

## CALENDAR of EVENTS

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

- \* FEB. 10 W.T.R.C. COTTONPATCH RUNS. 8 and 4 Miles, WOLFFORTH 9:00 A.M., Co-Race Directors David Doyle 866-9367 and Luis Cardenas 745-3856
- FEB. 14 VALENTINES DAY RUN, TTU Student Rec Center 5:15 P.M. \* Couples closest to predicted times and the fastest couples will win dinners at ORLANDO'S. TTU Students and Staff only eligible!! Individual entrants may participate, also \$ 6.00 T-Shirt Fee \*\* call 742-3351 for details
- FEB. 24 COWTOWN MARATHON and 10K RUN, Fort Worth, call (817) 735-2033 for entry blank
- MAR. 3 LCU MASTERS INDOOR TRACK MEET, LCU ATHLETIC FIELD HOUSE Entry Blanks will be in Feb W.T.R.C NEWSLETTER Steve Ireland 766-0694
- \* MAR. 10 PRARIE DOG TOWN 4 MILER , Mackenzie Park , Jim Wilhelm , Race Director Details later
- MAR. 11 TEXAS RATTLESNAKE RUN, Sweetwater, 10K & 2 mile ,9:30 A.M. Sweetwater C of C, Box 1148, Sweetwater, Tx 79556 or call (915) 235-5488
- MAR. 24 TTU MASS-COMM SCHOLARSHIP RUN, TTU campus Sherry Wood, Race Director, 797-7793 Details and entry form in March Newsletter
- MAR. 31 AMERICAN HEART ASSN. BUN RUN Jan Ramirez, Race Director Location and distances to be determined
- APR. 1 CAPITOL 10K, Austin, 8:00 A.M. AUSTIN AMERICAN-STATESMAN 10K, P.O. BOX 2936, Austin, Tx 78769 or call (512) 445-3598
- APR. 7 VENTURE CLUB FUN RUN, Tracy Baugh, Race Director, TTU Campus 10 K & 2 Mile call 794-8498
- \* 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
- \* MAY. 12 HORSESHOE BEND RACES, Slaton , Hugh Haynes, Race Director
- MAY. 19 L.C.O.A.D.A., SPRING HIGH RUN 9:00 A.M., Buddy Holly Park 10K and 2 Mile, Jon Masood, Race Director
- MAY. 26 Amarillo FUNFEST RACES Half Marathon and 10K
- \* JUNE 9 LEVELLAND LOPE, Levelland, Bill Roger, Race Director, 10K & 2 Mi
- JUNE 16 JUNE TEENTH RUN, MLK Park (Canyon Lake 6) Eddie Richardson, RD
- \* 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
- \* SEPT 8 SHALLOWATER 10K
- SEPT 29 RED RAIDER ROAD RACE, TTU

If your mail label does not have the Figure "90" this will be the last Newsletter unless dues are paid

February W.T.R.C. Race is at Wolfforth Feb 10, 1990 at 9:00 A.M.

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

FEBRUARY 1990

WEST TEXAS  
Running Club



February 1990

# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT :** RON KEY  
 0 765-5551 H 792-9280  
**INTERNAL VICE-PRES**  
 GONZALO RAMIREZ 0 792-3291 H 792-1237  
 0 742-2313 H 795-7338  
**EXTERNAL VICE-PRES**  
 TRACY BAUGH 0 747-4663 H 795-0842  
**SECRETARY**  
 0 762-6411 X2122 H 794-8498  
**JOE STALCUP**  
 0 794-7433 H 795-0286  
**JON MASOOD**  
 0 763-7351 H 797-1870  
**TREASURER**  
 0 799-2500 H 747-9545  
**SHIRLEY WIGLEY** 0 763-7061 H 797-4201

*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**

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### RACE ENTRY FEES

The officers are going to vote on raising the club race entry fees at the meeting Feb. 13, 1990 at the address above if anyone wishes to attend or you can make your feelings known to any of the above officers.

### EDITORIAL HELP NEEDED

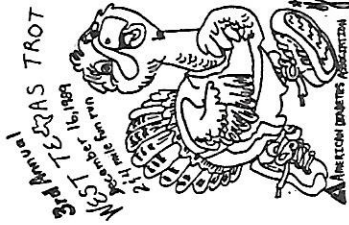
Anyone having even a little journalistic bent could surely be put to work by helping to write up the report for the monthly club races. Also, if there is anyone who would be interested in serving as a W.T.R.C. Historian please call George Jury at 792-1237 after 6 P.M.

### CALENDAR CORRECTION

Please note that the CAPITOL 10K is April 1st this year instead of the previously reported date. My apologies!!! GJ

## 2 Mile & 4 Mile Fun Run Saturday, December 16, 1989

Benefitting The  
**America  
 Diabetes  
 Associa**



Sanctioned by The West Texas Running Club

Saturday morning, December 16th, twenty runners braved the invigorating 15 degree weather to run the third annual AMERICAN DIABETES ASSOCIATION TURKEY TROT. Two Runners, Mark Manley and John Stalcup, felt it was balmy enough to wear shorts and singlets. The clock froze at 16:00 minutes and so did some of the runners. Given the right conditions, sweat does indeed turn to ice!!!!

The awards ceremony was held inside at the outdoor center, compliments of the Lubbock Parks and Recreation Department and Tod Steelman. The American Diabetes Association provided coffee, spiced cider, juice, and hot chocolate. Drawings were held for many prizes which included ten turkeys, an overnight stay in the Holiday Inn Atrium Suite, three free weeks at the Cosmopolitan Health Spa, and free passes to Froggy Bottoms. Sponsors included Casa Ole, Furr's Supermarkets, X-Press Printing, Cosmopolitan Health Spa, Holiday Inn, Lubbock Parks & Recreation, and the WEST TEXAS RUNNING CLUB. Thanks to O. J. Jimenez, Race Director, for the planning and organization for this run, and to Gary Perry, Helen Esquivel, Terry and Tracy Baugh and others for helping in the chilly weather.

### RESULTS 2 MILE RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROU
01	Hollye Hightower		F	13:33	LUBBOCK	1st	20-24F
02	Josie Aleman		F	14:52	"	1st	35-39F
03	Roger Marks		M	14:54	"	1st	35-39M
04	Michael Doll		M	14:55	"	1st	0-12M
05	John Stalcup		M	15:07	"	1st	55-59M
06	Tony Aleman		M	15:36	"	1st	40-44M
07	Phil Hur		M	15:50	"	2nd	35-39M
08	Michelle Manley		F	22:26	"	1st	0-12F

### 4 MILE RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROU
01	Angel Olivo		M	22:35	LUBBOCK	1st	16-19M
02	Mark Manley		M	22:50	"	1st	25-29M
03	Jerry McGinnis		M	23:26	"	1st	16-19M
04	Joe Martinez		M	27:12	"	1st	40-44M
05	Jon Omdahl		M	29:34	"	2nd	40-44M
06	Ralph Williams		M	29:36	"	1st	50-54M
07	April Stein		F	29:47	"	1st	30-34F
08	Jon Masood		M	30:00	"	3rd	40-44M
09	Marcos Torres		M	34:06	"	1st	12-15M
10	Arthur Rutherford		M	34:15	"	1st	35-39M
11	James Bone		M	36:27	"	2nd	50-54M
12	Bob Smith		M	39:36	"	1st	66+ M

The MARTIN LUTHER KING MEMORIAL RUN came off as planned, with 56 runners braving the cold north winds to challenge the flat fast course around the air strip at Reese Air Force Base. Twenty six completed the 2 mile course while thirty took on the 10K challenge. Thanks to all the workers who helped stage the race. They were Sandi Howard, April Stein, Shirley Wigley, Otto Spitz, Michelle Jones and Mike Jones. It appeared as though the finish times were a little slow, but then the wind was really strong and it provided a lot of resistance. Everyone had a good time and everything came off well. Thanks again to our volunteers staging the race and to all the participants.

Ron Key, Race Director

### 10 K Results

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Mark Manley	29	M	37:09	Whitharrel	1st	20-29 M
02	Angel Olivo	17	M	37:51	Levelland	1st	0 -19 M
03	Jerry McGinnis	18	M	38:23	Sundown	2nd	0 -19 M
04	Robert Guajardo	47	M	39:29	Levelland	1st	40-49 M
05	Roger Robles	28	M	41:24	Lubbock	2nd	20-29 M
06	Gonzalo Ramirez	34	M	43:10	"	1st	30-39 M
07	Joe Martinez	44	M	43:30	"	2nd	40-49 M
08	Sue Houle	28	F	43:53	"	1st	20-29 F
09	Joey Thacker	42	M	43:57	Roaring Spgs	3rd	40-49 M
10	Al Grotz	40	M	44:20	Lubbock	4th	40-49 M
11	Larry Byrd	48	M	45:23	Shallowtr	5th	40-49 M
12	Gary Perry	44	M	46:00	Lubbock		
13	Andy Luna	34	M	46:16	"	2nd	30-39 M
14	Bill Roger	50	M	47:16	Levelland	1st	50 + M
15	Ronnie Nugent	43	M	47:30	Lubbock		
16	James Livermore	42	M	47:38	"		
17	Jon Masood	44	M	47:43	"		
18	Ralph Williams	53	M	48:18	Crosbyton	2nd	50 + M
19	Joe Stalcup	35	M	49:11	Lubbock	3rd	30-39 M
20	David Miller	30	M	49:48	"	4th	30-39 M
21	Frank Goodman	43	M	50:35	?		
22	Tony Aleman	40	M	50:39	Lubbock		
23	Jodyne Vernlund	23	F	50:40	?	2nd	20-29 F
24	David Dunwoody	34	M	51:17	?	5th	30-39 M
25	Mike Kelley	41	M	51:33	Lubbock		
26	Tom Jones	50	M	52:47	"		
27	R.M. Brady	46	M	55:56	"	3rd	50 + M
28	James Bone	50	M	57:26	"	4th	50 + M
29	Samantha Jones	19	F	1:01:35	"	1st	0 -19 F
30	Connie Evans	41	F	1:01:36	"	1st	40 + F

### 2 Mile Results

01	David Doyle	31	M	12:57	Wolfforth	1st	30-39 M
02	Tommy Parrish	33	M	13:01	?	2nd	30-39 M
03	Larry Reno	37	M	13:04	Lubbock	3rd	30-39 M
04	Ed Dabrowski	33	M	13:20	Levelland	4th	30-39 M
05	Joe A. Gomez	46	M	13:27	Lubbock	1st	40-49 M
06	Justice Jones	17	M	13:48	"	1st	0 -19 M
07	Carlos Vigil	41	M	13:51	"	2nd	40-49 M
08	Trey Jernigan	11	M	14:03	"	2nd	0 -19 M
09	Jay Winfrey	11	M	14:33	"	3rd	0 -19 M
10	Tom Brown	47	M	14:39	"	3rd	40-49 M
11	John Stalcup	56	M	14:53	"	1st	50 + M
12	Josie Aleman	38	F	15:01	"	1st	30-39 F
13	Marcos Torres	12	M	15:24	"	4th	0 -19 M
14	Ron Seal	33	M	15:25	"	5th	30-39 M
15	Phil Hur	38	M	15:26	"		
16	Gary Bodensteiner	40	M	15:28	"	4th	40-49 M
17	Moses Jones	13	M	15:45	"	5th	0 -19 M
18	Frank Hernandez	51	M	16:44	"	2nd	50 + M
19	Paul Richard	33	M	17:31	"		
20	Mike Doll	10	M	17:34	"		
21	Paul Rinehart	40	M	17:54	Levelland		
22	Rosie Marmolejo	40	F	18:38	Lubbock	1st	40-49 F
23	P.J. Mitchell	45	F	20:02	"	2nd	40-49 F
24	Tara Jernigan	8	F	20:06	"	1st	0 -19 F
25	Jody Taylor	35	F	21:20	"	2nd	30-39 F
26	David Skelton	35	M	26:33	"		

### NINTH ANNUAL "RUN FOR THE ARTS" FESTIVAL '90

#### 4TH ANNUAL CORPORATE CHALLENGE

April 28th is just around the corner! Join the ones who'll be competing in the 4th annual Corporate Challenge. It's part of the 9th annual RUN FOR THE ARTS in conjunction with Festival 90.

This year, we have opened up more ways for your team to compete. We have had, in the past, a combination of 3 men and 2 women, or 2 men and 3 women on a team. You will now have the opportunity to have an all men's team, as well as an all women's team. There will be 3 traveling trophies in the Corporate Challenge.

The rules are simple:

- 1) A corporate team must consist of 5 members. Either all men, all women, or a combination of 3 men/2 women or 2 men/3 women. (The latter two will compete in one division.)
- 2) Each member must be employed by the business or corporation they represent.
- 3) The teams competing for time win with a total of the 5 members' times.
- 4) The race is a 2 mile event. The 2 mile Fun Run is a separate event.
- 5) Each team must fill out an entry form.
- 6) To qualify, all 5 members must finish the race.
- 7) First place finishers in each division will receive the traveling trophy. The 3 runners-up will receive certificates.
- 8) Teams must pre-register 1 week in advance. The deadline is April 19.
- 9) There will be no wheelchair entries in the event.
- 10) Other categories you can compete in are:
  - a) most creative costumes
  - b) corporations with the most teams running
  - c) team with the oldest members (total of ages)
  - d) corporate team traveling the farthest

The Methodist Hospital Team won last year, and challenges all businesses to put together a team and "RUN FOR THE ARTS."

For more information on the Corporate Challenge, call Sandy Howard 795-6981 or P. J. Mitchell 794-0135.

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In addition to the CORPORATE TEAM CHALLENGE described above, the whole family can participate in one of the following events:

- One Mile Elementary run; 2 Mile Fun Run; 2 Mile Walk and the 15K Roadrace

# WEST TEXAS RUNNING CLUB

## MEMBERSHIP APPLICATION

Date \_\_\_\_\_

Make Check Payable to: \_\_\_\_\_

WEST TEXAS RUNNING CLUB  
 P.O. Box 2921  
 Lubbock, Texas 79408

Your mailing address: \_\_\_\_\_  
 Street or Box # \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone # \_\_\_\_\_

Amount enclosed \$ \_\_\_\_\_

Renewal  New Member  Amount enclosed \$ \_\_\_\_\_

Checks only please

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees.

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

PERSONALITY PROFILE

10-28-89

NAME: **SHIRLEY ANN WIGLEY** **CHEYNA MICHELLE WIGLEY**

AGE: 35 6

AGE STARTED RUNNING: 18 4

YEARS RUNNING: 17 2

TOTAL ACCUMULATED MILEAGE 12,000 60

AVERAGE MILES/WEEK 45 2

TYPICAL WEEKS TRAINING/INTENSITY OR PACE (Easy, Hard, etc.)

SUN	8	Easy
MON	7	Hard (Hills)
TUE	5	Track 440's
WED	5	Easy
THU	7	Hard (Hills)
FRI	5	Easy
SAT	8	Easy Unless there's a race

FAVORITE TRAINING AREA: Mackenzie Park Kastman Park

LOCAL RACE: RUN FOR THE ARTS RUN FOR THE ARTS

WTRC RACE: BUFFALO WALLOW Hasn't run one yet

OUT OF TOWN RACE: DUKE CITY MARATHON None

RACE DISTANCE: Half-Marathon 1 Mile

RUNNING SHOE: NEW BALANCE PAYLESS

CROSS TRAINING: Soccer Soccer

BEST TIMES AT WHAT AGE? AGE?

2 MI.	13:58	35	1 MI
5 KM	21:12	35	
8 KM	38:30	33	
10 KM	47:06	34	
* HALF MARA	1:50:39	34	
MARATHON	4:30:12	35	

Beats all the boys at school 10:45 6

OCCUPATION: Commercial Loan Secretary, American State Bank

HOBBIES/INTERESTS: Soccer (Indoor & Outdoor) Backpacking Snow Skiing Lubbock Symphony Orchestra Play the violin

Student, Parsons Elementary

Soccer (PINK-A-POOHS) Playing Swimming

\* Since this was submitted Shirley set a new PR for the half marathon on the tough Buffalo course of 1:49.48 (Editor)

NEWS AND NOTES

IS THIS YOUR LAST NEWSLETTER ?????

If your address label has "89" by your name this will be your last newsletter unless your dues payment is "in the mail". A "90" means you're up to date and will receive all 12 newsletters plus get the Member discount for race entries.

CALENDAR ADDITIONS

After the calendar was completed for this edition we received notice of two additional races. The first is the annual Azalea Trail 10K in Tyler, Tx. March 31, 1990. We will have more details in the March Newsletter calendar. The second is a 5K run in Dimmitt, Tx. set for Aug. 18, 1990.

STRESS

After having to stop running for the first time in over four years I can empathize with the writer of the FINISH LINE feature in the FEB 1990 issue of RUNNERS WORLD. She summed up with "What I can say is that I have learned one fact: the term 'Stress Fracture' is derived not from the cause of the condition, but the result!"

Trying to find enjoyable cross-training to avoid loss of condition when you can barely walk is t r e s s f u l ! ! ! The cold and wind-chill factors during the stretch of time between Thanksgiving and Christmas were so bad that bike riding (that I normally enjoy) would have been masochistic. I cannot stand to use a stationary bike! I must have the illusion that I am getting somewhere! Swimming does give me a certain amount of exercise, but I can only last about 15 minutes before I am exhausted. I was afforded the opportunity to try the "WET VEST" running in water technique about ten times for 20 to 30 minutes each before the pool closed for the holidays. I was determined that a month was time enough for an injury like mine to heal and taped up the foot to give it a try for 4 miles on Christmas Eve. I should have waited another two weeks!! You talk about sore muscles! And the foot didn't benefit from that punishment either! Under-water running is no substitute for the real thing!! I felt as if I hadn't run in ten years!! At this writing two months have passed and I just completed a hobbling 6 miles. \* Probably no more PR's!!!!

RUN FOR THE ARTS

The next committee meeting for the "RUN FOR THE ARTS" will be held February 6th, 7:00 P.M. at 3413 43rd St. If you can help, show up at this meeting or call Gary Perry at 795-0842 or Tracy Baugh at 794-8498 after 6 P.M.

RRCA PERSONAL FITNESS PROGRAM

The following dedicated runners have signed up for the RRCA Personal Fitness program and will be celebrating their successful completion of goals at a party later in the year.
Bruce Lokey Mark Manley Dwayne Oakley
Ron Key Bill Roger Shirley Whigley
Larry Byrd James Bone Terry Baugh
Tracy Baugh
It's not too late to get started on your own personal fitness program!!
For more information call Tracy Baugh at 794-8498.

TRIATHLETE NEWS

To all Triathletes, prospective Triathletes, and CT's(Cross Trainers):

As you will recall the last newsletter revealed that it would have a page devoted to Triathloning or Cross Training, hopefully covering all of the different phases of this multi event sport. It is our goal to begin at the beginning and progress to the point of actually competing in a Triathlon or using the cross training knowledge to actually cross train. A realistic goal for those that want to compete but have not actually done a Tri is to set a goal to do a Sprint distance first, with a short course to follow and then the Olympic course as a conclusion. But you say where would I do this?? The answer of course is to do the Texas Tech Rec Center sprint course in April, the Hub City short course in June and the Buffalo Springs Lake Olympic distance in August. That would give you your first taste of the great all around feeling of finishing a Triathlon. Since this is a relative new sport, approximately 14 years old, from a formal events standpoint it is important to cover some of the definitions and vocabulary used when talking about Tri's. One note of interest, Walt Stack, the 80 year old plus runner of many Marathons, may have been one of the very first Triathletes since he has been swimming(San Francisco Bay), riding the bike across the bridge, and running for over 30 years.

Definitions and vocabulary-

Triathlon-three sport event with the three segments being done in a consecutive nature. In most cases it is swim, bike and then run. In areas where the canoe is more appropriate or more popular it may be substituted for the swim. In areas of mountains and snow the winter events(snowshoe, cross country skiing) maybe substituted, etc. For our purposes we will be talking about swim, bike and run events.

Course lengths-Sprint course(less than 500 yd swim, 15 mile bike, and 5 mile run), Short course-(less than 1.5K swim, 40K bike, and 10 K run), International course(Olympic)-1.5 K swim, 40 K bike, and 10 K run), Long course-more than 1 mile swim, 40 mile bike, and 7 mile run or 1.5K swim, 40 K bike and 10 K run), Iron Man Distance-2.4 mile swim, 112 mile bike and 26.2 mile run, this of course is the most recognized by the public since it is seen on TV, but takes full time preparation to compete in.

Transition-this is sometimes called the "fourth event" since you are required to make the event transitions under the gun. In other words the clock continues to run while you change clothes, dry your hair, clean your nails, kiss your girl/boy friend, or whatever you decide to do in between events. It is possible to add 10 or more precious minutes to your overall time with a slow transition.

Next month we will cover getting started and some actual dates will be given for multi-sport events coming up. Also, two publications that you will find to be very helpful and informative would be Triathlete Magazine(a Runner's World type magazine) and Runner Triathlete News (a Houston based monthly newspaper).

Please call if you have any questions. Mike Greer, (806) 796-8413



"ACHILLES HEEL" PROGRAM

01-02-90

Fellow Members:

In case you haven't heard, I'd like to inform you of this fantastic opportunity to share your running skills with others needing special encouragement.

At a previous W.T.R.C meeting, I mentioned that through my work at Lubbock Regional MIMR and "SPECIAL OLYMPICS". I know several athletes with mental disabilities who with the encouragement of a "Special Friend" to help them train, could develop possibly unlimited athletic potential. I pointed out that while "SPECIAL OLYMPICS" affords a marvelous competitive opportunity for many persons with mental retardation, an integrated opportunity for those capable of participating could be even more beneficial.

The club officers agreed to support this effort whole-heartedly and several have volunteered to "adopt" an athlete as a coach and/or training partner. If you would be interested in doing the same, or have any questions, please call me at 766-0282 (w) or 793-2825 (h). or Ron Key.

Yours in Promoting Running,



Michelle Jones



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CONGRATULATIONS!

Our congratulations to Tom Weis and Millynda Walker who now have a family membership in W.T.R.C. Good luck!!!!

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

**WHEN:** SATURDAY, FEBRUARY 10th, 1990  
REGISTRATION: 8:00 TO 8:45 A.M.  
RACE START: 9:00 A.M.

**WHERE:** WOLFFORTH; FRENSHIP HIGH SCHOOL  
From Lubbock, take US highway 62/82 to Loop 193, proceed to intersection with highway 179, turn right across RR tracks north past the Frenship High School and turn left

**COURSE:** ASPHALT ROAD, OUT and BACK, FLAT  
AID STATIONS at 2, 4, and 6 MILES  
SPLITS at 2 and 4 MILES

**ENTRY FEE:** W.T.R.C. MEMBERS \$3.00 OTHERS \$4.00

**AGE DIVISIONS,**

**AWARDS:**

**MEN**

0 TO 19  
20 TO 29  
30 TO 39  
40 TO 49  
50 AND OVER

**WOMEN**

0 TO 19  
20 TO 29  
30 TO 39  
40 AND OVER

**RACE DIRECTORS: LUIS CARDENAS**

**DAVID DOYLE**

745-3856  
866-9367

\*\*\*\*\* **TRADITION** \*\*\*\*\*

I am unable to get accurate information as to the origin and history of the "COTTONPATCH RUN", but in 1980 I ran my first 8 miler there in a blinding snowstorm and 18 degree temperature (windchill!?!). At that time W.T.R.C. counted members from as far away as Dalhart and Dumas to the north and Abilene, San Angelo, Midland and Odessa to the south and the monthly WTRC race was the only racing event drawing runners from all these areas. As running grew in popularity there became races in the other metro areas at least monthly and then nearly every week-end. In 1989 the Feb. Brownfield run drew one each from Brownfield, Seagraves and Midland. As a result WTRC officers voted to move this race to Wolfforth to make it more accessible to the majority of WTRC members. Many, including myself will appreciate not having to make a 76 mile trip, often in inclement weather. Time changes the clubs needs and we must adjust to meet the members needs.