

- MAR. 2 LOU'S 2nd ANNUAL MASTERS INDOOR TRACK MEET; 1600 Fieldhouse Lubbock; Steve Ireland, Race Director, 766-0694
- \* MAR. 9 PRAIRIE DOG TOWN FOUR MILLER; 9 A.M.; MACKENZIE STATE PARK Shirley Wigley, Race Director; 797-4201
- MAR. 10 RATTLESNAKE RUN; Sweetwater, 10K & 2 Mi; call (915)235-5488
- MAR. 30 TEXAS TECH UNIVERSITY TRACK MEET; 10K and 2 Mile Run Wes Boutilloum, Race Director, 765-3961 or 745-8607
- APRIL 6 GONE WITH THE WIND RUN; Lubbock Parks & Recreation Dept. Andy Gedallo, Race Director; 767-2690 Details Later
- APRIL 7 CAPITOL 10,000; Austin, Texas ;call (512) 445-3598
- \* APRIL 13 FLIGHT LINE RACES; 8 A.M. RAFF; Half-Marathon, 10K and 2 Mile; Ronnie Nugent, Race Director, 799-1736
- APRIL 20 RUN FOR THE ARTS ; Lubbock Arts Festival; 15K and 2 Mile; 2 Mile Walk and 1 Mile Childrens Run Gary Perry, Race Director; 795-0286
- APRIL 27 ROARING SPRINGS 10K & 2mi walk; Joey Thacker, 348-7560
- MAY 4 RUN FOR THE ARTS; Midland; 5K Details later
- \* MAY 11 HORSESHOE BEND SPRING FROLIC; North of Shaton; 11, 6, and 2 Mile races; Hugh Haynes, Director, 842-3586
- MAY 18 TALL TOWN 10,000; Midland, Details later
- MAY 25 FUNFEST RACES; Amarillo Details later
- \* JUNE 1 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE; Levelland; Bill Roger, Race Director (806) 894-7911 10K and 2 Mile plus 1 Mile Kid's Run
- JUNE 8 RUN IN THE SUN; San Angelo; Details Later
- JUNE 15 JUNETEENTH RUN ?
- JUNE 16 HUB CITY TRIATHLON; TEXAS TECH UNIVERSITY 7:30 A.M. Contact Betty Blanton at 742-3351
- JUNE 29 BUFFALO SPRINGS TRIATHLON; Mike Greer, 796-8213
- \* JULY 4 23rd ANNUAL FIRECRACKER RACES; Brownfield, 10 Mile, 3 Mile and 1 Mile Kid's run; Mark Manley, Race Director (806) 299-1143
- AUG. 3 AUGUSTFEET FUN RUN; Idalou 10K and 2 Mile run and walk Race Director, Rosae Marmolejo, 744-5505 x760 or 892-2021
- \* AUG. 10 HOT DAM RUN; MLK PARK, 23rd and Quirt, 5 Mile, Details later
- AUG. 17 "IT'S SO EASY" DUATHLON contact Art Ruthersford, 797-1244
- \* SEPT 14 SHALLOWATER STAMPEDE; 10K and 2 Mile, Shallowater, Barry Byrd, Race Director, 832-4600
- SEPT 28 RED RAIDER ROAD RACE \* Note Change of Date \*
- SEPT 29 DUKE CITY MARATHON; Albuquerque, Details later
- \* OCT. 12 RUN FOR THE GOLD; FRENSHIP HIGH SCHOOL, Wolfforth, Michelle Jones, Race Director, 766-0282 or 793-2825
- OCT. 26 ALLSUP'S ANNUAL FALL ROAD RACES; Tentative

**WEST TEXAS Running Club**



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

MARCH 1991



March W.T.R.C. Race  
PRAIRIE DOG TOWN 4 MILE  
March 9, 1991; 9 A.M.  
Details on Page 11

March 1991



BLACKTAIL PRAIRIE DOG



# WEST TEXAS RUNNING CLUB DIRECTORS

**OFFICERS : RON KEY**

0 747-4678 H 792-9280      0 793-4350 H 795-6981

**INTERNAL VICE-PRES**

0 792-3291 H 792-1237

0 H 797-1870

**EXTERNAL VICE-PRES**

0 747-2448 H 792-8390

**WES BOULLIUM**

0 765-3561 H 745-3607      0 741-4834 H 792-0653

**SECRETARY**

0 767-2665 H 762-1234      0 741-7237 H 794-0135

**CARLOS YIGIL**

0 767-2665 H 762-1234      0 796-6207 H 795-1723

**TREASURER**

0 766-0282 H 793-2825

**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**

\*\*\*\*\*

**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 GARY PERRY AT 795-0842 after 6 P.M.**

**See page 5 for the different committee assignments.**



Photo: dog town

# WEST TEXAS RUNNING CLUB COTTON PATCH RUN

**SATURDAY, FEBRUARY 9, 1991**

Dennis Bell, Race Director

We had a very good turnout for the COTTONPATCH RUN, Saturday February 9th. I would like to express my thanks to all those who participated and with special thanks to Louis Perez, Carlos Vigil, James Bone, Robert Guajardo Frank Sumpter, Sr., Joni Bell, Wes Boullioum and Susan Lorton. Without their help this race would not have been possible.

A special note of thanks to Ron Key for handling the clubs equipment trailer.

Thank you, Dennis Bell

## 4 Mile

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	David Sumrell	28	M	22:50	Lubbock	1st	20-29
02	Mark Manley	30	M	23:06	Whitharra	1st	30-39
03	Frank Sumpter, Jr	16	M	23:15	Lamesa	1st	< 19
04	Michael Chamates	45	M	25:23	Lubbock	1st	40-49
05	Cande Olivas	28	M	25:54	Levelland	2nd	20-29
06	Jimmy Samarron	35	M	26:02	Levelland	2nd	30-39
07	David Rodriguez	40	M	26:17	Lubbock	2nd	40-49
08	Joe Gomez	47	M	26:41	"	3rd	40-49
09	Tommy Parrish	34	M	26:58	"	3rd	30-39
10	Jay Winfrey	12	M	27:02	Sundown	2nd	< 19
11	Gary Boltor	32	M	27:11	Lubbock	4th	30-39
12	Gary Perry	45	M	27:36	"	4th	40-49
13	Robert Unnuttia	24	M	28:06	"	3rd	20-29
14	Jackie Cannon	35	M	28:31	Amarillo	5th	30-39
15	Randy Allen	43	M	29:09	Seagraves	5th	40-49
16	John Eschle	50	M	29:29	Lubbock	1st	50 Plus
17	John Rodriguez	13	M	29:42	"	3rd	< 19
18	Chris Scott	26	M	30:01	"	4th	20-29
19	Steve Ireland	49	M	30:08	"	6th	40-49
20	Bill Vitalec	44	M	30:32	"	7th	40-49
21	Chuck Johnson	33	M	31:53	"	6th	30-39
22	Guadalupe Valderaz	34	M	32:52	Denver City	7th	30-39
23	Debbie Martin	40	F	33:08	Shallowater	1st	40-49F
24	Josie Aleman	39	F	33:26	Lubbock	1st	30-39F
25	Jon Masood	45	M	33:45	"	8th	40-49
26	Tara Jernigan	9	F	33:51	Sundown	1st	< 19F
27	Raymond Moorev	23	M	34:31	Litttlefield	5th	20-29
28	Diane Gomez	28	F	34:37	Lubbock	1st	20-29F
29	Charles Hensarling	58	M	34:45	"	2nd	50 Plus
30	Barbara Vitalec	43	F	36:22	"	2nd	40-49F
31	Frank Hernandez	52	M	36:57	"	3rd	50 Plus
32	W E Minnis	48	M	39:17	"	9th	40-49
33	Francis Johns	56	M	40:45	Midland	4th	50 Plus
34	Rosie Marmotio	41	F	42:43	Idalou	3rd	40-49F
35	Michelle Jones	32	F	49:28	Lubbock	2nd	30-39F
36	David Skelton	34	M	59:17	"	8th	30-39

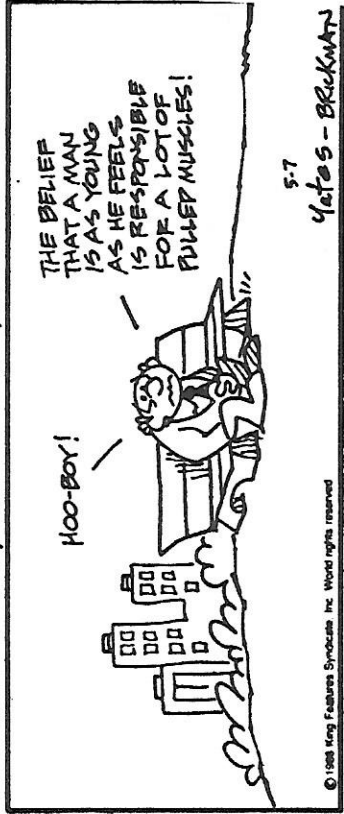


**WEST TEXAS RUNNING CLUB  
COTTON PATCH RUN  
SATURDAY, FEBRUARY 9, 1991**

**8 Mile**

01	Steve Garcia	28	M	48:38	Lubbock	1st	20-29
02	Marionie Stewart	32	F	49:01	"	1st	30-39F
03	Bill Ham	36	M	49:34	"	1st	30-39
04	Ken Jernigan	39	M	52:11	Sundown	2nd	30-39
05	Walt Brownfield	33	M	52:23	Lubbock	3rd	30-39
06	Tom Weis	39	M	52:45	"	4th	30-39
07	James Leser	44	M	53:08	"	1st	40-49
08	Trey Jennigan	13	M	53:50	Sundown	1st	< 10
09	Ronnie Nugent	43	M	55:13	Lubbock	2nd	40-49
10	Joe Martinez	45	M	55:20	"	3rd	40-49
11	Jenn's Humphrey	44	M	55:31	"	4th	40-49
12	Kurt Johnson	27	M	55:56	"	2nd	20-29
13	A'lan Valderaz	15	M	56:33	Denver City	2nd	< 19
14	Dwayne Oaklev	34	M	56:44	Lubbock	5th	30-39
15	Sid Walker	30	M	57:21	"	6th	30-39
16	Al Grotz	41	M	57:39	"	5th	40-49
17	Rudy Hernandez	29	M	57:41	"	3rd	20-29
18	Hal Wilkerson	45	M	58:09	Tulia	6th	40-49
19	James Livermore	43	M	58:21	Lubbock	7th	40-49
20	Ronald Rev	48	M	58:56	"	8th	40-49
21	Rock Deaver	34	M	59:09	"	7th	30-39
22	Jim Wilhelm	40	M	59:55	"	9th	40-49
23	Mark Garland	37	M	1:00:49	"	8th	30-39
24	Mickey Davis	34	M	1:04:57	"	9th	30-39
25	Rich Kelly	40	M	1:05:01	"	10th	40-49
26	Mike Greer	52	M	1:05:27	"	1st	50 plus
27	Mike Kelley	42	M	1:05:45	"	11th	40-49
28	Ron Seal	34	M	1:08:04	"	10th	30-39
29	Tony Aleman	41	M	1:08:17	"	12th	40-49
30	Tom Jones	52	M	1:08:42	"	2nd	50 plus
31	P. J. Mitchell	46	F	1:10:05	"	1st	40-49F
32	Brenda Martinez	23	F	1:10:34	"	1st	20-29F
33	Walter Jordan	42	M	1:10:54	"	13th	40-49
34	Sue Johns	54	F	1:18:36	Midland	1st	50 + F
35	Connie Evans	42	F	1:21:49	Lubbock	2nd	40-49 F

**the small society by Yates and Brickman**



5-7

Yates - Brickman

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**LUBBOCK ARTS FESTIVAL  
RUN FOR THE ARTS  
April 20, 1991**

RUN FOR THE ARTS Race director, Gary Perry has lined up the leadership with the following people.

**Assistant Race Directors:**

- Ron Key (W) 747-4678 (H) 792-9280
- James Bone (W) 747-2448 (H) 792-8390
- Sandi Howard (W) 793-4350 (H) 795-6981

**Registration:**

- Sue Perry 795-0842
- P. J. Mitchell 794-0135

**Sponsors:**

- Gary Perry 795-0842
- James Bone

**Course Layout:**

- Ron Key
- Carlos Vigil (W) 767-2665 (H) 762-1243
- Childrens Run: (Chairman unknown at Press time)

**Aid Stations and Splits:**

- Gary Perry
- James Bone

**Finish Line and Results:**

- James Bone

**Treasurer:**

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

**Awards:**

- James Bone
- Gary Perry

**Pre-Race Dinner:**

- Wes Boullion (W) 765-3561 (H) 745-3607
- P. J. Mitchell

**Walk Division:**

- P. J. Mitchell
- Corporate Division Run:
- Sandi Howard

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

3413 43rd St., Tuesday, March 5, 1991 at 7:00 P.M.

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

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

PTS.	MILES	EVT.	40 - 49 MALE	PTS.	MILES	EVT.
30 - 39 MALE						
MARK HANLEY	20	10.2	2	DAVID RODRIGUEZ	19	6.0
KEN JERNIGAN	19	10.0	2	GARY PERRY	16	6.0
TOMMY PARRISH	16	6.0	2	JOE A.GOMEZ	16	6.0
RICK DEAVER	11	14.2	2	RONNIE NUGENT	16	14.2
GUADALUPE VALDERAZ	11	6.0	2	DENNIS HUMPHREY	13	14.2
CHUCK JOHNSON	10	10.2	2	JOE MARTINEZ	13	14.2
BILL HARN	10	8.0	1	STEVE IRELAND	12	6.0
FRANK SUHPTER SR.	9	10.0	2*	RON KEY	11	14.2
JIM SAMARRON	9	10.2	2*	JAMES LESER	10	8.0
WES BOULLION	9	14.2	2*	MICHAEL CHAMALES	10	4.0
DAVID SKELTON	9	6.0	2	ROBERT GUAJARDO	10	14.2
MICKY DAVIS	8	14.2	2*	CARLOS VIGIL	9	14.2
DENNIS BELL	8	22.2	2**	HAL WILKERSON	7	14.2
HILT BROWNFIELD	8	8.0	1	RANDY ALLEN	6	4.0
GARY BOLTON	7	4.0	1	JOHN SCOTT	6	2.0
TOM WEIS	7	8.0	1	AL GROTZ	5	14.2
JACKIE CANNON	6	4.0	1	FRANK GOODMAN	4	6.2
DWAYNE OAKLEY	6	8.0	1	BILL VITALIC	4	4.0
SID WALKER	5	8.0	1	JAMES LIVERMORE	4	14.2
DON KEPHART	4	6.2	1	LARRY BYRD	3	6.2
MARK GARLAND	3	8.0	1	JON MASOOD	3	10.2
RON SEAL	1	8.0	1	JIM WILHELM	2	8.0
ED DABROWSKI	0	6.2	1*	W E HINNIS	2	4.0
GONZALO RAHIREZ	.0	12.4	1**	RICK KELLY	1	8.0
				WALTER JORDON	0	8.0
				TONY ALEHAN	0	14.2
				MIKE KELLEY	0	14.2
20 - 29 MALE						
STEVE GARCIA	20	14.2	2			
KURT JOHNSON	18	14.2	2			
RUDY HERNANDEZ	16	10.0	2	0 - 19 MALE		
CHRIS SCOTT	13	6.0	2	ALAN VALDERAZ	18	10.0
DAVID SURRELL	10	4.0	1	RAYMOND AVALOS	10	2.0
ROGER ROBLES	10	2.0	1	TREY JERNIGAN	10	14.2
MIKE READ	9	2.0	1	FRANK SUMPTER JR.	10	10.2
CANJE OLIVAS	9	10.2	2*	JAY WINFREY	9	4.0
ROBERT URRUTIA	8	4.0	1	JOHN RODRIGUEZ	8	4.0
LUIS PEREZ	7	10.0	2*	TANNER POUNDS	8	2.0
RAYMOND MOONEY	6	4.0	1	MARK VALENCIA	7	2.0
50 - + MALE						
MIKE GREER	18	14.2	2	20 - 29 FEMALE		
FRANK HERNANDEZ	18	6.0	2	LUCY HERNANDEZ	10	6.2
JOHN ESCHLE	10	4.0	1	BRENDA MARTINEZ	10	8.0
BILL ROGER	10	6.2	1	DIANNE GOMEZ	10	4.0
CHARLES THRASHER	9	2.0	1	DIANA HERNANDEZ	10	2.0
CHARLES HENSARLING	9	4.0	1	ELIZABETH ROBLES	9	2.0
TOM JONES	9	8.0	1			
XEN MCEACHERN	9	6.2	1	30 - 39 FEMALE		
JAMES BONE	7	14.2	2*	MARJORY STEHART	20	14.2
FRANCIS JOHNS	7	4.0	1	JOSIE ALEHAN	20	6.0
GEORGE JURY	0	6.2	1*	MICHELLE JONES	9	4.0
				SHIRLEY HIGLEY	9	6.2
				ROBERTA THOMPSON	8	6.2
				JAN RAHIREZ	0	6.2
40 - + FEMALE						
P.J. MITCHELL	19	14.2	2			
TERESA GREER	10	6.2	1	OTHER VOLUNTEERS	0	6.2
DEBBIE MARTIN	10	4.0	1	MRS. JERNIGAN	0	6.2
SUE JOHNS	9	8.0	1	SAM AYRES	0	8.0
BARBARA VITALIC	9	4.0	1	JONI BELL	0	8.0
CONNIE EVANS	8	8.0	1	SUSAN LORTAN	0	8.0
ROSIE MARMOLEJO	8	4.0	1			
0 - 19 FEMALE						
TARA JERNIGAN	10	10.2	2*			

\* = VOLUNTEER  
\*\* = DIRECTORS

NEWS and NOTES

AT THE RACES

Reporting times from the HOUSTON-TENNECO MARATHON January 20 were Mike Bieber with a 3:15:16 and Wes Boullion with a PR of 3:29:48. We had 4 members at the Las Vegas Marathon with the following times: Carlos Vigil: 3:19:00, Larry Byrd: 3:28:41, Ron Key: 3:31:54 and Bill Roger with a 3:42:36.

FAREWELL

Bill and Barbara Vitalec have been promoted by thier employer (EASTMAN KODAK) and will be moving to Dallas soon. Both have been strong supporters of the W.T.R.C. for several years and Barbara has served well as club secretary the past two years. Bon Voyage. Bill and Barbara. we will miss you!

NEW OFFICERS

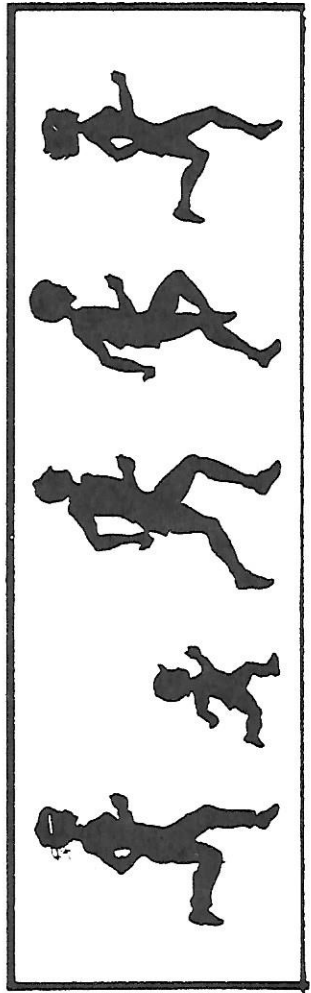
The Board of directors and members at large present at the February club meeting voted Carlos Vigil to fill the rest of Barbara Vitalecs' term as secretary and Jon Masood to fill the office of Internal Vice-President created by the resignation of Art Rutherford.

DOOR PRIZES

P.J. Mitchell has been responsible for obtaining some nice door prizes at our last few club meetings. These donors include: DILLARDS; CLEVELAND ATHLETICS; DONNA PALMER; LINZ JEWELERS; FOOT LOCKER and a couple of handmade items by P.J. herself. Thank you P.J. for your efforts.

RED RAIDER ROAD RACE

Due to a change in the TEXAS TECH UNIVERSITY football schedule the date of homecoming has also changed and with that goes the date for the RED RAIDER ROAD RACE. Mark your calendar now with the new date which is September 28, 1991.





## HATS OFF TO THE MIDDLE OF THE PACKER!

During the recent National Triathlon Race Directors Conference, held in Huntington Beach, CA, I had the privilege to attend the annual Triathlete of the Year awards for both men and women in the United States. I must say this was a great event and I thoroughly enjoyed being in the same room with such great athletes. It was like if you went to a great marathon event and the likes of Bill Rogers, Frank Shorter, Alberta Salazar, etc. were there. Or if you attended a golf event and Arnold Palmer, Gary Player, Tom Kite, Curtis Strange and all of the great ones were there. Well, this event was like that, to name a few: Dave Scott, Mark Allen, Scott Tinley, Greg Welch, Ken Souza, Paula Newby-Fraser, Liz Dowling, etc. These are the best in the business and deserve all of the attention and acclaim that they get; however, I sometimes have this fantasy that there will be an annual awards ceremony, held on CBS, ABC, CNN, ESPN, and NBC to honor the MIDDLE OF THE PACKER participant who has worked hard to get where he or she is. For those of you out there who know me personally, you are probably saying, "Well, I guess he would want such an event since that is where he is most of the time" (which is true). I am so consistent with 8 minutes per mile that if I fell out of an airplane, my descent would be at 8 minutes per mile. Well, anyway, that is not my motive for this fantasy. I would just like to see the people that have made the running, cycling, triathloning boom recognized in some way. I do realize that we gain and feel good about ourselves just because we prepare and then compete and finish, but I do know that some recognition is good for the soul. The middle of the packer is what has made marathons such as the New York City such a success. The middle of the packer is the person who really pays the bills and helps buy the trophies for the people who win the 1st place awards in the races that we go to. It is a sad commentary to know that the masses who have produced the boom are not recognized in some way. So, for all of you fellow MIDDLE OF THE PACKERS, keep up the good work, train hard, pay the entry fees, and we will see you on TV next year.

**BULLETIN:** New division added to the Buffalo Springs Lake Triathlon, to be held June 29, 1991. In an effort to recognize those full bodied people that like to compete, but feel it is unfair to have to compete against the skinny greyhound type, the race management team has added the CLYDESDALE DIVISION for 1991. General guidelines to qualify for this division are: men must weigh at least 200# (nominal) and women 150# (nominal). Guidelines will be set up to accommodate those that come close or who feel they have a good sound reason to be in the CLYDESDALE DIVISION. For example, a person who is 6'9" tall but only weighs 195# would qualify. So, you see we can have some flexibility to a degree. Please call me for more details if needed.

**BULLETIN:** In 1992, there will be a Triathlon/Duathlon series established with at least 10-12 events in the series. This series will consist of all of the West Texas events, two from New Mexico, and 2 or 3 more from within the state. The point will be to have all TriFed sanctioned races, point systems for rankings, grand prizes, etc. Keep your eyes open for this. It will be great.

LOCAL CALENDAR:	April 6	West Texas State University, Sprint
	April 20	Strutters Duathlon, San Angelo
	May 4	Bottomless Lakes Triathlon, Roswell, NM
	May 4	Texas Tech Duathlon
	June 1	Milkman Triathlon, Dexter, NM
	June 29	Buffalo Springs Lake Triathlon, Lubbock

Mike Greer, 796-8213

## A JOGGER'S LAMENT

By H. Naul of Minneapolis, MN

Submitted by his friend, ARC Member Warren Haywood

"Twas the day before summer, a bit after six,  
And I was all dressed for my jogging fix.  
I went to the door and, opening it wide,  
What do you think I saw outside?"

The sky was dark, with rain coming down,  
And puddles were standing all over the ground.  
I turned away with a shake of my head.  
"How can I run in this mess?" I said.

Last night my wife wanted to go to a play,  
But I knew that I would be running today.  
So I made the excuse of an aching head,  
And you should have heard the things she said.

So since I committed to run today,  
I'd damn well do it, come what may.  
Pounding rain and the lightning's crack  
Were not going to hold this runner back.

I went to the closet and rummaging through,  
I dug out the gear I thought would do.  
--An old rain hat and a parka of sorts.  
Some thick wool socks and swimming shorts.

I pulled these on and, tying my laces,  
I began to bend in all the right places.  
Good joggers don't go out for a run,  
Until their stretching has all been done.

Then with my resolve pulled up to my chin,  
I opened the door on the world again.  
When I stepped outside and closed that door,  
Conditions were worse than they'd been before.

The puddles had turned to a stream in the streets,  
And wind swept the rain in driving sheets.  
Lightning pierced the darkened skies,  
Like a car's high beam in a runner's eyes.

As I pushed off at a gentle pace,  
With the rain like needles in my face,  
I seemed like a pilgrim in a strange new Land,  
With nothing familiar near at hand.

There was a feeling of deja vu,  
As though I had done this a time or two.  
I felt like the first, or the last, or men;  
Though I couldn't say how, or where or when.

I knew this was something that had to be,  
To run as though it was destiny.  
What difference that I was soaking wet,  
Or that no one else had joined me yet?

What difference the knees and the aching feet,  
Or the tender ankle I'd have to treat?  
If there was a God up in the sky,  
He'd surely see me jogging by.

A caring God would tip His hat,  
To a runner who'd brave a storm like that;  
And reserve for him a special place,  
Where he could run an endless race.

So I pushed on while time slipped by,  
And sweat raced raindrops to my eye.  
I heard a limb come crashing down,  
And branches lay along the ground.

Quite suddenly it came to me,  
What foolishness this seemed to be,  
If a storm blew us to kingdom come,  
What good had all this running done?

Then just as I started to feel absurd,  
A voice from deep within was heard.  
"Though heaven and earth may pass away,  
You still should run your miles today."





JOHNNY SEZ

I would imagine that, like me, most of you have had friends and relatives ask about running as an addiction. Some of the absurd articles which appear in popular magazines loaded with jargon and tinkertoy psychology would make it seem that the only reason we do our little daily run is to get that chemical "fix" we are supposed to get after a few miles. I once thought about having a T-Shirt made which said "LEGALIZE ENDORPHINS"!

It should be clear to all of us that there have been folks who have had difficulties with their marriage, jobs, etc. because they became obsessed with exercise or some other activity.

Some individuals seem to use socially acceptable distractions such as work, exercise, shopping, etc. as a means of avoiding the "real" problems we all face. Problems such as work stress, marital difficulties, kids, in-laws, financial woes, etc, etc. It would appear to me that these are the individuals who would turn a positive, socially acceptable activity such as running into a dangerously addictive distraction.

Fortunately, most runners I know are solid as a rock, and face up to their problems in a much more positive way than the average. Most people who work hard are not workaholics, and most runners are not compulsive about it, but there must be a lot of couch potatoes who would like to believe it to relieve their own guilt for doing neither.

Johnny Grill,  
Editor, L.S.R.C.

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GETTING OLD

It's a sure sign a man is getting old when he forgets to zip up his pants but it's even a more sure-fire sign when he forgets to zip them down!!!

WEST TEXAS RUNNING CLUB'S  
PRAIRIE DOG TOWN RUN

EVENT # 3

Of the 1991 W.T.R.C CHALLENGE SERIES



BLACKTAIL PRAIRIE DOG

**WHEN:** SATURDAY, DECEMBER 8, 1990  
REGISTRATION 8:00-8:45 A.M.  
RACE START AT 9:00 A.M.

**WHERE:** MacKenzie State Park  
Near the Broadway Entrance

**COURSE:** Rolling Terrain, Asphalt  
Out and Back Loop

**ENTRY FEE:** W.T.R.C. MEMBERS= \$ 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:** Shirley Wigley Office 763-7061  
Home 797-4201

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SHOE BARGAIN

Jeffrey Jury has a pair of New Balance 997 in size 9 B which turned out to be too long. These shoes list at \$110 and can be bought from RoadRunner Sports for \$69.95 plus shipping. If anyone can use these shoes at \$50 call Jeff at 792-1297