

## CALENDAR of EVENTS

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

- MAR. 30 TEXAS TECH UNIVERSITY TRACK MEET: \*\* RUN CANCELLED \*\*
- APRIL 6 GONE WITH THE WIND RUN: Lubbock Parks & Recreation Dept.  
Andy Cedillo, Race Director: 767-2690
- \* APRIL 13 FLIGHT LINE RACES: 8 A.M. RAFB: Half-Marathon. 10K and 2 Mile: Ronnie Nugent. Race Director. 793-1735
- APRIL 20 RUN FOR THE ARTS : Lubbock Arts Festival; 15K and 2 Mile; 2 Mile Walk and 1 Mile Childrens Run \* ENTRY FORMS INSERTED
- APRIL 21 CHAPARRAL BIKE CLUB RACE: CIVIC CENTER. LUBBOCK
- APRIL 27 ROARING SPRINGS 10K & 2mi walk; Joey Thacker. 348-7560  
\* ENTRY FORMS INSERTED in this NEWSLETTER \*
- MAY 4 RUN FOR THE ARTS: Midland; 5K PBRP. Box 10483. Midland 79702
- \* MAY 11 HORSESHOE BEND SPRING FROLIC: North of Slaton; 11, 6, and 2 Mile races; Hugh Haynes. Director. 842-3586
- MAY 18 TALL TOWN 10,000; Midland. Details later
- MAY 25 FUNFEST RACES; Amarillo ;Half-Marathon, 10K, 2 Mile FUNWALK \$12 Runs; \$10 Walk; \*Certified Courses\* contact FUNFEST RACES. 1700 Polk St..Amarillo, Tx 79102
- \* JUNE 1 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland; Bill Roger, Race Director (806) 894-7911 10K and 2 Mile plus 1 Mile Kid's Run
- JUNE 8 RUN IN THE SUN; San Angelo; Details Later
- JUNE 15 JUNETEENTH RUN ?
- JUNE 16 HUB CITY TRIATHLON: TEXAS TECH UNIVERSITY 7:30 A.M.  
Contact Betty Blanton at 742-3351
- JUNE 29 BUFFALO SPRINGS TRIATHLON; Mike Greer, 796-8213
- \* JULY 4 23rd ANNUAL FIRECRACKER RACES: Brownfield, 10 Mile, 3 Mile and 1 Mile Kid's run; Mark Manley, Race Director (806) 299-1143
- AUG. 3 AUGUSTFEST FUN RUN; Idalou 10K and 2 Mile run and walk Race Director, Rosie Marmolejo, 744-5505 x760 or 892-2021
- \* AUG. 10 HOT DAM RUN: MLK PARK. 23rd and Quint. 5 Mile. Details later
- AUG. 17 "IT'S SO EASY" DUATHLON contact Mike Greer. 796-8213
- \* SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile. Shallowater, Larry Byrd. Race Director. 832-4600
- SEPT 28 RED RAIDER ROAD RACE \* Note Change of Date \*
- SEPT 29 DUKE CITY MARATHON: Albuquerque. Details later
- \* OCT. 12 RUN FOR THE GOLD; FRENSHIP HIGH SCHOOL, Wolfforth, Michelle Jones. Race Director 766-0282 or 793-2825
- OCT. 26 ALLSUP'S ANNUAL FALL ROAD RACES; Tentative

April 1991



Lubbock Arts Festi

15K RUN - 2 MILE RUN - 2 MILE WALK

WEST TEXAS

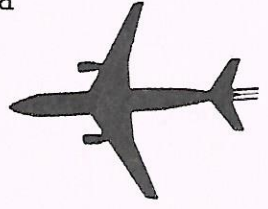
Running Club

Newsletter

P.O. Box 2921

Lubbock, Texas 79408

APRIL 1991



RAFB

9 A.M. April 13, 1991  
FLIGHT LINE RACES  
Details inside Back Cover

April 20, 1991

# WEST TEXAS RUNNING CLUB

## OFFICERS

PRESIDENT : ROM KEY

0 747-4678 H 792-9280

INTERNAL VICE-PRES

JON MASOOD

0 H 797-1870

EXTERNAL VICE-PRES

WES BOULLIOUN

0 765-3561 H 745-3607

SECRETARY

CARLOS VIGIL

0 767-2665 H 762-1234

TREASURER

MICHELLE JONES 0 766-0282 H 793-2825

*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, 7:00 P.M. at 3208 67th, Lubbock. These meetings are open and any member is invited to attend at any time

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## NOTICE

Last months newsletter was mailed to those who had not yet renewed membership because the membership roll is still in the process of being converted to a new computer program under the direction of membership chairman, Sandi Howard.

We will once again send this issue to non-paid as well as current members in order to get the entry forms for the "RUN FOR THE ARTS" in as many hands as possible. If you have not paid your 1991 dues please do so now as this will be the last newsletter. \* As we have previously reported the newsletter costs \$ 8 per member unit per year to produce \*

# PRAIRIE DOG RUN

MARCH 9, 1991

EVENT NUMBER THREE OF THE W.T.R.C.  
1990 CHALLENGE SERIES

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Mark Manley	30	M	22:53	Whitharral	1st	30-39
02	Steve Garcia	28	M	23:07	Lubbock	1st	20-29
03	Jeffrey Jury	30	M	23:17	Lubbock	2nd	30-39
04	Bill Harn	36	M	23:32	"	3rd	30-39
05	Robert Guajardo	48	M	23:55	Levelland	1st	40-49
06	Marjory Stewart	32	F	23:58	Lubbock	1st	30-39F
07	Frank Sumpter, Sr.	37	M	24:16	Lamesa	4th	30-39
08	Trey Jernigan	13	M	24:57	Sundown	1st	< 19
09	Steve Ufford	31	M	24:58	Amarillo	5th	30-39
10	Jimmy Samarron	36	M	25:05	Levelland	6th	30-39
11	Dennis Bell	30	M	25:11	Lubbock	7th	30-39
12	Carlos Vigil	42	M	25:12	"	2nd	40-49
13	Morgan McLarty	21	M	25:21	"	2nd	20-29
14	David Rodriguez	40	M	25:24	"	3rd	40-49
15	Allen Valderaz	15	M	25:42	Denver City	2nd	< 19
16	Barney Adams	38	M	25:55	Lubbock	8th	30-39
17	Wes Boullion	33	M	25:59	"	9th	30-39
18	Gary Bolton	32	M	26:12	"	10th	30-39
19	Gonzalo Ramirez	35	M	26:20	"		
20	Dennis Humphrey	44	M	26:41	"	4th	40-49
21	Rudy Hernandez	29	M	26:47	"	3rd	20-29
22	Joe Martinez	45	M	26:58	"	5th	40-49
23	Ed Patterson	35	M	27:06	Amarillo		
24	Dwayne Oakeley	34	M	27:07	Lubbock		
25	Hal Wilkerson	45	M	27:28	Tulia	6th	40-49
26	James Livermore	44	M	27:33	Lubbock	7th	40-49
27	Rich Kelly	40	M	27:55	"	8th	40-49
28	Larry Byrd	49	M	28:07	Shwater	9th	40-49
29	Bill Roger	51	M	28:12	Levelland	1st	50 +
30	Randy Allen	43	M	28:21	Seagraves	10th	40-49
31	Mano Valderaz	14	M	28:24	Denver City	3rd	< 19
32	Miles Hyman	52	M	28:30	Lubbock	2nd	50 +
33	Mark Garland	37	M	28:31	"		
34	Frank Goodman	44	M	28:33	Littlefield		
35	Reuben Garcia	23	M	28:36	Lubbock	4th	20-29
36	Ken McEachern	50	M	28:52	"	3rd	50 +
37	Micky Davis	34	M	29:41	"		
38	Chris Scott	26	M	30:15	"	5th	20-29
39	Jerry Wright	52	M	30:32	"	4th	50 +
40	Allen Kelly	38	M	30:45	"		
41	Guadalupe Valderaz	33	M	30:49	Denver City		
42	Mike Greer	52	M	31:10	Lubbock	5th	50 +
43	Thomas Jones	51	M	32:05	"	6th	50 +
44	Brenda Martinez	23	F	32:12	"	1st	20-29F
45	Josie Aleman	39	F	32:31	"	2nd	30-39F
46	Tony Aleman	41	M	32:41	"		
47	Kay Fellows	32	F	33:59	"	3rd	30-39F
48	Pat Duffey	39	M	34:00	"		
49	Ivonne Escudero	25	F	34:05	"	2nd	20-29F
50	P.J. Mitchell	40	F	35:17	"	1st	40 + F
51	Jan Ramirez	35	F	36:04	"	4th	30-39F
52	Clive Luke	42	M	36:10	"		
53	Frank Hernandez	53	M	36:37	"	7th	50 +
54	Connie Evans	42	F	38:30	"	2nd	40 + F
55	Lonnie Hollingsworth	58	M	39:24	"	8th	50 +
56	Lucy Hernandez	28	F	41:02	"	3rd	20-29F

AMERICAN DENTAL ASSOCIATION  
MILES FOR SMILES 5K RUN  
FEBRUARY 16, 1991  
RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	Dave Sumrell	28	M	17:07	Lubbock	1st	17-29
02	Larry Romero	18	M	17:19	Sundown	2nd	17-29
03	Marjory Stewart	32	F	17:41	Lubbock	1st	30-45F
04	Alfred Hernandez	17	M	17:50	Sundown	3rd	17-29
05	Robert Guajardo	48	M	17:54	Levelland	1st	46 +
06	Dale Dremman	45	M	18:16	Lubbock	1st	30-45
07	Ken Jernigan	39	M	18:39	Sundown	2nd	30-45
08	Frank Sumpter, Sr.	37	M	18:50	Lamesa	3rd	30-45
09	Michael Smiley	35	M	19:06	Lubbock		
10	Alan Valderaz	15	M	19:19	Denver City	1st	< 16
11	Roy Hernandez	15	M	19:21	Sundown	2nd	< 16
12	Gregory Perry	20	M	19:32	Lubbock		
13	Ky Brown	14	M	19:35	"	3rd	< 16
14	David Davis	30	M	20:01	"		
15	Garv Bolton	32	M	20:02	"		
16	Armando DeLuna	32	M	20:09	"		
17	Joe Gomez	47	M	20:13	"	2nd	46 +
18	Joe Martinez	45	M	20:28	"		
19	Robert Urrutia	24	M	20:41	"		
20	Sue Houle	29	F	20:42	"	1st	17-29F
21	John Rodriguez	13	M	20:49	"		
22	Lyndol Askew	45	M	20:50	"		
23	Robert Flores	23	M	20:55	"		
24	Bill Roger	51	M	21:14	"	3rd	46 +
25	Roger Marks	37	M	21:20	"		
26	Sharon Compass	25	F	21:32	"	2nd	17-29F
27	David Gregory	39	M	22:09	"		
28	Jack Shropshire	55	M	22:45	"		
29	Jon Omdahl	46	M	22:47	"		
30	James Perry	23	M	23:59	"		
31	Earnest Dishman	35	M	24:04	"		
32	John Morrow	52	M	24:11	"		
33	Otto Spitz	33	M	24:40	"		
34	Guadalupe Valderaz	34	M	24:40	Denver City		
35	Miles Hyman	52	M	24:54	Lubbock		
36	Mike Greer	52	M	25:01	"		
37	Jon Masood	45	M	25:09	"		
38	Barry Currey	39	M	25:13	"		
39	Tonya Currey	37	F	25:13	"	2nd	30-45F
40	Don Grimes	39	M	25:32	"		
41	Felix Garcia	39	M	26:31	"		
42	Earnest Camp	46	M	26:42	"		
43	Coby Jones	14	M	26:45	"		
44	Richard Morgan	47	M	28:25	"		
45	Willard Minnis	48	M	28:34	"		
46	Michael Martinez	14	M	30:04	"		

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 \*CONGRATULATIONS\*  
 TO  
 Wes Boullion and Susan Lortan  
 Upon their recent Marriage  
 \*\*\*\*\*

W.T.R.C. CHALLENGE SERIES  
THROUGH THREE EVENTS

30 - 39 MALE	PTS.	MILES	EVT.	40 - 49 MALE	PTS.	MILES	EVT.
MARK MANLEY	30	14.2	3	DAVID RODRIGUEZ	27	10.0	3
KEN JERNIGAN	19	10.0	2	DENNIS HUMPHREY	20	18.2	3
BILL HARN	18	12.0	2	ROBERT GUAJARDO	20	18.2	3*
TOMMY PARRISH	16	6.0	2	CARLOS VIGIL	18	18.2	3*
FRANK SUMPTER SR.	16	14.0	3*	GARY PERRY	16	10.0	3*
JIM SAMARRON	14	14.2	3**	RONNIE NUGENT	16	14.2	2
DENNIS BELL	12	26.2	3**	JOE A.GOMEZ	15	6.0	2
GUADALUPE VALDERAZ	11	10.0	3	JOE MARTINEZ	13	14.2	2
WES BOULLION	11	18.2	3*	STEVE IRELAND	12	6.0	2
CHUCK JOHNSON	10	10.2	2	RON KEY	11	18.2	3*
DAVID SKELTON	9	6.0	2	MICHAEL CHAMALES	10	4.0	1
JEFFREY JURY	9	4.0	1	JAMES LESER	10	8.0	1
HILT BROWNFIELD	8	8.0	1	JAMES LIVERMORE	8	18.2	3
GARY BOLTON	8	8.0	2	HAL WILKERSON	7	14.2	2
MICKY DAVIS	8	18.2	3	RANDY ALLEN	7	8.0	2
TOM WEIS	7	8.0	1	JOHN SCOTT	6	2.0	1
DWAYNE OAKLEY	6	8.0	1	AL GROTZ	5	14.2	2
JACKIE CANNON	6	8.0	2	HAL WILKERSON	5	4.0	1
STEVE UFFORD	6	4.0	1	LARRY BYRD	5	10.2	2
SID WALKER	5	8.0	1	RICK KELLY	4	12.0	2
DON KEPHART	4	6.2	1	BILL VITALIC	4	4.0	1
MARK GARLAND	3	12.0	2	FRANK GOODRAN	4	10.2	2
BARNEY ADAMS	3	4.0	1	JON MASOOD	3	10.2	2
RON SEAL	1	8.0	1	W E MINNIS	2	4.0	1
PAT DUFFY	0	4.0	1	JIM WILHELM	2	8.0	1
ED PATTERSON	0	4.0	1	MIKE KELLEY	0	14.2	2
ALLEN KELLY	0	4.0	1	CLIVE LUBE	0	4.0	1
ED DABROWSKI	0	6.2	1*	WALTER JORDON	0	8.0	1
GONZALO RAMIREZ	0	16.4	2**	TONY ALEMAN	0	18.2	3

0 - 19 MALE	PTS.	MILES	EVT.
ALAN VALDERAZ	27	14.0	3
TREY JERNIGAN	20	18.2	3*
FRANK SUMPTER JR.	10	10.2	2*
RAYMOND AVALOS	10	2.0	1
JAY WINFREY	9	4.0	1
TANNER ROUNDS	8	2.0	1
JOHN RODRIGUEZ	8	4.0	1
MANO VALDERAZ	8	4.0	1
MARK VALENCIA	7	2.0	1

20 - 29 FEMALE	PTS.	MILES	EVT.
BRENDA MARTINEZ	20	12.0	2
LUCY HERNANDEZ	18	10.2	2
DIANA HERNANDEZ	10	2.0	1
DIANNE GOMEZ	10	4.0	1
ELIZABETH ROBLES	9	2.0	1
IVONNE ESCUDERO	9	4.0	1

30 - 39 FEMALE	PTS.	MILES	EVT.
MARJORY STEWART	30	18.2	3
JOSIE ALENAN	29	10.0	3
MICHELLE JONES	9	4.0	1
SHIRLEY WIGLEY	9	14.2	2**
KAY FELLOWS	8	4.0	1
ROBERTA THOMPSON	8	6.2	1
JAN RAMIREZ	7	10.2	2*

OTHER VOLUNTEERS	PTS.	MILES	EVT.
MRS. JERNIGAN	0	6.2	1*
SAM AYRES	0	6.2	1*
JONI BELL	0	12.0	1*
SUSAN LORTAN	0	8.0	1*

\*\*\*\*\*  
 \*CONGRATULATIONS\*  
 TO  
 Wes Boullion and Susan Lortan  
 Upon their recent Marriage  
 \*\*\*\*\*

## NEWS and NOTES

### PRAIRIE DOG RUN KIDDOS

The weather was beautiful for the PRAIRIE DOG TOWN RUN. March 9, 1991: too hot for running, too cold for spectating. The new course layout worked out well as the onlookers were able to watch the first half mile of the race develop as well as the last quarter mile to the finish. Also, with the new start location there was a nearby parking lot for convenience and the scenery was nicer. Mark Manley was the first overall finisher and Marjory Stewart was the first female of 56 runners. Being the inexperienced Race director that I am, I failed to give recognition to those who assisted me with the race. Thanks are in order to Ron Key (trailer, equipment, finish line & race results), George Jury (registration), Gary Perry (registration) Rick Deaver (course markers and splits) and Joni Bell (turn-around). I definitely couldn't have done it without them. Also, I would like to thank all those who participated. I think we had a good race.

Shirley Wigley, Race Director

### AT THE RACES

Several Club members ran the RATTLESNAKE RUN at Sweetwater. March 10th turning in pretty good times considering the allready extremely hilly course was accompanied by a pretty stiff dust storm. Known WIRC members times are: Adam Romero, 42:59; Joe Martinez, 44:00; Joe Gomez, 44:28; Robert Blevins, 46:16; Hal Wilkerson, 46:23; Randy Allen, 46:56; Tom Bowser, 51:16. Francis Johns "walked" the course and his wife Sue turned in a good time too but times were not available. Running her first race since an injury last August was former club member, Sherill Easterling who says "Hello!" to all her old friends.

Robert Guajardo completed the "COWTOWN MARATHON" in 3:33. Feb. 23rd.

### BOSTON BOUND

Heading to Beantown for the 95th running of the BOSTON MARATHON on Monday April 15.1991 (PATRIOTS DAY) are Ron Key, Larry Byrd and Bill Roger. Three time qualifier, Carlos Vigil will stay at home.

### DIRECTOR NEEDED

Anyone who would like to fill an unexpired term on the board of directors, please call President Ron Key. This person's primary responsibility will be to maintain the club's equipment.

### DESERT STORM

W.T.R.C.'s lone representative in the Mid-East is Bobby Lugo, a Marine Reservist who is in a motorized division and will probably be there quite a bit longer as he will be helping to get all that equipment back home. Thank you, Bobby, and we continue to pray for your safe return.

## MORE NEWS & NOTES

### HEALTH FAIR

This year's HEALTH FAIR at the SOUTH PLAINS MALL will be held April 6th Director P.J. Mitchell is organizing a booth there to promote the W.T.R.C. and the "RUN FOR THE ARTS". Anyone who can assist with this project please call P. J. at 794-0135

### RACE NEWS

The race scheduled for March 30, 1991 to benefit the TTU track program has had to be cancelled due to failure to obtain a campus use permit in time. This would have been a worthy cause and would have afforded participants a chance to see a SWC Track Meet.

On a positive note, Race Director Joey Thacker has done his homework for the First Annual ROARING SPRINGS SPLASH and DASH set for April 27, 1991 Entry forms are inserted in this Newsletter. It sounds like this will be a fun event which will help celebrate Motley County's Centennial.

### NATIONAL WINNERS

Congratulations to the LCU track team who won the NAIA Championship indoors after winning in cross country last fall. Darrell Price was named Indoor Track "Coach of the Year".

More of the same to SPC who finished a close 2nd in the NJCAA indoor and had James Morris named "Indoor Track Coach of the Year".

### YOUNG RUNNERS

Be sure to watch the track results in the Sunday A-J to see how our High School members are faring. Those who are club members to look for are Frank Sumpter, Jr., Lamesa; Raymond Avalos, Frenship; and Chris Miller and Todd Payne of Coronado. Another former Coronado runner and club member, Jimmy Balmer is still improving on his times competing for U.of Texas, Arlington. He recently won the 10,000 M in a meet in San Antonio with a time of 31:00.

### RUN FOR THE ARTS

Ron Key has replaced Gary Perry as Race Director for the "RUN FOR THE ARTS" as Gary's job demands have been increased. Gary still will shoulder a great amount of responsibility however, as you can see from the duty roster on page 10. Plenty of volunteers are still needed so call any one of the committee chairmen to help out. As mentioned in an earlier newsletter, the 2 Mile run is to be arranged so that one can compete as an individual as well as a member of a "Corporate Team". An additional feature is to have a "Corporate Team" competition in the 2 Mile walk.

TRIATHLETE NEWS

LET'S TALK ABOUT "DOING" A DUATHLON: Since it appears that we will be having a Duathlon in the city this year, I feel that it would be appropriate to discuss this multi-sport event. First of all, please let it be known that this was initially named, Biathlon; however, since there is a long standing Olympic event called Biathlon, that consisted of cross country skiing and rifle shooting, it was requested that the multi-sport(Triathlon) people refrain from using this name in their events. So, the name Duathlon was created to make everyone happy. Normally this event is a run-bike-run and the more or less average distance is 5K run-30K bike-5K run, depending the course layout and location. By creating this type of event it gives those people who cannot or will not swim the opportunity to participate in a multi-sport event. It has surfaced on the national scene with some outstanding duathletes and one very notable marathoner, Frank Shorter. This event is very challenging in that you must train on the bike and then get in those so called "fatigue" runs. The big challenge to this event is the second run, with fatigued legs and in many cases the run courses are different so you get three different type courses to challenge you.

Some general observations on training: RUNNING-training runs should remain basically the same as if you are training for a 10-15K event, since you will be riding your bike and it will give you some speed work, while still getting the aerobic workout. You must train with the understanding you have to conserve energy as much as possible since you have a bike ride to follow and the concluding run. It is my experience that the concluding run feels like your legs died and went to running heaven. Be prepared to have a 2-4 minute slower run on the second run. In looking through the finishing results of some major national races I noticed where the big boys had an average of 2-4 minutes slower time on the second run, depending on the actual distance. So, train the same, conserve energy, and be prepared for a couple of dead legs and a slower time. BUT!!! Boy does it feel good when you finish!!!!

BIKING-first of all you need a bike and it should have the same equipment as the bike used in a Triathlon, i.e. aero bars, disc wheel, helmet, etc., since you are not allowed to draft and you must do it on your own. The training for the bike should consist of rides from 10-25 miles consisting of workouts with both the run before the bike and a run after the bike. Not necessarily all three on the same day, but alternate it somewhat. You must train this way to get the feeling of how it is going to feel in the actual event. You should also do a practice run-bike-run to get the overall feeling and then you will not be surprised when you actually do your first DUA. This is not to say that every workout should be a dual event work out, just throw some in to get the feel. Also, ride the bike with the understanding your legs are somewhat used from the first run and that you will be required to run again after you get off of it, so conserve. It has also been suggested that in the last mile or two of the bike that you shift to a gear that will allow you to spin very freely. This will enable your legs to adjust to the concluding run easier. Happy DUATHLONING to you and call me for a training ride and run. The first ever Duathlon for Lubbock, Texas will be held August 17, called the "It's So Easy Duathlon", at Buddy Holly Park, 5K run, 30K bike, 5K run. A good book for some tips on this event is "Training and Racing Biathlons", by Mark Sisson. Give me a call for a copy if you would like one.

Calendar: April 6 West Texas State U Sprint  
 " 20 Duathlon-San Angelo, Tx  
 " 28 Border Classic, Tri, Laredo  
 June 1 Milkman, Tri, Dexter, NM  
 29 Buffalo Springs Lake, Tri  
 NOTE: Cancel Hub City Triathlon and Texas Tech Duathlon

WEST TEXAS<sup>9</sup> RUNNING CLUB

MEMBERSHIP APPLICATION

Date \_\_\_\_\_

\$8.00 First member  
 \$2.00 each additional  
 Family member at the  
 same address

Make Check Payable to:

WEST TEXAS RUNNING CLUB  
 P.O. Box 2921  
 Lubbock, Texas 79408

Your Name \_\_\_\_\_  
 Street or Box # \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone # \_\_\_\_\_

Your NAME \_\_\_\_\_ Age[ ]  
 Sex M or F Date of Birth / /

ADDITIONAL FAMILY MEMBERS

NAME \_\_\_\_\_ Age[ ]  
 M or F Date of Birth / /

NAME \_\_\_\_\_ Age[ ]  
 M or F Date of Birth / /

NAME \_\_\_\_\_ Age[ ]  
 M or F Date of Birth / /

Please x one[ ]

Renewal [ ] New Member [ ] Amount enclosed \$ \_\_\_\_\_

Checks only please

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees.

W.T.R.C. is a volunteer non-profit organization If you would like to be a part of sustaining the principles of the club please check which area you might be able to assist; Membership[ ], Newsletter[ ] Equipment[ ], Club Races[ ], External Races[ ], Social[ ]

LUBBOCK ARTS FESTIVAL  
 RUN FOR THE ARTS  
 April 20, 1991

RUN FOR THE ARTS Race director, Ron Key (W) 747-4678  
 (H) 792-9280

Assistant Race Director:

James Bone (W) 747-2448 (H) 792-8390

Advertising and Promotion:

Sandi Howard (W) 793-4350 (H) 795-6981

Registration:

Sue Perry 795-0842

P.J. Mitchell 794-0135

Sponsors:

Gary Perry 795-0842

James Bone

Course Layout:

Ron Key

Carlos Vigil (W) 767-2665 (H) 762-1243

Childrens Run:

Wes Boulliou (W) 765-3561 (H) 745-3607

Aid Stations and Splits:

Gary Perry

James Bone

Finish Line and Results:

James Bone

Treasurer:

Michelle Jones (W) 766-0282 (H) 793-2825

Awards:

James Bone

Gary Perry

Pre-Race Dinner:

Wes Boulliou (W) 765-3561 (H) 745-3607

P.J. Mitchell

Walk Division:

P.J. Mitchell

Corporate Division Run:

Sandi Howard

Anyone wishing to help may call the above listed people to volunteer. The next planning meeting will be held at:

3208 67th St., Tuesday, April 2, 1991 at 7:00 P.M.  
 and Tuesday April 9, 1991 at 8:00 P.M.,  
 after the regular W.T.R.C. Mtg.



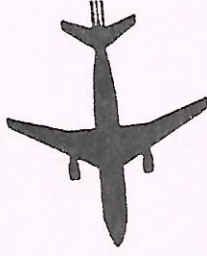
FLIGHT LINE RACES  
 W.T.R.C. APRIL CLUB RACE

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN : SATURDAY , APRIL 13, 1991

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

RACE START: 9 A.M.



WHERE : REESE AIR FORCE BASE

PICNIC GROUNDS

COURSE : SLIGHTLY ROLLING TERRAIN, OUT & BACK

DISTANCE : CHOICE OF THREE

2 MILE, 10K, HALF-MARATHON

ENTRY FEE : \$4 for W.T.R.C. MEMBERS

\$5 for OTHERS

AGE DIVISIONS and AWARDS

2 Mile

Men 0 TO 19, 20-29, 30-39, 40-49, 50 Plus

Women 0-19, 20-29, 30-39, 40 Plus

10 K and Half-Marathon

Men 0-29, 30-39, 40-49, 50 Plus

Women 0-29, 30-39, 40 PLUS

RACE DIRECTOR : RONNIE NUGENT, 793-1735

\*\*\*\*\* W.T.R.C WINDBREAKERS \*\*\*\*\*

W.T.R.C WINDBREAKERS

The TYVEK club logo jackets which many members have been wearing are so popular that several requests have been made by others about a reorder. We must have a minimum of 50 to reorder at a cost of \$17.50 each. If you are interested please call Sandi Howard at 795-6981.