



October 1990

COMING EVENTS

- \* Denotes Monthly W.T.R.C. RACE
- SEPT 29 RED RAIDER ROAD RACE. TTU. Art Rutherford Race Director 765-7620 or 797-1244
- OCT. 6 BEYOND HOPE 15K & 5K; Amarillo, call Don Marsh (806)373-9564
- OCT. 6 AIRSHOW 8K; Big Spring; call Glen Fillinghim, (915) 263-8448
- \* OCT. 13 GO FOR THE GOLD 5K, Michelle Jones, Race Director, call 766-0282 (W) or 747-0102 (H)
- OCT. 13 WOMEN'S DISTANCE FESTIVAL 5K, Midland, (Women only) call Andra Chamberlain at (915) 682-7273
- OCT. 20 DOUBLE T CONNECTION; 10K and 2 Mi. Sally Post, 745-8817
- OCT. 26 L.C.O.A.D.A. Friday 6:30 P.M., MLK MEMORIAL AREA, 23rd and Quirt; 5K Run; 2 mile walk, Wes Boullion Race Director
- OCT. 27 ALLSOPS' ANNUAL ROADRACES, Clovis, NM Contact J.R. Jacobs at 505-769-2311
- OCT. 27 PUNKIN DAYS 5K; Floydada
- NOV. 3 COOL BREEZE 10K & 2 MI. Lubbock Parks & Recreation call Andy Cedillo at 767-2690
- NOV. 3 PALO DURO 50 MILER; Contact Don Kesinger at (806) 355-3752
- NOV. 3 ROARING SPRINGS 10K and 2Mi.walk; Contact Joey Thacker at 1-348-7560 \*\*\*\* Rescheduled for late April or May\*\*\*\*\*
- \* NOV. 10 18th Annual BUFFALO WALLOW RACES; George Jury, Race Director 792-8291 (7:30-10:00A.M., 1:00-5:00 P.M.) 792-1237 after 6 PM
- NOV. 17 ADA TURKEY TROT, 2Mi and 4Mi ; Contact O.J. Jimenez at 791-1086 or the ADA at 794-0691
- DEC. 2 WHITEROCK MARATHON, Dallas Sun. 8 A.M. \$25 Preregistration Write " " ,P.O. Box 748335, Dallas, Tx 75374-3385 or call (214) 526-5318
- \* DEC. 8 REDLINE CROSS COUNTRY RACE; 9 A.M. MAE SIMMONS PARK
- \* JAN. 12 MLK MEMORIAL RUN; 9 A.M. RAFB
- JAN. 20 HOUSTON-TENNECO MARATHON; Houston, Sun. 8 A.M. Contact " " , P.O. Box 56464, Houston, Tx 77027



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
OCTOBER 1990



October W.T.R.C. Race  
Go for the Gold 5K  
Oct. 13, 1990; WolfForth, Details  
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# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT : RON KEY**

0 765-5551 H 792-9280

## INTERNAL VICE-PRES

**ART RUTHERFORD**

0 765-7620 H 797-1244

## EXTERNAL VICE-PRES

**WES BOULLIUM**

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, 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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## OFFICER ELECTION

THE ABOVE SLATE OF OFFICERS HAS BEEN ELECTED AT THE SEPTEMBER MEETING AND TAKE OFFICE OCTOBER 1, 1990. CONRATULATIONS TO EACH ONE

EACH OFFICE HAS SPECIFIC RESPONSIBILITIES AND REQUIRES DEDICATION, COOPERATION and DEPENDABILITY TO PERFORM. W.T.R.C. MEMBERSHIP SHOULD FEEL FREE TO CONTACT ANY OF THE ABOVE AND LET YOUR OPIONS BE MADE KNOWN.

A SPECIAL WORD OF THANKS TO THOSE RETIRING FROM THE BOARD; GONZALO RAMIREZ, TRACY BAUGH, SHIRLEY WIGLEY, GARY PERRY, JOE STALCUP and APRIL STIEN



# WEST TEXAS RUNNING CLUB'S 2nd ANNUAL "SHALLOWATER STAMPEDE" 10K AND 2 MILE RUNS

September 8, 1990  
10 K Run

## FIRST 10 OVERALL

- 1 Frank Sumpter, Jr. 15
- 2 Jeffrey Jury 29
- 3 Robert Guajardo 47
- 4 Bill Hann 36
- 5 Frank Sumpter 36
- 6 Carlos Vigil 41
- 7 Dennis Bell 29
- 8 Joe Thacker 43
- 9 Steven Gonzalez 24
- 10 Joe Martinez 45

- 38:37
- 39:02
- 39:39
- 39:46
- 40:36
- 40:42
- 43:05
- 43:16
- 43:31
- 44:17

## Age Groups Men

- |                      |       |                  |
|----------------------|-------|------------------|
| 19& Under            | 38:37 | 30-39            |
| 1 Frank Sumpter, Jr. |       | 1 Bill Hann      |
| 2 Jeffrey Jury       | 39:02 | 2 Frank Sumpter  |
| 3 Dennis Bell        | 43:05 | 3 Wes Boulliou   |
| 4 Steven Gonzalez    | 43:31 | 4 David Dunwoody |
| 5 Nasario Hernandez  | 50:34 | 5 Jim Wilhelm    |
| 6 Les Hatch          | 57:04 | 6 Bobby Lugo     |
| 7 Robert Guajardo    | 39:39 | 7 Don Kephart    |
| 8 Carlos Vigil       | 40:42 | 8 Chuck Johnson  |
| 9 Joe Thacker        | 43:16 | 9 Phil Hur       |
| 10 Joe Martinez      | 44:17 | 10 Mike Puryear  |

- |                     |       |  |
|---------------------|-------|--|
| 20-29               |       |  |
| 1 Jeffrey Jury      | 39:02 |  |
| 2 Dennis Bell       | 43:05 |  |
| 3 Steven Gonzalez   | 43:31 |  |
| 4 Nasario Hernandez | 50:34 |  |
| 5 Les Hatch         | 57:04 |  |
| 40-49               |       |  |
| 1 Robert Guajardo   | 39:39 |  |
| 2 Carlos Vigil      | 40:42 |  |
| 3 Joe Thacker       | 43:16 |  |
| 4 Joe Martinez      | 44:17 |  |
| 5 Robby Timberlake  | 44:42 |  |
| 6 Dennis Humphrey   | 44:47 |  |
| 7 Frank Goodman     | 45:29 |  |
| 8 James Livermore   | 48:20 |  |
| 9 Mike Kelley       | 50:57 |  |
| 10 Tony Aleman      | 56:29 |  |

## Age Groups Women

- |                 |         |                 |
|-----------------|---------|-----------------|
| 20-29           | 1:00:27 | 30-39           |
| 1 Mindy Hatch   |         | 1 Debbie Martin |
| 40 & Over       |         |                 |
| 1 Theresa Marez | 1:02:27 |                 |
| 2 Connie Evans  | 1:05:13 |                 |
| 3 Mary Baiza    | 1:24:34 |                 |

## 2 Mile Run

### Men

- |                   |       |                   |
|-------------------|-------|-------------------|
| 0 to 19           |       | 30-39             |
| 1 Malcolm Fuentes | 11:34 | 1 Jimmy Samarron  |
| 2 John Barentine  | 11:56 | 2 David Doyle     |
| 3 Gregg Perry     | 12:35 | 3 Tommy Parrish   |
| 4 Chad May        | 12:38 | 4 Ed Dabrowski    |
| 5 Alan Valderaz   | 12:45 | 5 Tom Townsend    |
| 20-29             |       | 6 Gonzalo Ramirez |
| 1 Sonny Guffee    | 13:25 | 7 Ernie Gandy     |
| 40-49             |       |                   |
| 1 Mike Chanales   | 12:11 | 50 Plus           |
| 2 Paul Rinehart   | 17:16 | 1 John Stalcup    |

### Women

- |                  |       |                |
|------------------|-------|----------------|
| 0 to 19          |       | 20-29          |
| 1 Mindy Dodson   | 13:47 | 1 Kathy Wilson |
| 2 Hollie Stanton | 17:29 |                |

## 30-39

- |                |       |               |       |
|----------------|-------|---------------|-------|
| 1 Josie Aleman | 15:15 | 2 Jan Ramirez | 16:40 |
| 3 Becca Ennes  | 16:46 | 4 Kathy Long  | 28:15 |



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NEWS and NOTES  
INJURY PREVENTION

Experience is the best teacher, but for some of us one experience is not enough. After struggling through the last three months of 1988 to November 1989 trying to "run through" plantar fasciitis, I was forced to rest for a month after a torn ligament in the foot made running impossible. After returning to running at least 2 weeks too soon (with the foot rigidly taped) another foot sprain occurred before my personal mileage and intensity was satisfactory. While trying to supplement the meager mileage by swimming twice a week and occasional bike riding, I increased the amount of floor exercises I was doing and decided to try leg lifts. Within three days, severe sciatica was present. Only when I went to my file on back and hamstring injury (which I hadn't looked at since 1985) did I realize that leg lifts are a no-no for anyone with a previous history of back trouble. In hopes of helping someone else avoid the mistakes I've made, I would like to share some preventive advice from an article in the Dec 1984 issue of THE RUNNER by Eric Olisen on pages 8 and 9 of this issue.

ALLSUP'S ROAD RACE

One of the better and larger Road Races left within a few hours of Lubbock is the one put on by Allsup's in Clovis each year. Four distances are offered and a total 184 awards are available. These are extraordinary awards also as once again this year the engraved metallic discs made by Mamba Mills of Santa Fe. Generous post-race refreshments and a quality long sleeve T-shirt with the unique Allsup's design are offered. All races end on the high school track in front of the stadium giving spectators a look at each runner for the last 400 yards. This years race is Oct. 27, 1990. Entry forms have been inserted.

RRCA REPRESENTATIVE

We have been remiss in failing to report to all our members that Jan Ramirez has been appointed ROAD RUNNERS CLUB of AMERICA North Texas State Representative. Jan has served as secretary and membership chairman for W.T.R.C. and has been Race Director for the childrens 1 mile run at THE RUN FOR THE ARTS the past three years an event which has attracted around 500 kids per year. Jan's primary interests in running are children's running and running for enjoyment. She likes to run as far as the Half-Marathon distance. Jan is employed as an educational specialist with Region 17 of the Texas Education Service. She and Gonzalo began running on July 4, 1981 as a result of a challenge by Jan's father who organized an annual family fun run. Now 6 year old Maria Elena is into the family fitness act. Jan's responsibilities as RRCA State Representative are to provide information and assistance to the eleven RRCA clubs situated in north Texas. For information on RRCA Jan can be reached at 793-4864. A special word of thanks is due Jan who still maintains the membership list and provides mailing labels for each newsletter issue.

SHALLOWATER STAMPEDE

September the 8th was a great day for running in Shallowater, Texas. The sky was overcast, the temperature was moderate, and a heavy sprinkle of rain just before the gun helped settle the dust on the dirt part of the course. The first part of the course was downhill, which made for a tough trip back to the finish line. However, some pretty good times were still turned in. Thanks to all the volunteers that helped make the SHALLOWATER STAMPEDE a success. They were: Carrie Byrd, Tammy Byrd, Bill Roger, Sally Roger, Theresa Roger, Bill Vitalec, Barbara Vitalec, Shirley Wigley, Gary Perry, Ron Nugent, Ron Key, Larry Reno, Rick Deaver, John Blackburn, Cammie Enger, Ernie Martin, Amanda Pointer, and Jan Ramirez. A special thanks goes out to Jimmy Clark, James Truelock, Anthony McAdoo, Jeff Fuller, Chuck Byrd, and Clarence Rogers of the Lubbock County Sheriff's Reserve for traffic control help. Some people think these folks get paid, but it is strictly a volunteer effort. Their presence made for a safer race for all the runners. Thanks, guys!

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WEST TEXAS RUNNING CLUB  
1990 CHALLENGE SERIES STANDINGS  
AFTER 9 EVENTS

30 - 39 MALE		40 - 49 MALE	
PTS.	MILES	EVT.	PTS.
76	39.2	8*	90
67	55.5	7**	66
57	38.0	9**	55
50	40.4	7**	49
49	30.0	9*	45
48	65.5	9*	34
44	30.0	6*	30
35	40.4	6	29
33	35.6	8*	28
27	15.4	3	27
25	13.0	4	24
22	22.2	4	23
22	23.1	3	21
19	40.3	4	20
19	23.1	2	19
18	24.0	3	18
17	18.4	3	16
15	26.0	3	12
15	13.2	3	11
13	32.6	6	8
12	22.4	4	7
12	30.3	3	6
11	20.2	3*	4
10	8.0	3	3
10	23.1	2	2
9	32.5	5	1
8	41.2	6	0
8	2.0	1	0
7	24.1	2	0
7	14.2	1*	0
5	8.0	1	0
5	10.0	3	0
3	6.0	1	0
3	6.0	2	0
2	26.2	4	0
0	9.0	2	0
0	8.0	1*	0
0	6.2	1	0
0	11.0	2	0

20 - 29 MALE		20 - 29 FEMALE	
PTS.	MILES	EVT.	PTS.
36	52.3	5*	60
34	20.0	4**	46
31	24.6	4	40
19	10.0	3	29
8	13.1	1	28
7	4.0	1	28
7	15.1	2*	19
6	6.2	1	9
6	2.0	1	6
6	2.0	1	6
5	8.0	1*	48
5	10.0	3	30
3	6.0	1	26
3	6.0	2	13
2	26.2	4	10
0	9.0	2	09
0	8.0	1*	07
0	6.2	1	06
0	11.0	2	06

30 - 39 FEMALE		40 - 49 FEMALE	
PTS.	MILES	EVT.	PTS.
67	82.1	9**	79
61	40.1	7*	50
58	58.8	8	45.4
57	59.7	9*	47
25	18.4	3	35
23	10.0	3*	25
19	10.2	2	9
12	7.0	2	8
10	6.0	1	4
10	11.0	1	0
09	8.0	1	0
07	13.1	1	0

50 - + MALE		50 - 59 FEMALE	
PTS.	MILES	EVT.	PTS.
36	52.3	5*	60
34	20.0	4**	46
31	24.6	4	40
19	10.0	3	29
8	13.1	1	28
7	4.0	1	28
7	15.1	2*	19
6	6.2	1	9
6	2.0	1	6
6	2.0	1	6
5	8.0	1*	48
5	10.0	3	30
3	6.0	1	26
3	6.0	2	13
2	26.2	4	10
0	9.0	2	09
0	8.0	1*	07
0	6.2	1	06
0	11.0	2	06

## NUTRITION, EXERCISE and OTHER FACTS

From VITALITY MAGAZINE

If your orange juice tastes good, then chances are it is good. If, however the flavor is "off", more than likely it is losing Vitamin C.

Roughly figure that fo every hour you walk, you can add an hour onto your life. Walking 21 miles a week makes you 54% less likely to have a heart attack than the sedentary person. Why does walking benefit the heart? Here it is: The motion of the thigh, buttock and calf muscles help squeeze blood back up out of the legs. Is that physics? (To say nothing about the increased HDL's that exercise produces!)

Buffalo meat? Expect to see more of it in this decade. Compared to beef, it contains 50% less fat and 30% more protein.

Yes, it is "cool" for runners to wear sunglasses these days. In fact, it's smart to wear them at all times outdoors, even for children. With the earths ozone layer thinning, the intensity of ultra-violet rays is increasing, and you can take it from there.



"Uh-oh...I think Bobby Joe went foraging in that direction."

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## PIKES PEAK MARATHON (THERE'S ONLY ONE HILL !)

by Jeffrey Jury

This past summer, I was fortunate enough to live and run in Colorado Springs. After extensive training, I was able to run the 36th Annual **PIKES PEAK MARATHON**. The race is the 3rd oldest marathon in the U. S. and approximately 750 people brave the rocky trail each year. An additional 1800 run the ascent on Saturday (13.5 miles). The Marathon is run on Sunday, and even a few diehards (nuts!?) run both days.

This strenuous course starts at an elevation of about 6,200' and follows the narrow, uneven and extremely rocky Barr Trail to the summit of Pikes Peak at 14,110', with approximately 8,000' of elevation gain in about 13.4 miles. The ascent, about 13.5 miles, is said to take the amount of time that one could complete a flatland marathon. The course record for the round trip is 3:26. Due to the difficult nature of the race there are water/Gatorade/food stations every 3 miles, and highly trained mountain rescue medical teams every 2 miles. High altitude sickness is a common malady and any runner having to be administered oxygen is automatically disqualified!

**AUGUST 26, 1990, RACE MORNING** was calm and a nice 50 degrees in Manitou Springs. The 1st Aid Station was at Mile 5, and virtually everyone who I saw stop there drank 4-5 cups and was in no hurry to continue running. The first 6 miles are very steep, and due to the narrowness of the trail, runners are forced to run/walk single file for about 2 of the first 6 miles. After the initial 6 miles, there are 3 miles that are only slightly steep, and one can speed up a little. The final 4 miles to the summit are very steep, extremely rocky, and there is little oxygen to boot! Most of us mortals ended up walking at least half of the last 3 miles up, and when we did try to run, we were quickly out of breath. I finally reached the summit in 2:55 to "enjoy" the semi-comfortable 30 degrees! Winds gusting to 70 m.p.h. hampered my enjoyment, however. After reaching the top, one soon realizes that running down is just as difficult as running up! The first 6 miles (from the top) lose 4,000' of elevation, yet it still took me an hour to cover the distance. The final 6-7 miles were much "easier" as they only took 55 minutes. At the finish line, the illustrious announcer, AKA "Rhino Pike" a local radio personality was very entertaining, the crowds were loud, and the temperature was a very hot 90 degrees.

The "winner" finished in 3:35, and was 20 minutes ahead of 2nd through 7th places. I finished 40th in a time of 4:50:21. I was hoping for a sub-5 hour run, and was elated with my time. This may seem like an awfully slow time to you, but after all the race is actually 26.3 miles long. This will remain to be my proudest/best marathon finish ever (or at least for the next 11 months!).

## How To Avoid Back Trouble

Whether you have back trouble, have had back trouble or simply want to prevent the unpleasant occurrence of back pain in all its various forms, there are some simple precautions you can take to improve your chances of pain-free running.

1. Be sure to stretch well before you run. Tight muscles can increase the strain on the spine, discs and nerves. Muscle tightness limits your range of motion so you become more prone to pulls and strains.
  2. Stretch thoroughly after running as well. Avoid stretches like toe-touching with locked knees. Make some back stretches like the Williams flexion exercises part of your routine (see box).
  3. When you run, run with control. When you come to hills, take it easy going up, especially if you're not accustomed to hills. Be very cautious running down. Don't lean back. Instead, curl forward slightly and run with the legs bent slightly, so you look something like a question mark, and let your thighs do the breaking. If you're fatigued when you get to the hill, walk it instead.
  4. Don't make any abrupt changes in your training routine, the terrain you train on or in footwear. If you increase your mileage, increase gradually, say 10 per cent a week. The same goes for speed. If you begin running on a new route, take it easy the first few times and let your body get used to the new stresses. Break in a new pair of shoes gradually, and don't wear old shoes until the midsoles have collapsed.
  5. Make abdominal exercises part of your fitness routine. Weak stomach muscles allow the lower back to curve inward, increasing the strain on all the muscles, ligaments, discs and nerves. Avoid leg-raises, however, and sit-ups with the legs straight.
  6. Keep your weight under control. This shouldn't be a big problem for runners, but excess weight tends to collect around the stomach, pulling the stomach forward, which in turn pulls
- on the lower back, increasing the lordosis and thus the chance of low-back pain.
7. If you sit for long periods on the job, take a break now and then and stand and stretch. Better yet, if it can be arranged, stand while you work part of the time. Hemingway stood while he wrote, or so legend would have it. He kept his work spread out on top of a dresser. If you do stand, keep one foot up on a book or some sort of rest, to flatten the lower back.
  8. Use good sense when lifting. Never just bend over at the waist, grab on and lift. Keep the back as straight as possible, squat down, get a firm grip and then use the legs to lift.
  9. Vary your fitness routine. Swim and cycle and lift weights regularly if you can fit them in. Swimming's about the best exercise there is for the back. It strengthens all the muscles of the back and provides a good aerobic workout without the pounding. Avoid doing the butterfly, however, which can strain the lower back. Cycling will also provide a good workout without pounding. In addition, the forward crouch the cyclist assumes on the usual ten-speed racer will help stretch the muscles along the spine. A cautious weight program will help correct muscle imbalances.
  10. Never run through back pain. All pain serves as a warning, and back pain in particular can be a signal of dire things to come if you don't listen. If you feel any pain in your back, slow down for a time and give it a chance to subside. If it doesn't after a week or so, then perhaps it's time to seek professional help. Almost any sports medicine specialist will put you on the same basic conservative program of rest, stretching and abdominal exercises at first.—E.O.

## Williams Flexion Exercises

This set of exercises will help to prevent, or correct, back problems.

1. Lie on your back with knees bent and hands clasped behind neck. Feet flat on the floor. Take a deep breath and relax. Press the small of your back against the floor and tighten your stomach and buttock muscles. This should cause the lower end of the pelvis to rotate forward and flatten your back against the floor. Hold for five seconds. Relax.
  2. Lie on your back with knees bent. Feet flat on the floor. Take a deep breath and relax. Grasp one knee with both hands and pull as close to your chest as possible. Return to starting position. Straighten leg. Return to starting position. Repeat with alternate leg.
  3. Lie on your back with knees bent. Feet on the floor. Take a deep breath and relax. Grasp both knees and pull them as close to your chest as possible. Hold for three seconds, then return to starting position.
  4. Lie on your back with knee, bent. Feet flat on the floor. Take a deep breath and relax. Draw one knee to chest. Then point leg upward as far as possible. Return to starting position. Relax. Repeat with alternate leg.
- (Note: This exercise is useful in stretching tight hamstring muscles but is not recommended for patients with sciatic pain associated with a herniated disc.)*
5. a. Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing hands downward toward feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.
  5. a. Lie on your back with knees bent. Feet flat on floor. Take a deep breath and relax. Pull up to a sitting position, keeping knees bent. Return to starting position.
  6. Stand with your back against doorway. Place heels four inches away from frame. Take a deep breath and relax. Press the small of your back against doorway. Tighten your stomach and buttock muscles, allowing your knees to bend slightly. This should cause the lower end of the pelvis to rotate forward (as in Exercise 1). Press your neck up against doorway. Press both hands against opposite side of doorway and straighten both knees. Hold for two seconds. Relax.
- The following exercises (7, 8 and 9) should not be started until you are free of pain and the other exercises have been done for several weeks.*
7. Lie on your back with your legs straight out, knees unbent and arms at your sides. Take a deep breath and relax. Raise legs one at a time as high as is comfortable and lower to floor as slowly as possible. Repeat five times.
  8. May be done holding on to a chair or table. After squatting, flex head forward, bounce up and down two or three times, then assume erect position.
  9. Lie on your back with knees bent. Feet flat on floor. Take a deep breath and relax. Pull up to a sitting position, keeping knees bent. Return to starting position.

**YOU KNOW WHEN YOU'RE GETTING OLD WHEN:**

EVERYTHING HURTS. AND WHAT DOESN'T HURT DOESN'T WORK ! ! ! !

# ELECTRIC CITY PRINTING<sup>10</sup>/RRCA CHALLENGE SERIES

## GO FOR THE GOLD!



In the chart below, find your age group and goal time that will get you the GOLD or any level award which you can reach. This Challenge event is designed with emphasis on participation and self-competition - it's you and the clock for SK-GO FOR THE GOLD!

Beautiful RRCA Challenge Series lapel pins are awarded to runners achieving the time level on the chart in an ELECTRIC CITY PRINTING/RRCA CHALLENGE SERIES event. Times which fall between those on the chart receive the next award down the scale. Gold is the highest level, and orange is the participation level. Good luck.

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-10	23:45	29:50	35:30	38:30	42:00					
10-11	22:00	27:30	31:00	35:30	39:00					
12-13	20:15	24:30	27:00	30:30	33:00					
14-15	17:50	20:30	23:00	27:00	29:00					
16-17	16:45	19:00	21:30	24:30	27:00					
18-19	16:00	18:45	20:30	23:00	26:00					
20-24	15:35	18:30	19:45	22:30	25:00					
25-29	15:20	18:10	19:30	22:15	24:45					
30-34	16:20	18:55	20:40	24:55	27:30					
35-39	16:45	19:05	21:00	25:30	27:45					
40-44	17:25	19:45	22:30	25:45	27:55					
45-49	17:55	20:35	23:00	26:00	28:30					
50-54	18:25	21:10	23:45	26:30	29:00					
55-59	19:15	22:00	24:30	27:10	30:00					
60-64	21:00	23:30	25:40	28:00	31:00					
65-69	22:10	24:45	27:00	31:00	34:00					
70+	23:00	27:00	30:00	34:00	38:00					
U-10	24:45	33:50	37:00	40:00	43:30					
10-11	23:30	31:00	34:00	37:30	41:00					
12-13	22:00	27:30	31:00	34:20	37:00					
14-15	20:50	25:30	28:00	31:30	33:30					
16-17	19:10	24:00	26:30	28:00	30:00					
18-19	18:50	22:30	25:30	27:00	28:30					
20-24	18:30	21:50	24:00	25:30	27:00					
25-29	18:20	21:20	23:45	25:00	26:30					
30-34	19:45	22:00	24:10	26:00	27:10					
35-39	20:35	22:50	25:00	27:30	28:30					
40-44	21:45	23:40	26:10	28:30	30:00					
45-49	23:00	24:50	27:30	31:30	33:10					
50-54	24:45	26:10	28:55	33:40	35:10					
55-59	25:00	27:30	30:45	35:20	38:00					
60+	25:50	28:30	31:50	37:00	40:00					

**5 Kilometer (3.105 miles) Pace Chart**

Min per mile	Finish Time	Min. per mile	Finish Time	Min. per mile	Finish Time
4:50	15:01	7:30	21:45	9:00	27:57
5:00	15:32	7:40	22:16	9:10	28:28
5:10	16:03	7:50	22:47	9:20	28:59
5:20	16:34	8:00	23:18	9:30	29:30
5:30	17:05	8:10	23:49	9:40	30:01
5:40	17:36	8:20	24:20	9:50	30:32
5:50	18:07	8:30	24:51	10:00	31:04
6:00	18:39	8:40	25:22	10:10	31:36
6:10	19:10	8:50	25:53	10:20	32:08
6:20	19:41	9:00	26:24	10:30	32:40
6:30	20:12	9:10	26:55	10:40	33:12
6:40	20:43	9:20	27:26	10:50	33:44
6:50	21:14	9:30	27:57	11:00	34:16

The Electric City Printing/RRCA Challenge Series is brought to you as a public service of the Road Runners Club of America and Electric City Printing, P.O. Box 630, Anderson, S.C. 29622. 800-845-1030 for all your road race numbers and management.

# WEST TEXAS RUNNING CLUB'S "GO FOR THE GOLD" 5K RACE

## EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, OCTOBER 13, 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 the intersection with state highway 179, turn right across the RR tracks north past the Frenship High School, turn left

**COURSE:** ASPHALT ROAD, POINT TO POINT, FLAT SPLITS AT EACH MILE

**AWARDS:** MEDALS WILL BE AWARDED IN THE 5 YEAR AGE GROUPS AS SHOWN IN THE RRCA STANDARDS DESCRIBED ON PAGE 10

**CHALLENGE SERIES POINTS**  
 WILL STILL BE CALCULATED USING THE STANDARD 10 YEAR AGE GROUPINGS

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

**RACE DIRECTOR:** MICHELLE JONES  
 Office 766-0282  
 Home 747-0102

**SPECIAL AWARD:** A trophy will be presented to any WEST TEXAS RUNNING CLUB MEMBER who attains the GOLD status ( In the 2 previous "Run for the Gold" events no one has accomplished that feat! )

