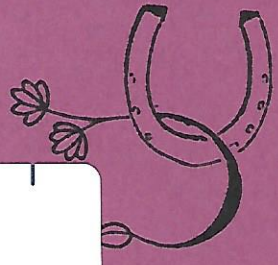


CALENDAR of EVENTS

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

- MAY. 5 **RUN FOR THE ARTS, MIDLAND**, 8:15 A.M. Centennial Plaza, Midland. 5K walk; 1Mi, 5K Runs; \$8 Early, \$12 Late. Contact Berry Simpson P.B.R.R. CLUB, Box 10483, Midland, Tx 79702 (915) 684-5531
- * MAY. 12 **HORSESHOE BEND RACES**, Slaton, Hugh Haynes, Race Director 11, 6, and 2 mile races (806) 842-3586 (Details Inside)
- MAY. 19 **TALL TOWN 10,000** (10th Annual) 7:30 A.M., The Colonnade Center, Midland. 2 Mi Walk; 2 Mi and 10K Runs; \$10 Early, \$12 Late Contact Karen Hagner, 4522 Brookdale, Midland, Tx 79703
- MAY. 19 **W.T.R.C. Fun Run and Pot Luck Social**, Time, Location to be announced in this Newsletter
- MAY. 26 **Amarillo FUNFEST RACES** Half Marathon and 10K; 7 A.M. Thompson Park, Amarillo. \$12; Contact FUNFEST RACES, 1700 Polk St. Amarillo, Tx. 79102 or call (806) 374-2002
- * JUNE 9 **LEVELLAND LOPE**, Levelland, Bill Roger, Race Director, 10K & 2 Mi
- JUNE 16 **JUNETEENTH RUN**, Mae Simmons Park 10 K and 2 Mi Runs \$6 Early, \$8 Late, Commemorative T-Shirts; Sam Hill, Race Director, 745-0986 (Entry Forms in next W.T.R.C. Newsletter)
- 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 **SUFFALO 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 **ALLIUPS' ANNUAL ROADRACES**, Clovis, NM details later

May 1990



HORSESHOE BEND CANYON
SPRING FROLIC
May 12, 1990
Details inside Back Cover

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

WEST TEXAS RUNNING CLUB

OFFICERS

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

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

RED RAIDER ROAD RACE

A RACE DIRECTOR IS NEEDED FOR THIS YEARS RRRR

SEPTEMBER 29, 1990

WORK NEEDS TO START ON THIS EVENT BY JUNE 1

CALL RON KEY at 765-5551 to VOLUNTEER

WTRC FUN RUN & SOCIAL

SATURDAY MAY 19, 1990 at RON KEYS HOUSE , 6 P.M.

POTLUCK SUPPER

3208 67 th St.

DIRECTORS

BARNEY ADAMS

0 795-2306 H 793-5058

GEORGE W. JURY

0 792-3291 H 792-1237

GARY PERRY

0 747-4668 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

SCHLOTZSKY'S BUN RUN March 31, 1990

PLACE	NAME	AGE	SEX	TIME	CITY
01	Terry Shaner	32	M	35:41	LUBBOCK
02	George Jury	53	M	38:54	"
03	Milt Brownfield	32	M	40:09	"
04	Tom Weis	38	M	40:16	"
05	William Stromberg	21	M	40:23	"
06	Wes Boullion	33	M	40:50	"
07	Joe Gomez	46	M	41:08	"
08	Jim Fisher	36	M	41:16	"
09	Charles Dodson	33	M	41:19	"
10	James Ivey	34	M	41:28	"
11	Sue Houle	28	F	41:31	"
12	Joe Martinez	44	M	41:54	"
13	Dwayne Oakley	33	M	42:04	"
14	Tommy Parish	33	M	42:24	"
15	Randy Bonds	37	M	42:56	"
16	Steve Halverson	25	M	43:52	"
17	Al Grotz	40	M	44:28	"
18	Robert Urrutia	23	M	45:33	"
19	Frank Goodman	43	M	45:46	"
20	David Dunwoody	34	M	45:48	"
21	Scott Blum	25	M	46:15	"
22	Dan Fossoy	31	M	46:18	"
23	Otto Spitz	32	M	46:20	"
24	Hal Wilkerson	44	M	46:51	"
25	Travis Casler	57	M	47:07	"
26	April Stein	31	F	48:18	"
27	John Stalcup	56	M	48:45	"
28	Tony Aleman	40	M	49:19	"
29	James Bone	50	M	49:45	"
30	Shana Pierce	22	F	49:45	"
31	Roger Marks	36	M	49:53	"
32	John Morrow	51	M	50:16	"
33	Travis Perez	8	M	50:25	"
34	Patrick Maille	24	M	50:56	"
35	Phil Hur	38	M	50:57	"
36	Bryan O'Neal	30	M	51:23	"
37	John Gayton	32	M	51:42	"
38	Karl Morris	50	M	53:15	"
39	Steve Long	37	M	53:25	"
40	Pat Duffy	38	M	54:07	"
41	Nancy Lehr	28	F	56:52	"
42	Ron Phillips	45	M	56:53	"
43	Connie Evans	41	F	1:00:34	"
44	Samantha Jones	20	F	1:00:55	"
45	Jerry Hakze	38	M	1:03:26	"
46	Laura Carr	12	F	1:25:42	"
47	Kristina Paniagua	12	F	1:26:48	"
48	Mary Baiza	45	F	1:30:57	"

10 K Results only provided by
Race Director

PLEASE READ SIGN AND RETURN THE LIABILITY WAIVER IN THE CENTER OF THIS NEWSLETTER

FLIGHT LINE RACES

W.T.R.C. APRIL CLUB RACE

April 14, 1990

Half Marathon Results

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Mark Manley	29	M	1:17:36	Whitharra	1st	20-29M
02	Lolo Mercado	30	M	1:17:55	Lubbock	1st	30-39M
03	Vince Mercado	21	M	1:24:00	"	2nd	20-29M
04	Gary Schmidt	53	M	1:25:52	Alpine	1st	50Plus *
05	Bill Harn	35	M	1:27:31	Lubbock	2nd	30-39M
06	William Stromberg	21	M	1:31:34	"	3rd	20-29M
07	Joe Post	41	M	1:33:09	"	1st	40-49M
08	Joe Thacker	42	M	1:34:03	RoaringSprg	2nd	40-49M
09	Sue Houle	28	F	1:34:06	Lubbock	1st	20-29F
10	Larry Reno	38	M	1:35:40	"	3rd	30-39M
11	Bill Roger	51	M	1:35:53	Leveland	2nd	50Plus
12	Gary Perry	45	M	1:36:30	Lubbock	3rd	40-49M
13	James Ivey	34	M	1:37:07	"	4th	30-39M
14	Al Grotz	40	M	1:38:06	"	4th	40-49M
15	Charles Badwell	27	M	1:40:08	"	4th	20-29M
16	Scott Blum		M	1:42:18	"	RAFB	
17	Jim Wilhelm	39	M	1:42:40	"	5th	30-39M
18	Bill Vitalec	44	M	1:43:49	"	5th	40-49M
19	Larry Byrd	49	M	1:44:40	ShalWtr	6th	40-49M
20	Nancy Dye	25	F	1:45:21	Lubbock	RAFB	
21	Kate Russell	23	F	1:45:22	"	RAFB	
22	Rick Buckberry	38	M	1:46:01	"	6th	30-39M
23	James Bone	50	M	1:48:02	"	3rd	50Plus
24	Gary Boren	38	M	1:50:33	"	7th	30-39M
25	Dale Green	53	M	1:52:50	"	4th	50Plus
26	Rick Deaver	33	M	1:54:12	"	8th	30-39M
27	Joe Stalcup	36	M	1:54:34	"	9th	30-39M
28	John Stalcup	56	M	1:54:34	"	5th	50Plus
29	Ray Brady	46	M	1:58:12	"	RAFB	
30	Mike Kelley	41	M	1:58:57	"	7th	40-49M
31	Samantha Jones	20	F	2:05:11	"	2nd	20-29F
32	Barbara Vitalec	42	F	2:07:01	"	1st	40PlusF
33	Shirley Wigley	36	F	2:07:02	"	1st	30-39F

* AGE GROUP COURSE RECORD



FLIGHT LINE 10 K RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Dimas Samarron	24	M	37:22	Leveland	1st	20-29M
02	Jimmy Samarron	35	M	38:21	"	1st	30-39M
03	Robert Guajardo	47	M	38:38	"	1st	40-49M
04	Gonzalo Ramirez	34	M	40:26	LUBBOCK	2nd	30-39M
05	Rudy Moreno	37	M	41:22	"	3rd	30-39M
06	Milt Brownfield	32	M	41:28	"	4th	30-39M
07	Robert Urrutia	23	M	41:28	"	2nd	20-29M
08	Joe Martinez	44	M	42:43	"	2nd	40-49M
09	Randy Bonds	37	M	42:58	"	5th	30-39M
10	Dwayne Oakley	33	M	43:27	"	6th	30-39M
11	Doug Johnson	27	M	44:00	"	RAFB	
12	John Goodwin	27	M	44:14	"	RAFB	
13	Rick Sheets	24	M	45:36	"	3rd	40-49M
14	Hal Wilkerson	44	M	46:18	"	3rd	20-29M
15	Nasario Hernandez	23	M	46:18	"	7th	30-39M
16	David Dunwoody	34	M	46:21	"	1st	20-29F
17	Shana Pierce	22	F	47:51	"	1st	20-29F
18	Bobby Lugo	30	M	49:55	"	8th	30-39M
19	Tom Jones	50	M	51:07	"	1st	50Plus
20	Pat Duffy	38	M	51:45	"	9th	30-39M
21	Larry Thompson	32	M	51:58	"	10th	30-39M
22	Roberta Thompson	36	F	52:03	"	1st	30-39F
23	Jon Masood	44	M	52:04	"	4th	40-49M
24	Howard Lee	30	M	53:21	"	2nd	30-39F
25	Susan Holcomb	36	F	54:13	"		
26	Mickey Davis	33	M	54:43	"		
27	Phil Hur	38	M	54:44	"		
28	Ted Johnston	39	M	55:37	"		
29	Bob Smith	70	M	1:02:05	"	2nd	50Plus
30	Lucy Hernandez	27	F	1:02:38	"	2nd	20-29F
31	Connie Evans	41	F	1:07:43	"	1st	40-49F

2 MILE RESULTS

01	Henry Samarron	17	M	11:36	Leveland	1st	19&UnderM
02	Joe Thompson	29	M	11:56	Lubbock	RAFB	
03	Trey Jernigan	12	M	12:22	Sundown	2nd	19&UnderM
04	Mike Hood	44	M	12:32	Lubbock	1st	40-49M
05	David Doyle	31	M	12:36	Wolfforth	1st	30-39M
06	Allen Valderaz	14	M	12:51	Lubbock	3rd	19&UnderM
07	Jay Winfrey	11	M	12:51	Sundown	4th	19&UnderM
08	Frank Goodman	43	M	13:10	Lubbock	2nd	40-49M
09	Ed Dabrowski	32	M	13:15	Leveland	2nd	30-39M
10	Mica Hood	18	F	13:30	Lubbock	1st	19&UnderF
11	Chris Scott	25	M	14:22	"	1st	20-29M
12	Josie Aleman	38	F	14:36	"	1st	30-39F
13	B.A. Timm	42	M	15:09	"	RAFB	
14	Bill Russell	27	M	15:21	"	RAFB	
15	Michael Nugent	14	M	16:02	"	5th	19&UnderM
16	Jan Ramirez	34	F	16:08	"	2nd	30-39F
17	Johnny Scott	46	M	16:38	"	3rd	40-49M
18	Stephanie Zobitz	26	F	17:22	"	RAFB	
19	Paul Rinehart	41	M	17:58	Leveland	4th	40-49M
20	Mark Holcomb	33	M	18:51	Lubbock	3rd	30-39M
21	April Lugo	9	F	29:46	"	2nd	19&UnderF

0 - 19 FEMALE
 TARA JERNIGAN
 MICA HOOD
 APRIL LUGO

PTS. MILES EVT.
 10 6.2 1
 10 2.0 1
 9 2.0 1

0 - 19 MALE
 TREY JERNGAN
 JAY WINFREY
 LARRY ROMERO
 ANGEL OLIVO
 CHARLES PYRON
 HENRY SAMARRON
 JUSTICE JONES
 JOHN ROMERO
 JERRY MCGINNIS
 ALFRED HERNANDEZ
 ALLEN VALDERAZ
 CHRIS RICE
 MARCOS TORRES
 MICHAEL NUGENT
 MOSES JONES
 MIKE DOLL

PTS. MILES EVT.
 28 8.0 3
 24 8.0 3
 10 8.0 1
 10 6.2 1
 10 4.0 1
 10 2.0 1
 10 2.0 1
 9 8.0 1
 9 6.2 1
 8 8.0 1
 8 2.0 1
 7 8.0 1
 7 2.0 1
 6 2.0 1
 6 2.0 1
 5 2.0 1

30 - 39 MALE
 GONZALO RAMIREZ
 JIM SAMARRON
 DAVID DOYLE
 ED DABROWSKI
 LARRY RENO
 BILL HARN
 DAVID RODRIGUEZ
 JAMES IVEY
 DAVID DUNWOODY
 WES BOULLION
 DWAYNE OAKLEY
 LOLO MERCADO
 JOE STALCUP
 OTTO SPITZ
 ANDY LUNA
 TOMMY FARRISH
 PHIL HUR
 KEN JERIGAN
 RON SEAL
 MARK HOLCOMB
 RUDY MORENO
 BARNEY ADAMS
 MILT BROWNFIELD
 ALONZO MENDOZA
 DAVID MILLER
 JIM WILHELM
 RANDY BONDS
 RICK BUCKBERRY
 RODOLFO MORENO
 P. T. DUFFEY

PTS. MILES EVT.
 29 20.4 3
 29 14.2 3
 23 24.0 3*
 22 16.0 3
 21 27.1 3
 19 17.1 2
 17 8.0 2
 16 21.1 2
 15 20.4 3
 14 12.0 2
 12 10.2 2
 10 13.1 1
 10 19.3 2
 10 14.2 2
 10 10.2 2
 9 2.0 1
 9 20.2 4
 8 8.0 1
 8 6.0 2
 8 2.0 1
 8 2.0 1
 7 8.0 1
 7 6.2 1
 7 4.0 1
 7 14.2 1
 6 13.1 1
 6 6.2 1
 5 13.1 1
 5 8.0 1
 5 18.2 3

20 - 29 MALE
 MARK MANLEY
 CHRIS SCOTT
 VINCE MERCADO
 CANDE OLIVAS
 DIMAS SAMARRON
 LARRY MILLARD
 ROBERT URRUTIA
 ROGER BOBLES
 NASARIO HERNANDEZ
 WILLIAM STROMBERG
 CHRIS ENGBERSTON
 CHARLES BAGWELL
 RUDY HERNANDEZ

PTS. MILES EVT.
 30 27.3 3
 24 10.0 3
 18 17.1 2
 16 8.0 2
 10 6.2 1
 10 4.0 1
 9 6.2 1
 9 6.2 1
 8 6.2 1
 8 13.1 2
 7 4.0 1
 7 13.1 2
 4 4.0 1

40 - 49 MALE
 ROBERT GUAJARDO
 JOE MARTINEZ
 AL GROTZ
 CARLOS VIGIL
 FRANK GOODMAN
 PAUL RINEHART
 JOE THACKER
 LARRY BYRD
 TONY ALEMAN
 GARY PERRY
 MIKE NELSON
 HAL WILKERSON
 MIKE HOOD
 JOE A.GOMEZ
 JOE POST
 JAMES LIVERMORE
 JON MASOOD
 JONH EISCHLE
 TOM BROWN
 JOHNNY SCOTT
 RON KEY
 RONNIE NUGENT
 STEVE KEFEN
 GARY BODENSTEINER
 BILL VITALEC
 R.M. BRADY
 MIKE KELLEY

PTS. MILES EVT.
 40 24.4 4
 36 24.4 4
 21 27.3 3
 19 6.0 2
 19 12.2 2
 18 8.0 2
 17 19.3 3
 16 27.3 3
 15 27.3 3
 13 19.3 2
 12 8.0 2
 11 14.2 2
 10 2.0 1
 10 2.0 1
 10 13.1 1
 9 14.2 2
 9 12.4 2
 8 4.0 1
 8 2.0 1
 8 2.0 1
 8 24.4 2*
 8 40.4 2*
 7 4.0 1
 7 2.0 1
 6 13.1 1
 4 23.3 2
 3 19.3 2

20 - 29 FEMALE
 SUE HOULE
 SAMANTHA JONES
 HELEN ESQUIVEL
 SHANA PIERCE
 LUCY HERNANDEZ
 JODYNE VERNLUND
 TRACY BAUGH

PTS. MILES EVT.
 40 31.3 4
 29 23.1 3
 19 21.1 2
 10 6.2 1
 9 6.2 1
 9 6.2 1
 8 4.0 1
 0 4.0 0

40 - + FEMALE
 CONNIE EVANS
 P.J. MICTHELL
 ROSIE MARMOLEJO
 BARBARA VITALEC
 SANDI HOWARD
 DORIS STALCUP

PTS. MILES EVT.
 29 16.4 3
 19 6.0 2
 10 2.0 1
 10 13.1 1
 0 6.2 0
 0 4.0 0

50 - + MALE
 BILL ROGER
 JAMES BONE
 TOM JONES
 JOHN STALCUP
 FRANK HERNANDEZ
 RALPH WILLIAMS
 GARY SCHMIDT
 MIKE GREER

PTS. MILES EVT.
 38 31.3 4
 29 31.3 4
 25 20.4 3
 24 19.1 3
 23 10.0 3
 19 10.2 2
 10 13.1 1
 9 8.0 1

WEST TEXAS RUNNING CLUB, INC.

INCOME & EXPENSES

SEPTEMBER 1, 1989 THROUGH MARCH 31, 1990

INCOME:

MEMBERSHIPS 1,817.00
 RACE ENTRY FEES 1,810.00
 INTEREST INCOME 144.56
 EQUIPMENT RENTAL INCOME 150.00
 MISC. 105.00

 4,026.56

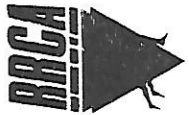
EXPENSES:

AWARDS/TROPHIES 1,443.69
 DONATIONS 1,300.00
 PRINTING 1,009.16
 RRCA CONVENTION 750.00
 POSTAGE 706.10
 RRCA DUES 705.00
 BANQUET 293.85
 MISC. RACE EXPENSE 174.16
 CLOCK STAND 108.00
 BUS TRIP - ALBUQUERQUE 105.40
 MISC. MISC. 94.08
 OFFICE SUPPLIES 68.08
 CARD TABLES 51.58
 TIME CLOCK BATTERIES 24.94

 6,834.04

AVAILABLE CASH TO DATE:

2,828.42



WOMEN RUNNING SMART

The Road Runners Club of America's TIPS FOR RUNNING SAFETY

- 1 — **Carry identification** or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. *Don't* wear jewelry.
- 2 — **Carry a quarter for a phone call.**
- 3 — **Run with a partner.**
- 4 — **Write down or leave word** of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — **Run in familiar areas.** In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — **Always stay alert.** The more aware you are, the less vulnerable you are.
- 7 — **Avoid unpopulated areas,** deserted streets and overgrown trails. Especially avoid unit areas at night. Run clear of parked cars or bushes.
- 8 — **Don't wear headsets.** Use your ears to be aware of your surroundings.
- 9 — **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — **Run against traffic** so you can observe approaching automobiles.
- 11 — **Wear reflective material** if you must run before dawn or after dark.
- 12 — **Use your intuition** about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — **Carry a whistle or other noisemaker.**
- 14 — **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.



The Road Runners Club of America is a national organization of over 450 clubs in 46 states. For more information write RRCA, 629 S. Washington Street, Alexandria 22314. Phone: (703) 836-0558.



TRIATHLETE NEWS

In the beginning: What can I say that would be of help or interest to a bunch of folks who spend the majority of their athletic time running and who have already burnt up the roads and worn out more shoes than they can count?! Well, lets talk about running in relationship to the triathlon event, and, assume, for the most part, that running is very seldom used by cyclists or swimmers for cross training. In the triathlon we find that even when the swim and cycling phases are performed efficiently, triathletes often begin the run phase in a semidepleted, semidehydrated, overheated fatigued state. (boy, doesn't this sound like fun!!) This environment is far removed from what the "fresh" running experience is like. Therefore all triathletes need to run-train in the fatigued condition. Such training helps the body metabolize fat better, and thereby, conserve limited carbohydrate stores. Fatigue running is best accomplished by run-training right after bicycle workouts (in most triathlons the run is last and after the cycling so this helps train you for the transition feeling, also). Initially your physical feeling in your legs from cycle to run will feel very alien and strange (something like your legs are on backwards), but they do adjust with training. Another consideration is that initially the triathlete will experience glycogen depletion, because the fat metabolism system will be under-developed. This experience should be temporary. Fatigue running should probably be limited to two to three times a week to avoid injury or illness. Helpful hints--use the same equipment you are used to, the shoes should be your same ole shoes that fit and feel good. Socks and other dress is optional and up to the individual, but remember the fourth event, the transition. The more you wear, the more time it costs you. Also, remember that your weekly running mileage will be less (sometimes half) than what you have been doing for the marathon or other distances.

MIKE GREER Call at 796-8213 if you have any questions

RACE RESULTS OF LOCAL TRIATHLETES:

Sprint Triathlon, WTSU, Canyon, TX (400M S, 10mi B, 2.5mi R)

Mark Garland, 1 hr 3 min, 3rd Age Group 35-39

Kurt Johnson, 1 hr 5 min, 5th Age Group 25-29

Sam Gentry, 1 hr 7 min, 4th Age Group 40-44 (his first tri)

Mike Greer, 1 hr 10 min, 2nd Age Group 50-54

Crawfishman Triathlon, Covington, LA (1mi S, 40mi B, 13.1mi R)

Mark Garland, 4 hrs 32 min, 35-39 *

Miles Hyman, 4 hrs 13 min, 50-54 *

* Finishing place not available as of this writing.

MISSION ACCOMPLISHED

As we reported last month, 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 March 31, 1990 he not only has finished the 8 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 average time for the marathons was 3:04:58!! In the chart below is also shown the "REST" interval between events.

His Schedule and Results

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 Whiterock 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
3-4-90	Corpus Christi Marathon	3:07:51	1st	50-59
3-31-90	Abilene Marathon	3:20:27	1st	50-59

I am sure that all would agree that he has earned a well deserved rest and that he is to be congratulated heartily for this tremendous accomplishment!!!!

FORMER MEMBERS

We continually see some former members names in the stats of ITR and would like to report on these for those who don't have access to that publication.

Cliff McCurdy	36	2-24-90	10K	34:43
		3-3-90	5K	16:45
Henry Arellano	31	11-11-89	25K	1:31:21
		11-25-89	Half Mar	1:16:20
Scott Brickard	37	12-9-89	10Mi	52:29
		2-4-90	25K	1:26:58
		3-10-90	10K	32:10
John Bednarski	40	9-24-89	Half Mar	1:07:47
		Date ?	10K	Sub 31!

AT THE RACES

Mark Manley finished 4th overall at the RATTLESNAKE RUN. 3-11-90 with a time of 35:41. Congratulations!

HORSESHOE BEND CANYON SPRING FROLIC RUNS
18 th ANNUAL
WEST TEXAS RUNNING CLUB MAY RACE



EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, MAY 12, 1990

REGISTRATION: 8:00 TO 8:45 A.M.

RACE START: 9:00 A.M.

SITE: Horseshoe Bend Canyon; North of Slaton, Texas; From Lubbock, take U.S. 84 to first Slaton Exit; turn left at Slaton Gas & Equip on Golf Course Road, follow pavement to approx 2 3/4 miles north past the golf course to the crossroads at the bottom of the canyon

COURSE and DISTANCES: 11 MILE; LOOP, one long hill mile 1 to 2
6 MILE; Out and Back, One long hill, mile 1 to 2
2 MILE; Out and Back, Slight Grade increase on return

AGE DIVISIONS and AWARDS:

MEN: 19 & Under, 20-29, 30-39, 40-49, 50 Plus
WOMEN: 19 & Under, 20-29, 30-39, 40 Plus

RACE DIRECTOR: HUGH HAYNES; 806 - 042-3586

