

# CALENDAR of EVENTS

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

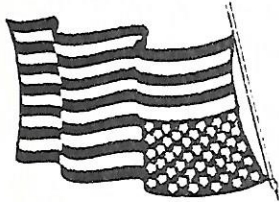
## WEST TEXAS RUNNING CLUB RACE CALENDAR

- \* JULY 4 **22nd ANNUAL FIRECRACKER RACES**; Brownfield, 10 Mile, 3 Mile and 1 Mile Kid's run; 8 A.M. Mark Manley, Race Director (806) 299-1143 (see page 11 for the details)
- AUG. 3 **AUGUSTPEST FUN RUN**; Idalou 10K and 2 Mile run and walk; 8 A.M. Race Director, Rosie Marmolejo, 744-5505 x760 or 892-2021
- AUG. 3 **OLTON SANDHILLS CELEBRATION**; Half-Marathon and Relay Contact: Donice Johnson at (806) 285-2211
- \* AUG. 10 **HOT DAM RUN**; MLX PARK, Lubbock, 23rd and Quirt, 5 Mile, 8 A.M. Ron Key, Race Director, 747-4678 or 792-9280
- AUG. 17 **"IT'S SO EASY" DUATHLON** contact Mike Greer, 796-8213
- \* 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 **LCOADA 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. 7 Arthritis Foundation **JINGLE BELL RUN**
- \* DEC. 14 **REDLINE CROSS COUNTRY RACE**; 4 Mile, MAB SIMMONS PARK; Lubbock 9 A.M. Mike Kelley, Race Director; (806) 766-0237 or 793-2728

July 1991

SINCE 1970

Texas' Longest Continuous



4th of July

Firecracker Run  
Brownfield Texas

WEST TEXAS

Running Club



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

JULY 1991



# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT :** ROM KEY

0 747-4678 H 792-9280

**INTERNAL VICE-PRES**

**JON MASOOD** 0 792-3291 H 792-1237

0 H 797-1870

**EXTERNAL VICE-PRES**

**WES BOULLIION** 0 747-2448 H 792-8390

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*

**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**

\*\*\*\*\*

## A JULY 4th TRADITION for 22 YEARS

About the time aerobic exercise was first being touted by Dr. Kenneth Cooper and Nathan Pritikin as the key to preventive health and longevity and about the time Arthur Lydiard's long distance running training program became popular, Coach James Morris was leading the running movement in West Texas from his home in Brownfield where he was High School track and Cross-country coach. In a recent interview with Coach Morris I asked how the first road race was put on. He said that he had written the Pres. of RRCA for information and was told: Put a notice in the local paper, draw a line, measure the course and fire the gun at the given starting time and that was it. The usual timing was done by starting the watch and leaving it at the finish line as everyone ran (no spectators in those days!) The winner would check his time then call out and record the rest of the finishers times.

Well, that first race in 1970 had 19 starters and finishers and James is the only one left around here who was there. The winner in 57:52 was Steve Colazo, a Baylor runner from Post. Finishing 18th in 2:22:00 was 54 year old Dr. Bob Alexander of Spur and a 9 year old from Brownfield was last. A few years later a 3 mile was added and attendance grew to over 200 in the mid 70's. One of the most famous participants in about 1977 was George Bush, Jr.

Come out to Brownfield this July 4th and be a part of the oldest running tradition in Texas. A social treat for the awards ceremony and picnic will be a good supply of watermelon which had also been a longstanding custom.

# BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

## 12th ANNUAL W.T.R.C. JUNE RACE

### 2 MILE RESULTS

No Times Available

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Frank Sumpter, Jr.	16	M	:	Lamesa	1st	16-19
02	Frank Sumpter, Sr.	37	M	:	Lamesa	1st	30-39
03	Jimmy Samarron	36	M	:	Levelland	2nd	30-39
04	Ken Jennigan	39	M	:	Sundown	3rd	30-39
05	Johnny Trevino	30	M	:	Lubbock	4th	30-39
06	Trey Jennigan	13	M	:	Sundown	1st	13-15
07	David Rodriguez	40	M	:	Lubbock	1st	40-49
08	Alan Valderaz	15	M	:	Denver City	2nd	13-15
09	Cande Olivas	29	M	:	Levelland	1st	20-29
10	Frank Espinosa	18	M	:	Lamesa	2nd	16-19
11	Jim Haynes	45	M	:	Muleshoe	2nd	40-49
12	Sonny Guffee	30	M	:	Lubbock	5th	30-39
13	Jeff Whitley	28	M	:	Levelland	2nd	20-29
14	Bill Ashley	32	M	:	Levelland	6th	30-39
15	Gary Perry	46	M	:	Lubbock	3rd	40-49
16	Mano Valderaz	14	M	:	Denver City	3rd	13-15
17	Alonzo Mendoza	33	M	:	Levelland	7th	30-39
18	Kathy Wilson	27	F	:	Lubbock	1st	20-29 F
19	Chuck Johnson	33	M	:	"	8th	30-39
20	Lupe Valderaz	34	M	:	Denver City	9th	30-39
21	Ray France	28	M	:	Lubbock	3rd	20-29
22	Johnny Carranza	27	M	:	?	4th	20-29
23	Frank Hernandez	53	M	:	Lubbock	1st	50 Plus
24	Nick Haynes	12	M	:	Muleshoe	1st	12&Under
25	Zack Walker	12	M	:	Lubbock	2nd	12&Under
26	Jan Ramirez	36	F	:	"	1st	30-39 F
27	Jon Masood	45	M	:	"	4th	40-49
28	Eva Martinez	46	F	:	"	1st	40-49 F
29	Theresa Davenport	39	F	:	"	2nd	30-39 F
30	Ricky Boaz	32	M	:	"	10th	30-39
31	Michelle Jones	31	F	:	"	3rd	30-39 F
32	Anthony Carrizalez	23	M	:	"	5th	20-29
33	Shanna Fugitt	32	F	:	"	4th	30-39 F
34	Teresa Fisher	32	F	:	"	5th	30-39 F
35	Patty Ochoa	39	F	:	"	6th	30-39 F
36	Glady's McBride	38	F	:	"	7th	30-39 F
37	Jill Merritt	29	F	:	"	2nd	20-29 F
38	Rebecca Jordan	39	F	:	"	8th	30-39 F
39	Mary Kay Lilly	38	F	:	"	9th	30-39 F
40	Diane Thurman	41	F	:	"	2nd	40-49 F
41	Sheila Turner	25	F	:	"	3rd	20-25 F

### 1 MILE CHILDREN

Pre-School	GIRLS	BOYS
Erin Ashley	Erin Ashley	none
Rachael Jones	Rachael Jones	Casey Sumpter
1st Grade	none	Sean Valderaz
2nd Grade	Maria Ramirez	Thomas Valderaz
3rd Grade	Chevna Wigley	none
5th Grade	Tara Jennigan	Jarod Masood
6th Grade	none	

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE  
12th ANNUAL W.T.R.C. JUNE RACE

10 K RESULTS

Hot and humid was in vogue again for this year's edition of the LEVELLAND LOPE. Apparently the wind on the return was a bit stiff also, slowing down the times. Next year we'll start earlier! Race Director, Bill Roger did a great job and we had a good turnout of 78 in the adult races and 9 in the children's 1 Mile. Returning to "home" to wrap up the 10K title was former member Cliff McCurdy. Many thanks to Bill and his helpers, George Jury, Larry and Carrie Byrd, Wes and Susan Boullion, Sally Roger, Mandy and Ed Robison and Robert Guajardo and Joni Bell with the Kid's race.

10K

Table with columns: PLACE, NAME, AGE, SEX, TIME, CITY, AWARD, AGE GROUP. Lists race results for 10K including names like Cliff McCurdy, Mark Minchella, Robert Guajardo, Dennis Bell, Joe Post, Brian Kay, Joe Martinez, etc.



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

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

Large table showing standings for various age groups (30-39 Male, 40-49 Male, 50-59 Plus, etc.) with columns for Name, Pts., Miles, and Evt. Lists names like Frank Sumpter Sr., Jim Sagarion, Bill Hamby, etc.

## 1991 RED RAIDER ROAD RACE

As you may have noticed from the "CALENDAR" your editor, George Jury was elected as Director for the 1991 RED RAIDER ROAD RACE Sept 28th. This event doesn't require the manpower that the RUN FOR THE ARTS takes but we still need a lot of volunteers. Most importantly, I would like to have someone to assist from the beginning who might be willing to step up to the Directorship next year. After all I enter a new AGE GROUP this year and would like to run it myself !!!! Many people can help but still run the race too. Also those planning to go to the Albuquerque DUKE CITY MARATHON should have the time to help with this worthwhile event. As you will read on page 9, the proceeds add to the W.T.R.C. ENDOWED SCHOLARSHIP FUND at TTU, so we can all be proud of our part in this endeavor. As of "Press Time" we have one major sponsor committed and several contributors, many of which will be giving prizes for a drawing after the awards ceremony. Two qualifications for this drawing will be that you must Pre-Register and must be at the awards ceremony to win. Please call soon if you can help. George W. Jury, 792-3291 (day) or 792-1237 after 6 P.M.

\*\*\*\*\*

### RECIPE OF THE MONTH

#### CAROB COOKIES

- 1 3/4 cup whole wheat or unbleached flour ( I use 1/2 & 1/2) 1 tsp. baking soda
  - 1 1/2 tsp. cinnamon
  - 1/2 cup soft margarine (diet)
  - 3/4 cup chunky peanut butter
  - 2/3 cup each brown and white sugar
  - 2 eggs
  - 2 tsp. vanilla
  - 1/4 cup milk
  - 2 1/2 cups oats
  - 3/4 cup carob chips, walnuts, pecans, sunflower seeds, raisins, coconut ( I use 3 or more of any of these)
  - Beat margarine, peanut butter, and sugars. Add eggs, milk, vanilla. Sift dry mixture and add. Stir in oats, carobs, and nuts, etc. Bake @ 350 for 15 minutes.
- ( I substitute honey for the sugars and omit the milk. This recipe was given to me by Nancy Anderson, a friend of several running club members. She is a dietician and RN and lives at Holloman AFB, N. M. with her husband & two children.

... Submitted by Sandi Howard

## Messages

### KEY NOTES

#### W.T.R.C. "SANCTIONED"

In order for a race to be sanctioned by the W.T.R.C. it must be approved by the Board of Directors. When a race is sanctioned by the board it commits the W.T.R.C. to the race. That commitment carries with it a certain amount of risk if a participant becomes injured during a race or if the W.T.R.C. is derelict in its obligation to the runners and an injury results. Also the sanctioning carries with it a responsibility to all runners that enter that certain race standards will be met such as:

- 1) A safe race course
- 2) Adequate aid on the course
- 3) An accurately measured course
- 4) Accurate timing of the events
- 5) Starting on time
- 6) Accurate results for the awards ceremony

All of the above are important elements to a quality race. It is my hope that runners in our area have come to appreciate the efforts of the W.T.R.C. to put on quality races. A lot of the members have put in long hours to insure good caliber races for the participants. Furthermore, it is the responsibility of the W.T.R.C. board as they review proposed races when they see that the promoters they are dealing with are not performing well and it appears that the quality of the event will be below W.T.R.C. expectations, the board has the prerogative to withdraw its sanction and its support from the race. For a club member to obligate the club for a sanctioned race without board approval puts us at risk legally and reputation wise.

#### LSD TRAINING RUNS

For some time now an informal group of runners have been meeting at MacKenzie State Park on Sunday mornings for some Long-Slow-Distance running together. It is non-competitive, just a jog in the park and if you are interested in joining in you are welcome. The pace varies but most of the time it's between 8:30 and 9 minutes per mile. The distance varies from 6 to 27 miles but you can tailor that to suit yourself and most of the time have someone running at your pace. The usual start time is 7 A.M. on Sunday. For the next few months, we will be running on the Saturdays that we don't have a club race beginning at 8 A.M. Everyone is welcome, so if you can make the time and want a little company on your long runs and experience some of the hills in West Texas, come join us. Hope to see you on the long run! Ron Key (747-4678 or 792-9280)

#### AT THE RACES

Competing at the BIG SUR MARATHON again this year was Michael Bieber who posted a PR of 3:08:42 on that beautiful course on April 28th. At the TALL TOWN 10,000 in Midland May 18, club members posted the following times: Marjory Stewart; 38:43, Wes Boullion; 42:37, Jodie Rhone; 45:00 and Karen Rhone; 65:23. In the two mile, Frank Sumpter, Sr. posted an 11:30 for 6th overall. At Amarillo's FUNFEST Marjory Stewart ran a 1:26:14 for first female overall in the Half-Marathon. Other club members will be mentioned when someone receives the results. At the OIL CAPITOL MASTERS Meet in Andrews June 8th, Bill Roger, Joe Martinez, Frank Sumpter, Sr. and David Rodriguez competed but all times are not available. We will try to report them next month.

#### W.T.R.C. CLUB LOGO JACKETS

The new shipment of the nice TWVEK windbreaker jackets has arrived and Sandi Howard is anxious to distribute those and be paid by those who ordered. There are several extras available at a cost of \$17.50. call Sandi at 795-6981

#### NOMINATING COMMITTEE

This years nominating committee will be chaired by Bill Roger. According to the By-Laws a slate of officers for 1992 will be presented at the regular W.T.R.C. monthly meeting to be held August 13, 1991. Additional nominations may be made from the floor at that time. Ballots will be mailed out with the Sept. 1st Newsletter and must be returned by 6 P.M. Sept. 10, 1991 to be counted. If you would like to help keep this great organization going and getting better, call Bill at 1-894-7911.

**TRIATHLETE NEWS**

"IT'S SO EASY DUATHLON"—Much to my surprise and satisfaction I have had many calls requesting information on this new race, for Lubbock. Could it be the new name (duathlon), the course, the name of the event, or maybe the distance. Possibly it is all of the above and more, since this course was designed and laid out with the first timer in mind. The distances of 2 mile run, 10 mile bike, 2 mile run are very easily within the reach of a person who has been doing some aerobic activity within the past year. For die hard runners they can pull out the old ten speed or mountain bike (there is a separate mountain bike division), do a little riding a month before and have a lot of fun competing. It is recommended that some practice be done on the transition from the bike to the run, since your legs have a tendency to feel like they are on backwards after riding the bike. Another thing to practice is the leg "fatigue" feeling. Here's what you do, you go out and run real hard until your legs are very tired, then you ride the bike as fast as possible and then get off and run for an hour, then you have the "fatigue" feeling syndrome. Sounds like fun to me, but remember it may not take this much work out so use your own judgement. The course description for the "It's So Easy" is: Run-2 miles out and back on Canyon Lakes Road, flat, asphalt surface. Bike-10 miles out and back, Canyon Lakes Road, Loop 289 access road, North on University to turn around, then reverse the course. The second run is the same course as the first run. As that famous singer from Lubbock said, in song, "It's So Easy" to fall in love with this Duathlon course. See you there. Entry forms are being printed now. Please refer to the March, '91 WTRC news letter for some detailed training tips on the Duathlon.

**NEW CLUB TO BE ORGANIZED IN LUBBOCK, TEXAS:** There was a recent announcement in the Lubbock Avalanche Journal stating that a new club is being organized in Lubbock to accommodate people who like to swim, bike and run or run and bike or ski, snow shoe and run or canoe, bike and run. In other words a multi-sport(triathlete, duathlete, etc.) club is being organized. The date is June 17, 1991, 7:00 P.M., 2320 61st St., Lubbock, TX. We encourage anyone who is interested to please attend. The sport is growing and there is interest for a club. Please understand ole faithful WTRC members that we are not abandoning the running movement or the WTRC, we are just expanding it. I personally have been a member of the WTRC for the past 15 years and will always be a member, and I will continue to support the WTRC activities as in the past (75 mile club two years in a row). So, we hope to see you multi-sporters on the 17th.

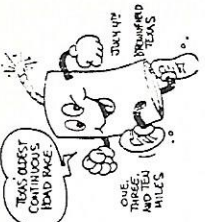
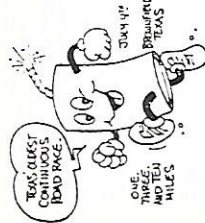
**TRIATHLETES IN ACTION:**

- April 20-San Angelo Duathlon(R 5K, B 30K, R5K)-Sonny Guffee 1:47:34  
Cathy Wilson  
-Sonny Guffee
- June 1-Milkman Tri.(500m S, 15m B, 5K R)  
Lawton Oklahoma Biathlon  
Cathy Wilson  
-Mark Garland 1:15  
Mike Greer 1:19  
Kay Fellows 1:24  
-Mark Garland 2:05  
Mike Greer 2:19
- 9-Stone Bridge Triathlon(1KS, 22m B, 5 m run)

**Calendar:**

- June 14-Waco Striders Triathlon
  - 23-Tri Cities Triathlon, Arlington
  - 29 Buffalo Springs Lake Triathlon, Lubbock
  - July 7-International Tri, Dallas
  - 13-Timbercreek Duathlon, Amarillo
- WTRC members, please report your multi-sport activities to Mike Greer for publication. Thanks.

"Texas' Oldest Continuous Road Race"  
WEST TEXAS RUNNING CLUBS  
TWENTY SECOND ANNUAL FIRECRACKER RUNS  
BROWNFIELD, TEXAS JULY 4, 1991  
Mark Manley, Race Director



Event Number 7 of the W.T.R.C. "Challenge Series"

WEST TEXAS RUNNING CLUB

**FIRECRACKER RUN!**

WHEN: Thursday July 4, 1991  
REGISTRATION: 7:00 A.M.  
RACE START: Childrens 1 Mile: 7:30 A.M.  
3 and 10 Mile: 8:00 A.M.

WHERE: COLEMAN PARK, Brownfield, Texas From Lubbock on Highway 62 go just past the last stoplight at Cardley St., turn left on Buckley St. to "Old Lamesa Road", turn right just past the swimming pool

ENTRY FEES: Childrens Run - \$1.00  
3 and 10 Mile runs - W.T.R.C. members - \$4.00  
Non-Members - \$5.00

AWARDS: W.T.R.C. Family Maximum entry - \$10.00

Childrens 1 Mile run

1st Place boy and girl overall receive a commemorative medal  
Grades-Preschool through 7th grade (on the basis of Fall 1991) Medal  
for 1st place Boy and Girl each grade -Finish Medals for remainder

SPECIAL and UNIQUE COMMEMORATIVE MEDALLIONS in the Following Age Groups  
AWARDS NOT TO EXCEED 50 % IN EACH AGE GROUP

**THREE MILE RUN**

**TEN MILE RUN**

**MALE**

**FEMALE**

**MALE**

**FEMALE**

15 and Under 15 and Under  
16 to 19 16 to 19  
20 to 29 20 to 29  
30 to 39 30 to 39  
40 to 49 40 to 49  
50 to 59 50 to 59  
60 Plus 60 Plus

19 and Under 19 and Under  
20 to 29 20 to 29  
30 to 39 30 to 39  
40 to 49 40 to 49  
50 to 59 50 to 59  
60 Plus 60 Plus

CONTACT: Race Director, Mark Manley (Whitharall)  
(806) 299-1143 or George Jury (Lubbock) 792-3291

AWARD PRESENTATION: And "Bring your own Picnic"  
to begin in Coleman Park at approximately 10 A.M.

