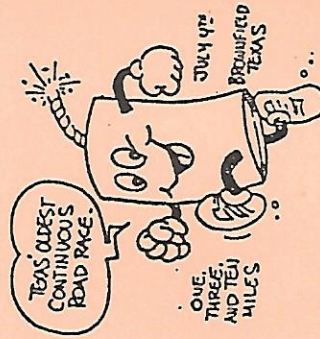


# CALENDAR of EVENTS

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

- \* JULY 4 22nd ANNUAL FIRECRACKER RACES. Brownfield, 10 and 3 Mile and 1 mile childrens Run. Coleman Park, Mark Manley Race Director (806) 299-1143
- JULY 7 JUBILEE 5K RUN. LAMESA. 8:00 A.M., 22ndSt. PARK, \$10 before July 3, 1990. \$12 race day, Vicki Winford, Box 1436, Lamesa, Tx 79331: Give Name, Address, Age, Sex, T-Shirt size
- JULY 16 WOMEN'S DISTANCE FESTIVAL 5K. Midland. call Andra Chamberlin. (915) 687-2961
- AUG. 4 AUGUSTFEST FUN RUN, Idalou, 10K and 2 Mile Run and walk. Kids 1 Mile; 8:00 A.M. \$6 Early entry, \$8 late; Race Director: Rosie Manolejo, day 744-5505x760, night 992-2021
- \* 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 or Sam Gentry at 767-2662
- 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 STAMPEDE 10K, Also 2 Mile Run. Larry Byrd. Race Director. Details Later
- SEPT 22 WOMEN'S DISTANCE FESTIVAL 5K. San Angelo. call Hanniet Bonger at (915) 949-8937
- SEPT 23 DUKE CITY MARATHON. Albuquerque: Marathon, Half-Marathon and 5K Runs. 20K and 5K walks (Note this is connected date) Anyone interested in going by chartered bus from Lubbock, call Sandi Howard at 735-6381
- SEPT 29 RED RAIDER ROAD RACE. TTU. Art Ruthenford Race Director 765-7620
- \* OCT. 13 GO FOR THE GOLD 5K, Details Later
- OCT. 27 ALLSUPS' ANNUAL ROADRACES. Clovis, NM details later
- \* NOV. 10 18th Annual BUFFALO WALLOW RACES
- DEC 2 WHITEROCK MARATHON. Dallas
- \* DEC. 8 REDLINE CROSS COUNTRY RACE

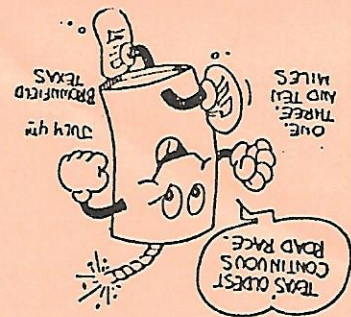


July 1990

**Firecracker Run**  
Brownfield Texas  
4th of July  
Texas' Longest Continuous

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

JULY 1990



# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT :** RON KEY

0 765-5551 H 792-9280

**INTERNAL VICE-PRES**

**GONZALO RAMIREZ**

0 742-2313 H 793-4664

**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

*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

\*\*\*\*\*

## SUMMER SOCIALS

**WATCH FOR POSTCARDS ANNOUNCING THE TIME AND DATES FOR WTRC POT-LUCK SUPPERS in LATE JULY and AUGUST**

## SUNDAY MORNING LSD TRAINING RUNS

**HAVE BEEN RESUMED AT MACKENZIE STATE PARK MEET AT THE OUTDOOR CENTER BETWEEN BROADWAY and THE SECOND STREAM CROSSING at 6 A.M. SUNDAYS THESE RUNS MAY BE FROM 10 to 15 MILES LONG AT YOUR**

**OWN PACE**



# BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

## 11TH ANNUAL W.T.R.C. JUNE RACE

### EVENT # 6 of the W.T.R.C. CHALLENGE SERIES



June 9, 1990

The heat wave continued as this 11th annual scorching was staged in Levelland, prompting Race Director Bill Roger's move to change the start time to 8 A.M. for future races at the monthly meeting of the W.T.R.C. officers. The "Visor Cap" awards were received well. Many thanks to Bill and his volunteers; Larry & Carrie Byrd, Sally, Mandy, & Teresa Roger, Gonzalo Ramirez, Robert Guajardo, Junior Mendoza, Mike Nelson, Bill & Barbara Vitalec and Wes Boullouin and friend

## 10 K Results

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	(AGE GROUP)
01	Carlos Ybarra	27	M	36:15	SUNDOWN	1st	20-29
02	Vince Mercado	21	M	36:40	LUBBOCK	2nd	20-29
03	Milt Brownfield	32	M	38:10	"	1st	30-39
04	Bill Harrn	35	M	38:24	"	2nd	30-39
05	Robert Guajardo	47	M	38:41	LEVELLAND	1st	40-49
06	Kevin Fisher	33	M	38:46	LUBBOCK	3rd	30-39
07	Joe Martinez	44	M	39:58	"	2nd	40-49
08	Brian Kay	28	M	42:12	"	3rd	20-29
09	Gary Perry	45	M	42:21	"	3rd	40-49
10	Sue Houle	28	F	42:27	"	1st	20-29F
11	Trey Jernigan	12	M	42:31	SUNDOWN	1st	19 & Under
12	Joe Thacker	42	M	43:29	ROARINGSFG	4th	40-49
13	Larry Reno	38	M	43:29	LUBBOCK	4th	30-39
14	Lewis Perez	26	M	44:04	"	4th	20-29
15	Ken Jernigan	38	M	44:18	SUNDOWN	5th	30-39
16	Nasario Hernandez	23	M	44:36	LUBBOCK	5th	20-29
17	Randy Bonds	37	M	44:56	"	6th	30-39
18	Ron Key	46	M	45:41	"	5th	40-49
19	Rick Deaver	34	M	45:51	"	7th	30-39
20	Ronnie Nugent	43	M	46:30	"	6th	40-49
21	John Morrow	50	M	46:54	"	1st	50 Plus
22	April Stein	32	F	47:40	"	1st	30-39F
23	George Thatcher	56	M	49:38	"	2nd	50 Plus
24	James Bone	50	M	49:44	"	3rd	50 Plus
25	Tony Aleman	40	M	50:13	"	7th	40-49
26	Tom Jones	51	M	50:34	"	4th	50 Plus
27	Phil Hur	38	M	51:31	"	8th	30-39
28	Walter Jorden	41	M	52:10	"	8th	40-49
29	Ted Johnston	39	M	52:53	"	9th	30-39
30	Samantha Jones	20	F	53:04	"	2nd	20-29F
31	Delores White	30	F	56:14	"	2nd	30-39F
32	Connie Evans	41	F	57:06	"	1st	40 PlusF
33	Bob Smith	70	M	57:48	"	5th	50 Plus
34	Paul Rinehart	41	M	61:18	LEVELLAND	9th	40-49



## NEWSLETTER INFORMATION

Information for the next newsletter must be received by the 15th of the month. Hand Deliver to George Jury at 4808 50th St. or mail to 5212 44th, 79414

**BOBBY BIRDSONG MEMORIAL LEVELL AND LOPE**  
**11TH ANNUAL W.T.R.C. JUNE RACE**  
**EVENT # 6 of the W.T.R.C. CHALLENGE SERIES**

June 9, 1990

**2 Mile Results**

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Jimmy Samarron	35	M	11:14	Levelland	1st	30-39
02	David Rodriguez	39	M	11:59	LUBBOCK	2nd	30-39
03	Michael Chamales	44	M	12:02	"	1st	40-49
04	Gonzalo Ramirez	34	M	12:06	"	3rd	30-39
05	David Doyle	31	M	12:15	WOLFFORTH	4th	30-39
06	James Ivey	34	M	12:28	LUBBOCK	5th	30-39
07	EG Dabrowski	32	M	13:00	LEVELL AND	6th	30-39
08	John Rodriguez	13	M	13:53	LUBBOCK	1st	19 & Under
09	Dennis Bell	29	M	14:10	"	1st	20-29
10	David Knaff	49	M	14:19	"	2nd	40-49
11	Jeff Whitley	27	M	14:21	"	2nd	20-29
12	John Stephen	34	M	14:38	"	7th	30-39
13	David Dunwoody	34	M	14:45	"	8th	30-39
14	Ron Seal	33	M	14:49	"	9th	30-39
15	Josie Aleman	39	F	14:57	"	1st	30-39F
16	Pat Duffy	38	M	15:15	"	10th	30-39
17	Cecil Salazar	28	M	15:48	"	3rd	20-29
18	Terry Baugh	27	M	15:59	"	4th	20-29
19	Tracy Baugh	28	F	16:07	"	1st	20-29F
20	Law Domingis	33	M	17:03	ANTON	1st	19 & UnderF
21	Tara Jernigan	9	F	17:08	SUNDOWN	2nd	30-39F
22	Jan Ramirez	35	F	18:00	LUBBOCK	2nd	19 & Under
23	Glen Johnston	15	M	18:18	"	1st	40 PlusF
24	Rosie Marmolejo	40	F	18:39	IDALOU	3rd	30-39F
25	Michelle Jones	32	F	19:49	LUBBOCK	5th	20-29
26	Archie Crawford	24	M	28:37	"	4th	30-39F
27	Patty Ochoa	37	F	34:13	"	5th	30-39F
28	Jill Merritt	34	F	38:10	"	6th	30-39F
29	Mary Kay Lilly	37	F	40:19	"	2nd	20-29F
30	Diana Turman	24	F	40:19	"	2nd	20-29F

**Children's 1 Mile Run**

01	Jerry Magallanes	11	M	6:19	1st Boy
02	Michael Rodriguez	11	M	6:49	2nd Boy
03	Jill Aleman	12	F	7:04	1st Girl
04	Alex Mendoza	9	M	7:15	3rd Boy
05	Kate Winfrey	8	F	7:24	2nd Girl
06	Jan Flores	10	F	7:39	3rd Girl
07	Erin Winfrey	9	F	7:43	4th Girl
08	Sara Jones	9	F	8:09	5th Girl
09	Joan Johnston	10	F	8:45	6th Girl
10	Laura Beaver	10	F	9:16	7th Girl
11	Jerome Mendoza	7	M	10:21	4th Boy
12	Maria Elena Ramirez	6	F	10:26	5th Girl
13	Brian Deaver	9	M	12:32	5th Boy
14	Erin Ashley	3	F	13:32	9th Girl
15	Rachel Jones	4	F	13:57	10th Girl



**ROAD RACE EXCURSION**

The W.T.R.C. bus trip to Albuquerque last fall for the "DUKE CITY MARATHON" was enjoyed by many and some interest has been expressed in a return trip to this festive affair scheduled for September 23, 1990. We must have a minimum of 39 committed to charter a bus. The approximate cost of transportation last year was \$25.00 per person, round trip. Anyone who may be interested, please call Sandi Howard at 795-6981. (Previously listed date on the calendar was wrong!!)

**NOMINATING COMMITTEE**

A nominating committee of Jan Ramirez, Bill Roger and Michelle Jones has been named by President Ron Key. Members willing to serve please call Jan at 793-4664 to volunteer. As per the by-laws a slate of officers will be presented at the monthly W.T.R.C. meeting to be held Tuesday August 14, 1990. Additional nominations may be made from the floor at that meeting. Ballots will be mailed out with the Sept. 1st Newsletter and must be returned before 6 P.M., September 11, 1990 in order to be counted.

**WOMEN'S DISTANCE FESTIVALS**

The R.R.C.A. sponsors and promotes a series of Women's only 5K races, many of which are held in Texas. Any woman R.R.C.A. member who runs in two or more of the WOMEN'S DISTANCE FESTIVALS in Texas will receive a custom designed 10 oz. white porcelain mug featuring the distinctive ROAD RUNNERS CLUB OF AMERICA logo imprinted in a brilliant blue. See our calendar for details on two remaining races to be held in nearby Midland and San Angelo, July 15 and Sept. 22, 1990.

**RED RAIDER ROAD RACE**

Art Rutherford has been elected as Director for the 9th annual RED RAIDER ROAD RACE Saturday September 29, 1990. The W.T.R.C. has been asked to take a more dominant role in staging this annual race which benefits the W.T.R.C. Scholarship Fund at TEXAS TECH UNIVERSITY. A permanent "Race Committee" will be formed to oversee the annual event. To volunteer assistance please call Art Rutherford at 765-7620 (day) or 797-1244 (night)

**BUFFALO SPRINGS LAKE TRIATHLON**

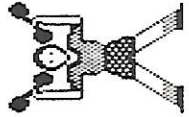
The first BUFFALO SPRINGS LAKE TRIATHLON is also in need of more help to stage the event. Let's all pitch in to help make this a success. Volunteers may call Sam Gentry at 767-2662 (day) or Mike Greer at 796-8213 (night)

**HUB CITY TRIATHLON**

Several W.T.R.C. members competed in this grueling event June 17, 1990 at the ITU Recreational Sports Center. Recording the fastest club member time was Robby Timberlake of Levelland who bettered his last years time by exactly 2 minutes in the swim and his overall time by 1:54!! Congratulations, Robby!!!!!! Sue Houle finished second among the women only to Amy Aikman of Amarillo who is a three time IRONMAN finisher. Helping the Hutchinson Cycles team to first place was our own Ron Key and Don Kephart did the "run" leg for another team. A total of 84 individuals and 11 teams completed the course.

NAME	PLACE	OVERALL TIME	SWIM	BIKE	RUN	AWARD
Robby Timberlake	25	1:53:45	15:04	1:02:46	35:55	2nd M40-44
Sue Houle	28	1:56:12	15:42	1:04:50	35:40	1st W25-29
Mark Garland	45	2:02:02	17:53	1:04:40	39:29	3rd M35-39
Miles Hyman	46	2:02:03	19:25	1:03:25	39:13	1st M50-54
April Stein	55	2:06:57	19:20	1:06:30	41:04	1st W30-34
Rick Buckberry	56	2:07:02	20:43	1:06:29	39:50	5th M35-39
Mike Greer	62	2:09:46	21:25	1:05:51	42:30	2nd M50-54
Gary Perry	74	2:17:25	21:11	1:15:59	40:15	4th M45-49

YWCA



POWER BENCH

for competitive individuals  
needing a cross-training  
alternative

Emphasis is on:  
cardiovascular fitness and  
strength training. Come try  
"A CHANGE OF PACE"

for more information call  
Leesa Taylor at 792-2723

Club member Jimmie Peters brought the above program before the Board at the last meeting. This could be a great alternate cross-training program for the running wounded!

2ND ANNUAL  
JUNETEENTH 2-MILE RUN, 2-MILE WALK AND 10-K RACE

SPONSORED BY THE LUBBOCK BLACK CHAMBER OF ENTREPRENEURS  
SANCTIONED BY THE  
WEST TEXAS RUNNING CLUB

SATURDAY, JUNE 16, 1990

10K RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Tim Green	24	M	34:09	LUBBOCK	1st	20-29
02	Lolo Mercado	30	M	35:51	"	1st	30-39
03	Darnell Adams	25	M	36:14	"	2nd	20-29
04	Brian Kay	28	M	42:16	"	3rd	20-29
05	Michael Smiley	34	M	42:25	"	2nd	30-39
06	Joe Martinez	44	M	42:56	"	1st	40-49
07	Wes Boullioun	30	M	44:30	"	3rd	30-39
08	Lynn Elliot	42	M	44:41	"	2nd	40-49
09	Hal Wilkerson	44	M	45:25	"	3rd	40-49
10	Ronnie Nugent	43	M	46:52	"	4th	40-49
11	Dennis Bell	29	M	47:17	"	4th	20-29
12	Andy Luma	34	M	48:56	"	4th	30-39
13	Jon Omdahl	44	M	49:55	"	5th	40-49
14	John Morrow	51	M	50:03	"	1st	50+
15	Phil Hur	38	M	50:09	"	5th	30-39
16	James Bone	50	M	50:42	"	2nd	50+
17	Thomas Jones	51	M	51:04	"	3rd	50+
18	Tony Aleman	40	M	51:18	"	6th	40-49
19	Brandee Funk	18	F	54:25	"	1st F	19 & under
20	Pat Duffey	38	M	54:30	"	6th	30-39
21	Samantha Jones	20	F	55:40	"	1st F	20-29
22	Theresa Marez	40	F	57:14	"	1st F	40-49
23	Connie Evans	41	F	61:33	"	2nd F	40-49
24	Bob Smith	70	M	62:35	"	4th	50+

2 MILE RUN

01	Michael Chamales	45	M	12:14	"	1st	40-49
02	David Doyle	31	M	12:16	"	1st	30-39
03	Jaime Castillo	36	M	12:43	"	2nd	30-39
04	Alan Valderaz	14	M	12:49	"	1st	19 & under
05	Danny Andrade	26	M	12:55	"	1st	20-29
06	John Foley	31	M	13:05	"	3rd	30-39
07	Jeff Whitley	27	M	13:52	"	2nd	20-29
08	John Stalcup	57	M	14:06	"	1st	50+
09	Ron Seal	33	M	14:25	"	4th	30-39
10	David Knaff	49	M	14:30	"	2nd	40-49
11	James Perry	22	M	14:39	"	3rd	20-29
12	Guadalupe Valderaz	33	M	15:38	"	5th	30-39
13	Brenda Robinson	35	F	15:41	"	1st F	30-39
14	Kaen Schwach	39	F	16:27	"	2nd F	30-39
15	Delores White	30	F	16:28	"	3rd F	30-39
16	Elizabeth Pritchett	17	F	16:51	"	1st F	19 & Under
17	Bill Blackmon	39	M	16:56	"	6th	30-39
18	Rose Valderaz	33	F	17:56	"	4th F	30-39
19	Sandra Humphrey	48	F	17:59	"	1st F	40-49
20	Linda Chamales	45	F	19:17	"	2nd F	40-49
21	Becky Omdahl	44	F	21:38	"	3rd F	40-49
22	Daniel Andrade	54	M	22:28	"	2nd	50+
23	Jessie Marez	43	M	23:46	"	3rd	40-49

2 MILE WALK

01	Joni Bell	30	F	25:13	"	1st F	30-39
02	Rita Pritchett	41	F	25:16	"	1st F	40-49
03	Doris Stalcup	55	F	25:31	"	1st F	50+
04	Jack Leftwich	62	M	31:29	"	1st	50+
05	Lajuanda Leftwich	63	F	35:07	"	2nd F	50+

TRIATHLETE NEWS

DOING THE REAL THING: Now that we are into training and have decided to do the Hub City Triathlon and Buffalo Springs Lake Triathlon, let's look at what to do in preparation for the actual race. The swim-take the time to evaluate the swimming area to be used prior to the event. Since there are three potentials (pool, lake, ocean) there are many factors to consider and careful thought should be given to each. In the pool swim you should consider how many lengths are required, how many lanes are being shared, what is the requirement for touching off of the sides, how to avoid running into another swimmer, proper passing techniques, proper cross over of lane markers, to name a few. Next is the open water swim where the ability to swim straight becomes a major issue. Care should be taken in determining the direction you want to end up in, since the current in lakes and the ocean can be very detrimental to getting where you want to go. In preparation time you should determine the direction of the current in relation to where you want to end up and then pick out something to guide on. Open water training also forces you to confront the possible anxiety you may feel in very deep, sometimes dark water. The sensation of working very hard but not progressing forward also can be psychologically disarming. The bike-drive over the course and make notes as to what gears you will need to use and consider the sharp turns to be made. In general, knowing the terrain will improve your performance. If possible ride the actual course that you will be doing during competition. Drafting is not allowed in Triathlons so be prepared to buck the wind on your own. The run-evaluate the run course to determine it's difficulty. Since the run is the most physically demanding portion of the Tri start slowly so that your blood and muscles can get adjusted to this new position and then accelerate as much as you feel like. Drafting is allowed in the run portion but in most events you are not allowed to have a non participant pacer. Go for it!!!

RACE RESULTS OF LOCAL TRIATHLETES:

- June 2, Tall City, Midland, 1K S, 19.6K B, 10K R (Pool)
  - Kurt Johnson, 2 hrs 3 min.
  - Mark Garland, 2 hrs 5 min.
  - Mike Greer, 2 hrs 13 min., 2nd Age Group
- June 10, Trl Guys, McKinney, 1K S, 22 ml B, 5 ml R(Lake)
  - Miles Hyman, 2 hrs 2 min.
  - Mark Garland, 2 hrs 7 min.
  - Mike Greer, 2 hrs 20 min.

FUTURE EVENTS TO CONSIDER:

- June 23, Abilene Triathlon, short course(Lake)
- July 1, President's, Olympic (Lake)
- July 15, Farmer's Branch, Olympic(Lake)



For more information call  
 Sam Gentry at 767-2662 or Mike Greer at  
 796-8213

WEST TEXAS RUNNING CLUB

1990 CHALLENGE SERIES STANDINGS  
 AFTER 6 EVENTS

30 - 39 MALE		40 - 49 MALE	
PTS.	MILES	PTS.	MILES
JIM SAMARRON	49	22.2	5*
GONZALO RAMIREZ	45	28.4	5*
DAVID DOYLE	40	28.0	6**
BILL HARN	38	34.3	4*
ED DABROWSKI	36	20.0	6*
DAVID RODRIGUEZ	35	22.0	4*
LARRY RENO	34	44.3	6*
DAVID DUNWOODY	26	24.4	6*
WES BOULLION	22	29.2	4
JAMES IVEY	22	23.1	3
RANDY BONDS	17	18.4	3
MILT BROWNFIELD	17	12.4	2
TOMMY PARRISH	16	8.0	2
KEN JERNIGAN	14	14.2	2
JOE STALCUP	12	30.3	3
BARNEY ADAMS	12	19.0	2
DWAYNE OAKLEY	12	10.2	2
PHIL HUR	11	26.4	5
OTTO SPITZ	11	20.2	3*
LOLO MERCADO	10	13.1	1
RON SEAL	10	8.0	3
JIM WILHELM	10	24.1	2
MARK HOLCOMB	8	2.0	1
P.T. DUFFEY	7	31.2	5
GARY BOREN	7	24.1	2
RICK DEEVER	7	19.3	2
BOBBY LUGO	7	16.2	3
DAVID MILLER	7	14.2	1*
JOHN FOLEY	7	11.0	1
RICK BUCKBERRY	5	13.1	1
RODOLFO MORENO	5	8.0	1
RAUL RICHARDS	5	10.0	3
DAN FOSSOY	3	6.0	1
DAVID SKELTON	3	6.0	2
LUIS CARDENAS	0	8.0	1*
HOWARD LEE	0	6.2	1
KENNY MAINES	0	6.0	1
ROGER MARKS	0	4.0	1
MICKY DAVIS	0	16.2	3

0 - 19 MALE		20 - 29 FEMALE	
PTS.	MILES	PTS.	MILES
TREY JERNIGAN	38	14.2	4*
JAY WINFREY	24	8.0	3
JOHN RODRIGUEZ	19	4.0	2*
MIKE DOLL	13	4.0	2
CHARLES PYRON	10	4.0	1
JERRY MCGINNIS	9	6.2	1
ADAM HERNANDEZ	7	2.0	1
ANDY HERNANDEZ	6	2.0	1
MICHAEL NUGENT	6	2.0	1

20 - 29 MALE		30 - 39 FEMALE	
PTS.	MILES	PTS.	MILES
MARK MANLEY	30	27.3	3*
CANDE OLIVAS	26	10.0	3*
NASARIO HERNANDEZ	24	18.4	3
SONNY GUFFEY	10	2.0	1
WILLIAM STROMBERG	8	13.1	1
CHRIS ENGBRETSON	7	4.0	1
TERRY BAUGH	7	15.1	2*

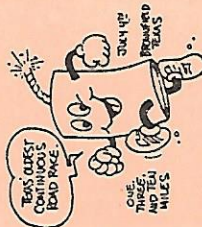
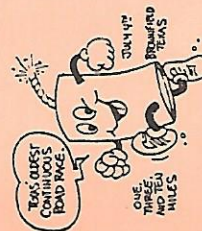
50 - + MALE		30 - 39 FEMALE	
PTS.	MILES	PTS.	MILES
BILL ROGER	47	54.7	6**
JAMES BONE	44	48.5	6*
TOM JONES	39	37.6	54
JOHN STALCUP	32	30.1	4*
BOB SMITH	25	18.4	3
FRANK HERNANDEZ	23	10.0	3*
RALPH WILLIAMS	19	10.2	2
BOB WHIDDON	10	6.0	1
TOM BOWSER	10	11.0	1
MIKE GREER	09	8.0	1
DALE GREEN	07	13.1	1
LONNIE HOLLINGSWORTH	05	4.0	1

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

0 - 19 FEMALE		20 - 29 FEMALE	
PTS.	MILES	PTS.	MILES
TARA JERNIGAN	20	4.0	2*

WEST TEXAS RUNNING CLUB

# FIRECRACKER RUN!



"Texas' Oldest Continuous Road Race"  
WEST TEXAS RUNNING CLUBS  
TWENTY SECOND ANNUAL FIRECRACKER RUNS  
BROWNFIELD, TEXAS JULY 4, 1990  
Mark Manley, Race Director

Event Number 7 of the W.T.R.C. "Challenge Series"

WHEN: Wednesday July 4, 1990  
REGISTRATION: 7:00 A.M.  
RACE START: Childrens 1 Mile; 7:30 A.M.  
3 and 10 Mile; 8:00 A.M.

WHERE: COLEMAN PARK, Brownfield, Texas (New Location) From Lubbock on Highway 62 go just past the last stoplight, turn left on Buckley St. to "Old Lamesa Road", turn right just past the swimming pool

ENTRY FEES: Childrens Run - \$1.00  
3 and 10 Mile runs - W.T.R.C. members - \$4.00  
Non-Members - \$5.00  
W.T.R.C. Family Maximum entry - \$10.00

AWARDS:

Childrens 1 Mile run  
1st Place boy and girl overall receive a commemorative medal  
Grades-Preschool through 6th grade (on the basis of Fall 1990) Medal for 1st place Boy and Girl each grade -Finish Ribbons for remainder

SPECIAL and UNIQUE COMMEMORATIVE MEDALLIONS in the Following Age Groups

THREE MILE RUN

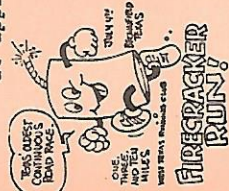
MALE	FEMALE
15 and Under	3
16 to 19	3
20 to 29	3
30 to 39	5
40 to 49	5
50 to 59	3
60 Plus	1

TEN MILE RUN

MALE	FEMALE
19 and Under	3
20 to 29	5
30 to 39	5
40 to 49	5
50 to 59	3
60 Plus	1

CONTACT: Race Director, Mark Manley (Whitharall) (806) 299-1143  
or George Jury (Lubbock) 792-3291

AWARD PRESENTATION: And" Bring your own Picnic" to begin in Coleman Park at approximately 10 A.M.



## TEXAS' OLDEST CONTINUOUS ROAD RACE SINCE 1969 WEST TEXAS RUNNING CLUB'S ANNUAL FIRECRACKER RUNS BROWNFIELD, TEXAS JULY 4th

YEAR	TIME	TOWN	NAME	Overall
1974	52:44	Austin	Dan Clark	19 & Under
1975	55:57	Big Spring	Kim Wrinkle	30-39
1979	57:59	Abernathy	Bobby Cunningham	40-49
1981	59:18	Abernathy	Bobby Cunningham	50 and Over
1987	63:28	Lubbock	George Jury	50 & Over
1980	67:26	Coahoma	Sherill Easterling	Overall
<b>3 MILE</b>				
<b>MEN</b>				
1975	14:23	Lubbock	Dennis Williams	Overall
1978	15:58	Lamesa	Carlos Ybarra	15 & Under
1978	15:58	Midland	Robert Schooler	16-19
1980	15:00	Stanton	Steve Stallings	30-39
1982	15:02	Amarrillo	Bob Dunbar	40-49
1978	16:44	Lubbock	George Jury	50 & Over
1989	17:45	Lubbock	Isabel Navarro	Overall
1979	18:21	Brownfield	Josie Aleman	30 & Over
1988	22:25	Lubbock		
<b>10 MILE</b>				
<b>MEN</b>				
1974	52:44	Austin	Dan Clark	Overall
1975	55:57	Big Spring	Kim Wrinkle	19 & Under
1979	57:59	Abernathy	Bobby Cunningham	30-39
1981	59:18	Abernathy	Bobby Cunningham	40-49
1987	63:28	Lubbock	George Jury	50 and Over
1980	67:26	Coahoma	Sherill Easterling	Overall
<b>WOMEN</b>				
1975	14:23	Lubbock	Dennis Williams	Overall
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