

CALENDAR of EVENTS

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

- SEPT 3 (Labor Day) **CHATAQUA RUN, Pampa** No details
- * SEPT 8 **SHALLOWATER STAMPEDE 10K**, Also 2 Mile Run, Larry Byrd, Race Director, 832-4600 Details Inside Back cover
- SEPT 15 **HIGH PLAINS BAPTIST HOSPITAL RUN/WALK, Amarillo 10K & 2mi**
No details
- SEPT 15 **POW/MIA RACE FOR FREEDOM, 10K & 1 mile REESE AFB**
Contact 885-3207
- SEPT 22 **WOMEN'S DISTANCE FESTIVAL 5K**, San Angelo, call Harriet Borger at (915) 949-8987
- SEPT 22 **MAYOR'S HALF-MARATHON, Amarillo, 13.1 mi, 5 mi, 2 mi;**
contact Duane Polster (806) 378-3037
- SEPT 23 **DUKE CITY MARATHON, Albuquerque; Marathon, Half-Marathon and 5K Runs, 20K and 5K walks;** Extra Registration forms can be picked up from George Jury at 4808 50th, Lubbock
- SEPT 29 **RED RAIDER ROAD RACE, TTU, Art Rutherford Race Director**
765-7620 (See page 10 for details)
- * OCT. 13 **GO FOR THE GOLD 5K, Michelle Jones, Race Director,**
call 766-0282 (w) or 793-2825 (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.**
- OCT. 27 **ALLSUPS' ANNUAL ROADRACES, Clovis, NM** Contact J.R. Jacobs at 505-769-2311
- OCT. 27 **L.C.O.A.D.A. ?**
- NOV. 3 **ROARING SPRINGS 10K and 2Mi walk;** Contact Joey Thacker at 1-348-7560
- * NOV. 10 **18th Annual BUFFALO WALLOW RACES**
- 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**
- * DEC. 8 **REDLINE CROSS COUNTRY RACE**

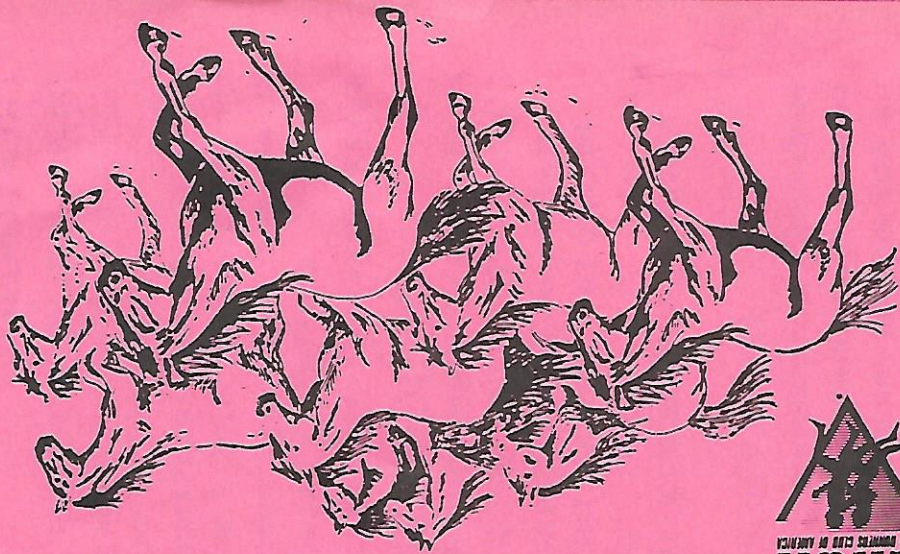
WEST TEXAS

Running Club



SEPTEMBER 1990

Newsletter
P.O. Box 2921
Lubbock, Texas 79408



September 1990

Saturday, September 8:00 A.M.
Texas Tech University



Make Plans
9th Ann
RED RA

WEST TEXAS RUNNING CLUB

OFFICERS DIRECTORS

PRESIDENT : ROM KEY **SANDI HOWARD**
 0 765-5551 H 792-9280 0 793-4350 H 795-6981

INTERNAL VICE-PRES **GEORGE W. JURY**
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GONZALO RAMIREZ
 0 742-2313 H 793-4664

EXTERNAL VICE-PRES **GARY PERRY**
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TRACY BAUGH **DAVID RODRIGUEZ**
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 0 799-2500 H 747-9545

BARBARA VITALEC 0 794-7433 H 795-0286

APRIL STEIN
 0 795-9454 H 745-9638

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

OFFICER ELECTION

MARK AND RETURN YOUR BALLOTS TO MAKE YOUR CHOICES FOR 1991 W.T.R.C. LEADERSHIP, THEN MAKE PLANS TO ATTEND THE ELECTION AND BUSINESS MEETING TO BE HELD AT THE SIRLOIN STOCKADE 6803 INDIANA

THURSDAY, SEPTEMBER 13, 1990 AT 7 P.M.

CHALLENGE SERIES

REMEMBER THAT TO REMAIN ELLIGIBLE FOR CHALLENGE SERIES AWARDS, PARTICIPANTS MUST HAVE TO AGREED TO SERVE AS A NON-RUNNING VOLUNTEER AT ONE OF THE REMAINING MONTHLY W.T.R.C. RACES IF YOU HAVE NOT ALLREADY

DOME 50

WEST TEXAS RUNNING CLUB'S

3rd ANNUAL "HOT DAM RUN"

5 MILES

AUGUST 11, 1990

The 3rd Annual W.T.R.C. HOT DAM RUN was contested under almost ideal summer weather conditions but not quite as cool as the 1989 edition. Onlookers were treated to a wire to wire horserace between the top three contenders with Art Samarron prevailing in the last quarter mile while setting a new overall and age group course record. Carlos Ybarra's time also eclipsed the previous mark of 26:43. Newcomer Marjory Stewart rewrote the women's overall and 30 to 39 age group standard with an outstanding time of 30:48 and finishing 6th overall. Another close contest determined the 19 & Under age group between newcomers Frank Sumpter, Jr. and Brant Fryar with Frank prevailing by 2 seconds. Also recording a very good time was 13 year old John Rodriguez.

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Art Samarron	26	M	26:27	MULESHOE	1st	20-29
02	Carlos Ybarra	28	M	26:36	SUNDOWN	2nd	20-29
03	Tim Green	25	M	26:46	LUBBOCK	3rd	20-29
04	Abel Almendariz	25	M	29:04	DENVER CITY	4th	20-29
05	Mark Manley	29	M	29:06	WITHARRAL	5th	20-29
06	Marjory Stewart	31	F	30:48	LUBBOCK	1st	30-39F
07	Bill Harn	36	M	30:59	"	1st	30-39
08	Robert Guajardo	47	M	31:22	LEVELLAND	1st	40-49
09	Frank Sumpter, Jr.	15	M	31:32	LAMESA	1st	19&Under
10	Brant Fryar	17	M	31:34	SUNDOWN	2nd	19&Under
11	Jimmy Samarron	35	M	31:58	LEVELLAND	2nd	30-39
12	Michael Chamales	45	M	32:20	LUBBOCK	2nd	40-49
13	Frank Sumpter, Sr.	36	M	32:33	LAMESA	3rd	30-39
14	Brian Kay	28	M	32:51	BROWNFIELD	6th	20-29
15	Carlos Vigil	41	M	32:52	LUBBOCK	3rd	40-49
16	Dennis Bell	29	M	33:12	"	7th	20-29
17	Kenny Arnwine	17	M	33:19	SUNDOWN	3rd	19&Under
18	Larry Reno	38	M	33:23	LUBBOCK	4th	30-39
19	Barney Adams	37	M	33:25	"	5th	30-39
20	Wes Boullioun	33	M	33:33	"	6th	30-39
21	John Foley	31	M	33:37	"	7th	30-39
22	Joe Thacker	42	M	33:52	ROARNGSPNGS	4th	40-49
23	Ken Jernigan	39	M	33:53	SUNDOWN	8th	30-39
24	Gary Perry	45	M	34:01	LUBBOCK	5th	40-49
25	Edwin Dabrowski	32	M	34:05	EARTH	9th	30-39
26	Joe Martinez	45	M	34:06	LUBBOCK	6th	40-49
27	David Doyle	31	M	34:11	"	10th	30-39
28	Joe A. Gomez	46	M	34:29	"	7th	40-49
29	Rick Deaver	34	M	34:39	"	"	"
30	Ronnie Nugent	43	M	35:17	"	8th	40-49
31	Bill Roger	51	M	35:34	LEVELLAND	1st	50-59
32	Ron Key	47	M	35:34	LUBBOCK	9th	40-49
33	Charles Dodson	33	M	35:50	"	"	"
34	Weldon Kolb	34	M	36:16	"	"	"
35	James Livermore	43	M	36:23	"	10th	40-49
36	David Dunwoody	35	M	36:55	DUMAS	"	"
37	Roger Marks	37	M	37:10	LUBBOCK	"	"
38	Sonny Guffey	29	M	37:28	"	8th	20-29
39	Chris Scott	26	M	37:32	"	9th	20-29
40	Kenny Maines	40	M	37:36	"	"	"
41	Mica Chamales	18	F	37:43	"	"	"
42	John Stalcup	57	M	37:45	"	1st	19&UnderF
43	Ronnie Prigg	39	M	37:46	"	2nd	50-59
44	Jon Masood	44	M	37:50	"	"	"
45	John Rodriguez	13	M	38:33	"	"	"
46	Shirley Wigley	36	F	38:46	"	4th	19&Under
47	Stacy Conner	27	M	39:27	MATADOR	2nd	30-39F
48	Jay Winfrey	11	M	39:43	SUNDOWN	10th	20-29
49	Kathy Wilson	26	F	40:09	LUBBOCK	5th	19&Under
50	Tom Jones	51	M	41:06	"	1st	20-29F
51	Don Hunt	56	M	42:50	"	3rd	50-59
52	Walter Jordan	41	M	43:02	"	4th	50-59
53	Tony Aleman	41	M	43:53	"	"	"
54	David Skelton	35	M	47:12	"	"	"
55	P.J. Mitchell	45	F	47:14	"	"	"
56	Connie Evans	41	F	49:27	"	1st	40-49F
57	Rosie Marmolejo	40	F	51:45	TDALOU	2nd	40-49F
						3rd	40-49F

WEST TEXAS RUNNING CLUB
1990 CHALLENGE SERIES STANDINGS
AFTER 8 EVENTS

30 - 39 MALE		40 - 49 MALE		EVT.		
PTS.	MILES	PTS.	MILES	PTS.	MILES	
JIM SAMARRON	66	37.2	7*	80	56.6	8*
BILL HARN	57	49.3	6*	59	56.6	7*
LARRY RENO	48	59.3	8**	47	51.5	4
DAVID DOYLE	48	36.0	8**	39	12.0	4
GONZALO RAMIREZ	45	38.4	6**	36	34.1	5*
DAVID RODRIGUEZ	44	30.0	6*	34	41.5	5*
ED DABROWSKI	42	28.0	6*	29	54.5	8
WES BOULLION	27	34.2	5	27	38.3	4
MILT BROWNFIELD	27	15.4	3	24	9.0	3
DAVID DUNWOODY	26	29.4	7*	24	22.2	4
KEN JERNIGAN	23	22.2	4	23	56.6	6**
JAMES IVEY	22	23.1	3	20	44.5	5*
LOLO MERCADO	19	23.1	2	20	14.2	4
BARNEY ADAMS	18	24.0	3	18	62.6	6**
RANDY BONDS	17	18.4	3	18	40.2	5
TOMMY PARRISH	17	11.0	3	17	24.3	4*
JOHN FOLEY	15	26.0	3	16	5.0	2
DWAYNE OAKLEY	15	13.2	3	12	8.0	2
JIM WILHELM	13	34.1	3	11	27.4	4
JOE STALCUP	12	30.3	3	8	2.0	1
PHIL HUR	11	26.4	5	7	2.0	1
OTTO SPITZ	11	20.2	3*	6	19.2	2*
RON SEAL	10	8.0	3	4	31.3	4*
RICK BUCKBERRY	10	23.1	2	3	6.2	1
RICK DEEVER	9	26.3	4	1	21.0	2
P.T. DUFFEY	8	41.2	6			
MARK HOLCOMB	8	2.0	1			
GARY BOREN	7	24.1	2			
BOBBY LUGO	7	16.2	3			
DAVID MILLER	7	14.2	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			
MICKY DAVIS	2	26.2	4			
ROGER MARKS	0	9.0	2			
LUIS CARDENAS	0	8.0	1*			
HOWARD LEE	0	6.2	1			
KENNY MAINES	0	11.0	2			

20 - 29 MALE		20 - 29 FEMALE		EVT.		
PTS.	MILES	PTS.	MILES	PTS.	MILES	
MARK MANLEY	36	52.3	5*	60	48.5	6
CANDE OLIVAS	34	20.0	4*	46	40.3	5
NASARIO HERNANDEZ	24	18.4	3	30	10.0	3
SONNY GUFFEY	19	10.0	3	29	27.2	3
WILLIAM STROMBERG	8	13.1	1	28	24.1	3*
CHRIS ENGBRETSON	7	4.0	1	28	22.2	3
TERRY BAUGH	7	15.1	2*	19	32.2	4*

50 - + MALE		30 - 39 FEMALE		EVT.		
PTS.	MILES	PTS.	MILES	PTS.	MILES	
BILL ROGER	67	69.7	8**	69	24.0	8*
JOHN STALCUP	51	38.1	6*	50	45.4	5*
TOM JONES	50	52.6	7	47	56.3	7**
JAMES BONE	48	63.5	8*	26	23.0	5*
BOB SMITH	25	18.4	3	25	17.2	5*
FRANK HERNANDEZ	23	10.0	3*	9	6.2	1
RALPH WILLIAMS	19	10.2	2	8	4.0	1
LONNIE HOLLINGSWORTH	12	7.0	2			
BOB WHIDON	10	6.0	1			
TOM BOWSER	10	11.0	1			
MIKE GREER	09	8.0	1			
DALE GREEN	07	13.1	1			

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

5
AUGUSTFEST FUN RUNS
IDALOU, August 4, 1990
1 Mile

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Silas Davidson	12	M	7:22	Idalou	1st	7th Grade
02	Brian Becton	11	M	7:43	Idalou	1st	5
03	January Flores	10	F	8:05	Idalou	1st	6
04	Jared Masood	10	M	9:00	Lubbock	1st	5
05	Keesha Allen	08	F	11:07	Tulia	1st	4
06	Rachael Jones	03	F	13:01	Lubbock	1st	Pre
07	Tiffany Blevins	04	F	13:45	Tulia	2nd	Pre
08	Marisa Valderaz	03	F	15:52	Slaton	3rd	Pre

2 MILE RUN

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Michael Chamales	45	M	11:19	Lubbock	1st	40-49
02	David Rodriguez	39	M	11:29	Lubbock	1st	30-39
03	David Doyle	31	M	11:30	Lubbock	2nd	30-39
04	Jackie Cannon	34	M	11:32	Amarillo	3rd	30-39
05	Henry Samarron	17	M	11:56	Earth	1st	19 & under
06	Joe A. Gomez	46	M	12:00	Lubbock	2nd	40-49
07	Sonny Guffee	29	M	12:03	Lubbock	1st	20-29
08	Alan Valderaz	14	M	12:11	Slaton	2nd	19 & under
09	Craig Jackson	25	M	12:15	Lubbock	2nd	20-29
10	Ronnie Nugent	43	M	12:19	Lubbock	3rd	40-49
11	Todd Sage	16	M	12:37	Idalou	3rd	19 & under
12	Steven Betz	20	M	12:42	Muleshoe	3rd	20-29
13	Kathy Wilson	26	F	13:41	Lubbock	1st	20-29
14	Robert Blevins	41	M	13:46	Tulia	4th	40-49
15	Larry Isom	40	M	14:53	Idalou	5th	40-49
16	Cecil Salazar	24	M	15:29	Lubbock	4th	20-29
17	Guadalupe Valderaz	33	M	15:30	Slaton	4th	30-39
18	Rose Valderaz	33	F	15:35	Slaton	1st	30-39
19	Jan Ramirez	35	F	15:45	Lubbock	2nd	30-39
20	Lana Thorne	16	F	16:30	Idalou	1st	19 & under
21	Gibber Isom	16	F	16:30.1	Idalou	2nd	19 & under
22	Roy Esquivel	46	M	16:30.6	Lubbock	6th	40-49
23	Karen Olivarez	12	F	17:59	Idalou	3rd	19 & under

DUKE CITY MARATHON NEWS

The planned bus excursion has been cancelled due to insufficient rider at various times for that September 23 event and perhaps some would like to car-pool. Those who have a larger vehicle and would like to share rides, let Sandi Howard know when you want to leave and return and we will try to match up like-minded runners.

Remember that a block of rooms have been reserved at the DOUBLE TREE MOTEL which is near the race headquarters at a rate of \$49.95 per night with up to 4 people per room.
Call Sandi at 795-6981 after Sept. 4th

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AUGUSTFEST FUN RUNS
2 MILE WALK

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Johnny Scott	47	M	18:06	Lubbock	1st	40-49
02	Ute Becton	46	M	19:30	Idalou	2nd	40-49
03	Sean Vaideraz	6	M	19:59	Slaton	1st	19 & under
04	Loretta Becton	46	F	22:18	Idalou	1st	40-49
05	Sally Flores	37	F	22:35	Idalou	1st	30-39
06	Joni Bell	30	F	22:41	Lubbock	2nd	30-39
07	Claudia Bourland	37	F	23:20	Lubbock	3rd	30-39
08	Jan Sage	43	F	23:24	Idalou	2nd	40-49
09	Pat Baker	53	F	23:48	Idalou	1st	50 & over
10	Barbara Robbins	53	F	24:55	Idalou	2nd	50 & over
11	Claude Fristoe	48	M	24:56	Idalou	3rd	40-49
12	Carol Fristoe	44	F	25:49	Idalou	3rd	40-49
13	Gwen Mull	52	F	25:56	Idalou	3rd	50 & over
14	Kathy Long	31	F	26:42	Lubbock	4th	30-39
15	Sharon Hall	28	F	27:41	Lubbock	1st	20-29
16	Jack Leftwich	62	M	27:43	Lubbock	1st	50 & over
17	Janie Esquivel	51	F	27:45	Lubbock	4th	50 & over
18	Brenda Bounds	33	F	29:03	Idalou	5th	30-39
19	Betty Ballard	41	F	29:06	Idalou	4th	40-49
10K RUN							
01	Phillimon Hanneck	19	M	31:01	Levelland	1st	19 & under
02	Jose Mondragon	23	M	32:12	Levelland	1st	20-29
03	Art Samarron	26	M	33:52	Muleshoe	2nd	20-29
04	Dimas Samarron	24	M	34:46	Earth	3rd	20-29
05	Vince Mercado	21	M	36:12	Lubbock	4th	20-29
06	Rene L. Gonzalez	25	M	37:23	Amarillo	5th	20-29
07	Jimmy Samarron	35	M	38:28	Levelland	1st	30-39
08	Robert Guajardo	47	M	38:51	Levelland	1st	40-49
09	Frank Sumpter Jr.	15	M	39:54.5	Lamesa	2nd	19 & under
10	Gonzalo Ramirez	34	M	39:54.9	Lubbock	2nd	30-39
11	Gande Olivas	28	M	39:55	Lubbock	6th	20-29
12	Frank Sumpter	36	M	40:09	Lubbock	3rd	30-36
13	Carlos D. Vigil	41	M	40:29	Lubbock	2nd	40-49
14	Dennis Bell	29	M	41:01	Lubbock	7th	20-29
15	Larry Reno	38	M	41:46	Lubbock	4th	30-39
16	John Foley	31	M	41:57	Lubbock	5th	30-39
17	Troy Shall	23	M	42:10	Lubbock	8th	20-29
18	Michael Smiley	34	M	42:11	Lubbock	6th	30-39
19	Joe Martinez	45	M	42:24	Lubbock	3rd	40-49
20	Chris Miller	16	M	43:25	Lubbock	3rd	19 & under
21	Dwayne Oakeley	34	M	44:04	Lubbock	7th	30-39
22	Dennis Humphrey	43	M	44:29	Lubbock	4th	40-49
23	Hal Wilderson	45	M	45:28	Tulia	5th	40-49
24	Shana Pierce	22	F	45:58	Lubbock	1st	20-29
25	Chris Scott	22	M	47:02	Lubbock	9th	20-29
26	Jon Masood	44	M	47:03	Lubbock	6th	40-49
27	Mickey Davis	33	M	49:58	Lubbock	8th	30-39
28	Phil Hur	38	M	51:11	Lubbock	9th	30-39
29	Tom Jones	51	M	51:23	Lubbock	1st	50 & over
30	Donald Hunt	56	M	52:00	Lubbock	2nd	50 & over
31	Pat Duffey	38	M	52:35	Lubbock	10th	30-39
32	Bob Lemon	40	M	54:30	Lubbock	7th	40-49
33	Betty Johnson	31	F	56:05	Lubbock	1st	30-39
34	Theresa Marez	40	F	56:56	Abernathy	1st	40-49
35	F.J.Mitchell	45	F	57:37	Lubbock	2nd	40-49
36	Terry Shall	48	M	58:07	Illinois	8th	40-49
37	Connie Evans	41	F	58:49	Lubbock	3rd	40-49
38	Loy Dorsey	37	M	1:02:14	Kemp	11th	30-39

TRIATHLETE NEWS

by Mike Greer

Cross-training is a healthy way to keep running. There's an old saying by marathoners, you can't get to the finish line, unless you get to the starting line.

By supplementing running with other aerobic exercise, you could stary healthier.

Says top triathlete Scott Molina: "If you were structurally perfect and could run as much as you wanted and as hard as you wanted without injury, then you do not need to cross train. But how many people are like that?"

Bob Glover, author and director of marathon clinics for the New York City Road Runners club, suggests runners devote 20 to 25 percent of their training to either biking or swimming.

To figure the "running equivalent" of other exercise, take the pulse rate and divide by running pace per mile. Twenty-four minutes of hard cycling is worth three miles for an eight-minute-per-mile trainer.

You can also cross train to recover from the marathon by swimming. THE ABOVE IS OUR THOUGHT FOR THIS MONTH-maybe it can fit somewhere.

WTRC TRIATHLETES IN ACTION:

- July 15: Farmers Branch * (Short Course)
 - Miles Hyman
 - Mark Garland
 - Mike Greer
- July 29: Sante Fe* (Olympic Distance)
 - Sue Houle
 - Miles Hyman
 - Kurt Johnson
 - Mark Garland
 - Mike Greer
- August 5: Houston * (Short Course)
 - Dylan Hyman
 - Miles Hyman
- August 11: Wool Capital, San Angelo
 - Otto Spitz 2:54
 - Sue Houle 2:27
 - Mark Garland 2:30
 - Kurt Johnson 2:45
 - April Stein 2:49
 - Mike Greer 3:07
- August 18: Buffalo Springs Lake Triathlon, Olymptic Distance
 - Sue Houle 2:30 (Overall Female Winner)
 - April Stein 2:50 (2nd Age Group Winner)
 - Dylan Hyman 3:37 (1st Age Group Winner)
 - Miles Hyman 2:32 (1st Age Group Winner)
 - Mark Garland 2:34 (1st Age Group Winner)
 - Gary Perry 2:53 (4th Age Group Winner)
 - Kurt Johnson 2:48 (7th Age Group Winner)

*Times un-available at this time for the above events.
Future Events: August 25-Amarillo Short Course Tri
September 8-Hill Country, Long Course, San Antonio

NEWS & NOTES HOT DAM KUDOS

Race Director Gonzalo Ramirez is to be congratulated on the highly successful 3rd Annual **HOT DAM RUN**. It is your editor's opinion that the monthly W.T.R.C. August race has found a permanent home in the environs of CANYON LAKE SIX. Like many of the long standing races this event was held in Brownfield for many years and prior to 1988 had no permanent course. Some may complain of the challenge presented by the hills and the usual warm August temperatures but I consider that things like that are what gives a course its own unique "personality". One does not expect to obtain a P.R. on a course like that, but then there are "course P.R.'s" to record in one's log book!

The "pick - A - Trophy" feature was Gonzalo's brainchild and was well received by participants. Many thanks are due to all of the volunteers who helped make the race a success. David and Michael Rodriguez; James and Josie Aleman; Trey and Tara Jennigan; Lupe, Rose and Alan Valderaz; James Bone; Art Ruthenford; Doris Stalcup; And most importantly Jan Ramirez! Thanks, to all.

AT THE RACES

Many of you have probably noticed the exceptional times posted in many of our club races by 12 year old Trey Jennigan of Sundown. Trey is in his first year of competition and this summer has been busy traveling to the TAC regional meet in Houston July 13 and 14th and the TAC Nationals in Lincoln, Nebraska on July 26th. He obtained PR's in three events at Houston and qualified for the national meet at 3,000 meters with a time of 10:54.2 and a second place finish in his age group. He placed 6th at 800 meters in 2:34.9 and 7th at 1,500 meters in 5:21.1. At Lincoln he was first in his heat of the 3,000 meters but placed 12th overall with a time of 10:59.5. Good Showing Trey!

Your editor would like to have everyone's results from out of town races, but it seems hard to get, so in the absence of other news I'll brag on son Jeff Jury who has been living in Colorado Springs this summer working an 8 to 5 job and getting in lots of miles on his bike and NB 676's. He has completed a second "long course" triathlon in Evergreen, Colorado at an average elevation of over 8,000 feet. (time not available) He recently ran a 5K in 17:14 and Aug. 5th ran the **COLORADO HALF MARATHON** in 1:24:10. He has run up and down **PIKES PEAK** twice for "fun" and will attempt the **PIKES PEAK MARATHON** on August 26th hoping to get under 5 hours! (the distance is a non-standard 28 mi

A belated report on the 13th Annual **FUNFEST RACES** as only the first 50 finishers were reported and we had hoped for a copy of the official results which never came! We'll report on those club members whose results we do know about. (Overall place and time) **HALF-MARATHON**: 3. Lolo Mercado, 1:17:25; 17. David Rodriguez, 1:25:32; 31. Gary Perry, 1:31:55; 33. Sue Houle, 1:32:07 (2nd Woman); 36. Joe Thacker, 1:33:36 and 50. James Livermore, 1:38:31. 10K Results: 29. Joe Martinez, 40:50; 31. Joe Gomez, 41:10; and Frank Goodman, 43:07. (128 finished the half-marathon and 273 finished the 10K)

After competing in the **FIRECRACKER 10 MILE** July 4th Joey Thacker was reported to have driven to Calgary, Ontario to run a marathon that next week-end and completed it in a pretty good time. (?) Who else did he run into but Gary Perry who said he'd rather not talk about his effort!

THANKS

A note of thanks has been received from the **LUBBOCK REGIONAL MHRM** for the W.T.R.C.'s help with the **FULL MOON 5,000** race June 22nd. Over \$400 was raised to benefit the **MHRM** recreational program.

DEADLINE

Copy must be received by Sept. 15 for Oct. Newsletter

WTRC/TTU Scholarship

We are very happy to announce the establishment of a scholarship for a deserving student attending Texas Tech University. The funds for this WTRC Scholarship are derived from the Red Raider Road race held annually on the Saturday morning of Homecoming week-end. Each year any profits from this race will be placed in a TTU endowment fund.

The criteria for the scholarship were established last fall by Dr. Judy Henry, Gonzalo Ramirez and myself. These criteria were then discussed and revised this winter at monthly meetings of the club.

I will chair the scholarship selection committee and will be assisted by Joe Thacker, Ronald Key, Gonzalo Ramirez and Judy Henry. We in turn will have one (1) representative from the Tech Ex-Students Association serve the committee in an advisory capacity.

Recommended Criteria:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry, or handicap.

- I. Non-Academic Scholarship - Non-athletic Scholarship
- II. Must be nominated by a WTRC member.
- III. Applicants will submit a standardized form approved by the selection committee/WTRC.
- IV. Recipient must be from West Texas; all counties north of Lubbock, west to Pecos, south to I-20 and east to Abilene/Wichita Falls.
- V. Recipient must have an equivalent GPA of 2.5 and maintain that GPA.
- XI. Major Area Of Study: ANY
- VII. Full Time Student Status: 12 Hours Undergrad
- VIII. Restriction: Recipient must have a verified **FINANCIAL NEED**.

Weighted Criteria:

- Extracurricular Activities
 - School Activities
 - Leadership Positions Held
- Club Members should nominate prospects

Jon Meadows
Chairman

Call 797-1870 for information

Recipient can re-apply each year

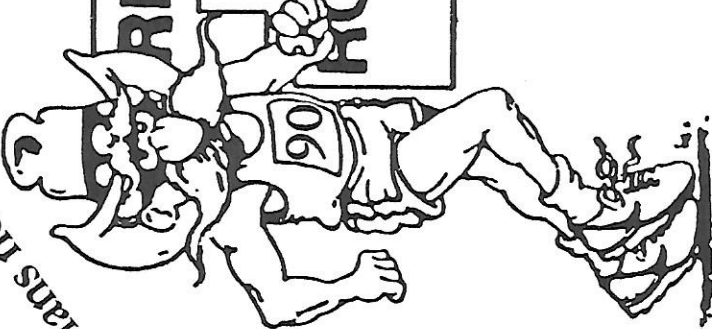
Make Plans Now

9th Annual

RED RAIDER

ROAD RACE

5K & 10K



Date:
Homecoming Weekend
Saturday, Sept. 29, 1990

Time:
8 a.m.

Course:
Texas Tech Campus
Starting at Student Rec Center

Registration Fee:

\$10 to Texas Tech Loyalty Fund
Benefiting academic scholarships

Packet Pick-Up:

Ex-Students Association Weekdays 8 a.m.-5 p.m.
(closed during noon hour)
Friday, Sept. 28, 8 a.m.-9 p.m., U.C. Lobby
Saturday, Sept. 29, 7-8 a.m., Rec Center

For Further Information:

Art Rutherford
(806) 765-7620

**Benefiting the Texas Tech /
West Texas Running Club /
Academic Scholarship Fund**

SPONSORS

CARDINAL'S SPORTS
FIRST NATIONAL BANK
METHODIST HOSPITAL

NO RACE DAY REGISTRATION

PRIZE DRAWINGS AT AWARDS CEREMONY
FOR THOSE PRE-REGISTERED PRIOR TO SEPT. 28

**WEST TEXAS RUNNING CLUB'S
2nd ANNUAL "SHALLOWATER STAMPEDE"
10K, TWO MILE and 1 MILE CHILDRENS RUN**



SHALLOWATER STAMPEDE

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 8, 1990
REGISTRATION: 8:00 A.M., on RACE DAY
RACE START: 8:30 A.M., CHILDREN
9:00 A.M., 10K and 2MI

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT, some dirt
(Alternate course in case of rain)

ENTRY FEE: WTRC MEMBERS \$4; NON-MEMBERS \$5

AGE DIVISIONS:

MEN: 0-19; 20-29; 30-39; 40-49; 50 & OVER
WOMEN: 0-19; 20-29; 30-39; 40 & OVER
AT LEAST 3 AWARDS WILL BE GIVEN IN
EACH CATEGORY*

* The number of awards may be increased on race
day depending on the number of entrants in
those divisions.

CHILDREN: AGES 0 to 12, MEDALS TO FIRST
3 BOYS & FIRST 3 GIRLS
RIBBONS TO ALL FINISHERS

RACE DIRECTOR: LARRY BYRD; (806) 832-4600 or
BILL ROGER; (806) 894-7911