

# CALENDAR OF EVENTS

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

- \* JAN. 12 **MLK MEMORIAL RUN**: 9 A.M.; RAFB; 10K and 2 Mile  
Gonzalo Ramirez, Race Director; 793-4664
- JAN. 20 **HOUSTON-TENNECO MARATHON**: Housston, Sun, 8 A.M. Contact  
" " " " P.O. Box 56464, Houston, Tx 77027  
or call (713) 757-2700
- \* FEB. 9 **COITON PATCH RUN**: 9 A.M. BRENSHIP HIGH SCHOOL, Wolfforth  
8 Mile and 4 Mile Dennis Bell, Race Director; 741-0122
- FEB. 16 ADA "MILES FOR SMILES" RUN & WALK Details Later
- FEB. 23 **COXTOWN MARATHON & 10K**: Ft. Worth call (817) 735-2033 or  
" " " " Box 567, Ft. Worth, Tx 76101
- \* MAR. 9 **FRAIRIE DOG TOWN FOUR MILLER**: 9 A.M.; MACKENZIE STATE PARK  
Shirley Wigley, Race Director; 797-4201
- MAR. 31 **TEXAS TECH UNIVERSITY Track Meet**: 10K and 2 Mile Run  
Details Later
- APRIL 6 **COME WITH THE WIND RUN**: Lubbock Parks & Recreation Dept.  
Andy Cedillo, Race Director; 767-2690 Details Later
- \* 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
- MAY 4 **RUN FOR THE ARTS**: Midland; 5K Details later
- MAY 18 **TALL TOWN 10,000**: Midland, Details later
- \* MAY 11 **HORSESHOE BEND SPRING FROLIC**: North of Slaton;  
11, 6, and 2 Mile races; Hugh Haynes, Director, 828-3586
- MAY 25 **FUNFEST RACES**: Amarillo
- \* JUNE 8 **LEVELLAND LOPE**
- JUNE 29 **BUFFALO SPRINGS TRIATHLON**
- \* JULY 4 **FIRECRACKER RACES**
- \* AUG. 10 **HOT DAM RUN**
- AUG. 17 "IT'S SO EASY" DUATHLON
- OCT. 19 **RED RAIDER ROAD RACE**
- OCT. 26 **ALLSUP'S ANNUAL FALL ROAD RACES**: Tentative

TYVEK W.T.R.C. JACKETS

Enough orders have been placed to met the minimum of 50 needed to get the \$17.50 price. If you want to get in on the order, please call Sandi Howard at 795-6991. (Description in the December Newsletter)

January 1991



January W.T.R.C. RACE  
KERSE AIR FORCE BASE  
January 12, 1991  
Details on Page 11

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
JANUARY 1991





# WEST TEXAS RUNNING CLUB

## OFFICERS

PRESIDENT: RON KEY

0 747-4678 H 792-9280

INTERNAL VICE-PRES

ART RUTHERFORD

0 765-7620 H 797-1244

EXTERNAL VICE-PRES

WES BOULLIUM

0 765-8561 H 745-3607

SECRETARY

BARBARA VITALEC

0 795-9454 H 745-9638

TREASURER

MICHELLE JONES 0 766-0282 H 798-2825

*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

\*\*\*\*\*

## HELP WANTED

THE "RUN FOR THE ARTS" IS JUST AROUND THE CORNER AND  
PLANNING IS UNDERWAY. HELP MAKE THIS YEARS RACES THE  
BEST EVER BY BEING ONE OF THE DOZENS OF VOLUNTEERS THAT  
ARE NEEDED! CALL RON KEY AT 747-4678 or 792-9280

ALSO, A RACE DIRECTOR FOR THE "RED RAIDER ROAD RACE"  
OCTOBER 19, 1991 IS NEEDED \*\*\* CALL RON KEY

Hey! What happened? Cross countries are supposed to be cold, rainy and muddy, but weather for the fifth December "RED LINE" was crisp, dry and anything but windy! Mark Manley cruised to victory in 22:50 (5.42 pace) with Frenship's star Raymond Avalos finishing a close 2nd. Robert Guajardo posted a fine 24:04 for 3rd overall, possibly a course age group best. Robert seems to be in good shape to break the 3 hour barrier at the HOUSTON TENNECO MARATHON in January. Shirley Wigley led the women with a 32:33. Special kudos to the Jernigan family "Roughnecks" (Tara (9), Trey (12) and Ken (39) who huffed and puffed 'til the course came down.

Thanks go to volunteers; Kathy Wilson, Sonny Guffee, Rudy and Frank Hernandez, Sue Houle, Joe Post, Jimmy Samarron and Cande Olivas. A record 50 runners made this the largest turnout since the race began in 1986. MK

## RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Mark Manley	30	M	22:50	Whitharral	1st	30-39
02	Raymond Avalos	18	M	23:06	Wolfforth	1st	< 19
03	Robert Guajardo	48	M	24:04	Levelland	1st	40-49
04	Steve Garcia	28	M	24:15	Lubbock	1st	20-29
05	Bill Harn	36	M	24:17	"	2nd	30-39
06	Frank Sumpter, Jr.	16	M	25:12	Lamesa	2nd	< 19
07	Todd Payne	17	M	25:23	Lubbock	3rd	< 19
08	Frank Sumpter, Sr.	36	M	25:24	Lamesa	3rd	30-39
09	Ken Jernigan	39	M	25:43	Sundown	4th	30-39
10	Carlos Vigil	42	M	26:07	Lubbock	2nd	40-49
11	Trey Jernigan	12	M	26:08	Sundown	4th	< 19
12	Milt Brownfield	33	M	26:27	Lubbock	5th	30-39
13	Joe Martinez	45	M	27:00	"	3rd	40-49
14	Joe Thacker	43	M	27:13	RoaringSpgs	4th	40-49
15	Larry Reno	38	M	27:17	Lubbock	6th	30-39
16	Wes Boullioum	33	M	27:39	"	7th	30-39
17	David Doyle	32	M	27:50	"	8th	30-39
18	Brian Oakley	26	M	27:53	Guam	2nd	20-29
19	Gary Perry	45	M	27:58	Lubbock	5th	40-49
20	Dwayne Oakley	34	M	28:17	"	9th	30-39
21	Bill Roger	51	M	28:53	Levelland	1st	50 Plus
22	Rick Deaver	34	M	28:54	Lubbock	10th	30-39
23	Frank Goodman	44	M	29:18	Littlefield	6th	40-49
24	Ronnie Nugent	44	M	29:35	Lubbock	7th	40-49
25	Dennis Bell	40	M	29:38	"	11th	30-39
26	John Stalcup	57	M	29:39	"	2nd	50 Plus
27	Randy Alien	43	M	30:04	Seagraves	8th	40-49
28	Steve Ireland	49	M	30:28	Lubbock	9th	40-49
29	Dennis Humphrey	44	M	30:30	"	10th	40-49
30	Nasario Hernandez	24	M	30:46	"	3rd	20-29
31	Jon Masood	45	M	30:52	"	11th	40-49
32	Ron Key	47	M	30:57	"	12th	40-49
33	Larry Byrd	49	M	31:00	ShalWtr	13th	40-49
34	Jon Omdahl	44	M	31:04	Lubbock	14th	40-49
35	Randy Bonds	38	M	31:07	"	12th	30-39
36	Chuck Johnson	33	M	31:25	"	13th	30-39
37	Micky Davis	33	M	31:53	"	14th	30-39
38	Jim Wilhelm	40	M	32:03	"	15th	40-49
39	Phil Hur	39	M	32:08	"	15th	30-39
40	Shirley Wigley	37	F	32:33	"	1st	30-39F
41	Earnest Camp	46	M	33:39	"	16th	40-49
42	James Bone	51	M	33:42	"	3rd	50 Plus
43	Josie Aleman	39	F	34:18	"	2nd	30-39F
44	Tony Aleman	41	M	34:45	"	17th	40-49
45	P.J. Mitchell	46	F	36:09	"	1st	40 PlusF
46	Brenda Martinez	23	F	36:43	"	1st	20-29F
47	Paul Rinehart	41	M	37:41	Levelland	18th	40-49
48	Jim Dixon	54	M	38:11	Friona	4th	50 Plus
49	Tara Jernigan	9	F	43:59	Sundown	1st	< 19 F

# RED LINE FOUR MILE CROSS COUNTRY RESULTS

December 8, 1990



W.T.R.C 1990 CHALLENGE SERIES  
CHAMPIONS

Many thanks are due to those participating in the 1990 W.T.R.C. CHALLENGE SERIES as these are the ones primarily responsible for putting on the monthly club races for the rest of us to enjoy. There are some others who donated their time and effort to the cause as well but chose not to be an active participant in the program. Most notable of these is W.T.R.C. Internal Race Director, David Rodriguez whose responsibility was to keep the records and calculate the results but he also made himself available to help at several of the events. The membership thanks you very much, David! In keeping within the rules of the CHALLENGE SERIES a participant is eligible for only one award, therefore in the final standings those marked with an \* have chosen to receive the award in a separate category.

"66 MILE CLUB"

AGE GROUP WINNERS		POINTS*EVENTS**MILES	
MALE			
1	James Bone	89.9	
2	Larry Reno	85.7	
3	Bill Roger	83.0	
	Robert Guajardo	83.0	
6	Joe Martinez	83.0	
7	Shirley Wigley	82.7	
8	Ron Key	79.9	
8	Ronnie Nugent	75.9	
9	Bill Harn	75.7	
10	Joe Thacker	77.9	
11	Tony Aleman	69.8	
12	Gary Perry	67.9	
13	Larry Byrd	66.0	
0-19			
1	Trey Jernigan	55	7
2	Alan Valderaz	38	6
20-29			
1	Cande Olivias	53	7
2	Mark Manley	46	6
30-39			
1	Jimmy Samarron	96	11
2	Bill Harn	85	10
*	David Doyle	71	12
3	Gonzalo Ramirez	67	9
*	Larry Reno	65	12
4	Ed Dabrowski	51	10
5	Wes Boullion	48	8
40-49			
1	Robert Guajardo	110	12
2	Joe Martinez	88	11
3	Joe Thacker	71	11
4	Carlos Vigil	63	8
5	Gary Perry	49	9
50 Plus			
1	Bill Roger	86	11
*	James Bone	77	12
2	Frank Hernandez	31	5

MILEAGE WINNERS

Men	
James Bone	89.9
Women	
Shirley Wigley	82.7

PARTICIPATION LEADERS

Six tied at 12 events each

David Doyle
Larry Reno
Tony Aleman
Robert Guajardo *
James Bone *
Josie Aleman *

W.T.R.C. 1990 CHALLENGE SERIES  
FINAL STANDINGS

PTS.	MILES	EVT.	40 - 49 MALE	PTS.	MILES	EVT.
96	48.3	11*	ROBERT GUAJARDO	110	83.0	12*
85	75.7	10*	JOE MARTINEZ	88	83.0	11*
71	47.1	12**	JOE THACKER	71	77.9	11*
67	45.5	9**	MIKE CHANALES	69	19.1	7
65	85.7	12*	CARLOS VIGIL	63	57.4	8*
51	33.1	10*	GARY PERRY	49	67.9	9*
48	57.5	8*	TONY ALEMAN	38	69.8	12*
44	30.0	6*	LARRY BYRD	35	66.0	8**
38	18.1	6	FRANK GOODMAN	33	32.4	6
33	38.7	9*	RON KEY	31	79.9	9**
33	19.4	4	PAUL RINEHART	29	20.2	6
30	26.2	5	JOE A.GOMEZ	29	12.1	4
26	37.1	4	AL GROTZ	27	38.3	4
22	23.1	3	RONNIE NUGENT	26	75.9	5**
19	44.3	5	JAMES LIVERMORE	25	59.5	7
19	39.1	4	JON HASOOD	21	36.5	7
19	23.1	2	MIKE KELLEY	19	51.6	6**
17	18.4	3	DAVID KIMFF	16	5.0	2
17	17.2	4	MIKE NELSON	12	8.0	2
13	39.6	7	BILL VITALEC	6	25.4	3*
13	35.7	7	R.M. BRADY	4	31.3	4*
12	22.4	4				
12	30.3	3	0 - 19 FEMALE	PTS.	MILES	EVT.
11	20.2	3*	TARA JERNIGAN	30	13	4*
10	8.0	3				
10	23.1	2	0 - 19 MALE	PTS.	MILES	EVT.
8	41.2	6	TREY JERNIGAN	55	26.2	7*
7	24.1	2	ALAN VALDERAZ	38	17.1	6*
7	14.2	1*	JAY WINFREY	30	13.0	4
5	13.1	4	JOHN RODRIGUEZ	26	9.0	3*
2	30.2	5	MIKE DOLL	18	6.0	3
0	8.0	1*				
20 - 29 MALE			20 - 29 FEMALE			
53	29.1	7*	SUE HOULE	70	65.6	8*
46	56.3	6**	SAMANTHA JONES	56	43.4	6
31	24.6	4	KATHY WILSON	40	16.0	5*
19	14.0	4*	LUCY HERNANDEZ	37	24.2	4
7	15.1	2*	SHAWA PIERCE	29	27.2	3
			HELEN ESQUIVEL	28	37.2	4*
			TRACY BAUGH	19	32.2	4*
50 - + MALE			30 - 39 FEMALE			
87	49.2	10	JOSIE ALEMAN	107	35.1	12*
86	83.0	11**	SHIRLEY WIGLEY	76	82.7	11**
77	89.9	12*	JAN RAMIREZ	52	30.1	8*
65	71.9	9	APRIL STEIN	50	45.4	5*
31	16.0	5*	MICHELLE JONES	33	27.4	7**
25	18.4	3				
19	10.2	2				
18	24.2	3*	40 - + FEMALE	PTS.	MILES	EVT.
14	10.1	3	CONNIE EVANS	97	66.0	10
			P.-J. MITCHELL	75	38.1	9*
			ROSIE MARHOLEJO	28	9.0	3
			BARBARA VITALEC	10	25.4	3*
			SANDI HOWARD	10	8.2	2*
			DORIS STALCUP	0	20.0	3*

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



**SOUTH PLAINS COLLEGE  
FOURTH PLACE  
NATIONAL JUNIOR COLLEGE CROSS COUNTRY  
CONGRATULATIONS**

**SPC's Hanneck breaks record**

BREVARD, N.C., (Special) - was Jorge Pacheco, who finished seventh in 26:14. SPC's Jose Mondragon claimed 11th with a time of 26:35, and Tom Blackie and David Singoei were 44th and 55th, respectively.

**NJCAA NATIONAL CROSS COUNTRY MEET**  
At DuPont Forest Reserve, Brevard, N.C.

**Team totals:** 1. Brevard, N.C. 53. 2. Blinn College 107. 3. Northern Idaho 111. 4. South Plains College 116. 5. Central Arizona 131. 6. Southwestern Michigan 134. 7. Central Oregon 158. 8. Yavapai, Ariz. 145. 9. Butler County, Kan. 213. 10. Santa Fe, Fla. 227. 11. Lansing 352. 12. Parkland, Ill. 387. 13. Vincennes, Ind. 396. 14. Barton County, Kan. 402. 15. Hagerstown, Md. 433.

**Individual results (five miles):** 1. Phillimon Hanneck, South Plains College, 24:44.7 (new record; old record, 25:04); 2. Miche Barnett, Blinn, 24:58; 3. Willie Songok, Blinn, 25:19; 4. Jose Apuliez, Blinn, 25:53; 5. Chris Gilbert, Northern Idaho, 26:09; 6. Jon Massey, Brevard, 26:11; 7. Jorge Pacheco, South Plains College, 26:14; 8. Chris Caton, Central Oregon, 26:17; 9. Craig Goodrow, Brevard, 26:39; 10. Jeff Campbell, Brevard, 26:35.

**Other SPC participants:** 11. Jose Mondragon 26:35; 44. Tom Blackie 27:51; 55. David Singoei 28:15.

Hanneck snapped the five-mile DuPont Forest Reserve course record by 1:24 and won in 24:44.7.

South Plains entered the meet ranked seventh in the NJCAA, but finished fourth overall in a 22-team field. Host Brevard won the meet with 53 points, edged Blinn College (107) and Central Arizona 131.

Backing Hanneck for South Plains

**HUTCHINSON**



**CYCLES**

**TTU CAMPUS LOCATION**

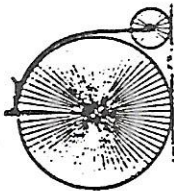
2420 Broadway

744-4189



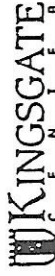
**JANUARY PRICE REDUCTIONS**

**ON ALL WINTER CLOTHING! ALSO AVAILABLE: ROAD AND MOUNTAIN BICYCLES--CYCLING ACCESSORIES SHARK BLADES--OAKLEY SUNGLASSES CYCLOMETERS--HEART RATE MONITORS**



**Hutchinson 4210 - 82nd St. 792-7131**

**Cycles & Fitness**



**NEWS and NOTES  
WHITEROCK MARATHON**

About an hour or so into the race rain began to fall which made for a disappointing number of times for all our runners. Heavy wet feet led to muscle cramps, blisters and quite a few suffered hypothermia. In spite of the slowed times by the elements Lybock area runners posted some pretty fair times, led by Carlos Vigil's 3:15:49 a few minutes better than his DUKE CITY MARATHON time in September. In hopes of not missing anyone in the official listings we are reporting the times of 22 area runners.

NAME	AGE	SEX	TIME	OVERALL	AGE GROUP
Carlos Vigil	42	M	3:15:49	518	92
Kurt Johnson	26	M	3:19:24	592	77
Rudy Cantu	36	M	3:21:47	646	147
Ron Key	47	M	3:24:18	719	61
John Blackburn	31	M	3:26:22	781	200
Bill Roger	51	M	3:28:31	848	39
Larry Byrd	49	M	3:30:56	904	85
Gary Perry	45	M	3:33:27	957	90
Mark Garland	37	M	3:40:51	1158	262
Roger S. Marks	37	M	3:42:54	1215	275
Ken McEachern	49	M	3:43:06	1222	118
Hugh Haynes	59	M	3:52:10	1448	27
Bill Vitalec	44	M	3:56:01	1565	314
James Bone	51	M	4:05:32	1767	94
Roger Greene	46	M	4:12:18	1903	206
Carl Bailey	53	M	4:23:41	2045	120
Chris A. Scott	26	M	4:26:06	2069	229
Samantha Jones	20	F	4:27:51	378	26
Shirley Wigley	36	F	4:28:46	384	91
Tom Jones	51	M	4:29:41	2116	128
Mike Greer	51	M	5:02:56	2509	150
Connie Evans	41	F	5:10:38	503	73

**W. T. R. C. SCHOLARSHIP**

The first W. T. R. C. / TTU LOYALTY FUND scholarship in the amount of \$500 was presented to Shiretta Ownbey, a graduate student in the College of Home Economics on November 27, 1990. A letter of appreciation has been received from Ms. Ownbey. This year's proceeds from the RED RAIDER ROAD RACE of \$2,400 has brought the total in the endowed scholarship fund to \$11,000! Not to brag but just to point out that our club is not just self serving!!!

**MIDEAST CRISIS**

W. T. R. C. member Bobby Lugo is one of the Marine Reservists called to active duty recently. Bobby is reported to be at Camp Pendleton, Ca. prior to deployment to the middle east. Let's remember Bobby and his family in our prayers in this time of uncertainty

**COACH OF THE YEAR!**

As reported on page 10, the LCU Cross Country team has won the NAIA championship and coach Darrell Price has a 11 ready been named District 8 NAIA Coach of the Year. He surely will now be named National Coach of the Year. Congratulations Coach Price.

**W. T. R. C. SOCIAL and AWARDS PRESENTATION**

A good time was enjoyed by a large number at the Dec. 15th Mexican Food supper held at Ron Key's house. Many thanks to Membership chairman Sandi Howard for organizing the affair and to P.J. Mitchell for obtaining some nice door prizes. Those who did not pick up their Challenge Series awards may do so at the January race or call David Rodriguez.



## TRIATHLETE NEWS

TOUGHER THAN THE REST?--During the most recent White Rock Marathon, and during a time when I had not reached brain dead status, I found myself asking a total stranger, "I wonder how it would feel to preface this 26.2 mile run with a 2.4 mile swim and a 112 mile bike ride and how you would focus your mind away from the obvious pain?" To this he replied, "I do not know, nor do I want to find out, let's talk about something else, like drinking beer, sex, automobiles, etc." However, since I have an inquiring mind, and inquiring minds do what to know, I went to my most current issue of Triathlete Magazine for the answer. Much to my delight on page 22 I found the answer. The following are some direct quotes relative to this question and I thought the cross training reading public might be interested. The article is entitled, Tougher Than The Rest?--Psychological characteristics of Ironman Tri-athletes. Here are some points that were determined after a recent study that was conducted during the 1990 Ironman: "Endurance athletes tend to use one of two mental coping strategies: association or dis-association. With association, the athlete adopts an internal focus of attention and monitors bodily sensations. With disassociation, the athlete uses external distractions as a coping strategy. Consistent use of associative techniques prevents the athlete from overextending too early in the race, holding back too much or risking injury. In the past, it has been reported that world-class endurance athletes use an associative style--Stay on pace; I'm feeling a little tired; adjust the gears"; while skilled but less capable endurance athletes use a disassociative style--I'll focus on the crowd for a while; I'll think about what I'll do when I'm finished--during the race. Contrary to current speculation, all Ironman triathletes tested clearly showed a preference for the associative coping style with no distinction between faster and slower triathletes. So you ask, "What did the Ironman Triathletes focus on mentally during the actual race?" The article pointed out that during the swim the majority focused on maintaining proper stroke technique, while during the bike, the focus was on assessing energy needs and eating or drinking accordingly. The Triathletes were very aware of the level of fatigue that they were experiencing on the run segment of the race, during which they focused on maintaining a steady pace. Thoughts like these are considered associative strategies: They are meant to keep the Triathlete focused on the task at hand and ready to react to any unexpected occurrences during the race. However, the Triathletes did use some dis-associative strategies, or thought distractions. The most distracting thoughts occurred during the run portion, where the Triathletes reported focusing on the spectators, scenery or other Triathletes. Since my space is limited I must stop here; however, if anyone would like a copy of this report I would be happy to send the complete article, upon request.

### Calendar Items:

January 26-Frost Yer Fanny Duathlon, Austin, 5k R, 30K B, 5K R

Correct spelling of new term: My last report misspelled the word DUATHLON, sorry about that(maybe the computer did it).

For your info: Mark Allen won the Ironman with a total time of 8hrs28min17seconds with splits of: 51:43 swim, 4hrs43min:45sec. bike, and 2hrs52min:48 sec. Run. Erin Baker won the women's over-all with a time of 9hrs13min42sec. with splits of: 56:37 swim, 5hrs12min52 sec bike, and 3hrs4min13sec for the run.

Mike Greer

## CHALLENGE SERIES CONTINUES

\*\*\*\*\*The West Texas Running Club's 1991 Challenge Series\*\*\*\*\*

The WTRC is happy to continue for 1991 the Challenge Series, a 12 month series of events culminating in year-end awards for performance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in the calendar of each newsletter, and each month's designated race will be detailed in the Newsletter prior to that race. All members desiring to participate in the 1991 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement.

The 1990 Challenge Series features these categories:

1. 66 Mile Club - All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles in that event.
2. Mileage Award \*\*\* An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. Participation Award \*\*\* An award will be presented to the male and female members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. Champions' Series \*\*\* Points will be earned at each qualifying event in the following manner:
  - A. Divisions will include: Male: 0-19, 20-29, 30 - 39, 40 - 49, and 50 Plus, and Female: 0-19, 20-29, 30-39 and 40 Plus
  - B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e. if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 5 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.
  - C. Awards will be presented to an as yet undetermined number of the top point scorers in each division. The number of awards to be given in each division will be announced at a future date after a consideration of the number of Challenge Series participants
  - D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.



NAIA CHAMPIONS

# LCU Cross Country team wins national championship!

Leading up to the NAIA Cross Country national meet, coach Darrell Price felt diminutive freshman Derek Kite held the key to the Chaparrals' unseating seven-time national champion Adams State College, Alamosa, CO.

Price was hoping for at least a 35th place finish from Kite, but felt he was capable of placing 25th and hoped it would be no worse than 55th.

So what happened on November 17? The 5-foot-8-inch, 140 pounder ran the race of his life finishing in 25:13, good for eighth place. That sparked the Chaps to 33 points as a team which placed them 24 points ahead of the closest team, which happened to be Adams State.

Another LCU freshman, James Bungei, ended Adams State's five-year individual champion reign as he finished first breezing home over the 8,000 meter course in 24:07. Second was fellow Chap David Kogo in 24:28. Mbarak Hussein's 24:49 was good for sixth and Paul Roitch finished 17th (but 16th for team standings) in 25:24.

"Kite ran the best race of the year," an exuberant Price exclaimed. "It was a pleasant surprise that he finished up that high, but I knew he was capable of a big day."

Bungei's time was the second lowest recorded since Kenosha began hosting the National's back in

1976. The lowest was 23:47 in 1987.

Only four other winning teams have posted fewer points than the Chaps: Howard Payne (29 in 1963 at Omaha NE); Eastern New Mexico (28 in 1974 at Salinas KS); and Adams State (26 in 1985 and 21 in 1987).

Other runners competing for the Chaps were Banire Haffis and Scott Beasley.

LCU entered a full women's team for the first time ever and finished 25th out of 40 teams, with Idalia Casiano finishing 69th, the best-ever finish for a Lady Chap. Other runners were Hollye Hightower, Jan Posey, Robin Jarway and Terri Johnson.

It marked the second straight year that Kogo and Roitch earned All-America honors. Before 1990, only four chaps had earned All-America honors: Willie Sang (15th in 1977), Peter Biwott (24th in 1987) and last year's pair.

LCU's first five finishers were named All-America this year.

The Chaps have improved each year under Price's leadership: going from 16th in 1988 to 11th in 1989 to the championship this year.

The Cross Country title marks the second national championship won by a Lubbock Christian University team. The baseballers won the 1983 NAIA World Series.



The National Champion Chaparral Cross Country Team (L to R) Derek Kite, Paul Roitch, James Bungei, David Kogo, Darrell Price holding championship trophy, Scott Beasley, Banire Haffis, Scott Beasley, Mbarak Hussein.

## WEST TEXAS RUNNING CLUB'S DR. MARTIN LUTHER KING MEMORIAL RUN 10K and 2 MILE RUNS

Initial event of the 1991 W.T.R.C CHALLENGE SERIES

**WHEN:** SATURDAY, JANUARY 12, 1991  
REGISTRATION 8:00-8:45 A.M.  
RACE START AT 9:00 A.M.

**WHERE:** REESE AIR FORCE BASE PICNIC GROUNDS

**COURSE:** 10K and 2 MILE Both Out and Back

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

**AWARDS:** Will Be given up to 3 deep in the following Divisions

**AGE DIVISIONS:**

**MEN** 0-19; 20-29; 30-39; 40-49; 50 & Over  
**WOMEN** 0-19; 20-29; 30-39; 40 & Over

**RACE DIRECTOR:** Gonzalo Ramirez Office 792-3221 x326  
Home 793-4664

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# WEST TEXAS RUNNING CLUB

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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 [ ],  
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