

# COMING ATTRACTIONS

- 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.
- OCT. 5 **Z-93 15K CLASSIC & 2 MILE RUN**; Amarillo  
Contact David Lard at 1-358-3847
- \* OCT. 12 **GO FOR THE GOLD**; 5K, FRENSHIP HIGH SCHOOL, Wolfforth, 9 A.M. Michelle Jones, Race Director, 766-0282 or 793-2825
- OCT. 19 **LOADA RED RIBBON RUN**; Entry forms inside
- OCT. 26 **ALLSUP'S ANNUAL FALL ROAD RACES**; 1 Mile, 5K, 10K and Half-Marathon Entry forms inside
- NOV. 2 **PALO DURO 50 MILER**; Contact Red Spicer, 1-353-3847
- \* 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 **COOL BREEZE 10K and 2 Mile**; Lubbock Parks and Recreation Dept., MacKenzie Park, W.T.R.C  
Members \$ 6, Others \$ 8 before 11-13-91
- DEC. 1 **DALLAS WHITE ROCK MARATHON**; call 214-696-6829  
Extra entry forms at 4808 50th
- DEC. 7 **Arthritis Foundation JINGLE BELL RUN**; 5K at BUDDY HOLLY PARK Details later
- \* 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

October 1991

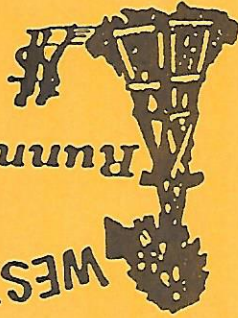


OCTOBER 1991

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408

Running Club

WEST TEXAS



October W.T.R.C. Race

GO FOR THE GOLD 5K

Oct. 12, 1991; Wolfforth  
Details on Page 7



# WEST TEXAS RUNNING CLUB

## OFFICERS

**PRESIDENT :** ROM KEY  
 0 747-4678 H 792-9280  
**INTERNAL VICE-PRES**  
 0 792-3291 H 792-1237  
**JON MASOOD**  
 1-800-438-8989 H 797-1870  
**EXTERNAL VICE-PRES**  
 0 747-2448 H 792-8390  
**WES BOULLIION**  
 0 765-3561 H 745-3607  
**SECRETARY**  
**CARLOS VIGIL**  
 0 767-2665 H 762-1243  
**TREASURER**  
 0 741-2127 H 795-6019  
**MICHELLE JONES** 0 766-0282 H 793-2825

## DIRECTORS

**DENNIS BELL**  
 0 741-0122  
**GEORGE W. JURY**  
 0 792-3291 H 792-1237  
**JAMES BONE**  
 0 747-2448 H 792-8390  
**DAVID RODRIGUEZ**  
 0 741-4834 H 792-0653  
**JOE MARTINEZ**  
 H 794-7355  
**LARRY RENO**  
 0 741-2127 H 795-6019

*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

## OFFICER ELECTIONS

THE ABOVE SLATE OF OFFICERS WERE ELECTED AT THE BUSINESS MEETING HELD THURSDAY SEPTEMBER 12th, AND TAKE OFFICE OCTOBER 1, 1991. MANY THANKS TO SANDI HOWARD and P.J. MITCHELL FOR THEIR SERVICE IN 1991.

## 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 all ready done so. Call either the race director or David Rodriguez at the numbers listed above.

1991 SHALLOWATER STAMPEDE  
 SEPTEMBER 14, 1991



## 10 K RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	Scott Beasley	21	M	35:12	LUBBOCK	1st	20-29
02	James Garner	20	M	35:37	"	2nd	20-29
03	Rodney Carter	21	M	35:44	"	3rd	20-29
04	Jeff Morrison	20	M	36:45	"	4th	20-29
05	Mark Minghella	30	M	38:08	"	1st	30-39
06	Jeffrey Jury	30	M	38:33	"	2nd	30-39
07	Frank Sumpter, Sr.	37	M	38:58	Lamesa	3rd	30-39
08	Dennis Bell	30	M	39:27	Lubbock	4th	30-39
09	Dave Sumrell	28	M	39:28	"	5th	20-29
10	Laurence Neilson	19	M	40:22	"	1st	< 19
11	Carlos Vigil	42	M	41:59	"	1st	40-49
12	Ron Key	48	M	44:06	"	2nd	40-49
13	Joey Thacker	44	M	44:39	RoaringSpgs	3rd	40-49
14	Gary Bolton	32	M	45:08	Lubbock	5th	30-39
15	Randy Allen	44	M	45:29	Seagraves	4th	40-49
16	David Davis	31	M	45:42	Slaton	6th	30-39
17	Chris Scott	27	M	45:43	Lubbock	6th	20-29
18	Rick Deaver	35	M	45:44	"	7th	30-39
19	Rudy Hernandez	29	M	46:19	"	7th	20-29
20	Mike Aguillar	35	M	47:42	"	8th	30-39
21	James Livermore	44	M	49:01	"	5th	40-49
22	Bill Tate	30	M	49:24	"	9th	30-39
23	Chuck Johnson	33	M	49:54	"	10th	30-39
24	Jim Wilhelm	40	M	50:17	"	6th	40-49
25	Mike Kelley	42	M	50:43	"	7th	40-49
26	Tom Jones	52	M	50:52	"	1st	50 +
27	James Bone	52	M	51:19	"	2nd	50 +
28	Kelly Wason	33	M	51:52	Plainview		
29	Shirley Wigley	37	F	52:05	Lubbock	1st	30-39F
30	Debbie Martin	40	F	53:04	"	1st	40-49F
31	Tony Aleman	42	M	53:35	"	8th	40-49
32	Bryan Dunn	33	M	56:19	"		
33	P.J. Mitchell	45	F	56:44	"	2nd	40-49F
34	Walter Jordan	42	M	56:55	"	9th	40-49
35	Brenda Martinez	24	F	59:03	"	1st	20-29F
36	Connie Evans	42	F	65:36	"	3rd	40-49F

THANK YOU

Club member's generosity has enabled 23 of the Achilles Heel track club to participate in the RED RAIDER ROAD RACE. Dennis Bell secured sponsorship by Lubbock Paint Center (10), Dr. Kay Fellows (10), Tracy and Terry Baugh (2) and Robby Timberlake (1).





SHALLOWATER STAMPEDE  
SEPTEMBER 14, 1991



2 MILE RESULTS

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	Frank Sumpter, Jr.	16	M	11:34	Lamesa	1st	< 19
02	Robert Ladson	18	M	11:52	Lubbock	2nd	< 19
03	Jimmy Sanarron	36	M	12:02	Levelland	1st	30-39
04	John Barrentine	16	M	12:04	Shallowater	3rd	< 19
05	George W. Jury	55	M	12:15	Lubbock	1st	50 +
06	Robert Guajardo	48	M	12:32	Levelland	1st	40-49
07	Tommy Parrish	34	M	12:34	Lubbock	2nd	30-39
08	David Doyle	32	M	12:44	"	3rd	30-39
09	Joe Gomez	47	M	12:55	"	2nd	40-49
10	Gary Perry	47	M	13:03	"	3rd	40-49
11	Cande Olivas	20	M	13:06	Levelland	1st	20-29
12	Bill Moreman	44	M	13:14	?	4th	40-49
13	Luis Cardenas	39	M	13:35	Lubbock	4th	30-39
14	Gary Bodensteiner	42	M	15:37	?	5th	40-49
15	Josie Aleman	40	F	15:39	Lubbock	1st	40-49F
16	Bernice Nelson	33	F	17:07	"	1st	< 19F
17	Dawn Sumrell	28	F	19:16	"	1st	20-29F
18	Kathy Lupton	44	F	19:50	?	2nd	40-49F
19	Sara Stephenson	33	F	20:15	Lubbock	1st	30-39F *

STAMPEDE REPORT

Participants in the 3rd annual SHALLOWATER STAMPEDE enjoyed a cool, overcast day. The course was changed from the first two years running because of the rain. Some good times were posted on the altered course. Frank Sumpter, Jr. had an 11:34 to win the two mile while Robert Ladson was runner-up in 11:52. Scott Beasley, James Garner and Rodney Carter had times in the 35 minute range for the 10K. Congratulations to new member Kelly Wason for his first 10K.

The volunteers for this race were club members: Bill Roger, Jon Masood, Hugh Haynes, David Rodriguez, John Rodriguez, Ray France, Joe Martinez and Hal Wilkerson. Ron Key, George Jury and Gary Perry ran the race and still found time to help out. Other helpers were: Carrie Byrd, Sally Roger, Mandy (Roger) Robinson, John Blackburn, and Ida Sumpter. James Truelock of the Shallowater Police Department and Don Glaborn, Rodney Rodriguez and Floyd Gardner of the Lubbock County Sheriff's Reserve did a great job of controlling traffic. Thanks to all the volunteers, runners, and spectators. I hope you had fun at the 1991 SHALLOWATER STAMPEDE.

Larry Byrd, Race Director

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

AFTER 9 EVENTS

30 - 39 MALE			40 - 49 MALE			50 - 59 MALE			60 - 69 MALE			70 - 79 MALE			80 - 89 MALE			90 - 99 MALE		
PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.
71	38.2	9*	68	54.5	8*	57	24.0	8*	39	23.2	4	39	23.2	4	39	23.2	4	39	23.2	4
69	41.2	9*	61	26.0	9*	51	50.4	7*	20	11.2	2	20	11.2	2	20	11.2	2	20	11.2	2
56	64.6	8**	52	52.5	7*	47	54.8	7**	10	4.0	1	10	4.0	1	10	4.0	1	10	4.0	1
53	28.2	7	50	69.7	9*	41	39.2	5	9	6.0	2	9	6.0	2	9	6.0	2	9	6.0	2
42	40.6	8	47	37.3	7*	36	42.6	6*	8	8.0	1	8	8.0	1	8	8.0	1	8	8.0	1
40	47.3	5**	42	13.0	5	34	27.0	5	7	12.0	1	7	12.0	1	7	12.0	1	7	12.0	1
37	36.1	4	40	61.6	8*	34	27.0	5	6	13.1	1	6	13.1	1	6	13.1	1	6	13.1	1
35	69.7	9*	39	11.0	4	30	52.5	8*	5	7.0	2	5	7.0	2	5	7.0	2	5	7.0	2
30	16.0	6	36	47.6	8	29	14.2	4*	4	10.2	2	4	10.2	2	4	10.2	2	4	10.2	2
26	34.5	6	33	18.0	6*	29	14.2	4*	3	11.0	1	3	11.0	1	3	11.0	1	3	11.0	1
19	48.5	6*	32	21.2	3	20	17.2	2	2	12.0	1	2	12.0	1	2	12.0	1	2	12.0	1
18	10.2	2	27	21.2	3	19	9.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
18	10.2	2	25	12.0	3	19	9.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
18	10.2	2	22	27.2	3	18	10.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
18	10.2	2	21	56.5	5**	18	10.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
13	19.2	3	20	8.0	3	17	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	16	54.5	6	17	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	13	30.4	4	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	13	30.4	4	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	3
12	13.0	2	12	42.5	7*	16	17.2	2	1	15.2	3	1	15.2	3	1	15.2	3	1	15.2	



# ELECTRIC CITY PRINTING / RRCA CHALLENGE SERIES

## GO FOR THE GOLD!



In the chart below, find your age group and goal time that will get you the GOLD or any level award which you can reach. This Challenge event is designed with emphasis on participation and self-competition - it's you and the clock for 5K - GO FOR THE GOLD!

Beautiful RRCA Challenge Series lapel pins are awarded to runners achieving the time level on the chart in an ELECTRIC CITY PRINTING / RRCA CHALLENGE SERIES event. Times which fall between those on the chart receive the next award down the scale. Gold is the highest level, and orange the participation level. Good luck

AGE	GOLD		SILVER		BRONZE		YELLOW		ORANGE	
	Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
U-10	23:45		29:50		35:30		38:30		42:00	
10-11	22:00		27:30		31:00		35:30		39:00	
12-13	20:15		24:30		27:00		30:30		33:00	
14-15	17:50		20:30		23:10		24:30		27:00	
16-17	16:45		19:00		21:30		22:30		24:00	
18-19	16:00		18:45		20:30		22:00		23:00	
20-24	15:35		18:30		19:45		22:30		25:00	
25-29	15:20		18:10		19:30		22:15		24:45	
30-34	16:20		19:55		20:40		24:55		27:30	
35-39	16:45		19:05		21:00		25:30		27:45	
40-44	17:25		19:45		22:30		25:45		27:55	
45-49	17:55		20:35		23:00		26:00		28:30	
50-54	18:25		21:10		23:45		26:30		29:00	
55-59	19:15		22:00		24:30		27:10		30:00	
60-64	21:00		23:30		25:40		28:00		33:00	
65-69	22:10		24:45		27:00		31:00		36:00	
70+	23:00		27:00		30:00		34:00		38:00	

Age	Women		Women		Women		Women	
	Min	Max	Min	Max	Min	Max	Min	Max
U-10	24:45	33:50	37:00	40:00	43:30			
10-11	23:30	31:00	34:00	37:30	41:00			
12-13	22:00	27:30	31:00	34:20	37:00			
14-15	20:50	25:30	28:00	31:30	33:30			
16-17	19:10	24:00	26:30	28:00	30:00			
18-19	18:50	22:30	25:30	27:00	28:30			
20-24	18:30	21:50	24:00	25:30	27:00			
25-29	18:20	21:20	23:45	25:00	26:30			
30-34	19:45	22:00	24:10	26:00	27:10			
35-39	20:35	22:50	25:00	27:30	28:30			
40-44	21:45	23:40	26:10	28:30	30:00			
45-49	23:00	24:50	27:30	31:30	33:10			
50-54	24:45	26:10	28:55	33:40	35:10			
55-59	25:00	27:30	30:45	35:20	38:00			
60+	25:50	28:30	31:50	37:00	40:00			

**5 Kilometer (3.105 miles) Pace Chart**

Min per mile	Finish Time	Min. per mile	Finish Time	Min. per mile	Finish Time
4:50	15:01	7:50	21:45	9:00	27:57
5:00	15:32	7:30	22:16	9:10	28:28
5:10	15:03	7:20	22:47	9:20	28:59
5:20	16:34	7:30	23:18	9:30	29:30
5:30	17:05	7:40	23:49	9:40	30:01
5:40	17:36	7:50	24:20	9:50	30:32
5:50	18:07	8:00	24:51	10:00	31:04
6:00	18:39	8:10	25:22	10:10	31:36
6:10	19:10	8:20	25:53	10:20	32:08
6:20	19:41	8:30	26:24	10:30	32:40
6:30	20:12	8:40	26:55	10:40	33:12
6:40	20:43	8:50	27:26	10:50	33:44
6:50	21:14			11:00	34:16

The Electric City Printing/RRCA Challenge Series is brought to you as a public service of the Road Runners Club of America and Electric City Printing, P.O. Box 630, Anderson, S.C. 29622. 800-845-1030 for all your road race numbers and management.

### WEST TEXAS RUNNING CLUB'S "GO FOR THE GOLD" 5K RACE

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, OCTOBER 12, 1991  
REGISTRATION: 8:00 to 8:45 A.M.  
RACE START: 9:00 A.M.

**WHERE:** WOLFFORTH; FRENSHIP HIGH SCHOOL  
From Lubbock, take US highway 62/82 to Loop 193, proceed to the intersection with state highway 179, turn right across the RR tracks north past FRENSHIP HIGH SCHOOL & turn left

**COURSE:** ASPHALT ROAD, POINT TO POINT, FLAT SPLITS AT EACH MILE

**AWARDS:** MEDALS WILL BE AWARDED IN THE 5 YEAR AGE GROUPS AS SHOWN IN THE RRCA STANDARDS DESCRIBED ON PAGE 6

**CHALLENGE SERIES POINTS**  
WILL STILL BE CALCULATED USING THE STANDARD 10 YEAR AGE GROUPINGS

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

**RACE DIRECTOR:** MICHELLE JONES  
Office 766-0282  
Home 793-2825

**SPECIAL AWARD:** OVERALL MALE and FEMALE WINNERS WILL RECEIVE TROPHYS

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CONGRATULATIONS

W.T.R.C. member and director, David Rodriguez competed at a master's track meet in Boulder, Co. Labor Day week-end and posted a 2:05 800 Meter time to set a meet age 40-44 record.