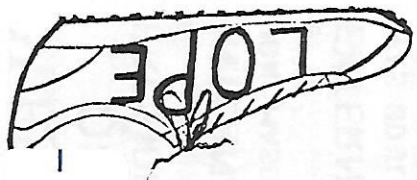


CALENDAR of EVENTS

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

- * JUNE 1 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**: Levellland; 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; Entry forms available at 4808-50th
- JUNE 14 **JUNETEENTH RUN**: ***** CANCELLED *****
- JUNE 22 **11 For Kids FUN RUN** Contact Becky Belew at 744-1414
- 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. 3 **OLTON SANDHILLS CELEBRATION**: Half-Marathon and Relay
Contact: Donice Johnson at (806) 285-2211
- * AUG. 10 **HOT DAM RUN**: MLK PARK, 23rd and Quirt, 5 Mile,
Ron Key, Race Director, 747-4678 or 792-9280
- AUG. 17 **"IT'S SO EASY" DUATHLON** contact Mike Greer, 796-8213
- AUG. 17 **DIMMITT 5 K RUN**: Contact; Roger Malone (806) 647-3286 (day)
or 647-2491 (after 6 P.M.)
- * SEPT 14 **SHALLOWATER STAMPEDE**: 10K and 2 Mile, Shallowater,
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-Matathon: 5K &
Walk events; Contact (505) 888-2448
- * OCT. 12 **RUN FOR THE GOLD**: FRENSHIP HIGH SCHOOL, Wolfforth,
Michelle Jones, Race Director, 766-0282 or 793-2825
- OCT. 19 **LOCADA RED RIBBON RUN**; Details Later
- OCT. 26 **ALTSIP'S ANNUAL FALL ROAD RACES**; Details later

June 1991



W.T.R.C. June Race
LEVELLAND LOPE
June 1, 1991, Details inside
Back cover

WEST TEXAS
Running Club



Newsletter
P.O. Box 2921
Lubbock, Texas 79408

JUNE 1991



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

SANDI HOWARD
 0 793-4328 H 795-6981
GEORGE W. JURY
 0 792-3291 H 792-1237

JAMES BONE
 0 747-2448 H 792-8390
DAVID RODRIGUEZ

0 765-3561 H 745-3607 0 741-4834 H 792-0653
SECRETARY
P. J. MITCHELL
 H 794-0135

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

IN MEMORIAM

The LEVELLAND LOPE was renamed the BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE after his untimely death from lymphoma cancer May 24, 1989. Bobby was an enthusiastic supporter of the WTRC and was the original Race Director for the June race beginning in 1980. Prior to that, the June race had traditionally been held in San Angelo. In those early days, there were not enough runners in each geographic area to justify a race each month, but with the formation of the San Angelo Road Lizards and the Permian Basin Road Runners Club, each area grew to have enough runners for the WTRC to have a monthly race near the club's population center (Lubbock).

It is ironic, but on Saturday, June 8, the American Cancer Society is sponsoring a "Move Along" of cancer survivors who will negotiate a 2 mile course, starting at UMC. If club members would like to serve as corner marshals, water stop aids, or just be there to offer encouragement, please call LISA LYKES, 793-4204, or JOHNNY TRAVIS, 797-7138.

HORSESHOE BEND CANYON SPRING FROLIC RUNS 19 th ANNUAL

WEST TEXAS RUNNING CLUB MAY RACE

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES
WHEN : SATURDAY, MAY 11, 1991
REGISTRATION: 8:00 TO 8:45 A.M.
RACE START: 9:00 A.M.



The warm humid weather slowed everybody down a bit at this 19th annual event, but thank goodness for the clouds and not many people complained of the stiff breeze which helped a little with the cooling. We had the largest attendance for the last 3 years. Many thanks to Race Director, Hugh Haynes who has the following words.

Recognition should be given to a host of individuals working on the HORSESHOE CANYON RUNS. The Lubbock Bicycle Club supplied the people to man the waterstops and serve as corner marshalls. They were: Billy Breckenridge, Pat Crawford, Terry Haskins, Barbara Hutchinson, Becky Kinserlow, Ray Kinserlow, Elizabeth Linder, Mel Malone and Johnny Withers.

The nice new medallion awards were designed by Sandi Howard. Efficient, economical and courteous rendition of the medals was done by SOCCER MAGIC of 3833 50th St., Lubbock.

The Porta-John, which is nice to have in the middle of the country was supplied by Berryhill Sewer Service, who have a very cooperative deliveryman.

WTRC members and others who brought a great deal of race organization expertise, were as follows: Pat Jury, Mike Kelley, Joe Post, Marilyn Bournes, Dustin Bournes, Jeremy Roberts, Ida Sumpter, Carolle Mullan, Gary Perry, Jarod Masood, and Roger Haynes. A special thanks to George Jury for his Yeoman service involving numerous items which expedited the race.

Hugh Haynes, Race Director

2 MILE

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	Frank Sumpter, Jr.	16	M	11:16	Lamesa	1st	16-19
02	Alan Valderaz	15	M	11:33	Denver City	1st	13-15
03	Trey Jernigan	13	M	11:34	Sundown	2nd	13-15
04	Mike Chamales	45	M	12:16	Lubbock	1st	40-49
05	John Rodriguez	14	M	12:24	"	3rd	13-15
06	Frank Espinosa	18	M	12:44	Lamesa	2nd	16-19
07	Jay Winfrey	12	M	12:46	Sundown	1st	12&Under
08	Mano Valderaz	14	M	13:01	Denver City	4th	13-15
09	Bobby Cunningham	51	M	13:02	Abernathy	1st	50 Plus
10	Gary Perry	46	M	13:09	Lubbock	2nd	40-49
11	Charles Davis	47	M	13:30	Amarillo	3rd	40-49
12	Guadalupe Valderaz	34	M	14:26	Denver City	1st	30-39
13	Alonzo Mendoza	33	M	14:43	Levelland	2nd	30-39
14	Michael Rodriguez	11	M	15:56	Lubbock	2nd	12&Under
15	John Scott	48	M	15:57	Idalou	4th	40-49
16	Tara Jernigan	10	F	16:05	Sundown	1st	12&UnderF
17	Thomas Valderaz	9	M	16:12	Denver City	3rd	12&Under
18	Frank Hernandez	53	M	16:22	Lubbock	2nd	50 Plus
19	Dick Blide	61	M	17:22	"	3rd	50 Plus
20	James Dean	52	M	17:22	"	4th	50 Plus
21	Ricky Boaz	32	M	20:10	"	3rd	30-39
22	Shanty O'Brian	23	M	22:08	"	1st	20-29
23	Sarah Stevenson	33	F	22:20	"	1st	30-39F
24	Michelle Jones	31	F	22:50	"	2nd	30-39F
25	Sean Valderaz	7	M	24:34	Denver City	4th	12&Under
26	Janice Marchbanks	50	F	26:12	San Antonio	1st	40 PlusF
27	Kathy Long	32	F	31:30	Lubbock	3rd	30-39F
28	Monte Anderwald	31	M	31:43	"	4th	30-39
29	Anthony Carrizales	22	M	31:45	"	2nd	20-29
30	Rebecca Jordan	39	F	33:15	"	4th	30-39F

HORSESHOE BEND CANYON SPRING FROLIC RUNS

19 th ANNUAL

WEST TEXAS RUNNING CLUB MAY RACE

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

6 MILE

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GROUP
01	David Sumrell	28	M	36:37	LUBBOCK	1st	20-29
02	Jimmy Samaron	36	M	38:03	Levelland	1st	30-39
03	Frank Sumpter, Sr.	37	M	39:17	Lamesa	2nd	30-39
04	Ken Jernigan	39	M	40:05	Sundown	3rd	30-39
05	David Rodriguez	40	M	40:36	Lubbock	1st	40-49
06	George Jury	54	M	41:19	"	1st	50 Plus
07	Tommy Parrish	34	M	42:44	"	4th	30-39
08	Gary Bolton	32	M	43:51	"	5th	30-39
09	Joe Gomez	47	M	44:14	"	2nd	40-49
10	Jerry Marchbanks	55	M	45:43	San Antonio	2nd	50 Plus
11	Charles Dodson	34	M	45:46	Lubbock	6th	30-39
12	Randy Allen	44	M	46:42	Seagraves	3rd	40-49
13	Jim Pillow	41	M	47:55	"	4th	40-49
14	Jerry Wright	52	M	48:42	Lubbock	3rd	50 Plus
15	Chris Scott	26	M	49:58	"	2nd	20-29
16	Lanelle McCandless	36	F	50:50	Floydada	1st	30-39F
17	Tony Aleman	41	M	51:55	Lubbock	5th	40-49
18	Kay Fellows	32	F	53:07	"	2nd	30-39F
19	Tommy Stewart	44	M	56:34	Tulia	6th	40-49
20	Jay Boggess	45	M	57:36	San Antonio	7th	40-49
21	Shirley Wigley	37	F	58:37	Lubbock	3rd	30-39F
22	Don McCandless	41	M	59:06	Floydada	8th	40-49
23	Connie Evans	42	F	59:44	Lubbock	1st	40 PlusF
24	Jon Masood	45	M	60:10	"	9th	40-49
25	Paul O'Brian	35	M	61:13	"	7th	30-39
26	Lonnie Hollingsworth	58	M	62:01	"	4th	50 Plus
27	Doyle High	47	M	62:02	Haskell	10th	40-49

11 MILE

01	Mark Minghella	29	M	1:10:35	Lubbock	1st	20-29
02	Bill Harn	36	M	1:12:08	"	1st	30-39
03	Dennis Bell	30	M	1:14:44	"	2nd	30-39
04	Joe Martinecz	34	M	1:22:16	"	3rd	30-39
05	Joe Martinez	45	M	1:23:12	"	1st	40-49
06	Bill Roger	52	M	1:23:40	Levelland	1st	50 Plus
07	Barney Adams	38	M	1:23:56	Lubbock	4th	30-39
08	Ron Key	47	M	1:24:05	"	2nd	40-49
09	Larry Byrd	50	M	1:24:18	Shallowater	2nd	50 Plus
10	Rudy Hernandez	29	M	1:24:35	Lubbock	2nd	20-29
11	Dennis Humphrey	44	M	1:25:01	"	3rd	40-49
12	Joey Thacker	43	M	1:25:52	Roaring Sprg	4th	40-49
13	Hal Wilkerson	45	M	1:26:32	Tulia	5th	40-49
14	Weldon Kolb	35	M	1:28:31	Lubbock	5th	30-39
15	Barry Moss	36	M	1:30:31	"	6th	30-39
16	Kenny Maines	36	M	1:31:22	"	7th	30-39
17	Rick Deaver	35	M	1:31:35	"	8th	30-39
18	James Livermore	43	M	1:35:22	"	6th	40-49
19	Jim Wilhelm	40	M	1:35:39	"	7th	40-49
20	Mike Greer	52	M	1:36:47	"	3rd	50 Plus
21	James Bone	51	M	1:37:39	"	4th	50 Plus
22	Tom Jones	52	M	1:40:10	"	5th	50 Plus
23	Ray Brady	47	M	1:42:36	"	8th	40-49
24	Walter Jordan	42	M	1:46:30	"	9th	40-49
25	Pat Duffey	39	M	1:48:22	"	9th	30-39
26	Mickey Davis	34	M	1:48:23	"	10th	30-39
27	Phil W...	30	M	1:48:23	"	11th	30-39

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

M.T.R.C. CHALLENGES SERIES THROUGH FIVE EVENTS.

30 - 39 MALE	40 - 49 MALE	PTS. MILES	EVT.	PTS. MILES	EVT.	
MARK HANLEY	DAVID RODRIGUEZ	40	27.3	4	37	29.1
BILL HARN	GARY PERRY	33	36.1	4	31	14.0
JIM SAMARRON	JOE MARTINEZ	33	22.2	5	34	36.3
TOMMY PARRISH	ROBERT GUJARDO	33	18.2	4	30	8.3
FRANK SUMPTER SR.	NICHAEAL CHAMARLOS	33	22.0	5	30	8.3
DAVID VALDEZ	DENNIS HUMPHREY	28	14.0	5	28	29.2
GARY BOLTON	CARLOS VIGIL	27	16.0	3	26	31.3
GARY BOLTON	JOE A. GOMEZ	27	20.2	4	25	12.0
RICK DEVER	JAMES LIVERMORE	22	32.3	5	22	35.4
DENNIS BELL	RON KEY	19	10.0	4	20	29.2
MES BOULLION	STEVE IRELAND	19	10.0	4	20	8.0
MILT BROMFIELD	RANDY ALLEN	18	10.0	3	18	20.2
CHUCK JOHNSON	WALTER MUGENT	16	16.4	3	16	40.4
ALONZO HENDOZA	WALTER JOHNSON	15	4.0	2	16	28.1
BARNEY ADAMS	LARRY BYRD	10	15.0	2	14	21.2
HICKEY DAVIS	JOHN SCOTT	9	42.3	5	13	4.0
DAVID SKELTON	JIM WILHELM	9	6.0	2	10	32.1
DAVID SEAL	JAMES LESER	8	14.2	2	9	13.0
RANDY ALLEN	ADAM ROMERO	8	6.2	1	9	19.0
RICKY BOYD	CHARLES DAVIS	8	6.2	1	8	2.0
TOM METZ	JIM PILLOW	7	8.0	1	7	6.0
DWAYNE OAKLEY	JACK DURHAM	7	8.0	1	7	2.0
JACKIE CANNON	HAL WILKERSON	6	4.0	2	7	14.2
STEVE UFFORD	JOEY THACKER	6	4.0	2	7	11.0
MELDON KOLB	TONY ALEMAN	6	10.2	1	6	37.3
ALLEN KELLY	ROBERT BLEVINS	6	10.2	2	6	13.1
SID WALKER	WALTER JOHNSON	5	8.0	1	5	32.3
CHARLES DODSON	WALTER JOHNSON	5	6.0	1	5	29.3
LORENZO JOHNSON	TOMMY STEWART	5	2.0	1	5	6.0
BARRY MOSS	AL FROST	5	11.0	1	4	10.2
DON KEPHART	FRANK GOODMAN	4	6.2	1	4	14.2
CARL O'BRIAN	BILL VITALIC	4	6.0	1	4	7.0
CHUCK FERRYMAN	RICK KELLY	4	2.0	1	3	6.0
KENNY MAINES	RAY BRADY	4	11.0	1	3	11.0
HANK GARLAND	W E HINNIS	2	15.0	2	2	4.0
PAT DUFFY	DOYLE HIGH	0	9.4	1	0	4.0
GONZALO RAHIREZ	MIKE KELLEY	0	9.2	1	0	4.0
ED DABROWSKI	CLIVE LUBE	0	4.0	1	0	25.2
ED PATTERSON	PHIL HUR	0	11.0	1	0	25.2
PHIL HUR		0	11.0	1	0	25.2

ROARING SPRINGS SPLASH AND DASH APRIL 27, 1991

ON APRIL 27TH AT 9AM THE FIRST ANNUAL ROARING SPRINGS SPLASH AND DASH 2 MILE AND 10K CROSS COUNTRY RACE WAS RUN. THE RACE STARTED IN DOWNTOWN ROARING SPRINGS AND CONTINUED TO THE ROARING SPRINGS RANCH CLUB AND GOLF COURSE. IT CONTINUED THROUGH THE GOLF COURSE AND CAMP GROUND AND FINISHED AT THE SPRINGS SWIMMING POOL.

THE RACE DIRECTOR WOULD LIKE TO THANK THE CREW, UP EARLY AND FAITHFUL TO THE FINISH FOR THEIR HARD WORK AND ALSO ALL THE RUNNERS FOR THEIR SUPPORT. WE HOPE TO SEE YOU ALL FOR NUMBER TWO!

2MI WOMEN OVERALL

HIGHTOWER, HOLLY.....12.26.5
MCCANDLESS, LANELLE.....14.12.9
MARTINEZ, EVA.....19.02.1
REEVES, STACY.....20.23

2M WOMEN 20-29
HIGHTOWER, HOLLY.....12.26.5
GARZA, DIANA.....30.41
BARBER, LISA.....40.14

2MI WOMEN 30-39
MCCANDLESS, LANELLE.....14.12.9
REEVES, STACY.....20.23
JONES, CARLA.....29.58

2MI WOMEN 40-49
MARTINEZ, EVA.....19.02
BENNETT, LOU.....30.53
TOMLSON, NELDA.....37.36
THACKER, JANE.....37.36.1

2MI WOMEN 50+
THACKER, LAVOE.....21.48
SMITH, JOYCE.....29.58.1
DANIELL, EDITH.....30.07
CAMPBELL, JOYCE.....30.08
SWIM, LULA.....30.4
BROWN, OSSIE LEE.....37.36.2
HAND, PAULINE.....44.48

2MI MALE OVERALL
RODRIGUEZ, DAVID.....11.38
RODRIGUEZ, JOHN.....12.19.8
CUNNINGHAM, BOBBY.....12.51.9
MOORE, BILL.....14.52.4

2MI MALE 11 AND UNDER
REEVES, JUSTIN.....20.22.1

2MI MALE 12-15
RODRIGUEZ, JOHN.....12.19.8
THACKER, BRAD.....16.15

2MI MALE 20-29
MOORE, BILL.....14.52.4

2MI MALE 30-39
THACKER, JEFF.....17.52.6

2MI MALE 40-49
RODRIGUEZ, DAVID.....11.38
SCOTT, JOHNNY.....15.19
BINGHAM, ALAN.....15.33.7
MCCANDLESS, DON.....16.36.3

2MI MALE 50+
CUNNINGHAM, BOBBY.....12.51.9
MCINROE, DEAN.....29.48
THACKER, BUZZ.....29.57

10K WOMEN OVERALL
STEWART, MARJORY.....38.10.9
HOULE, SUE.....43.00.3
MULLAN, CAROLIE.....1:06.15.0
BLAZA, MARY.....1:31.26

10K WOMEN 20-29
HOULE, SUE.....43.03.3

10K WOMEN 30-39
STEWART, MARJORY.....38.10.9

10K WOMEN 40-49
BLAZA, MARY.....1:31.26

10K WOMEN 50+
MULLAN, CAROLIE.....1:06.15

10K MEN OVERALL
GREEN, TIM.....34.23.8
MINGHELLA, MARK.....37.43.6
VIGIL, CARLOS.....40.42.9
JURY, GEORGE.....42.19.2

10K MEN 20-29
GREEN, TIM.....34.23.8
MINGHELLA, MARK.....37.43.6
SCOTT, CHRIS.....49.27.0
THACKER, CHRIS.....1:05.36

10K MEN 30-39
WALKER, SID.....45.42.1
GARLAND, MARK.....46.49.3
FOLEY, JOHN.....48.13.5
BISHOP, ERNIE.....51.30.0
SPITZ, OTTO.....52.13.6
HERNANDEZ, ROY.....56.44.8

10K MEN 40-49
VIGIL, CARLOS.....40.42.9
MARTINEZ, JOE.....43.00.6
WILKERSON, HAL.....44.45.0
GONZALEZ, RICKEY.....56.45.3
THACKER, MAX.....1:06.35

10K MEN 50+
JURY, GEORGE.....42.19.2
BYRD, LARRY.....45.17.4
HYMAN, MILES.....46.04.7
HAYNES, HUGH.....52.29.6

KEYNOTES

Long before April 20, 1991, a lot of people had put in a lot of long hours making sure everything would be ready for the 1991 RUN FOR THE ARTS. Gary Perry, as Race Director, began in the fall of 1990, and was successful in getting Methodist Hospital to commit to be a major sponsor for the run. Also, Orlando, A. E. Quest, and Southwestern Public Service came on board as sponsors making it a sure bet for a financial success.

Sandi Howard headed up the promotion of the run as well as the various aspects of the Corporate Challenge series. James Bone served as Assistant Race Director, and saw to the aid stations and finish line results, incorporating Gary and Sue Perry and the computer to get the results out on time. Carlos Vigil took charge of laying the courses out and marking the streets to keep the runners on a sure course. Wes Boullioun handled the Kids' Run and a fine job he did at that with good results there, too. Also, Sue Perry handled registration--getting everything correctly entered in the computer, so the results could come out smoothly. Michelle Jones handled all the monies, serving as Treasurer of the RUN FOR THE ARTS and paying all the bills. P. J. Mitchell headed up the walk division for the race and she did an excellent job there.

As you can see by now, a lot of time and effort went into preparing for the 1991 RUN FOR THE ARTS. I only listed the portfollio holders of the run. All of these people had club members helping them at various times before, during, and after the race. I cannot begin to list them all, but to all that helped with the run, I want to say a great big thank you for your efforts. They are greatly appreciated.

The 1991 RUN FOR THE ARTS was a great success. The elementary run had approximately 450 runners and the adult events boasted about the same numbers, so approximately 900 people participated in the event this year.

The weather really cooperated: cloudy and overcast and cool, and new course records were established in the 15K Race. The races, as well as the Awards Ceremony, all came off as planned without a hitch. THANKS AGAIN TO A LOT OF PEOPLE WHO PUT IN A LOT OF EFFORT FOR THE 1991 RUN FOR THE ARTS.

Ron Key, Race Director

TRIATHLETE NEWS

WHY SO MUCH?-Recently I was ask the question of why the entry fees for Triathlons seem to be so high and what is the justification for these fees. Since this is a very good question, and inquiring minds want to know, I will attempt to explain why they cost more than the average running event, where the money goes, what the average entry fee seems to be, and what to look for in spending your money wisely for participating in Triathlons.

First, Triathlons normally cost more than running events because you actually have 3 events in one, and these three events must be treated as if they were being conducted independent of each other. In other words the swim has to have different type of people, equipment, etc., to make it safe. The bike is the same way and it also has the added factor of distance involved that creates more administrative and equipment requirements. In most cases you will be looking at a minimum of 10 miles, even for a sprint course. The run is the easy part since you can use the same people from the swim area for help on aid stations, etc. The other big factor is that the overall area that you are conducting the event in is normally very large and can involve many fees associated with using these type of facilities.

Second, the money goes to pay expenses associated with the event. After reviewing the Buffalo Springs Lake Triathlon for 1990 I found that total income (including sponsors/entry fees) was \$14,061.80 and expenses came to a total of \$13,599.79, which left \$462.01 to start out for 1991. I have seen statements for some city Triathlons where they had to pay very high city street usage, to include police, etc. Third, the average entry fee seems to be around \$35.00. After doing 58 Triathlons I have found the lowest fee I have paid was \$8.00 (Texas Tech Sprint) and the highest has been \$100.00 (Kauai Loves You-long course). Fourth, there are many things to look for in getting the most for your money, here are some suggestions: 1. Is the fee around the \$35.00 range? 2. How much travel is required to get to the event? 3. What is offered for my money (T-shirt, caps, medals, etc.)? 4. How many age group categories are offered? 5. Is it a Tri Fed Sanctioned race or a Championship race? 6. How much experience does the race management have? 7. What is the distance of the course? (The longer the course the more you get for your money) 8. It was suggested in Runner Triathlete News that the best buy in a course layout would include the following: open water (lake, ocean) swim, out and back with minimum traffic bike course, out and back run course (with some shade), transition area with asphalt and bike and run courses that did not conflict with each other, and last but not least, Tri-Fed Sanctioned. (Well folks the above description fits the Buffalo Springs Lake Triathlon without exception, so see you there) For you die hard runners please remember that most of your major marathons are now charging in the \$20.00-30.00 range, and you only get to do one thing.

Please call me for more information on this, space is limited.

TRIATHLETES IN ACTION:

April 20-San Angelo Duathlon(5K r, 30K b, 5K r)-Mike Greer, 1:47
 28-Texas Sprint Triathlon
 -Mark Garland, 51:23
 Mike Greer, 52:37
 Miles Hyman, 52:43
 May 4-Austin Triathlon(1k s, 30K b, 8K r)
 12-Gulf Coast Half Ironman
 -Mike Greer, 2:17
 -Mark Garland, 5:23
 -Miles Hyman, 5:39

Calendar:

May 18-Eskimo Joe, Stillwater, OK(Tri)
 June 1-Milkman, Dexter, NM(Tri)
 9-Stonebridge, McKinney(Tri)
 14-Waco Striders, Waco(Tri)
 29-Buffalo Springs Lake(Tri)

NEWS AND NOTES

CHALLENGE SERIES

The CHALLENGE SERIES is a program of volunteerism by which W.T.R.C. members serve each other while accumulating mileage and points in a quest for awards at the end of the year. There are awards for age division rankings, participation, and total mileage. Members acquiring 66 or more miles by racing or serving as a non-running helper at one of the monthly club races will receive a W.T.R.C. "66 MILE" T-Shirt. For a copy of the complete rules contact the editor or David Rodriguez whose numbers are listed on page two. Along that line, everyone who is not currently paid up will be dropped from the listing effective June 1st.

VOLUNTEERISM

At one time or another we all have enjoyed the challenge afforded by our club races, whether it be against the clock or the course itself. Hopefully our ultimate goal is to promote long distance running for fitness and fellowship and on those occasions when we ourselves cannot run we should be willing to step forward and lend encouragement to those who do by just being there to help stage the event and cheer on everybody no matter what their pace. We have several dedicated individuals who have already signed up to direct the club races for the year but many times the directors have been handicapped by a shortage of help. The director needs to know who he can count on before the day of the race. The next two races are farther from Lubbock and thus require more work to put on so if you (or a spouse or friend) can assist please call Bill Roger at 1-894-7911 for the Levelland race and Mark Manley at 1-299-1143 for the 4th of July race at Brownfield.

AT THE RACES

When I last reported on THE COWTOWN MARATHON I didn't have access to the official results and have since learned of some pretty credible times by club members other than Robert Guajardo's time of 3:32:55. They are: James Livermore; 3:38:57 Alfred Grotz; 3:41:16. Robert Blevins; 3:42:50 and Hal Wilkerson with 3:55:36. Congratulations!

More recently, club members attending the RUN FOR THE ARTS in Midland ran 5K in the following times. Frank Sumpter, Jr.; 17:44. Frank Sumpter, Sr.; 18:23. David Rodriguez; 18:30. Alan Valderaz; 19:30. Mano Valderaz; 20:47. Jodie Rhone; 20:51 and Guadalupe Valderaz; 22:56. Tom Bowser set a new 60 Plus age group record with a time of 23:34.

LUBBOCK ARTS FESTIVAL
RUN FOR THE ARTS
SINCE 1982

15K COURSE RECORDS

(Since 1986)

WOMEN

	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-14	Mandy Malouf	Levelland	13	1:07:58	1987
15-19	Jennifer McGuire	Lubbock ?	?	1:12:03	1990
20-24	Idalia Casiano	Lubbock	23	1:00:58	1991
25-29	Sue Houle	Lubbock	29	1:01:50	1991
30-34	Marjory Stewart	Lubbock	32	56:24 *	1991
35-39	Rhonda Kauk	Lubbock	35	1:08:33	1989
40-44	Karen Roberts	Amarillo	40	1:12:57	1991
45-49	Sandra Humphrey	Panhandle	48	1:39:36	1991
50 +	Pat Ellerman	Lubbock	50	1:44:16	1991

MEN

	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-14	Danny Hernandez	Lubbock	14	1:01:38	1991
15-19	Mike Cagle	Lubbock	19	53:34	1986
20-24	Victor Heredia	Lubbock	24	48:11 *	1991
25-29	Tim Green	Lubbock	25	49:32	1991
30-34	Kigen Wilson	Plainview	32	53:51	1988
35-39	Scott Brickerd	Lubbock	36	48:36	1989
40-44	Earl Roberts	Tyler ?	40	59:06	1986
45-49	Bobby Cunningham	Abernathy	47	57:31	1986
50-54	George Jury	Lubbock	52	56:39	1989
55-59	Bernard Hartman	Lubbock	57	1:07:30	1989
60 +	Harold Ritchey	Amarillo	61	1:12:36	1988

* Overall Men's and Women's course records

FIRECRACKER RUNS

JULY 4, 1991

Plan on being a part of the 23rd annual FIRECRACKER RUNS in Brownfield to begin your celebration of this special 4th of July. Remember that special cast medallions are awarded in age groups for both the 10 and 3 mile events.

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
12th ANNUAL W.T.R.C. JUNE RACE
EVENT # 6 of the W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY JUNE 1, 1991

REGISTRATION: 7:30 to 8:45 A.M.

RACE START: CHILDRENS 1 MILE : 8:30 A.M.
10 K and 2 MILE : 9:00 A.M.

WHERE: LEVELLAND HIGH SCHOOL, LEVELLAND, TX
FROM LUBBOCK, HWAY 114 WEST, TURN LEFT ON ALAMO
ROAD , EAST SIDE OF LEVELLAND

COURSE: FLAT; 10 K , LOOP
2 MILE OUT and BACK
1 MILE OUT and BACK

ENTRY FEES: \$ 1.00 CHILDRENS RUN

\$ 4.00 W.T.R.C. MEMBERS-- \$ 5.00 NON-MBRs

AWARDS: CHILDREN; 1ST PLACE MALE & FEMALE EACH GRADE
1st through 6th GRADE ; RIBBONS TO ALL FINISHERS

AGE DIVISIONS & AWARDS for 10 K & 2 MILE:

MEN: 19 & UNDER; 20-29; 30-39; 40-49; 50 PLUS

WOMEN: 19 & UNDER; 20-29; 30-39; 40 PLUS

UNIQUE W.T.R.C. CAP AWARDS TO FIRST 3 PLACES IN AGE GROUP

SPECIAL 12 & UNDER; 13 to 15; 16 to 19 AGE GROUPS in 2 mile

LEFTOVER CAPS WILL BE RAFFLED OFF AFTER THE RACE

RACE DIRECTOR: BILL ROGER, LEVELLAND; (806) 894-7911

