

# CALENDER of EVENTS

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

- \* JAN. 13 DR. MARTIN LUTHER KING JR. MEMORIAL RUN, ON RAEBB [10K and 2 M1] 10:00 A.M., Race Director Ron Key 765-5551 or 792-9280
- JAN. 14 HOUSTON TENNECO MARATHON, (713) 757-2700 or write Houston-Tenneco Marathon P.O. Box 56464, Houston, Tx 77027 Tracy Baugh has a few entry forms
- JAN. 28 SUPERBOWL SUNDAY FUN RUN 1 and 3 Miles TTU Student Rec Center, 2:00 P.M., \$ 6.00 T-Shirt Fee Call 742-3351
- \* 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) 795-2093 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 CAPITOL 10K, Austin Details Later
- MAR. 31 AMERICAN HEART ASSN. BUN RUN Jan Ramirez, Race Director Location and distances to be determined
- 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 M1
- JUNE 16 JUNETEENTH 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

January 1990

*Tracy Baugh*

January W.T.R.C. Race is at R.A.F.B. Jan. 13, 1990 at 10:00 A.M. "MLK Memorial 10K & 2 Mile Run" Details inside Back Cover

WEST TEXAS  
Running Club

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

JANUARY 1990





# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT : ROM 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**

**JON MASOOD**

0 763-7351 H 797-1870

**TREASURER**

**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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## AWARDS BANQUET

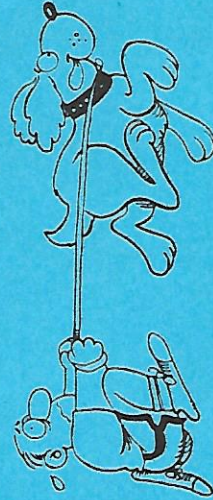
**CHALLENGE SERIES AWARDS WILL BE PRESENTED at 7:00 P.M., FRIDAY JAN. 5th**

**at a Buffet dinner at EL SOMBRERO RESTAURANT**

1602 MAIN STREET, LUBBOCK, TEXAS

\$ 6.50 Adults . \$ 3.25 Children

**call Barney Adams at 795-2306 to give a head count**

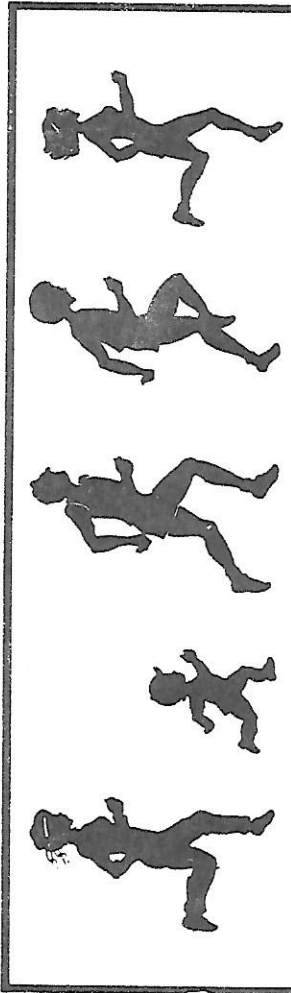


# RED LINE FOUR MILE CROSS COUNTRY RUN

Forty "TOUGH GUYS" tackled the Cross country course at Mae Simmons Park December 9th in weather that warmed rapidly as the race progressed. Angel Olivo a Levelland High runner, led on the challenging hills to an overall win of 22:34 for the four miles. Improving his 1986 time by almost 3 minutes, Mark Manley was second overall and first in the 20-29 age group. Jerry McGinnis a highschooler from Sundown posted 3rd overall. Christine Vasquez, in condition from a winning cross country season at Coronado High, was the first lady at 26:47. Congratulations to Daniel Clevenger, 13, and Marcos Torres, 12, running their first race. And in the "take-your-own-medicine" department, Jon Omdahl, High School Cross Country Coach for LISD, joined his students to relive the joys of Physical Education. Congratulations to all who participated. MK

## RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD [AGE GROUP]
01	Angel Olivo	17	M	22:34	Levelland	1st 19&under
02	Mark Manley	29	M	23:23	Whitharral	1st 20-29
03	Jerry McGinnis	18	M	24:01	Sundown	2nd 19&under
04	Robert Guajardo	47	M	24:55	Levelland	1st 40-49
05	Gonzalo Ramirez	33	M	26:12	Lubbock	1st 30-39
06	Ken Jarnagin	38	M	26:25	"	2nd 30-39
07	Jim Haynes	43	M	26:34	Muleshoe	2nd 40-49
08	Larry Reno	37	M	26:40	Lubbock	3rd 30-39
09	Christine Vasquez	15	F	26:47	"	1st F24&under
10	Joe Martinez	44	M	27:13	"	3rd 40-49
11	Sue Houle	28	F	27:17	"	1st F25&over
12	David Doyle	31	M	27:46	Wolforrth	4th 30-39
13	Gary Perry	44	M	27:47	Lubbock	4th 40-49
14	Al Grotz	40	M	27:57	"	5th 40-49
15	Ron Key	46	M	28:49	"	"
16	Brady Ray	39	M	29:33	"	5th 30-39
17	Otto Spitz	32	M	29:41	"	"
18	Ronnie Nugent	43	M	30:21	"	"
19	Amanda Castro	17	F	30:33	"	2nd F24&under
20	Jon Omdahl	42	M	30:45	"	"
21	Shirley Wigley	36	F	30:53	"	2nd F25&over
22	April Stein	31	F	31:10	"	3rd F25&over
23	Jim Wilhelm	39	M	31:10	"	"
24	Jon Masood	44	M	31:49	"	"
25	John Stalcup	56	M	32:10	"	1st 50&over
26	Josie Aleman	38	F	32:34	"	4th F25&over
27	Tony Aleman	40	M	32:39	"	"
28	Earnest Camp	45	M	33:08	"	"
29	Pat Duffy	48	M	33:19	"	"
30	Walter Jordan	30	M	33:36	"	"
31	Rick Deaver	33	M	33:51	"	"
32	Terry Baugh	27	M	34:34	"	2nd 20-29
33	Larry Byrd	48	M	34:49	"	"
34	Bill Roger	50	M	34:49	"	"
35	Daniel Clevenger	13	M	35:18	"	2nd 50&over
36	Marcos Torres	12	M	35:26	"	3rd 19&under
37	Art Rutherford	37	M	35:39	"	4th 19&under
38	Roy Williams	43	M	41:11	"	"
39	Bob Smith	69	M	43:21	"	3rd 50&over
40	David Skelton	34	M	:	"	"





FINAL STANDINGS

CHAMPIONS SERIES

WOMEN'S OPEN	POINTS*EVENTS*	MILES	MEN'S OPEN	POINTS*EVENTS*	MILES
1 Sue Houle	99	11	1 Mike Williams	86	10
2 Josie Aleman	79	11	2 Mark Manley	81	11
3 Shirley Wigley	73	11	3 Terry Baugh	39	10
4 April Stein	52	8	4 David Miller	21	6
5 Tracy Baugh	44	9			
6 Ann Davis	38	10			
7 Helen Esquivel	37	5			
8 Jan Ramirez	31	6			
9 Theresa Marez	30	6			
10 Barbara Vitalec	27	5			
11 Tammy Aleman	19	5			
12 Rosalie Anderson	6	2			

MEN 30-39

Tie 1 David Rodriguez	85	10	38.4		
2 Larry Reno	85	12	81.9	94	11
3 David Doyle	62	10	42.6	93	11
4 Gonzalo Ramirez	61	8	48.6	85	12
5 Otto Spitz	49	12	65.9	60	12
6 Al Grotz	48	9	76.6	47	10
7 Barney Adams	42	6	57.4	43	9
8 Brady Ray	31	12	88.8	34	12
9 Wes Boulliou	28	7	55.3	29	5
10 Bill Harn	26	5	32.4	26	8
11 Tony Aleman	23	11	53.7	26	12
12 Jim Wilhelm	16	9	69.7	20	9
13 James Ivey	14	3	17.4	16	7
14 Luis Cardenas	14	4	15.2	8	6
15 Ron Seal	6	5	30.2	6	3
16 Don Kephart	5	4	39.2		

\* "66 Mile Club"

MEN'S MILEAGE LEADERS	MILES	WOMEN'S MILEAGE LEADERS	MILES
* 1 Joe Post	99.7	* 1 Shirley Wigley	82.6
* 2 Ronnie Nugent	92.9	* 2 Sue Houle	79.9
* 3 Brady Ray	88.8	* 3 Ann Davis	67.5
* 4 Jon Masood	84.6	* 4 April Stein	62.5
* 5 Larry Reno	81.9	* 5 Tracy Baugh	57.5
* 6 Mark Manley	81.5	* 6 Barbara Vitalec	40.5
* 7 Robert Guajardo	77.9	* 7 Theresa Marez	35.4
* 8 Gary Perry	77.7	* 8 Josie Aleman	37.0
* 9 Al Grotz	76.6	* 9 Jan Ramirez	31.6
* 10 James Livermore	70.4		
* 11 Ron Key	71.3		
* 12 Jim Wilhelm	69.7		
* 13 Bill Roger	68.8		
* 14 Terry Baugh	67.7		

WOMEN'S PARTICIPATION LEADERS

Josie Aleman	11
Sue Houle	11
Shirley Wigley	11
Ann Davis	10

MEN'S PARTICIPATION LEADERS

Jon Masood	12
Ronnie Nugent	12
Gary Perry	12
Brady Ray	12
Larry Reno	12
Otto Spitz	12
Joe Post	12

CHALLENGE SERIES AWARDS WILL BE PRESENTED AT A CLUB SOCIAL TO BE HELD FRIDAY JANUARY 5, 1990 AT 7 P.M. AT THE EL SOMBRERO RESTAURANT AT 1602 MAIN STREET - SEE INSIDE FRONT COVER FOR DETAILS

NOTEWORTHY

DALLAS WHITEROCK MARATHON

At least 7 W.T.R.C. members completed the 1989 WHITEROCK MARATHON, Dec. 3rd including Barbara Vitalec who finished her very first one. Congratulations, Barbara !!! Other results are as follows; Ron Key, 3:23:15; Gary Perry, 3:26:02; Mark Garland, 3:42:09; April Stein, 3:37:22; Bill Vitalec, 3:45:??; Ken McEachern, 3:57:??; Barbara Vitalec, 4:45:??

Run For The Arts

More volunteers are needed to assist with making this years Lubbock Arts Festival, " RUN FOR THE ARTS " a big success. The date is set for April 28, 1990. Race directors are Gary Perry and Tracy Baugh. A "walk" division is planned for this years event as well as the traditional "corporate team run". If you can help with any of the following committees, please call Gary at (W) 747-4663 or (H) 795-0842 or Tracy at (H) 794-8498 \*\*\*\*\* Committee Chairmen are as follows:

- ADVERTISING & PROMOTION; Sandy Howard and Barbara Vitalec
- REGISTRATION; Sue Perry
- SPONSORSHIP; Ron Key, Tracy Baugh and Gary Perry
- COURSE LAYOUT; Ron Key
- CHILDRENS RUN; Jan Ramirez
- AID STATIONS AND SPLITS; Wes Bouliou
- FINISH LINE and RESULTS; Joe Stelcup
- TREASURER; Shirley Wigley
- AWARDS; Tracy Baugh
- PRE-RACE DINNER; Josie Aleman
- CORPORATE RUN; Sandy Howard
- WALK; Sandy Howard

CHALLENGE SERIES 1990

All members wishing to participate in the 1990 CHALLENGE SERIES must agree to serve as a non-running Race Director or help with other duties, such as, Registration; Finish line, Water stations; and Split timers. To qualify for the 1990 series you must notify W.T.R.C. by Mar 1st, as to your race preference. Race Directors already lined up are as follows:

- Jan. 13, 1990, Ron Key \*\*\*\*\* Feb. 10, 1990, David Doyle & Luis Cardenas \*\*\*\*\*
- March 10, 1990, Undetermined \*\*\*\*\* April 14, 1990, Ronnie Nugent \*\*\*\*\*
- May 12, 1990, Hugh Haynes \*\*\*\*\* June 9, 1990, Bill Roger \*\*\*\*\*
- July 4, 1990, Mark Manley \*\*\*\*\* Aug. 11, 1990, Gonzalo Ramirez \*\*\*\*\*
- Sept. 8, 1990, Undetermined \*\*\*\*\* Oct. 13, 1990, Undetermined \*\*\*\*\*
- Nov. 10, 1990, Don Kephart \*\*\*\*\* Dec. 8, 1990, Mike Kelly \*\*\*\*\*

Please call David Rodriguez at (W) 741-4834 or at (H) 765-6686 to volunteer



# TRIATHLETE NEWS

## TRIATHLON INFORMATION

Dear WTRC Member:

During last months regular WTRC official meeting a request was presented relative to including triathloning as part of or a division of the club. The purpose of this was to offer more information for cross training and to offer a club that would appeal to the triathlete, without having to start up another club. After much discussion it was decided that a page of the monthly newsletter would be devoted to offering triathlon training information, triathlon news about WTRC member participation and calendar events that involve triathlons. I have been elected to prepare this section of the newsletter and I look forward to doing this very much. Please understand that the purpose will not be to convert but to inform our members of the many aspects and positive results from triathloning in the case of a runner who says NO WAY, then we will call it cross training. Cross training offers the runner the option of getting that good work out in even with injury. A good case in point is an old(50 year old) triathlete I know who suffered from terrible heel pains and was unable to run, but due to the fact that he was able to cross train he was able to substitute 250 miles of biking and 9,000 yards of swimming in one week and never had to long for that, "I need a work out feeling". Topics that will be covered are: Triathlon vocabulary, value of cross training, getting started, equipment, nutrition, training, racing, different triathlon distances, calendar events, etc. Since space will be limited there will be a telephone hotline for more detailed answers and for call in questions, if necessary. The number is (806) 796-8213 and ask for Mike Greer.

We look forward to providing you with information concerning these topics.

Mike Greer

### TRIATHLETE NEWS:

During 1989 one WTRC member was very active in the Tri's and was not included in the monthly news, to catch him up and give him his proper credit here are the results for Mark Garland: WTSU Tri-3rd Age Grp, Tech Sprint Tri, Hub City Tri, Timber Creek Bi-1st Age Grp, Bottomless Lakes Tri, Tall City Tri, Houston Tri, Presidents Tri, Santa Fe Tri, Del Rio Tri, Odessa Tri-2nd Age Grp, Splash N Dash, Tri-1st Age Grp. Mark was a busy guy in the 30-39 age groups and this was he first year to do Tri's.



## DR. MARTIN LUTHER KING MEMORIAL RUN 10 K & 2 Mile Runs

**WHEN:** SATURDAY, JANUARY 13, 1990  
REGISTRATION 9:00 TO 9:45 A.M.  
RACE START AT 10:00 A.M.

**WHERE:** REESE AIR FORCE BASE PICNIC GROUNDS

**COURSE:** 10 K and 2 Mile both out and back

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

**AWARDS:**

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

**RACE DIRECTOR:** RON KEY, Office, 765-5551  
Home, 792-9280

**RUN FOR THE ARTS COMMITTEE MEETING**  
The first "RUN FOR THE ARTS" MEETING WILL BE HELD ON JANUARY 5th, AFTER THE W.T.R.C. SOCIAL AT THE EL SOMBRERO RESTAURANT. Anyone is invited to attend

### BARCA NEWS

START PLANNING NOW TO ATTEND THE 1990 NATIONAL ARCA CONVENTION MARCH 8-11 IN MIAMI FLORIDA. THERE WILL BE WORKSHOPS, A BARBEQUE AND FUN RUN ON THE BEACH, THE THIRD ANNUAL ARCA AUCTION, AND ANNUAL AWARDS BANQUET. IN ADDITION, THE CARNAVAL MIAMI ARCA NATIONAL CHAMPIONSHIPS 8K RACE WILL BE HELD. THE TOPICS FOR THE AGENDA INCLUDE SENIORS RUNNING, INCORPORATING WALKING INTO CLUB EDENTS, SPONSORSHIP AND PROPOSALS, CLUB VOLUNTEERS, MEDIA RELATIONS AND MANY MORE. THE CONVENTION IS AN OPPORTUNITY TO LEARN MORE ABOUT WHAT THE ARCA CAN DO FOR OUR CLUB AND HOW WE CAN PROVIDE A BETTER CLUB FOR OUR MEMBERS. IF YOU WOULD LIKE MORE INFORMATION ABOUT THE CONVENTION PLEASE CALL TRACY BRUGH AT 794-8498.