

CALENDAR of EVENTS

* Denotes Monthly W.T.R.C. Race

- * DEC. 8 **REDLINE CROSS COUNTRY RACE**; 9 A.M. MAE SIMMONS PARK
Mike Kelley, Race Director; 766-0297 day; 793-2728 night
- DEC. 15 W.T.R.C. Fun Run and Pot luck supper 4 P.M.
Details on page 10 of this Newsletter
- DEC. 15 Arthritis Foundation Jingle Bell Fun run and walk
Mae Simmons Park; 23rd & Oak, 10:00 A.M.
- * JAN. 12 **MLK MEMORIAL RUN**; 9 A.M. RAFB; 10K and 2 Mile
Gonzalo Ramirez, Race Director; 793-4664
- JAN. 20 **HOUSTON-TENNECO MARATHON**; Houston, Sun. 8 A.M. Contact
" " " " P.O. Box 56464, Houston, TX 77027
or call (713) 757-2700
- * FEB. 9 **COTTON PATCH RUN**
- * MAR. 9 **PRAIRIE DOG TOWN FOUR MILER**
- MAR. 31 TEXAS TECH UNIVERSITY Track Meet; 10K and 2 Mile Run
Details Later
- APRIL 6 **GONE WITH THE WIND RUN**; Lubbock Parks & Recreation Dept.
Andy Cedillo, Race Director; 767-2690 Details Later
- * APRIL 13 **FLIGHT LINE RACES**
- APRIL 20 **RUN FOR THE ARTS**
- * MAY 11 **HORSESHOE BEND SPRING FROLIC**
- MAY 25 **FUNFEST RACES**; Amarillo
- * JUNE 8 **LEVELLAND LOPE**
- * JULY 4 **FIRECRACKER RACES**
- * AUG. 10 **HOT DAM RUN**
- OCT. 19 **RED RAIDER ROAD RACE**
- OCT. 26 **ALLSUP'S ANNUAL FALL ROAD RACES**; Tentative



LR800

Basically teal with black, metallic gold and fuchsia striping pattern.

December 1990

December W.T.R.C. RACE
RED LINE CROSS COUNTRY
Dec. 8, 1990

Details Inside Back Cover

WEST TEXAS
Running Club
Newsletter
P.O. Box 2921
Lubbock, Texas 79408
DECEMBER 1990



WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT : RON KEY

0 747-4678 H 792-9280

INTERNAL VICE-PRES

ART RUTHERFORD

0 765-7620 H 797-1244

EXTERNAL VICE-PRES

WES BOULLIQUIN

0 765-3561 H 745-3607

SECRETARY

BARBARA VITALEC

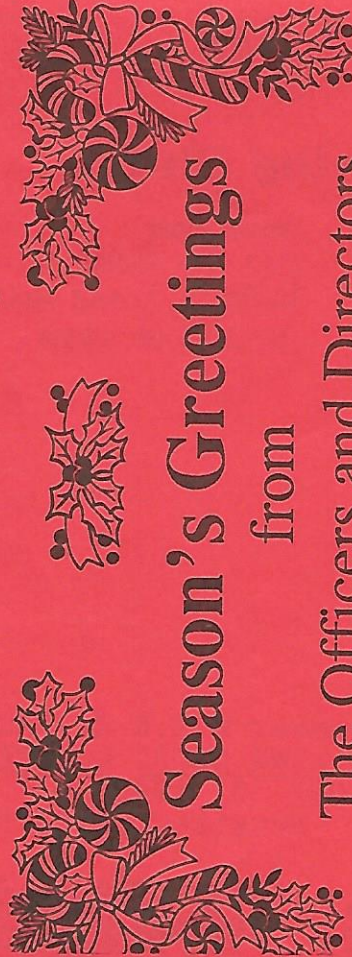
0 795-9454 H 745-9638

TREASURER

MICHELLE JONES 0 766-0282 H 747-0102

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, 7:00 P.M. at 3208 67th, Lubbock. These meetings are open and any member is invited to attend at any time



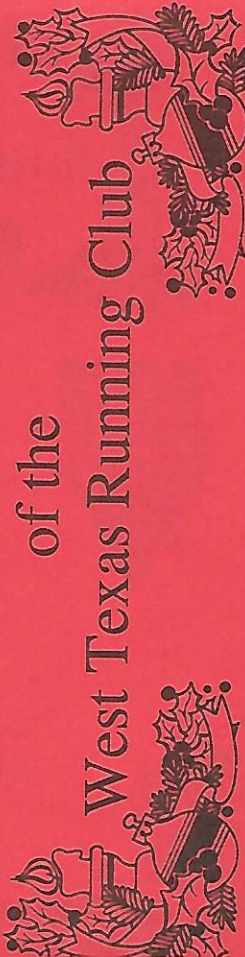
Season's Greetings

from

The Officers and Directors

of the

West Texas Running Club



DIRECTORS

SANDI HOWARD

0 793-4350 H 795-6981

GEORGE W. JURY

0 792-3291 H 792-1237

JAMES BONE

0 747-2448 H 792-8390

DAVID RODRIGUEZ

0 741-4834 H 792-0653

P. J. MITCHELL

0 741-7237 H 794-0135

SHANA PIERCE

0 796-6207 H 795-1723

WEST TEXAS RUNNING CLUB'S

18th ANNUAL BUFFALO WALLOW

HALF MARATHON and 2 MILE RACES

After a week of cold drizzly weather Saturday, November 10, 1990 couldn't have been more perfect for running. A 9 A.M. start time was accompanied by 42 degrees and a very moderate wind, with the temperature rising to 54 degrees by 11 A.M. What a beautiful day to enjoy the environs of BUFFALO SPRINGS LAKE on foot! Robert Guajardo set a PR for the distance in placing 1st overall. By the way, the hills on this course probably add 3 to 4 minutes to a flat-land time, so to get a PR is quite an accomplishment! Congratulations, Robert!

A big word of thanks is due our volunteers: Pat Jury; Bill Harn; Joe Thacker; Art Rutherford; Helen Esquivel; Mark Duran; Jimmy Samaron and family; and Doris Stalcup.

While researching past newsletters for the purpose of establishing current age group records for the BUFFALO WALLOW some impressive races were recalled. In the Half-Marathon of 1985 John Ruiz out kicked Tim Godfrey 1:11:06 to 1:11:28 to establish a new course record previously set by Quinn Smith in 1982 of 1:12:17.

In the 2 Mile the 30 year age group has had some impressive times turned in. Kenrick Williams a former LCU runner set the current age group standard in 1987 of 10:01. Previous records were held by John Bednarski, 1979 of 10:09, then Steve Stallings, 1983, 10:03. In 1982 Don Webb, 53, ran an 11:34 2 Mile. At that time only 40 plus men's records were kept. In 1989 George Jury at age 53 ran an 11:33 not knowing that the standard was that near. That would have been an interesting match-up!

Complete age group records for this longstanding race are found on page 9 of this issue.

Other W.T.R.C. race courses for which records have been kept are the "HORSESHOE BEND SPRING FROLIC " in May; the "FIRECRACKER RUN" in July and the "HOT DAM RUN" in August. Some of the other monthly club races have changed locations and the statistics are not current.

WEST TEXAS RUNNING CLUB'S
18th ANNUAL "BUFFALO WALLOW"
HALF-MARATHON and 2 MILE RUNS
 November 10, 1990
2 MILE

W.T.R.C. CHALLENGE SERIES STANDINGS
THROUGH ELEVEN EVENTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Jeff Morrison	19	M	10:45	LUBBOCK	1st	19&Under
02	Todd Payne	17	M	11:30	"	2nd	19&Under
03	Chris Miller	16	M	11:32	"	3rd	19&Under
04	Jimmy Samarron	35	M	11:37	Levelland	1st	30-39
05	Mike Chamales	45	M	11:47	Lubbock	1st	40-49
06	Cande Olivias	28	M	11:57	Levelland	1st	20-29
07	Rick Jimenez	17	M	12:00	Lubbock	4th	19&Under
08	Henry Samarron	17	M	12:06	Levelland	5th	19&Under
09	Gonzalo Ramirez	34	M	12:29	Lubbock	2nd	30-39
10	Tommy Parrish	33	M	12:31	"	3rd	30-39
11	Larry Byrd	49	M	12:53	Shallowtr	2nd	40-49
12	David Doyle	32	M	13:21	Lubbock	4th	30-39
13	John Stalcup	57	M	13:57	"	1st	50 Plus
14	Rudy Hernandez	23	M	14:03	"	2nd	20-29
15	Jerry Wright	52	M	14:22	"	2nd	50 Plus
16	Jon Masood	44	M	14:31	"	3rd	40-49
17	Josie Aleman	39	F	14:57	"	1st	30-39F
18	Sylvia Gonzalez	22	F	15:26	"	1st	20-29F
19	Michael Doll	11	M	15:40	RansomCanyon	6th	19&Under
20	Tony Aleman	41	M	15:56	Lubbock	4th	40-49
21	Sandi Howard	44	F	16:27	"	1st	40 Plus F
22	Jan Ramirez	35	F	16:37	"	2nd	30-39F
23	Frank Hernandez	52	M	16:43	"	3rd	50 Plus
24	Kay Fellows	31	F	18:22	"	3rd	30-39F
25	Lucy Hernandez	28	F	18:34	"	2nd	20-29F
26	Linda Chamales	45	F	18:42	"	2nd	40 Plus F
27	P.J. Mitchell	46	F	24:49	"	3rd	40 Plus F
28	Larry Rosenfield	36	M	31:22	"	5th	30-39

HALF-MARATHON

01	Robert Guajardo	48	M	1:25:32	Levelland	1st	40-49
02	Kurt Johnson	26	M	1:30:42	Lubbock	1st	20-29
03	Carlos Vigil	42	M	1:34:59	"	2nd	40-49
04	Ronald Key	47	M	1:36:17	"	3rd	40-49
05	Joe Martinez	45	M	1:37:40	"	4th	40-49
06	Sue Houle	29	F	1:37:40	"	1st	20-29F
07	Mark Garland	37	M	1:38:17	"	1st	30-39
08	Wes Boullion	33	M	1:40:24	"	2nd	30-39
09	Barney Adams	37	M	1:40:37	"	3rd	30-39
10	Miles Hyman	52	M	1:41:06	"	1st	50 Plus
11	Darrell Price	41	M	1:42:06	"	5th	40-49
12	Dennis Bell	30	M	1:43:12	"	4th	30-39
13	Larry Reno	38	M	1:45:15	"	5th	30-39
14	Mike Puryear	31	M	1:45:51	"	6th	30-39
15	Jon Omdahl	31	M	1:45:57	"	7th	30-39
16	James Livermore	44	M	1:47:23	"	6th	40-49
17	Dennis Humphrey	43	M	1:47:36	"	7th	40-49
18	Jim Wilhelm	44	M	1:48:26	"	8th	40-49
19	Teresa Greer	40	M	1:48:53	"	9th	40-49
20	Gary Perry	39	F	1:49:16	"	1st	30-39F
21	Les Brewer	45	M	1:51:39	"	10th	40-49
22	Mike Grear	24	M	1:55:16	Borger	2nd	20-29
23	James Bone	51	M	1:55:43	Lubbock	2nd	50 Plus
24	Thomas Jones	51	M	1:57:27	"	3rd	50 Plus
25	Walter Jordan	41	M	2:01:22	"	11th	40-49
26	Hugh Haynes	59	M	2:01:45	Slaton	5th	50 Plus
27	Mike Kelley	41	M	2:01:45	Lubbock	12th	40-49
28	Shirley Wigley	36	F	2:06:05	"	2nd	30-39F
29	Ernest Camp	45	M	2:08:50	"	13th	40-49
30	Connie Evans	41	F	2:25:03	"	1st	40 Plus F

CHAMPIONS SERIES

30 - 39 MALE		40 - 49 MALE		20 - 29 FEMALE	
PTS.	MILES	PTS.	MILES	PTS.	MILES
96	44.3	10*	ROBERT GUAJARDO	70	61.6
76	71.7	9*	JOE MARTINEZ	56	43.4
68	43.1	11**	MIKE CHAMALES	40	12.0
67	45.5	9**	JOE THACKER	37	24.2
60	81.7	11*	CARLOS VIGIL	29	27.2
51	33.1	10*	GARY PERRY	28	37.2
44	30.0	6*	TONY ALEMAN	19	32.2
44	53.5	7	LARRY BYRD	19	32.2
38	18.1	6	RON KEY	70	61.6
33	38.7	9*	PAUL RINEHART	56	43.4
27	15.4	3	JOE A.GOMEZ	40	12.0
26	37.1	4	FRANK GOODMAN	37	24.2
23	22.2	4	AL GROTZ	29	27.2
22	23.1	3	JAMES LIVERMORE	19	32.2
19	40.3	4	RONNIE NUGENT	70	61.6
19	23.1	2	JON MASOOD	56	43.4
19	39.1	4	MIKE KELLEY	40	12.0
17	18.4	3	DAVID KNAFF	37	24.2
15	13.2	3	MIKE NELSON	29	27.2
13	35.7	7	BILL VITALEC	19	32.2
12	22.4	4	R.M. BRADY	19	32.2
12	35.6	6			
12	30.3	3			
11	20.2	3*	0 - 19 FEMALE	70	61.6
10	8.0	3	TARA JERNIGAN	56	43.4
10	23.1	2	0 - 19 MALE	40	12.0
8	41.2	6	TREY JERNIGAN	37	24.2
7	24.1	2	ALAN VALDERAZ	29	27.2
7	14.2	1*	JAY WINFREY	19	32.2
5	13.1	4	JOHN RODRIGUEZ	19	32.2
2	26.2	4	MIKE DOLL	19	32.2
0	8.0	1*			

** = RACE DIRECTORS
 * = HAVE / OR WILL VOLUNTEER

IF YOU HAVE ANY QUESTIONS ABOUT THE W.T.R.C CHALLENGE SERIES
 CALL DAVID RODRIGUEZ AT 792-0656 OR 741-4834 BEFORE
 THE NEXT CLUB RACE DECEMBER 8TH, 1990 THANKS

TRIATHLETE NEWS

AT THE RACES

ENDURING TO THE END or HANGING TOUGH or WHERE DID THEY ALL GO?:

Before and during the past weekend races, commonly known as the Buffalo Wallow 2 mile and half marathon, I took the time to make a mental inventory of the people that were doing this race as compared to my first WTRC race in 1977(the Brownfield 5 miler). Not to my surprise I could find only one(1) person that was present at the race in 1977 and the one on Saturday, with myself included the grand total was two (2). To carry this even further I gave this more thought during the race, because of my pace I have a lot of time to ponder these type things, and I wondered where have they all gone to. Could it be the following possibilities: left running for another sport, left running for another woman, started drinking beer on a full time basis, old age, can't afford the entry fees, too many tee shirts, tired of talking about it to my relatives, made a promise with the Lord on mile 22 of the marathon that I would give it up if I could just finish, burn out and/or INJURY. Now we do not have time to address the other points but we can talk about INJURY. As you know the way to improve performance in any sport is through sustained, injury-free training. The best runners are those that can train and compete consistently without major injuries. Remember that we are not talking about that ole thing called PAIN, but we are relating to the thing called INJURY that keeps you from training or competing.

It is recommended that you must alternate periods of stress and recovery to build strength and endurance. First, you want to stress the muscles you are trying to improve just a bit beyond their current capacity. Then you give the muscle 24 hours to recover and you do it again.(Sounds like fun to me!) So you ask, "What do I do in the time those muscles are recovering, and I must sweat?" The answer is of course, CROSS TRAIN, which gives you the opportunity to do another kind of cardiovascular exercise. You can also look at it as a sort of vacation from, in this case, running and a chance to build up the vibes to charge on the roads again.

Remember, if you want to be racing 13 years from now, please consider CROSS TRAINING. That way when there's two weeks of ice and snow outside, a runner can keep his level of fitness by getting on a stationary bike or going to an indoor pool. If you were inactive over the entire period, your conditioning would start to deteriorate and you would become de-trained(similar to being de-bugged).

In conclusion, see you at the Buffalo Wallow Races in 2003 A.D.

WTRC TRIATHLETES IN ACTION:

- October 20: USTS National Championship, Las Vegas, NV, (1.5K S, 40K B, 10K R)
Mark Garland, 2hrs 42 min.
Miles Hyman, 2hrs 58 min.
Mike Greer, 3hrs 36 min.

- October 28: Texas Tech Sprint, (350 Met S, 7 Mi B, 2.5 Mi R)
Team-The Pharmers(Kristien Piron, Kathryn McMahon, Josie Aleman) 1st Place, 58:50 min.
Kurt Johnson, 1st Place Age Group, 48:52 min.
Mike Greer, 1st Place Age Group, 52:36 min.

NOTE: New term, DUATHON(for run bike run events), replaces Biathlon or Cyruthon. New calendar of events will be published in January.

by Mike Greer

Several club members attended the 16th Annual ALLSUP'S FALL ROAD RACES in Clovis October 27, 1990 A total of 264 runners finished the 4 separate races. A stiff "norther" blew in about the time the 10K racers turned north for a 2 mile stretch and the Half-Marathoners also had to buck an even stronger northeast wind from the turnaround on in so the times were certainly affected by the elements. Results are as follows:

HALF-MARATHON

Table with 5 columns: Name, Age, Div, Place, Time, Overall Place. Lists runners like Mark Manley, Jeffrey Jury, Robert Guajardo, etc.

10K RUN

Table with 5 columns: Name, Age, Div, Place, Time, Overall Place. Lists runners like Frank Sumpter, Jr, Rudolfo Moreno, George Jury, etc.

5K RUN

Table with 5 columns: Name, Age, Div, Place, Time, Overall Place. Lists runners like Mike Williams, Joe Gomez, Don Sanderson, etc.

1 MILE RUN

Table with 5 columns: Name, Age, Div, Place, Time, Overall Place. Lists runners like Michael Chamales, Linda Chamales.

KEY NOTES

The results of the September elections were a pleasant surprise to me. After turning down the nominations committee on submitting my name as candidate for president. I was written in by you the membership for another year as president of the WEST TEXAS RUNNING CLUB. I appreciate the vote of confidence you have given me by your actions. However, the continued success of the WTRC is due to a lot of interested people working hard to stage races. Discussions are frequent at the board meeting on ways to meet every runners needs, to promote membership and membership participation at the various events, to provide noncompetitive fun activities, and to provide good quality races. A wealth of ideas are presented and more important a lot are acted upon by willing, concerned board members and members at large who are interested in meeting the primary purpose of the WTRC as presented in our constitution... "To Promote Long Distance Running". Without a lot of dedicated board members plus hard working members at large the president would get very little done in meeting our objectives.

In summary let me say thanks for your support in re-electing me as your president, but many thanks also for electing concerned dedicated board members who are willing to complete the task at hand and to the active members at large for giving a helping hand to fulfill these objectives.

Hope to see you at the races.

Ron Key

MEMBERSHIP

Inserted in this newsletter is a membership renewal form which I hope each of you will hasten to complete and return with your dues for 1991. Newsletter editor, George Jury has informed the board that it costs approximately \$8 per member unit per year to provide the monthly newsletter. The board did not feel that an increase in dues was appropriate at this time. Internal Vice-president, Art Rutherford is trying to obtain advertisers for an insert to help defray the cost of the newsletter. If anyone knows a prospect for advertising please let Art know. Meanwhile, prompt renewal by existing members, adding additional family members to the roll and your help in recruiting new members will enable us to maintain dues at as low a cost as possible. As a comparison of dues costs, one of the local Bike Clubs' dues are \$30 annually.

Membership Chairman
Sandi Howard

BUFFALO WALLOW RACES

SINCE 1973

WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE

COURSE RECORDS

2 MILE MEN

	NAME	TOWN	AGE	TIME	YEAR
< 15	Chris Brooks	Lubbock	15	12:06	1984
16-19	Marc Johnson	Lubbock	19	9:52	1975
20-29	Art Samarron	Muleshoe	25	9:40 *	1988
30-39	Kenrick Williams	Lubbock	30	10:01	1987
40-49	Bobby Cunningham	Abernathy	43	11:02	1983
50-59	George Jury	Lubbock	53	11:33	1989
60 +	Joe Nesbitt	Dalhart	61	17:18	1988

WOMEN

0-19	Isabel Navarro	Brownfield	17	12:06 *	1975
20-29	Linda Petry	Portales	20	12:22	1982
30-39	Sherril Easterling	Coahoma	32	12:27	1982
40 +	Ann Gordhammer	Lubbock	40	14:03	1984

HALF MARATHON (Since 1982)

MEN

0-19	Mike Cagle	Lubbock	17	1:19:51	1983
20-29	John Ruiz	Lubbock	21	1:11:06 *	1985
30-39	Corky Fritch	Amarillo	36	1:17:59	1982
40-49	Bobby Cunningham	Abernathy	42	1:16:55	1982
50-59	George Jury	Lubbock	50	1:23:58	1986
60 +	Howard Calkin	Missouri	71	2:11:24	1982

WOMEN

<19	Donna Pruitt	Levelland	16	1:41:52	1893
0-29	Sue Houle	Lubbock	27	1:34:55 *	1988
30-39	April Stein	Lubbock	30	1:43:07	1988
40-49	Barbara Vitalec	Lubbock	41	2:06:03	1989
50 +	Donna Cherrvhomes	Midland	51	2:21:22	1984

The Executive 5K Race



OUT OF BOUNDS

9/18

WEST TEXAS RUNNING CLUBS' JINGLE BELL FUN RUN SOCIAL

Put bells on your shoes and come to the WEST TEXAS RUNNING CLUBS' Christmas party. A "Fun Run" will begin at 4 P.M. on December 15, 1990. Meet at Ron Key's house at 3208 67th and those who want to will run around Leftwich Park off of 66th St. It will be a covered dish dinner and the theme will be Mexican food. Bring enough food for your family plus one. This year we will be giving a donation to Good Fellows and would like for all club members to have a part and those who cannot attend can send your contribution to Sandi Howard 2810 53rd. Lubbock, Tx 79413. So mark Saturday December 15th 4 P.M. on your calendar and plan to have a Jingle Bell good time. Any questions call Sandi Howard at 795-6891. Be there!!!

1990 CHALLENGE SERIES

To be eligible for awards, club members must have helped out with one of the 12 races. Year-end awards are based on points within sex/age groups: Participation(most races run in or helped with): Mileage: Overall leaders as well as a special WTRC 66 MILE T-shirt for those surpassing 66 miles in club races.

Remember, we all like to run in the races but someone has to stage the events and certainly a non-runner would be an unlikely volunteer!!!!

To help with the December 8 race call Mike Kelley at 766-0237 or 793-2728 at night.

Plans are to make the awards presentations at the club social December 15, detailed above.

TYVEK WTRC LOGO JACKETS

Quite a bit of interest has been expressed for a uniform warm-up jacket with the WTRC logo on the back. Tyvek is a very tough extremely lightweight wind and waterproof paper-like fabric that can be washed. If we can get an order of 50 we can get this type jacket for an approximate cost of \$ 17.50 with side pockets. If you would like one of these jackets let Sandi Howard know by stating so in writing to the above address now. These are good-looking and colorful jackets. A black and white sketch is shown on the calendar page.

HIGH SCHOOL CROSS COUNTRY

Congratulations to Sundown Coach Ken Jernigan whose ROUGHNECKS won the Class 2A team state title this year after winning two in a row in Class 1A. Larry Romero won the 3 mile race in 16:39. Abernathy girls also won the 2A crown.

RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1990 W.T.R.C CHALLENGE SERIES



WHEN: SATURDAY, DECEMBER 8, 1990

REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MAE SIMMONS PARK, EAST 23rd ST. AND QUIRT AVE.; Register in parking lot just west of Quirt Ave. by the football field (23rd and Oak Avenue)

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

ENTRY FEE: W.T.R.C. MEMBERS= \$ 4.00
OTHERS = \$ 5.00

AWARDS: Will Be given at least 3 deep in the following Divisions

AGE DIVISIONS:

MEN 0-19; 20-29; 30-39; 40-49; 50 & Over
WOMEN 0-19; 20-29; 30-39; 40 & Over

RACE DIRECTOR: Mike Kelley Office 766-0237
Home 793-2728

In the same tradition of the LA LUZ TRAIL RUN, the CONCHO CRAWL, and the MUDHOLE TRACTOR PULL, plan to enjoy the RED LINE CROSS COUNTRY, Dec 8th. Break out your insulated underwear and golf shoes (if you don't have spikes!) The paint is still fresh from the Regional High School Cross Country championship. Where else could you find a race course which so challenges your speed, strength and cunning? Don't come just for the coffee and pancake aid station. Listen to the testimony of these satisfied runners: Jim Wilhelm (temporary address; Charter Plains) says "It's four miles of 'Runners Highs'." George Foreman says, "I train for the RED LINE on cheese burgers and Geritol." So set aside that Saturday morning for a little piece of glory in "Harriers Heaven". MK