

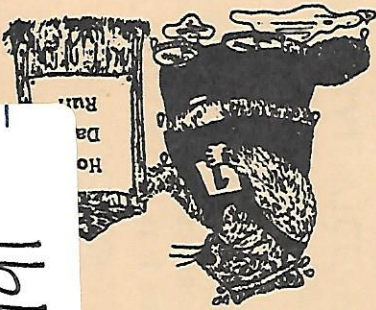
## CALENDAR of EVENTS

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

### WEST TEXAS RUNNING CLUB RACE CALENDAR

- AUG. 3 **AUGUSTFEST FUN RUN**; Idalou 10K and 2 Mile run and walk; 8 A.M.  
Race Director, Rosie Marmolejo, 744-5505 x760 or 892-2021
- \* AUG. 10 **HOT DAM RUN**; MIK PARK, Lubbock, 23rd and Quirt, 5 Mile, 8 A.M.  
Ron Key, Race Director, 747-4678 or 792-9280  
Special Children's One Mile at 7:40 A.M. (see page 11)
- AUG. 17 **"IT'S SO EASY" DUATHLON** contact Mike Greer, 796-8213
- AUG. 18 **PRUDE RANCH RACES**; Half-Marathon, 10K and 5K;  
call Johnny Lemons at 915-366-4947
- \* SEPT 14 **SHALLOWATER STAMPEDE**; 10K and 2 Mile, Shallowater, 8 A.M.  
Larry Byrd, Race Director, 832-4600
- SEPT 28 **RED RAIDER ROAD RACE**; 10K and 5K on TEXAS TECH UNIVERSITY  
CAMPUS; 8 A.M. \$10 early, \$15 late; Contact George Jury  
792-1237 after 6 P.M.
- SEPT 29 **DUKE CITY MARATHON**; Albuquerque, Marathon; Half-Marathon; 5K &  
Walk events; Contact (505) 888-2448
- \* OCT. 12 **GO FOR THE GOLD; 5K, FRENSHIP HIGH SCHOOL**, Wolfforth, 8 A.M.  
Michelle Jones, Race Director, 766-0282 or 793-2825
- OCT. 19 **ICOADA RED RIBBON RUN**; Details Later
- OCT. 26 **ALLSUP'S ANNUAL FALL ROAD RACES**; Details later
- \* NOV. 9 **BUFFALO WALLOW RACES**; 2 Mile and Half-Marathon, BUFFALO SPRINGS  
LAKE, Lubbock; 9 A.M. George Jury, Race Director; 792-3291
- NOV. 16 **ADA TURKEY TROT**
- DEC. 1 **DALLAS WHITE ROCK MARATHON**; call 214-696-6829
- DEC. 7 Arthritis Foundation **JINGLE BELL RUN**
- \* DEC. 14 **REDLINE CROSS COUNTRY RACE**; 4 Mile, MAE SIMMONS PARK; Lubbock  
9 A.M. Mike Kelley, Race Director; (806) 766-0237 or 793-2728

August 1991



W.T.R.C. Race August 10, 1991  
Details Inside Back Cover

AUGUST 1991

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408



# WEST TEXAS RUNNING CLUB

## OFFICERS DIRECTORS

**PRESIDENT : RON KEY**  
 0 747-4678 H 792-9280  
**INTERNAL VICE-PRES**  
**JON MASOOD**  
 0 792-3291 H 792-1237  
 1-800-438-8989 H 797-1870  
**EXTERNAL VICE-PRES**  
**WES BOULLIUM**  
 0 765-3561 H 745-3607  
**SECRETARY**  
**CARLOS VIGIL**  
 0 767-2665 H 762-1243  
**TREASURER**  
**MICHELLE JONES** 0 766-0282 H 793-2825  
 W.T.R.C. Races are usually held the Second  
 Saturday of each Month

3  
**TEXAS' OLDEST CONTINUOUS ROAD RACE**  
**SINCE 1970**  
**WEST TEXAS RUNNING CLUB'S ANNUAL FIRECRACKER RUNS**  
**BROWNFIELD, TEXAS JULY 4th**

The 22nd running of the Firecracker Races was highlighted by the most enjoyable 4th of July weather in recent memory. A total of 118 entries tied the 1988 figure for attendance and was only down a little from last year. Considering all the special Independence Day activities vying for time on the holiday agenda we have to be very pleased with the turnout. For the second year in a row, a new course record was set with Marjory Stewart's 1:05:30, erasing the 11 year mark of 1:07:26 in the 10 mile. Extending their attendance streaks to 13 and 11 years in a row were James Livermore and Jim Wilhelm.

Race Director, Mark Manley, is to be commended for a superb effort. A paving job had wiped out the mile marks, so he had to re-measure and mark the course. His wife, Teresa, and 3 children pitched in and helped set out the course and man the water stop. Other club volunteers were George & Pat Jury, Joe Martinez, Sandy Howard and Larry Byrd.

Many thanks to Bob Cannon, Rodney Keeton and the other volunteers of the Brownfield Chamber of Commerce for their assistance. With their help we had an additional water stop and Mr. Cannon again took many photographs which will be shared with the participants. They also generously purchased WTRC caps to give to the MHRM Achilles Heel Track Club members.

Also, a special thanks to James Bone & the Fleming Company for supplying the watermelons and oranges. Thanks to Carlos Vigil for transporting them. Also present were Brownfield Radio and Newspaper people who gave great publicity (the event was written up 3 times in the Brownfield Paper). Additional contributors were Mr. Norman Misplay of Whataburger with drink cups and as always Danny Thornton with the Sparkletts Water.

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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## OFFICER NOMINATIONS

Final nominations for officers and directors will be made at the regular monthly meeting of W.T.R.C. on August 13, 1991 at the address given above. Ballots will be mailed in the September Newsletter. Anyone who would be interested in serving please call Bill Roger at 1-894-7911.

## CHALLENGE SERIES

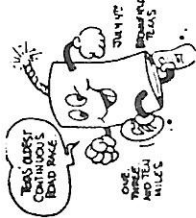
Remember that to be eligible for CHALLENGE SERIES awards, participants must have agreed to serve as a non-running volunteer at one of the remaining monthly W.T.R.C. races if you have not already done so. Call either the race director or David Rodriguez at the numbers listed above.

## CHILDREN'S ONE MILE

PLACE	NAME	AGE	SEX	TIME	CITY
01	Travis Perez	10	M	6:34	LUBBOCK
02	Todd Bissett	12	M	7:17	BROWNFIELD
03	Alex Mendoza	11	M	7:25	LEVELLAND
04	Thomas Guerra	9	M	7:34	SLATON
05	Melody Allen	11	F	7:54	SEAGRAVES
06	Sean Valderaz	7	M	8:10	DENVER CITY
07	Tara McCandless	11	F	8:21	FLOYDADA
08	Lana McGandless	8	F	8:39	FLOYDADA
09	Chance Snider	7	M	8:47	MEADOW
10	Cris Wright	9	M	9:09	LUBBOCK
11	Ben Wright	7	M	9:10	LUBBOCK
12	Mayuri Patel	12	F	9:15	BROWNFIELD
13	Emily Perry	10	F	9:29	LUBBOCK
14	Michelle Manley	9	F	9:33	WHITHARRAL
15	Priti Patel	9	F	9:41	BROWNFIELD
16	Meredith Livermore	7	F	9:42	LUBBOCK
17	Josue Delao	11	M	9:56	BROWNFIELD
18	Holly Gwyn	9	F	10:05	LOOP
19	Kala Bissett	9	F	10:09	BROWNFIELD
20	Michael Manley	7	M	10:11	WHITHARRAL
21	Marisa Fouseca	6	F	10:19	BROWNFIELD
22	Megan Wright	6	F	11:00	LUBBOCK
23	Marisa Valderaz	4	F	11:06	DENVER CITY
24	Rupal Patel	7	F	11:22	BROWNFIELD
25	Deborah Manley	5	F	11:23	WHITHARRAL
26	Ben Stewart	5	M	NT	LUBBOCK
27	Ian Stewart	2	M	NT	NT

# FIRECRACKER RUN!

TEXAS' OLDEST CONTINUOUS ROAD RACE.



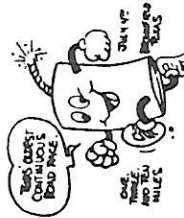
## 10 Mile Results

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	Marjory Stewart	32	F	1:05:30	LUBBOCK	1st	30-39F
02	Dennis Bell	30	M	1:07:31	"	1st	30-39
03	Idalia Casiano	23	F	1:07:52	"	1st	20-29F
04	Jim Samarron	36	M	1:08:08	LEVELLAND	2nd	30-39
05	Joe Post	42	M	1:08:54	LUBBOCK	1st	40-49
06	Robert Guajardo	48	M	1:09:45	LEVELLAND	2nd	40-49
07	Kurt Johnson	27	M	1:10:36	LUBBOCK	1st	20-29
08	Carlos Vigil	42	M	1:11:10	LUBBOCK	3rd	40-49
09	Joe Thacker	43	M	1:11:46	ROARING SPGS	4th	40-49
10	Steven Gonzales	25	M	1:12:27	LUBBOCK	2nd	20-29
11	Ron Key	47	M	1:13:48	"	5th	40-49
12	Jim Pillow	43	M	1:15:13	SEAGRAVES	6th	40-49
13	Al Grotz	42	M	1:15:24	LUBBOCK	7th	40-49
14	Dennis Humphrey	44	M	1:15:37	"	8th	40-49
15	Robby Timberlake	43	M	1:15:42	LEVELLAND	9th	40-49
16	Bill Roger	52	M	1:16:54	"	1st	50-59
17	Hal Wilkerson	45	M	1:17:24	TULIA	10th	40-49
18	Teresa Dyson	32	F	1:17:29	PAMPA	2nd	30-39F
19	Ronnie Nugent	44	M	1:17:40	LUBBOCK		
20	Randy Allen	44	M	1:22:14	SEAGRAVES		
21	Rick Deaver	35	M	1:23:21	LUBBOCK	3rd	30-39
22	Mike Greer	52	M	1:24:15	"	2nd	50-59
23	Stephen Rau	23	M	1:24:30	"	3rd	20-29
24	Craig Bullis	31	M	1:24:30	"	4th	30-39
25	Jerry Wright	52	M	1:25:18	"	3rd	50-59
26	Mickey Davis	34	M	1:25:27	"	5th	30-39
27	James Livermore	44	M	1:25:46	"		
28	Teresa Greer	40	F	1:26:23	"	1st	40-49F
29	Tjm Jones	52	M	1:28:17	"	4th	50-59
30	Chuck Johnson	33	M	1:29:06	"	6th	30-39
31	Tony Aleman	42	M	1:29:33	"		
32	Jim Wilhelm	40	M	1:34:25	"		
33	Hugh Haynes	59	M	1:35:57	SLATON	5th	50-59
34	Richard Bullis	58	M	1:39:07	HOUSTON	6th	50-59
35	P. J. Mitchell	46	F	1:39:17	LUBBOCK	2nd	40-49F
36	Don Hunt	57	M	1:42:51	"	7th	50-59
37	Shirley Wigley	37	F	1:44:57	"	3rd	30-39F
38	Connie Evans	42	F	1:47:50	"	3rd	40-49F

WEST TEXAS RUNNING CLUB

# FIRECRACKER RUN!

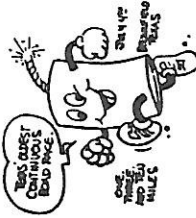
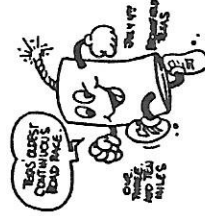
TEXAS' OLDEST CONTINUOUS ROAD RACE.



# FIRECRACKER RUN!

## 3 Mile Results

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	Frank Sumpter, Jr.	16	M	17:34	LAMESA	1st	16-19
02	Edward Sambrano	16	M	17:38	BROWNFIELD	2nd	16-19
03	Frank Sumpter, Sr.	37	M	17:56	LAMESA	1st	30-39
04	Trey Jernigan	13	M	18:01	SUNDOWN	1st	< 15
05	Benny Mares	22	M	18:20	LEVELLAND	1st	20-29
06	Daniel Fonseca	44	M	18:45	BROWNFIELD	1st	40-49
07	Alan Valderaz	15	M	19:00	SLATON	2nd	< 15
08	Jose Aguayo	35	M	19:11	LAMESA	2nd	30-39
09	Tommy Parrish	34	M	19:19	LUBBOCK	3rd	30-39
10	Mano Valderaz	14	M	19:25	SLATON	3rd	< 15
11	Michael Chamales	46	M	19:34	LUBBOCK	2nd	40-49
12	Frank Espinosa	18	M	19:46	LAMESA	3rd	16-19
13	Saul Hernandez	23	M	19:46	LAMESA	2nd	20-29
14	Gary Bolton	32	M	19:48	LUBBOCK	4th	30-39
15	Marty Manuel	18	M	19:48	"	4th	16-19
16	Stephen John	35	M	19:53	LEVELLAND	5th	30-39
17	Danny Doyle	32	M	20:09	LUBBOCK	6th	30-39
18	David Lucio	28	M	20:11	LAMESA	3rd	20-29
19	Jay Winfrey	12	M	20:15	SUNDOWN	4th	< 15
20	Scott Kinghorn	16	M	20:18	LUBBOCK	5th	16-19
21	Jeff Whitley	28	M	20:33	LEVELLAND	4th	20-29
22	Gary Perry	46	M	20:44	LUBBOCK	3rd	40-49
23	Alonzo Mendoza, Jr.	33	M	21:35	LEVELLAND	7th	30-39
24	Lanelli McCandless	36	F	22:20	FLOYDADA	1st	30-39F
25	Rudy Hernandez	29	M	22:22	LUBBOCK	5th	20-29
26	David Knaff	26	M	22:28	"	1st	50-59
27	John Morrow	52	M	22:29	"	2nd	50-59
28	Chet Snyder	15	M	22:40	MEADOW	5th	< 15
29	Max Kattwinkel	24	M	22:58	FRANKLIN	6th	20-29
30	Deanna Lockett	23	F	22:59	LUBBOCK	1st	20-29F
31	Chris Scott	27	M	23:09	"	7th	20-29
32	Tara Jernigan	10	F	23:13	SUNDOWN	1st	< 15 F
33	John Snyder	41	M	23:22	MEADOW	4th	40-49
34	Josie Aleman	40	F	23:38	LUBBOCK	1st	40-49F
35	Frank Hernandez	53	M	24:33	"	3rd	50-59
36	Kenneth Parmer	28	M	24:50	LEVELLAND	8th	20-29
37	John Scott	48	M	24:55	LUBBOCK	5th	40-49
38	Donald McCandless	41	M	25:14	FLOYDADA	6th	40-49
39	Willard Gwyn	46	M	26:27	LOOP	7th	40-49
40	Rose Valderaz	34	F	26:53	SLATON	2nd	30-39F
41	Betty Johnson	32	F	27:08	LUBBOCK	3rd	30-39F
42	Willard Minnis	49	M	27:15	"	8th	40-49
43	Willard Kinghorn	53	M	27:26	"	4th	50-59
44	Lonnie Hollingsworth	59	M	28:25	"	5th	50-59
45	John Owens	62	M	29:39	SEAGRAVES	1st	60 +
46	Sarah Stevenson	33	F	30:00	LUBBOCK	4th	30-39F
47	Linda Chamales	46	F	30:39	"	2nd	40-49F
48	Cecil Salazar	22	M	30:51	"	9th	20-29
49	Jill Merritt	34	F	47:32	"	5th	30-39F
50	Kathy Long	32	F	1:02:51	"	6th	30-39F
51	Rachel Jones	5	F	1:05:20	"	2nd	< 15 F
52	Diana Thurman	41	F	1:07:00	"	3rd	40-49F
53	Sheila Turner	25	F	1:33:00	"	2nd	20-29F



W.T.R.C. 1991 CHALLENGE SERIES STANDINGS

AFTER 7 EVENTS

W.T.R.C. CHALLENGES SERIES THROUGH SEVEN EVENTS

Table with columns: PTS, MILES, EVT. for 30-39 MALE, 40-49 MALE, 50-59 MALE, 60-69 MALE, 70-79 MALE, 80-89 MALE, 90-99 MALE, FEMALE, and OTHER VOLUNTEERS.

Table with columns: PTS, MILES, EVT. for 20-29 FEMALE, 30-39 FEMALE, 40-49 FEMALE, 50-59 FEMALE, 60-69 FEMALE, 70-79 FEMALE, 80-89 FEMALE, 90-99 FEMALE, and OTHER VOLUNTEERS.

We have as strong and active a club as anywhere in the state and we are made up of a people who are about as diverse in every aspect of life as the general population.

The WEST TEXAS RUNNING CLUB was founded in 1972 to promote long distance running as a form of recreation and fitness and to bring together folks wanting to keep their motivation up by associating with other runners.

Twice a year the club puts on larger races for which entrants get nice T-Shirts as souvenirs and corporate sponsors contribute in order to insure financial success and thus benefit club "charities".

The first of these is the "RUN FOR THE ARTS" held annually in conjunction with the HUDROCK ARTS FESTIVAL in April. Proceeds from this race in the past have benefited such activities as the U.S. OLYMPIC FUND, SPECIAL OLYMPICS and the BOY SCOUTS OF AMERICA.

The second major race of the year is the "RED RAIDERS ROAD RACE" in conjunction with Texas Tech University Homecoming in which the proceeds add to THE WEST TEXAS RUNNING CLUB SCHOLARSHIP at TTU.

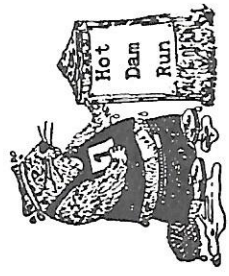
A question I have been asked at several of the club races that I have worked registration is "Don't we get a T-Shirt?" those of us who have been entering races long enough and have been paying \$10 to \$12 entry fees have too many drawers full of shirts anyway.

That mention of money brings up another subject. While most of us aren't stressed by our club entry fees, there are plenty of our members for which that is a hardship. That is one reason our club has a policy of a \$10 maximum for family entries in a club race if all entrants are club members.

As a "veteran" of several larger nearby races, I have learned that getting my entry in early and picking up the packet early is a wise choice as I have observed on several occasions people show up race day morning only to find their entry had not arrived.



HERMAN "It was yesterday."



HERMAN "It was yesterday."

## CROSS-TRAINING

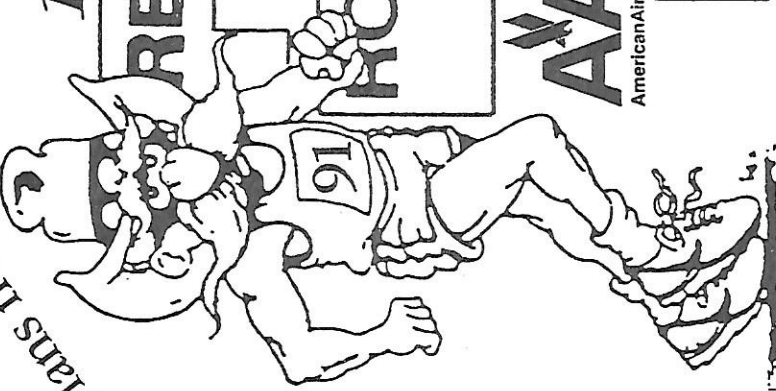
This month we'll do a re-run of Mike's article on training for the duathlon, since the "IT'S SO EASY" DUATHLON is scheduled for August 17, 1991 at BUDDY HOLLY PARK here in the Hub City. A few entry forms are available at 4808 50th St for those that missed them in last months Newsletter.

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.

Make Plans NOW!



10th Annual  
RED RAIDER  
ROAD RACE

5K & 10K

**Date:**  
Homecoming Weeknd  
Saturday, Sept. 28, 1991

**Time:**  
8 a.m.

**Course:**  
Texas Tech Campus  
Starting at Student Rec Center

**Registration Fee:**  
\$10 to Texas Tech Loyalty Fund  
Benefiting academic scholarships

**For Further Information:**  
George Jury, (806) 792-3291 (office),  
(806) 792-1237 (home)

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

**THE "HOT DAM RUN"  
WEST TEXAS RUNNING CLUB'S  
ANNUAL AUGUST RACE  
5 MILES**

**COURSE RECORDS (Since 1988)**

MEN				
AGE	NAME	TOWN	AGE	YEAR
0-12	Jay Winfrey	Sundown	11	1990
13-15	Frank Sumpter, Jr.	Lamesa	15	1990
16-19	Vince Mercado	Lubbock	19	1988
20-29	Art Samarron	Muleshoe	26	1990 *
30-39	Kigen Wilson	Plainveiw	30	1988
40-49	Bobby Cunningham	Abernathy	49	1989
50-59	George W. Jury	Lubbock	53	1989
60+	Tom Bowser	Abilene	61	1988

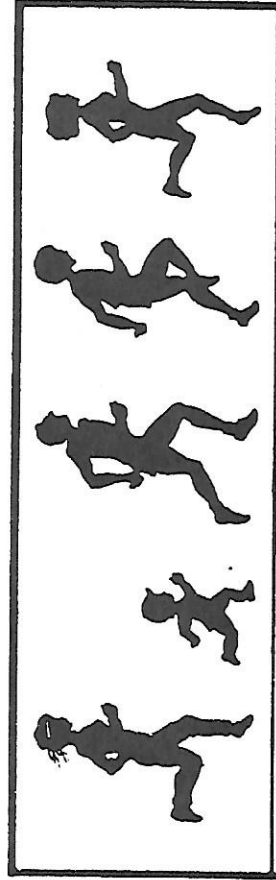
WOMEN				
AGE	NAME	TOWN	AGE	YEAR
0-15	Christina Vasquez	Lubbock	15	1989
16-19	Regina Ortega	Lubbock	18	1989
20-29	Sue Houle	Lubbock	26	1988
30-39	Marjory Stewart	Lubbock	31	1990 *
40+	P.J. Mitchell	Lubbock	45	1990

**\* OVERALL COURSE RECORDS**

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**W.T.R.C. LOGO WINDBREAKER JACKETS**

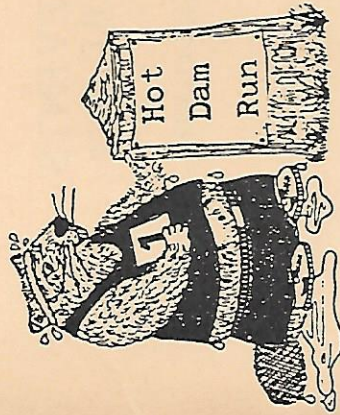
The new shipment of the colorful TYVEK windbreaker jackets with the W.T.R.C. logo on the back has arrived. Call Sandi Howard at 795-6981 to make arrangements to pick yours up. There are several extras available at a cost of \$17.50.



**WEST TEXAS RUNNING CLUB'S  
4th ANNUAL "HOT DAM RUN"  
5 MILES**

And  
Childrens  
One Mile Race

BENEFITTING  
THE SOUTH PLAINS  
FOOD BANK



**EVENT NUMBER 8 of the WTRC CHALLENGE SERIES**

**WHEN:** SATURDAY, AUGUST 10, 1991  
REGISTRATION; 7:00 A.M., on RACE DAY  
RACE START; CHILDREN'S ONE MILE  
7:40 A.M.  
5 MILE; 8 A.M.

**WHERE:** MARTIN LUTHER KING, JR. MEMORIAL AREA (near waterfall on Canyon Lake 6) East of Quirt Ave on E. 22nd St., LUBBOCK, TEXAS

**COURSE:** FIVE MILES OUT and BACK ON ASPHALT, TWO SHORT STEEP HILLS, SEVERAL LESS FORMIDABLE HILLS AND A VERY CHALLENGING FINAL 50 YARDS

**ENTRY FEE:** WTRC MEMBERS \$4; NON-MEMBERS \$5  
CHILDREN Pre-school through 7th Grade \$1

**AGE DIVISIONS:** (Expanded for this race)

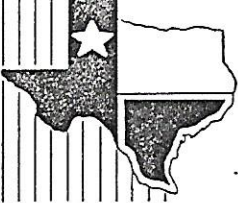
**MEN:** 0-15; 16-19; 20-29; 30-34; 35-39;  
40-44; 45-49; 50-59 & 60 Plus

**WOMEN** 0-19; 20-29; 30-39; 40 & OVER

Nice Trophies will be awarded up to 40 percent in each age group. First Place Boy and Girl will win a special W.T.R.C. Medal with finish medals to the remainder.

**RACE DIRECTOR:** RON KEY; 747-4678 or 792-9280

Additional donations may be made to the SOUTH PLAINS FOOD BANK or you may bring canned food.



# Idalou Chamber of Commerce

2nd Annual

Fun Run



Sanctioned by the West Texas Running Club

**WHAT:** 10 kilometer (6.2) run, 2 mile run, 2 mile walk and children 1 mile run.  
Each participant will receive a commemorative T-shirt.  
Refreshments after the race.

**WHEN:** Saturday, August 3, 1991  
Registration: 7:00 a.m. to 7:45 a.m.  
Race Starts: 8:00 a.m.-childrens 1 mile walk  
8:15 a.m.-10 K, 2 mile run, 2 mile walk

**WHERE:** Idalou Club House, Idalou, Texas  
From Lubbock, Highway 62/82, turn right on Chestnut St., drive 6 blocks.

**COURSE:** Out & Back Flat, asphalt/dirt. Splits at 1 and 3 miles, water at 2 and 4 mile intervals.

**REGISTRATION FEE:** \$ 8.00-Preregistration by August 1, 1991  
\$10.00-Race day

<b>AGE DIVISIONS:</b>	<u>MEN</u>	<u>WOMEN</u>
	19 & Under	19 & Under
	20-29	20-29
	30-39	30-39
	40-49	40-49
	50 & over	50 & over

Medals to the Top Three Division Finishers

Children: Grades 1st through 6th  
Ribbons to all finishers and Medals to the Top Three Division Finishers.

**INFORMATION:** Race Director: Rosie Marmolejo . . . 892-2021

IDALOU CHAMBER OF COMMERCE

2nd ANNUAL FUN RUN

NAME: \_\_\_\_\_ AGE as of 8/3/91: \_\_\_\_\_ GRADE: F m

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EVENT: 10-K 2 MILE RUN 2 MILE WALK CHILDRENS 1 MILE RUN

T-SHIRT: ADULT M    L    XL    CHILDREN L   

WAIVER: Idalou Chamber of Commerce, West Texas Running Club, The City of Idalou, all Corporate sponsors of this event, the employees, agents, or representatives of the same, or any volunteers, shall not be responsible for, and shall be saved and held harmless by my self from and against any and all claims and damages of every kind, for injury to or death of any persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participation in or preparation for the 1991 Fun Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators, and assigns. My Signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. This entry is not valid unless signed by the entrant, guardian conservator, or parent for entrants under 18 years old.

SIGNATURE OF ENTRANT: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE OF GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

MAIL CHECK TO:  
IDALOU CHAMBER OF COMMERCE  
c/o Jane Truett  
P.O. Box 45  
Idalou, Texas 79329