

CALENDAR of EVENTS

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

- SEPT 2 **CHAUTAQUA 5K**; Pampa
Contact: Linda Haynes 806-665-3721
- * SEPT 14 **SHALLOWATER STAMPEDE**; 10K and 2 Mile,
Shallowater, 9 A.M. Larry Byrd, Race Director,
832-4600
- SEPT 21 **MAYORS 1/2 MARATHON & 5 MILE RUN**; Amarillo
Contact: Sandy Lynch 806-378-4289
- SEPT 21 **POW/MIA RACE FOR FREEDOM**; 10K and 1 Mile, REESE
AFB Contact: 885-3207
- 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, 9 A.M. Michelle Jones, Race
Director, 766-0282 or 793-2825
- OCT. 19 **LOCOADA RED RIBBON RUN**; Details Later
- OCT. 26 **ALL-SUP'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. 1 **DALLAS WHITE ROCK MARATHON**; call 214-696-6829
- DEC. 7 **Arthritis Foundation JINGLE BELL RUN**
- * 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

SEPTEMBER 1991



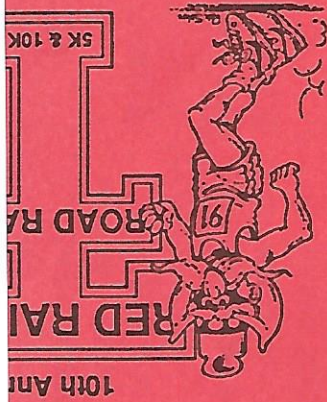
Running Club

Newsletter
P.O. Box 2921
Lubbock, Texas 79408

SHALLOWATER STAMPEDE
September 14, 1991



Details inside back cover



SIGN UP NOW

10th Ann

RED RAI
ROAD RA

5K & 10K

September 28,

- September 1991 -

WEST TEXAS RUNNING CLUB

OFFICERS DIRECTORS

PRESIDENT : RON KEY
 O 747-4678 H 792-9280 **SANDI HOWARD**
 O 793-4350 H 795-6981

INTERNAL VICE-PRES
 O 792-3291 H 792-1237 **GEORGE W. JURY**

JON MASOOD
 1-800-438-8989 H 797-1870 **JAMES BONE**
 O 747-2448 H 792-8390

EXTERNAL VICE-PRES
 O 741-4834 H 792-0653 **DAVID RODRIGUEZ**

WES BOULLIQUIN
 O 765-3561 H 745-3607 **P. J. MITCHELL**
 H 794-0135

SECRETARY
 O 767-2665 H 762-1243

CARLOS VIGIL

TREASURER
 MICHELLE JONES O 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

OFFICER ELECTIONS

MARK AND RETURN YOUR BALLOTS FOR 1992 LEADERSHIP

MAKE PLANS TO ATTEND THE ELLECTION and BUSINESS MEETING TO BE HELD THURSDAY SEPTEMBER 12, 1991

AT THE SIRLOIN STOCKADE AT

6803 INDIANA AT 7 P.M.

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.

4th ANNUAL HOT DAM RUN

August 10, 1991

On Saturday August 10, 1991 we had another really great "HOT DAM RACE". The weather cooperated in that it wasn't real hot but "kinda hot". It was a real dam, however, so we had a "kinda hot real dam run". The heat didn't bother James Bungei, LUBBOCK CHRISTIAN UNIVERSITY'S national class runner as he ran the 5 miles in 24:13 to blast the existing course record. The next two runners also bested the previous mark of 26:36 set by Art Samarron last year. Marjory Stewart also lowered her own womens record a few notches. We had 68 participants and 10 club members to help stage the race. Thanks to Jon Masood, Assistant director, George Jury, Shirley Wigley, Frank Hernandez, Rudy Hernandez, Josie Aleman, Alan Valderaz, and Mano Valderaz. Runners who helped after they ran were Joe Post and Gary Perry. A special thanks to all who helped. They did a great job. Appreciation also goes to WHATTABURGER for furnishing drink cups; to John Hartsfield of HARTSFIELD'S TEXACO (Chicago & BF Hiway) for the ice for the water coolers. Thanks also to Dennis Bell who procured the large water cooler for us.

The SOUTH PLAINS FOOD BANK was given a donation of \$500 from the club including the proceeds of the race and as mentioned by them at a real needy time. Just as a money crunch came along the phone rang with our offer to donate the \$500 to them. They were very grateful. They spiced up the awards ceremony with special FOOD BANK aprons for the age group winners.

Ron Key, Race Director

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	AGE GRP
01	James Bungei	22	M	24:13	LUBBOCK	*	1st 20-29
02	Paul Rotich	24	M	25:38	"		2nd 20-29
03	Larry Millard	23	M	26:21	"		3rd 20-29
04	Rodney Carter	21	M	28:35	"		4th 20-29
05	Frank Sumpster, Jr.	16	M	29:48	LAMESA		1st 16-19
06	David Sumrell	28	M	29:58	LUBBOCK		5th 20-29
07	Marjory Stewart	32	F	30:12	"	*	1st 30-39F
08	Frank Sumpster, Sr.	37	M	30:17	LAMESA		1st 35-39
09	Dennis Bell	30	M	30:28	LUBBOCK		1st 30-34
10	Lawrence Nelson	19	M	30:53	IDALOU		2nd 16-19
11	George W. Jury	55	M	31:37	LUBBOCK		1st 50-59
12	Jimmy Samarron	36	M	31:45	LEVELLAND		2nd 35-39
13	Bobby Cunningham	51	M	31:49	ABERNATHY		2nd 50-59
14	Carlos Vigil	42	M	32:08	LUBBOCK		1st 40-42
15	Robert Guajardo	48	M	32:12	LEVELLAND		1st 45-49
16	Joe Post	42	M	32:16	LUBBOCK		2nd 40-44
17	Trey Jernigan	13	M	32:22	SUNDOWN		1st < 15
18	John Blackburn	32	M	32:51	LUBBOCK		2nd 30-34
19	Jackie Cannon	35	M	32:57	AMARILLO		3rd 35-39
20	Gonzalo Ramirez	35	M	33:17	LAMESA		4th 35 39
21	Jose Aguayo	36	M	33:25	LAMESA		5th 35-39

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

Table with columns for rank, name, time, event, and points. Includes names like Ken Jernigan, Tommy Parrish, Joe Martinez, etc.

AFTER 8 EVENTS

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

Summary table with columns for rank, name, points, and miles. Includes sub-sections for 30-39 MALE, 40-49 MALE, 20-29 MALE, 50-59 MALE, 30-39 FEMALE, and 40-49 FEMALE.

WHAT IS A CERTIFIED COURSE

Many larger races that we attend claim to be "certified" by "TAC" with a serial number following. "TAC" stands for THE ATHLETIC CONGRESS. To be able to enter some races (such as the BOSTON MARATHON) you must join TAC. Most of the courses used by the PERMIAN BASIN ROAD RUNNERS for example are certified. None of the courses around Lubbock have been certified. We have the equipment needed (JONES COUNTER), but a person certified by TAC must measure the course also. (for a fee)

A certified race course doesn't just happen. Considerable effort and planning, not to mention attention to detail, go into the certification process. The Jones counter is not the only instrument that may be used for measurements, but TAC instructions are written for its use (the implications are crystal clear). Also the counter is quite accurate and reproducible. The counter is attached to the front bike wheel and is physically advanced by a spoke. Depending on the tire diameter and the inflation pressure, the calibration factor is usually in the range of 15,000 counts per mile.

For accuracy, the measuring bicycle is taken to a calibration course of 800 Meters or .5 Mile in length depending on how the split marks are to be designated. On this course, the actual calibration factor of the counter/bicycle is established in counts per mile or kilometer. Factors which may affect the number of counts per mile are, tire inflation pressure, the weight of the rider and the ambient temperature. The ambient temperature of the location is recorded, the bicycle tires are warmed up for a few minutes, and four calibration runs are made. This calibration course must be certified by TAC, which means it was measured according to their specifications and submitted for their review. The course must be straight and flat, and it must be measured twice with a steel tape.

The data from the calibration rides are averaged and a value of "clicks" per mile is derived. This value is multiplied by the short course prevention factor of 1.001, or 1 meter per kilometer of course distance.

Using this new factor, the measuring bicycle is taken to the race site and the course is measured. It is mandatory to measure the course in the shortest possible path a runner could take without being disqualified. That means riding all

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(continued from page 6)

tangents and, in some cases, measuring a path the runners will not take due to congestion with other runners. If the shortest possible path is not measured, it is necessary to take positive steps to assure that runners will not "cut" the course and run shorter than that measured. Loop courses are straight-forward, but out-and-back courses with curves can present real challenges to the certifier. It is important to remember that the main emphasis in certification is the prevention of a short course, not necessarily the production of an accurate one (exactly 3.107 miles or exactly 6.21 miles, for example). An out-and-back course is measured by the shortest possible path method will almost definitely be long, especially if the course has curves in it. Obviously, decisions must be made about how the course is to be measured and run, and the intended path is to be set up for the runners. Cones and barricades used to establish a course serve two purposes: safety and course definition. Not heeding the directions for the intended course not only decreases the safety factor, but can defeat a lot of hard work in the certification process.

After measuring the course and establishing the mile splits you want, including required 5K splits for metric courses, the course is then re-measured from start to finish. These measurements must agree within .08%. If not, start over; if so, make any adjustments to the start/finish to have the correct distance.

Then, the counter and bicycle are taken back to the calibration course for four more rides. When the calculations are completed, the larger of the two calibration factors is the factor for the day. If the post-measurement factor is the larger, the course must be recalculated, re-measured, and properly adjusted.

When all the measuring is done, it's time to do the paperwork--which is considerable.

In a nutshell, a runner participating in an event on a certified course can be assured that considerable effort has been expended to produce a quality race.

compiled from an article
by Royce Gragg of the
San Antonio Road Runners

NEWS and NOTES

ACHILLES TRACK CLUB

Many of you have noticed some of our community's disabled athletes participating in our club runs. The W.T.R.C. waives the entry fees for these determined athletes because they have very limited financial resources and most are unable to work. These young people are very desirous of winning a T-Shirt by participating in races such as the up-coming RED RAIDER ROAD RACE. Because the budget is so tight this year we are unable to waive the fees so if you would like to sponsor one of these runners, please send the \$10 donation to Race Director, George Jury at 5212-44th, Lubbock, Texas 79414.
Michelle Jones

AT THE RACES

The Jernigan youngsters have had a very busy summer competing in the TAC Jr. Olympic Program. Troy qualified for the national meet by placing 2nd at Arlington with a PR of 10:41 in the 3,000 meters. At national he topped that with a 10:25, placing 18th.

Tara qualified with a PR of 6:10 for 1500 meters while finishing 2nd. Her previous best was 6:37. At the national meet she ran a 6:10 in the rain and finished 15th in her heat.

David Rodriguez accompanied the TEXAS INSTRUMENTS team to California recently for the CORPORATE CUP CHALLENGE and turned in a fine 2:07 800 meter effort. He will be going to Boulder September 1st for the National Master's meet.

ADIOS and CONGRATULATIONS

Long time club member, Don Kephart, wife Brenda and sons, Ross and Wade have been promoted by his GOULD PUMP COMPANY and have made the big move to New York. Don had been very active in the club for a long time and is best known for having served for 9 straight years as Race director of the BUFFALO WALLOW RACES. We'll miss you, Don, but we wish you well in your new position.

Club members Sue Houle and Otto Spitz tied the knot recently in her home state of Wisconsin. This couple first met at one of our club races. Another couple who possibly met at one of our runs was married August 10th, after she ran in the HOT DAM RUN and he competed at the WOOL CAPITOL TRIATHLON in San Angelo, physicians Kay Fellows and Miles Hyman. Congratulations to these four!!!

RACE DIRECTOR NEEDED

Vice-President Wes Boullion needs someone who will assist putting on the AMERICAN DIABETES ASSOCIATION "TURKEY TROT" November 16th. External races such as this will be dropped from the calendar if a director is not found or other requirements are not met. Please let Wes know as soon as possible so that advanced planning can proceed. If a director is not found by October 8th the race will be cancelled.

W.T.R.C./TTU SCHOLARSHIP

Applicants are needed for the scholarship to be awarded this fall. The recipient must be nominated by a W.T.R.C. member, have a 2.5 GPA and be from the West Texas area. Exact details and application forms are available from Jon Masood at 797-1870.

NEWSLETTER

Anyone interested in helping with the monthly newsletter would be more than welcome! We usually have plenty of material but much of it has to be formatted to fit the current design. Original articles would be appropriate. I must know of potential submissions by the 15th of the month in order to plan the layout. External races will be reported if results are supplied in the proper format. I will prepare the results for publication if the pull-tags are supplied face down on the spindle and the age group award sheets are available. Any suggestions for newsletter improvement are appreciated. Call George W. Jury at 792-3291 or 792-1237.

Plans are progressing well for the 10th annual RED RAIDER ROAD RACE Saturday, September 28, 1991. Playing big parts in this production are: Bill Harn, assistant director, James Livermore, Jon Masood, Joe Stalcup and Pat Jury. Others committed to help but will still get to run are: Tom Weis, Dennis Bell and Jeffrey Jury. James Bone has helped to secure the fruit for the runners' post race enjoyment and Pat Duffy and his KELLOGG company are donating some tasty goodies for the race packets. Many more volunteers are needed to man the late registration table at the University Center on Friday 8 A.M. to 8 P.M. and at the Rec center Saturday morning 6:30 to 7:45 A.M. If you can donate about 4 hours of your time at registration on Friday or Saturday please call George at 792-3291. Some race day help is also needed for split timers and finish line help. W.T.R.C. members who volunteer will get one of the nice Red long sleeved T-Shirts. Other helpers will get short sleeve shirts.

A potential schedule snafu was averted when the LONE STAR RUNNING CLUB'S Rick Guana was able to persuade the promoters of the MAYORS HALF-MARATHON in Amarillo to change dates to September 21, 1991. We need the Amarillo runners participation.

I would like to appeal to all club members to sign up to run so as to help keep us in the black this year. We had two past sponsors who pulled out late this year and we were unable to secure others. We are grateful for CARDINAL'S SPORTS CENTERS for their continued support for the 10th year.

The grand prize for the drawing after the awards ceremony this year will be round trip tickets by AMERICAN AIRLINES for two to anywhere in the continental U. S. These could be worth as much as \$500. We hope to have many more nice gifts like we did in 1990. Remember, only those PRE-REGISTERED are eligible for the prize drawing and you must be present to win, so sign up early! We pride ourselves on being able to have the awards soon after the last runner has finished so make every effort to attend the awards ceremony.

10th Annual



RED RAIDER ROAD RACE 5K & 10K

Date:
Homecoming Weekend
September 28, 1991

Time:
5K and 10K 8:00 am

Course:
Tech Campus

Registration:
Until September 26, 1991
\$10.00 Minimum donation
to Tech Loyalty Fund

**Late Registration &
Packet Pick-up:**
\$15.00

Friday, September 27
8:00 am - 8:00 pm
University Center Lobby

Race Day Registration
\$20.00

Saturday, September 28
6:30 am - 7:30 am only!
Student Rec Center

Corporate Sponsors



5K and 10K Road Race

VOLUNTEERS ARE NEEDED TO STAGE THIS EVENT !!

Call Race Director George Jury if you
can help
Work # 792-3291
Home # 792-1237

WEST TEXAS RUNNING CLUB'S 3rd ANNUAL "SHALLOWATER STAMPEDE" 10K, TWO MILE and 1 MILE CHILDRENS RUN



SHALLOWATER STAMPEDE

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 14, 1991
REGISTRATION; 8:00 A.M., on RACE DAY
RACE START; 8:30 A.M., CHILDREN
9:00 A.M., 10K and 2MI

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, TX

COURSE: FLAT, OUT and BACK ON ASPHALT, some dirt
(Alternate course in case of rain)

ENTRY FEE: WTRC MEMBERS \$4; NON-MEMBERS \$5

AGE DIVISIONS:

MEN: 0-19; 20-29; 30-39; 40-49; 50-59; 60 & OVER
WOMEN: 0-19; 20-29; 30-39; 40-49; 50 & OVER

AT LEAST 3 AWARDS WILL BE GIVEN IN
EACH CATEGORY*

* The number of awards may be increased on race
day depending on the number of entrants in
those divisions.

CHILDREN: AGES 0 to 12, MEDALS TO FIRST
3 BOYS & FIRST 3 GIRLS
RIBBONS TO ALL FINISHERS

RACE DIRECTOR: LARRY BYRD; (806) 832-4600 or
BILL ROGER; (806) 894-7911