	LUBBOCK	SILVER
04	David Rodriguez	38	M	18:30	"	SILVER
05	George Jury	52	M	18:31	"	SILVER
06	Bobby Cunningham	47	M	18:34	ABERNATHY	SILVER
07	Jerry McGinnis	19	M	18:50	SUNDOWN	SILVER
08	Barney Adams	36	M	19:31	LUBBOCK	BRONZE
09	Larry Reno	37	M	19:33	"	BRONZE
10	Jim Ivey	34	M	19:58	"	BRONZE
11	Frank Hernandez	17	M	20:02	SUNDOWN	BRONZE
12	David Doyle	30	M	20:11	LUBBOCK	BRONZE
13	Ron Key	45	M	20:38	"	BRONZE
14	Larry Byrd	48	M	20:50	SHLWTR	BRONZE
15	Bill Roger	50	M	20:57	LEVELLAND	SILVER
16	Luis Cardenas	37	M	21:35	LUBBOCK	YELLOW
17	Joe Martinez	44	M	21:54	"	BRONZE
18	Terry Baugh	22	M	22:30	"	ORANGE
19	Nasario Hernandez	23	M	22:33	"	ORANGE
20	John Stalcup	56	M	22:40	"	BRONZE
21	Joe Gomez	13	M	22:49	"	SILVER
22	Tom Jones	50	M	23:03	"	BRONZE
23	Jon Masood	43	M	23:08	"	YELLOW
24	Tony Aleman	40	M	23:24	"	YELLOW
25	Jeff Tucker	34	M	24:15?	"	YELLOW
26	Ronnie Nugent	43	M	25:14	"	YELLOW
27	Don Hunt	55	M	25:15	"	YELLOW
28	Law Damsig	33	M	26:39	ANTON	ORANGE
29	Jorge Garcia	31	M	27:23	LUBBOCK	ORANGE
30	Michael Nugent	13	M	31:30	"	ORANGE
31	David Skelton	32	M	NTA	"	
32	Charles Hensarling	57	M	NTA	"	

WOMENS RESULTS

01	Regina Ortega	18	F	21:04	LUBBOCK	SILVER
02	April Stein	31	F	22:25	"	BRONZE
03	Shirley Wigley	35	F	22:26	"	SILVER
04	Tracy Baugh	27	F	22:43	"	BRONZE
05	Josie Aleman	38	F	22:46	"	SILVER
06	Jody Plymell	28	F	24:12	"	YELLOW
07	Latha Tucker	33	F	25:35	"	YELLOW
08	Judy Heichelheim	20	F	25:56	"	ORANGE
09	Jan Ramirez	34	F	26:13	"	ORANGE
10	Theresa Marez	39	F	26:42	ABERNATHY	YELLOW
11	Donna Folk	28	F	27:33	NEWTON	ORANGE
12	June Heichelheim	29	F	29:01	LUBBOCK	ORANGE
13	Connie Evans	40	F	29:06	"	ORANGE
14	Ann Davis	32	F	32:51	"	ORANGE
15	Amy Jones	22	F	NTA	"	



SMOKEY THE BEAR RUN

Fifteen WTRC runners showed up for the Ruidoso Smokey Bear Run on the first of July. It was hot, and it was tough, but everybody there had a great time and a good run. Local runners and their times were:

2-mile	9&U	4th
Emily Perry	23:31	4th
Ben Perry	10-14	6th
Gary Perry	40-44	1st
Carl Rinehart	40-44	4th
16th overall		

10k	2nd	6th overall
Mark Manley	36:21	2nd
David Doyle	43:06	5th
David Wigley	49:40	9th
Law Damsig	57:24	
Shirley Wigley	47:14	2nd
David Rodriguez	40:35	3rd
Joe Stalcup	52:49	9th
Joe Martinez	45:17	4th
Mike Kelley	49:03	8th
Donovan Reed	49:09	2nd
John Stalcup	47:44	3rd

DON'T MISS

THE W.T.R.C. ELECTION BANQUET
 Tuesday, September 12th, 7:00 pm.
 at the LUBBOCK PLAZA HOTEL

MENU:

Chicken Tetrazzini
 vegetable, salad, garlic bread,
 dessert, & beverage.

Only \$5 if reservations are made at
 794-8498 by September 10, 1989
 (club will pay balance.) \$8 without reservation.

LAST CHANCE

SEVERAL SPACES ARE YET AVAILABLE ON THIS TRIP !! HURRY, HURRY!!!

Your officers have been exploring the idea of an out of town group trip to a well known and fun Road Race for some time. At the July club meeting a vote was approved to look into a trip to the



Sunday, September 24

- Marathon • Half Marathon • 20K Event (Walkers Only) • 5K Event • Family Fitness Festival, Sept. 22 & 23

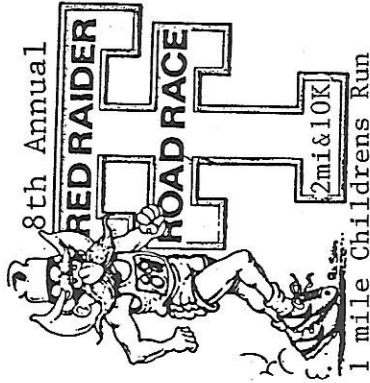
For registration information write: Duke City Marathon, P.O. Box 14903, Albuquerque, NM 87191; or call (505) 291-8250.

ALBUQUERQUE "DUKE CITY MARATHON", Sunday September 24, 1989. Thanks to Sandi Howard an excursion package has been arranged that includes bus transportation at \$25 per person and a room at the HOLIDAY INN JOURNAL CENTER for \$50 double occupancy. A \$25 deposit is required by August 26. The bus will leave MONTEREY SHOPPING CENTER Sept. 23, 1989 at 2 P.M. and will leave Albuquerque to return on Sunday Sept. 24, at 4 P.M. following the award ceremony. The bus carries 39, so make your reservations early. Entry forms or information is available from Ron

Key, 765-5551 or Sandi Howard, 795-6981 *****

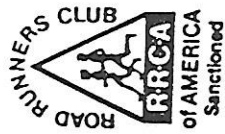
Run the Texas Tech campus as part of Tech! Homecoming weekend!

T-Shirts awarded to all registrants and certificates to all finishers.



1 mile Childrens Run
 Sat. Oct. 14, 1989

Texas Tech University



SANCTIONED BY THE WEST TEXAS RUNNING CLUB

VOLUNTEERS ARE NEEDED TO STAGE THIS EVENT !!

Call Race Director George Jury if you can help

Work # 792-3291

Home # 792-1237

BENEFITING THE TEXAS TECH/ WEST TEXAS RUNNING CLUB SCHOLARSHIP FUND!

WTRC/TTU Scholarship

We are very happy to announce the establishment of a scholarship for a deserving student attending Texas Tech University. The funds for this WTRC Scholarship are derived from the Red Raider Road race held annually on the Saturday morning of Homecoming week-end. Each year any profits from this race will be placed in a TTU endowment fund.

The criteria for the scholarship were established last fall by Dr. Judy Henry, Gonzalo Ramirez and myself. These criteria were then discussed and revised this winter at monthly meetings of the club.

I will chair the scholarship selection committee and will be assisted by Joe Thacker, Ronald Key, Gonzalo Ramirez and Judy Henry. We in turn will have one (1) representative from the Tech Ex-Students Association serve the committee in an advisory capacity.

Recommended Criteria:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry, or handicap.

- I. Non-Academic Scholarship - Non-athletic Scholarship
- II. Must be nominated by a WTRC member.
- III. Applicants will submit a standardized form approved by the selection committee/WTRC.
- IV. Recipient must be from West Texas; all counties north of Lubbock, west to Pecos, south to I-20 and east to Abilene/Wichita Falls.
- V. Recipient must have an equivalent GPA of 2.5 and maintain that GPA.
- XI. Major Area Of Study: ANY
- VII. Full Time Student Status: 12 Hours Undergrad
- VIII. Restriction: Recipient must have a verified FINANCIAL NEED.

Weighted Criteria:

- Extracurricular Activities
- School Activities
- Leadership Positions Held

Jon Masood
Chairman

Recipient can re-apply each year

Forms may be attained by calling Ronald Key at 765-5551 or Jan at 797-1870

Features



A-J Photo

Food bank gift

Gonzalo Ramirez, left, vice president of the West Texas Running Club, presents a check for \$575 to Joe Post, race chairman for the South Plains Food Bank. The funds were raised through several races.