

CALENDAR of EVENTS

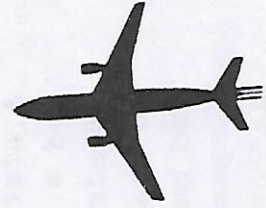
- * Denotes Monthly W.T.R.C. Race
- MAR. 31 **SCHLOTZSKY'S BUN RUN**. BENEFITTING THE AMERICAN HEART ASSOCIATION at TEXAS INSTRUMENTS N. UNIVERSITY AND LOOP 289
10K & 2 Mile runs plus a 2 Mile walk. Jan Ramirez. Race Director
795-7338 or 766-1722
- * APR. 14 **FLIGHT LINE RACES**, Half Marathon. 10K. and 2 Mi. Ronnie Nugent
Race Director. 793-1735
- APR. 28 **LUBBOCK ARTS FESTIVAL. RUN FOR THE ARTS**. Gary Perry and Tracy Baugh. Race directors (See page 10 of Newsletter)
- APR. 29 **THE TRIATHLON FOR EVERYONE**. Students. Faculty. Staff of TTU ONLY. Contact Betty Blanton at 742-3351
- * MAY. 12 **HORSESHOE BEND RACES**, Slaton, Hugh Haynes. Race Director
11. 6. and 2 mile races (806) 842-3586
- MAY. 26 **Amarillo FUNFEST RACES** Half Marathon and 10K
- * JUNE 9 **LEVELLAND LOPE**. Levelland. Bill Roger. Race Director. 10K & 2 Mi
- JUNE 16 **JUNETEENTH RUN**. MLK Park (Canyon Lake 6) Eddie Richardson. RD
- JUNE 17 **HUB CITY TRIATHLON**; 7:30 A.M. Contact Betty Blanton at 742-3351
- * JULY 4 **22nd ANNUAL FIRECRACKER RACES**. Brownfield. 10 and 3 Mile and 1 mile childrens Run. Coleman Park. Mark Manley Race Director
- * AUG. 11 **HOT DAM RUN**, MLK Park. 5 Mile. Gonzalo Ramirez, Race Director
- AUG. 18 **BUFFALO SPRINGS LAKE TRIATHLON**; Olympic Distances, Contact Mike Greer at 796-8213
- AUG. 18 **DIMMITT 5 K RUN**. CONTACT Roger Malone. Race Director. 607 Pine. Dimmitt. Tx. 79027 or call (806) 647-3286 or 647-2491 (after 6)
- * SEPT 8 **SHALLOWATER 10K**
- SEPT 29 **RED RAIDER ROAD RACE**. TTU
- SEPT 30 **DUKE CITY MARATHON**. Albuquerque. 5 events. Details later
- OCT. 27 **ALLSUPS' ANNUAL ROADRACES**. Clovis. NM details later

April 1990



April 28, 1990

FLIGHT LINE RACES
9 A.M. April 14, 1990
Details inside Back Cover



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
APRIL 1990



WEST TEXAS RUNNING CLUB

OFFICERS DIRECTORS

PRESIDENT: RON KEY
 0 765-5551 H 792-9280
INTERNAL VICE-PRES
GONZALO RAMIREZ
 0 742-2313 H 795-7338
EXTERNAL VICE-PRES
TRACY BAUGH
 0 762-6411 X2122 H 794-8498
SECRETARY
BARBARA VITALEC
 0 795-9454 H 745-9638
TREASURER
SHIRLEY WIGLEY 0 763-7061 H 797-4201

BARNEY ADAMS
 0 795-2306 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 765-6686
JOE STALCUP
 0 794-7433 H 795-0286
APRIL STEIN
 0 799-2500 H 747-9545

W.T.R.C. Races are usually held the Second Saturday of each Month

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 6:30 P.M. at 3208 67th, Lubbock

These meetings are open and any member is invited to attend at any time

MISSING PART

*I spent a fortune
 On a trampoline,
 A stationary bike
 And a rowing machine
 Complete with gadgets
 To read my pulse,
 And gadgets to prove
 My progress results,
 And others to show
 The miles I've charted
 But they left off the gadget
 To get me started!*

by Dorothy Hellel
 in THE WALL ST JOURNAL

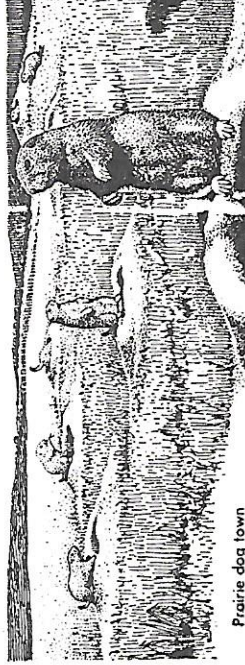
PRAIRIE DOG RUN

MARCH 10, 1990

EVENT NUMBER THREE OF THE W.T.R.C. 1990 CHALLENGE SERIES

The 1990 PRAIRIE DOG RUN came off in almost ideal weather conditions. After an early morning shower which left a few puddles on the pavement, the temperature was in the mid 50's with only a moderate wind. The total number of participants was down slightly, but a quality race was put on by Race Director Shirley Wigley and volunteers; Michelle Jones, Doris and John Stalcup, David Dunwoody, Brady Ray, Ron Key and Bill Roger. As for the race itself, Larry Millard an LCU runner set a fast pace to win in 21:03. Other notable efforts were Sue Houle lowering her overall female and age group record set in 1989 to 26:19 and George Jury lowering the 50 Plus record to 24:18. A fine effort was also turned in by 12 year old Charles Pyron who lowered his 1989 time of 39:23 to 32:16.

OVERALL PLACE	NAME	AGE	SEX	TIME	CITY	AWARD [AGE GROUP]
01	Larry Millard	22	M	21:03	LUBBOCK	1st 20-29M
02	Vince Mercado	21	M	22:48	"	2nd 20-29M
03	Jeffrey Jury	29	M	23:22	"	3rd 20-29M
04	Chris Engebretson	21	M	23:58	"	
05	Robert Guajardo	47	M	24:01	"	1st 40-49M
06	Jimmy Samaron	35	M	24:13	Levelland	1st 30-39M
07	George Jury	53	M	24:18	Lubbock	1st 50 + M
08	David Rodriguez	39	M	25:00	"	2nd 30-39M
09	Cande Olivias	27	M	25:35	"	
10	Wes Boullioun	32	M	25:38	"	3rd 30-39M
11	Sue Houle	28	F	26:19	"	1st 20-29F
12	Dwayne Oakley	33	M	26:34	"	4th 30-39M
13	Joe Martinez	44	M	26:40	"	2nd 40-49M
14	Ed Dabrowski	32	M	26:51	"	5th 30-39M
15	Larry Reno	37	M	27:10	"	6th 30-39M
16	Bill Roger	50	M	27:33	Levelland	2nd 50 + M
17	Otto Spitz	32	M	27:50	Lubbock	
18	David Doyle	31	M	28:15	Wolforth	
19	Bobby Lugo	30	M	28:24	Lubbock	
20	Andy Luma	33	M	29:00	"	
21	John Eischle	49	M	29:02	"	3rd 40-49M
22	April Stein	31	F	29:22	"	1st 30-39F
23	Helen Esquivel	21	F	29:30	"	2nd 20-29F
24	John Stalcup	56	M	30:08	"	3rd 50 + M
25	Roger Marks	36	M	30:16	"	
26	Chris Scott	25	M	30:36	"	
27	Josie Aleman	38	F	30:45	"	2nd 30-39F
28	Geri Russell	37	F	30:57	"	3rd 30-39F
29	John Morrow	51	M	31:23	"	
30	Tony Aleman	40	M	31:25	"	
31	James Bone	50	M	31:36	"	
32	Rudy Hernandez	28	M	32:07	"	
33	Charles Pyron	12	M	32:16	"	1st 19&Under
34	Phil Hur	38	M	32:19	"	
35	Pat Duffey	38	M	32:43	"	
36	Frank Hernandez	50	M	33:06	"	
37	Mickey Davis	33	M	33:52	"	
38	Paul Richard	33	M	35:08	"	
39	Mike Nelson	43	M	35:29	"	
40	Paul Rinehart	40	M	37:10	Levelland	
41	Lonnice F. Hollingsworth	57	M	39:18	Lubbock	



Prairie dog town

WEST TEXAS RUNNING CLUB
1990 Challenge Series Standings
After three Events

0 - 19 FEMALE		0 - 19 MALE		20 - 29 FEMALE		20 - 29 MALE		30 - 39 FEMALE		30 - 39 MALE		40 - 49 FEMALE		40 - 49 MALE		50 - + FEMALE	
PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.
SAMANTHA JONES	20	10.0	TREY JERNGAN	19	6.0	MARK MANLEY	20	14.2	ROBERT GUAJARDO	30	18.2	40 - + FEMALE	PTS.	MILES	BILL ROGER	29	18.2
TARA JERNIGAN	10	6.2	JAY WINFREY	17	6.0	CARDE OLIVAS	16	8.0	JOE MARTINEZ	27	18.2	P.J. MITCHELL	19	6.0	FRANK HERNANDEZ	23	10.0
GONZALO RAMIREZ	20	14.2	LARRY ROMERO	10	8.0	CHRIS SCOTT	14	8.0	TONY ALEM	15	6.0	CONNIE EVANS	19	10.2	JAMES BONE	21	18.2
JIM SAMARRON	19	8.0	ANGEL OLIVO	10	4.0	LARRY MILLARD	10	4.0	MIKE NELSON	12	8.0	ROSIE MARMOLEJO	10	2.0	RALPH WILLIAMS	19	10.2
DAVID RODRIGUEZ	17	8.0	CHARLES PYRON	10	4.0	ROGER BOBLES	9	6.2	LARRY BYRD	11	6.0	DORIS STALCUP	10	4.0	JOHN STALCUP	18	10.2
HES BOULLTON	14	8.0	JUSTICE JONES	10	2.0	VINCE MERCADO	9	4.0	JOE A. GOMEZ	10	2.0	FRANK GOODMAN	10	2.0	TOM JONES	15	14.2
DAVID DOYLE	13	22.0	JOHN ROMERO	9	8.0	CHRIS ENGBERSTON	7	4.0	FRANK LIVERMORE	9	14.2	JAMES LIVERMORE	9	14.2	RONNIE NUGENT	8	2.0
LARRY RENO	13	14.0	JERRY MCGINNIS	8	6.2	CHRIS ENGBERSTON	7	4.0	JOEY THACKER	8	6.2	JOHN EISCHLE	8	4.0	STEVE KEFFER	7	4.0
ED DABROWSKI	13	14.0	ALFRED HERNANDEZ	8	6.0	CHRIS RICE	7	8.0	PAUL RINEHART	8	4.0	JOHN EISCHLE	8	4.0	GARY BODENSTEINER	7	4.0
DAVID DUNWOODY	11	14.2	MARCO TORRES	7	2.0	MOSES JONES	7	2.0	LARRY BYRD	11	6.0	FRANK GOODMAN	10	2.0	GARY PERRY	5	6.2
BILL HARN	10	4.0	MIKE DOLL	6	2.0	MIKE DOLL	6	2.0	JOE A. GOMEZ	10	2.0	FRANK GOODMAN	10	2.0	HAL WALKERSON	3	8.0
OTTO SPITZ	10	4.0	MARK MANLEY	20	14.2	ANDY LUMA	10	2.0	MIKE READ	3	4.0	DAVID DUNWOODY	11	14.2	JOHNS FRANCIS	9	4.0
ANDY LUMA	9	8.0	CARDE OLIVAS	16	8.0	JAMES JIVEY	9	8.0	P.T. DUFFEY	3	4.0	DAVID DUNWOODY	11	14.2	JOHN MORROW	7	4.0
TOMMY PARRISH	9	2.0	CHRIS SCOTT	14	8.0	JAMES JIVEY	9	8.0	BOBBY LUGO	2	4.0	DAVID DUNWOODY	11	14.2	LONNIE HOLLINGWORTH	5	4.0
PHIL HUR	9	14.0	LARRY MILLARD	10	4.0	PHIL HUR	9	14.0	MICKY DAVID	0	4.0	DAVID DUNWOODY	11	14.2	RACE DIRECTOR	*	=
KEN JERIGAN	8	8.0	ROGER BOBLES	9	6.2	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
JOE STALCUP	8	6.2	VINCE MERCADO	9	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
RON SEAL	8	6.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
BARNEY ADAMS	7	8.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
ALONZO MENDOZA	7	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
DWAYNE OAKLEY	7	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
DAVID MILLER	7	14.2	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
RODOLFO MORENO	5	8.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
PAUL RICHARDS	4	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
JEROLD VILLANEVA	4	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
DAVID SKELTON	3	6.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
MIKE READ	3	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
P.T. DUFFEY	3	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
BOBBY LUGO	2	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
MICKY DAVID	2	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			
ROGER MARK	0	4.0	CHRIS ENGBERSTON	7	4.0	PHIL HUR	9	14.0	ROGER MARK	0	4.0	DAVID DUNWOODY	11	14.2			

Any Questions regarding the standing should be directed to David Rodriguez at 741-4834 or 765-6686 To remain eligible for the Challenge Series award, you Must have agreed to volunteer for one of the monthly races

RACE PACE STRATEGY FOR THE 10K

As superlative running coach, Jack Daniels, Ph.D., of the State University of New York, Cortland, says, there are two especially critical points in the 10K--the first two minutes, when almost everyone goes out too fast, and the second mile, when the tone for the rest of the race is set. Let's talk about these initial two minutes first.

Does the following chain of events sound familiar? Imagine that you've trained well for an important 10K and that you plan to run it in 40 minutes flat (6:25 per mile pace). You're worried about getting off to a good start, and when the gun goes off, you bolt from the starting line like a startled jack-rabbit. Like all runners, during the first two minutes of the race, you don't feel much discomfort, regardless of how fast you are running, because a tidal wave of adrenaline is coursing through your bloodstream and lactate hasn't yet reached critical levels in your muscles and blood. Since your discomfort level doesn't really begin to increase until after two minutes of racing, you don't slacken your initial torrid pace until the third minute of the race. You don't pass the first mile marker in 6:10.

At this point, you're feeling a bit wretched because of your overly ambitious start. You're also feeling cautious because you know that your first mile was faster than expected. Your mind is beginning to wander a bit, dwelling first on your stupidity in going out too fast, and then wondering if you have slowed down too much after your initial bolt of lightning-like speed. When you pass the second mile marker in 12:50, you feel much better and say to yourself, "Ah, right on Schedule!"

But, are you on schedule? Of course not. You just completed the second mile in 6:40, well below your desired pace. Because you're still feeling a bit punk from your Carl Lewis getaway and because you lost your concentration during mile two, you've also lost your appropriate leg turnover rate and you'll probably shuffle through mile three in 6:40 as well (most 10K runners run mile three at about the same pace as mile two). You'll then have 15 seconds to make up in the next three miles--you'll have to run at a 6:20 pace even though you're really only equipped to handle 6:25.

How can you avoid this jam? Obviously, more patience and restraint are needed in the first few moments of the race. And, expert Coach Bob Williams recommends that you learn to be a better judge of race pace so that you can stay on schedule during those critical first two miles. According to Williams, who was once an All-American steeplechaser at the University of Oregon and now coaches numerous runners of all levels in the Portland area, ONE OF THE BEST WAYS TO LEARN HOW RACE PACE FEELS IS TO DO SOME FARTLEK-LIKE TRAINING ON THE TRACK. To learn to judge race pace, run for half mile on a track at what you think is race pace, while concentrating on how the pace feels. Then, check your watch at the end of the half mile to see if you have been running faster or slower than desired race pace. Rest for a couple of minutes and then try another half mile run. By slowing down or speeding up on the subsequent half mile runs, you'll eventually "find" your race pace and gradually develop a feeling for the leg turnover rate and perceived effort associated with it. In your training schedule, this whole "pace judgment" session can be substituted for an interval work-out. If you don't want to spend one of your two or three weekly quality work-outs on pace judgement work-outs like this, Jack Daniels suggests another way to do it: Warm up, run for about 1200 meters on a measured course at what you think is race pace, and then go out and do a slow steady 5-7 mile run. This gem of a work-out gives you race pace experience but is light enough to not count as a quality session.

About twenty minutes before your actual 10K race. Jack Daniels recommends running the first 1000-2000 meters of the course at your learned race pace. That helps fix in your mind the pace you want to establish in the race and also reminds you to avoid the gazelle-like starts that can spell disaster. While Daniels admits that a particular pace never feels exactly the same in a race as in practice, he contends that practicing your race pace is the best way to avoid the trap of going out too fast and will help you maintain a steady pace throughout your 10K.

FINAL WORDS: You don't have to do a lot of interval training to run a good 10K, but wisely planned interval workouts should help your 10K performance tremendously. Run each work interval at about 5K race pace for anywhere from two to five minutes, with an equal amount of rest (light jogging) sandwiched between each work interval. Don't overdo it - never attempt more than 2 of these bone-jarring, tendon-tearing workouts per week, and never devote more than 8% of your total weekly mileage to the damned things. In fact, don't run more than six interval miles per week - you can do the rest of your fast running in races. **RELAX DURING YOUR INTERVAL WORKOUTS. AND HAVE CONFIDENCE.** Your 10K times are going to improve.

(By Owen Anderson, PhD., RUNNING RESEARCH NEWS, Vol. 5, No. 6, Nov/Dec, 1989)

Editors Note: Beginning with the April 1990 issue the above author will be a regular contributor to **RUNNERS WORLD MAGAZINE**. His column is entitled "THE FAST LANE" and his first contribution "HOT TO TROT" discusses Pre-Race warmup and what happens when you have to stand around at the starting line for a few minutes before the race begins. This information alone will be worth the price of a subscription!

SUPERMAN

 Houstonian Robert Fletcher, age 57, has been burning up the roads the past few months. He began the fall season with a goal of completing all eight Texas marathons in one season (November through April, a 6 month span). As of this date he not only has finished 6 of the marathons in fantastic times but has mixed in at least two other long distance races as well. He certainly has not followed the old adage of "A days rest for each mile raced"!

His Schedule and Results So Far

10-14-89	20K	1:22:15	1st 55-59
11-12-89	San Antonio Marathon	3:03:50	1st 55-59
11-19-89	Austin Marathon	3:04:33	1st 55-59
12-3-89	Dallas White Rock Marathon	2:59:34	2nd 55-59
12-9-89	30K	2:04:12	1st 55-59
1-14-90	Houston Tenneco Marathon	2:59:22	1st 55-59
2-10-90	The Woodlands Marathon	2:59:09	1st 50-59
2-24-90	Fort Worth Cowtown Marathon	3:05:01	1st 55-59

I am sure that all would agree that this is quite an accomplishment already and that we'd wish him the best of luck on the final two marathons.

**CLUB MEMBERS
 ACTIVE IN SPECIAL OLYMPICS**

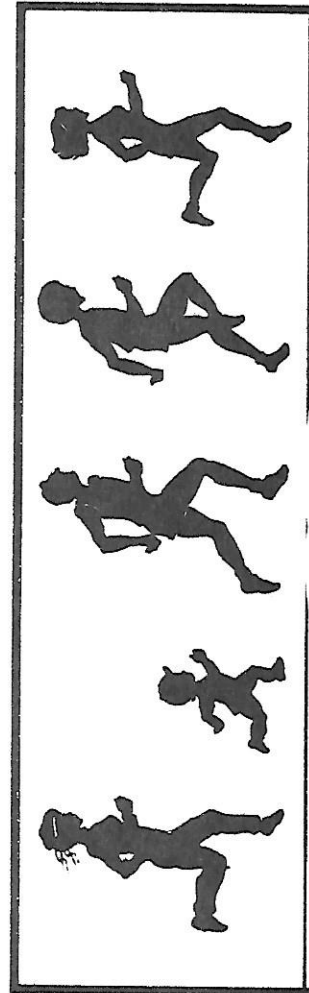
"ACHILLES HEEL" PROGRAM

The "Old Sneakers Award" goes to Emily Perry, Gary Perry and Helen Esquivel for their recent coaching assistance at the MHRM DUST DEVILS, Special Olympics track practices! On February 17th and 18th, these W.T.R.C. members took a very active role in assisting disabled athletes develop and refine their running skills. Runs participated in included everything from a 25 mile wheelchair race to a 1600 meter race. These "Special Friends" assisted by running along side, pacing, educating, cheering on and congratulating the athletes. Their presence was both an honor and an inspiration. It's not often that non-disabled people take the time, effort and energy to assist in this manner.

MANY THANKS !!!

The Special Olympic Area 17 Track Meet will take place on April 7, 1990 at the Estacado High School track. Tracy and Terry Baugh have already "adopted" two athletes. More "Special Friends" are needed to coach special athletes on an individual basis. If you're interested, please call me, Michelle Jones, at 766-0282 (work) or at 793-2825 (home) or call Ron Key at 765-5551.

Michelle Jones



TRIATHLETE NEWS

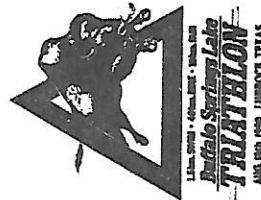
IN THE BEGINNING: In our last writing we talked about getting started in the swim and some of the basic items that are required for that event. This time let's talk about the bicycle. Since we are talking basics and just getting started that is how I will keep it (so forget the aero bars, quick release pedals, funny looking helmets, shaving your legs, etc.). In getting started with cross training or doing Tri's on the bike I would suggest using whatever you have readily available to see how you feel and how you like it. I do not suggest that you go out and buy the latest aerodynamic bicycle to get started. If you have a friend with a bike that fits rather well then try it out, or if you are determined to buy initially then go to the local bicycle shop (in Lubbock I recommend Hutchin-son's) and see what is available in the used category. Then after you have tried all of the above look for a bike to buy. I did my first Tri on a friend's bike and it convinced me that if I was going to be serious about this sport I needed to buy a better bike that fit me. Good used, light-weight racing bikes can be purchased for \$200-275 and most bike shops can help you in this area. For your information a good bicycle com-pletely outfitted can range from \$700-3000; however, you can and should ease into this kind of expense. Remember, in the beginning any type of ten speed bike can be used to start training, as long as it fits your body. Other equipment items needed: ANSI approved helmet (this is a must and required on most Triathlons). Cleated shoes and later quick release pedals, these items will increase your efficiency by 25% on all races with 20 miles or more for the bike. Glasses, sun or clear to pre-vent bugs or other foreign objects entering the eyes. (Plus it gives you a cool look) Gloves, mostly for training but can be used in actual race if you want them. Socks, optional (personal preference), but hard to put on with wet feet from swim. Padded biking shorts, a must for training but optional for actual competition. Shirt, you should wear something for cover on the top in case you should have a fall. The shirt would help protect from extreme burn from the cement or asphalt. The above is very basic but will get you on the road.

Here are some things that cycling will do for you: Increase muscle balance between the quadriceps and hamstrings, increase flexibility in the hip and knee joints, improve your ability to run uphill, increase your leg speed, increase your cardiovascular endurance.

Locations for cycling: The Lubbock area has some excellent Farm to Market roads to ride on. They are as good as any in the US and because of a smaller population the traffic is not near what it is in other parts of the country or state. You can find excellent riding due East of Lubbock and South-Southwest. Be careful and ride defensively with the flow of the traffic.

Next time we will talk about running and then start getting into some cross training specifics. Call me at 796-8213 if you have any questions.

Mike Greer



AT THE RACES

HOUSTON TENNECO MARATHON

Mike Beiber turned in a fine 3:20 in Houston Jan. 14. He reports that he has entered the BIG SUR MARATHON scheduled for the end of April.

FORT WORTH COWTOWN MARATHON AND 10K

The weather was quite warm for this years event making the toughest course in Texas even more so for several W.T.R.C. members. Robert Guajardo selected this for his first marathon try and experi-enced "The Wall" for the first time, but finishing in 3:39:02. Al Grotz finished in 3:46:19 and Roger Robles in 3:32:22. In the 10K event James Livermore turned in a 42:28 and Dwayne Oakley a 43:49.

LUBBOCK CHRISTIAN UNIVERSITY MASTERS TRACK MEET

Several W.T.R.C. members competed on the unfamiliar surface of the 200 meter banked oval at this event March 3, 1990. Events competed in, times and age group place are listed.

<u>55M HURDLES</u>	<u>1600M RUN</u>
Robert Guajardo 10.9 2nd	George July 5:55.6 1st
	Bill Roger 6:35.1 2nd

3200M RUN

Robert Guajardo 11:46.9 1st	<u>55M DASH</u>
George July 11:59.0 1st	Mike Greer 7.8 4th
Bill Roger 13:08.8 2nd	Joe Martinez 8.5 6th
Ron Key 13:22.3 2nd	Gary Boren 8.7 7th
Gary Boren 14:08.9 1st	Larry Byrd 8.9 2nd
Shirley Wigley 14:22.8 1st	
John Stalcup 14:24 1st	<u>200M DASH</u>
Tom Bowser 14:40 1st	Robt. Guajardo 29.5 1st
	Mike Greer 30.1 6th
	Gary Perry 32.2 2nd
	Larry Byrd 33.3 3rd
	Bob Smith 35.1 4th

400M DASH

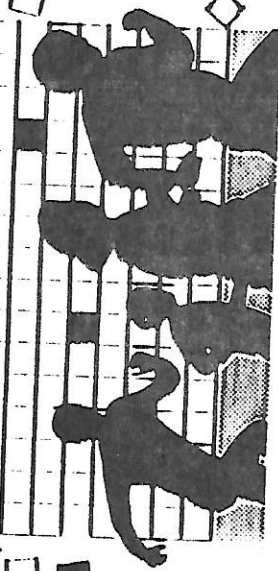
Robt Guajardo 63.1 1st	<u>800M RUN</u>
Gary Perry 72.2 2nd	D. Rodriguez 2:16.8 2nd
Larry Byrd 73.2 3rd	Jim Samarron 2:24 1st
Bill Roger 73.3 3rd	R. Guajardo 2:39.4 1st
Gary Boren 77.8 5th	Bill Roger 3:07.6 1st
	Gary Boren 3:16.9 4th

BOSTON BOUND

Heading for the **BOSTON MARATHON** April 16th are club members Ron Key, Jim Douglass, David Rodriguez and Gary Perry. **GOOD LUCK !!**



Run for the Arts



LUBBOCK CIVIC CENTER - DOWNTOWN (1501 6th St.)
 SATURDAY APRIL 28th, 1990.

STARTING TIMES: 8:00 am Children / 9:00 am Adult

- *15 K (9.3 miles) Downtown & Makenzie State Park
- *1 Mile Elementary School Run (1 - 6)
- *2 Mile Corporate Team Challenge
- *2 Mile Adult Walk / Run

\$8.00 Adults / \$6.00 Children
 Includes: T SHIRT, DRAWINGS FOR PRIZES, ETC.
 Awards: 1-10 Overall, 1-5 (10 yr) age groups
 Prerace Dinner: Friday night \$5.00 A & \$2.50 C

- * LIBERTY STATE BANK * DR. JOE MAYES D.D.S.
- * A.E. QUEST & SONS * SOUTHWESTERN PUBLIC SERVICE
- * ORLANDOS RESTAURANTS

S.A.S.E. TO: 3413 43rd St. Lubbock, Tx 79413
 FOR INFO & ENTRY FORM: 806-794-8498

VOLUNTEERS

Are still needed to help stage the "RUN for the Arts" If you can help call 795-0842 Or 794-8498

FLIGHT LINE RACES

W.T.R.C. APRIL CLUB RACE
 EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, APRIL 14, 1990
 REGISTRATION: 8:00 TO 8:45 A.M.
 RACE START: 9 A.M.

WHERE: REESE AIR FORCE BASE
 PICNIC GROUNDS

COURSE: SLIGHTLY ROLLING TERRAIN, OUT & BACK

DISTANCE: CHOICE OF THREE
 2 MILE, 10K, HALF-MARATHON

ENTRY FEE: \$3 for W.T.R.C. MEMBERS
 \$4 for OTHERS

AGE DIVISIONS and AWARDS

MEN	0 TO 19	WOMEN	0 TO 19
	20 TO 29		20 TO 29
	30 TO 39		30 TO 39
	40 TO 49		40 PLUS
	50 PLUS		

RACE DIRECTOR: RONNIE NUGENT, 793-1735
 OR CALL DAVID RODRIGUEZ at 741-4834 or 765-6686

