

Thoughts for the Days

"Never look back. Something may be gaining on you." Satchel Paige

"Turtles know more of roads than do hares." Kahlil Gibran

RACE CALENDER ADDITIONS

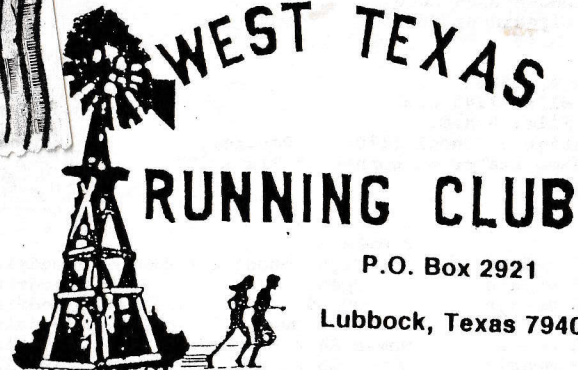
- June 22 -- The Centre 5K fun run. 8:15 a.m. at rear of Methodist Hospital. Contact Doug Hodel, public relations director, for details. WTRC members should receive applications by mail.
- August 25--Prude Ranch Races. One, three, six miles; half, full marathon. Ft. Davis Texas; 8 a.m. Melinda Green, 5009 Rio Grande, Apt. 94; Midland, Texas 79707. Phone (915) 689-8279 or evenings (915) 694-8176.
- Sept. 28 --Cavern City Travel On. Carlsbad, N.M. 12K, 5K and one mile fun run. Contact Hardy Williams, 1207 W. Thomas, Carlsbad, N.M. 88220 (505) 885-5850.

MEMBER NOTES

Heard from some long time WTRC members who have moved away.

Sherill and Donald Webb have moved to Hico, Tx. She's teaching math at Tarleton State University and Donald is ranching. Both are doing well and would like to hear from their WTRC friends. Their address is Rt. 3 Box 24, Hico, Texas 76457

Also Stuart Smith has moved to Denver and extends an invitation for any WTRC members who may be in Colorado to drop in and see him. Says he has excellent hotel accommodations in his new home (free of course) can't beat that rate. His address is 3025 Chase St., Wheatridge, Colo. 80214. Phone 303-297-9500 for reservations.



P.O. Box 2921

Lubbock, Texas 79408

Gene Adams
8208-B Albany Ave.
Lubbock, TX 79424

6/85 (no 5/85 issue)

JULY 1985 WTRC CLUB RUN
 "Texas' Oldest Continuous Road Race"
 10 Mile and 3 Mile "Firecracer Runs"
 Plus Youngster's 1 Mile

Date: Thursday, July 4, 1985
 Time: Youngster's 1 Mile: 7:45 a.m.
 10 mile and 3 mile: 8 a.m.

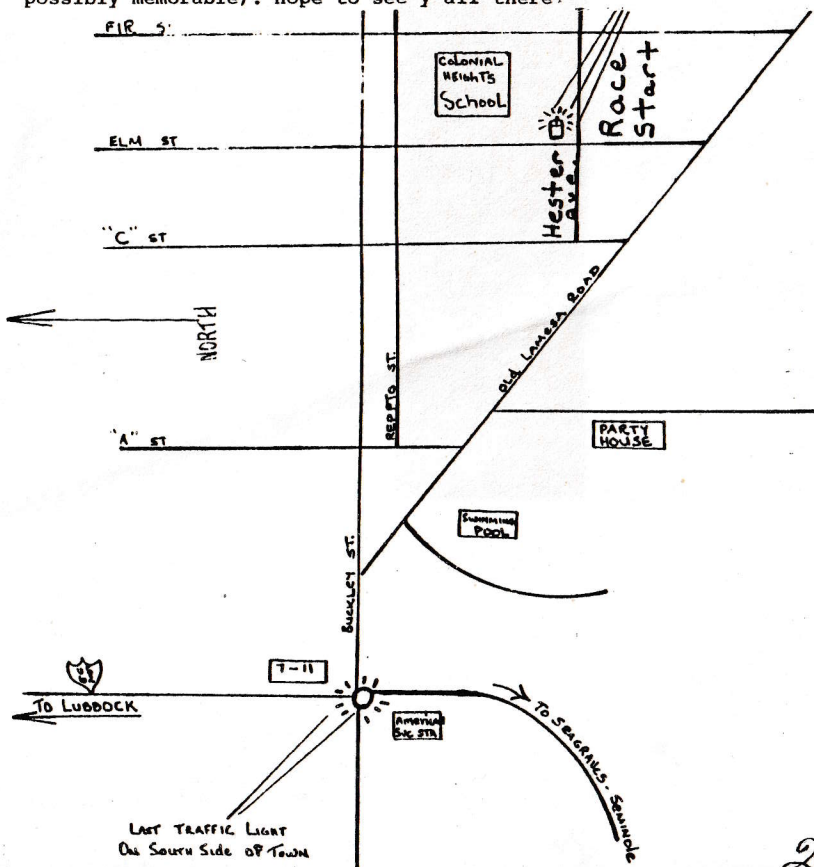
Location: Colonial Heights School (1100 E. Reppto),
 Brownfield, Texas. Race starts at corner of Elm
 and Hester (see map).

Awards:		3 mile	
10 mile		Men High school & Under	-- 3 medals
Men 19 & Under	-- 3 medals	Open	-- 3 medals
20-29	-- 3 medals	30-39	-- 3 medals
30-39	-- 3 medals	40 & Over	-- 3 medals
40-49	-- 3 medals	Women 24 & Under	-- 3 medals
50 & Over	-- 3 medals	25 & Over	-- 3 medals
Women	-- 3 medals		

Youngster's 1 Mile -- Trophies to first boy and girl; ribbons to all others.

Course: Asphalt roads, flat, out and back
 Entry Fee: 10 mile and 3 mile - Club members \$2; non-members \$3.
 1 mile - all runners \$2.

The WTRC will sponsor its annual 4th of July picnic at the park in Brownfield after the race, so please plan to stick around for a good time. The club will provide water mellons and beverages, so bring a sack lunch, or not, and come on over! Everyone is welcome and as anyone who has attended in the past will attest, it will become a pivotal moment in your life (or at least possibly memorable). Hope to see y'all there!



1 MILE AWARDS

Boys

1. Shannon Morrison
2. John Rodriguez
3. Glen Johnston

Girls

1. Tammy Aleman
2. Jill Aleman
3. Cari Schovajsa

10K AWARDS

Open

1. Carlos Mendoza
2. Dusty Peters
3. Tim Poole
4. Shane Cunningham
5. James Livermore
6. Bill Baugh

High School & Under

1. Tommy Baugh
 2. Anthony Morrison
- 40-49
1. Bobby Cunningham
 2. Adam Romero
 3. Bennie Pickrell
 4. David Knaff

30-39

1. Daniel Fonseca
2. Joe Post
3. John Price
4. Tom Weis
5. David Jackson
6. Ron Mahaffey

50 & Over

1. John Harper
2. Gerald Long
3. Charles Thrasher

Ladies

1. Kathy Kuhne
2. Jimmie Peters
3. Dixie Holland
4. April Stein

37. Bill Baugh	25	Lubbock	50:22
38. Scott Holland	30	Paradise	51:51
39. Bob Schultz	43	Lubbock	52:00
40. Paul Moody	44	Lubbock	52:04
41. Charles Trasher		Levelland	52:20
42. Ted Johnston	34	Lubbock	53:16
43. Dixie Holland	32	Paradise	56:06
44. Robert Baugh	24	Lubbock	56:34
45. April Stein	27	Lubbock	58:26
46. Maria Garcia	29	Lubbock	1:05:23

5K AWARDS

Open

1. Carlos Ybarra
2. John Warner
3. Buddy Hutto
4. Robin Fowell
5. Craig Stone
6. Robert Rogers

30-39

1. Jimmy Samarron
2. Jeff Burrell
3. Jim Burrell

40-49

1. Gary Schovajsa
2. Robert Guajardo
3. Frank Hernandez

15 & Under

1. David Medlin
2. Cody Clay
3. Jay Woody

HS & Under

1. Charlie Douglas
2. Rudy Flores

Girls(24 & Under)

1. Cathy Burst
2. Kate Wheeler
3. Cindy Peach
4. Jill Linder

Ladies(25 & Over)

1. Diane Runyan
2. Josie Aleman
3. Carol Cole
4. Vicki Fuller

Dear Fellow Club Members,

We have enjoyed a busy spring race schedule and look forward to the fall schedule with excitement. We also have enjoyed the many new club members who have joined in recent months. The competition level continues to improve as evidenced by the lower times in all races.

To the new members we all say WELCOME! and to the veterans we say THANKS for your continued interest and support of running and the WTRC.

As the slower summer race schedule is approaching, this is an opportune time to point out a pressing need of the club. We all enjoy the excitement and competition of races. We enjoy competing and the challenge of working to improve or maintain our fitness level. We may forget, however, that it takes time and effort, volunteer time and effort, to plan and put on racing events. Perhaps you have helped with one race or many races. Perhaps you have never helped because you love to compete. Perhaps you could help with only one area of one particular event. Stop for a moment! As you read this, consider what would happen if no one was willing to volunteer their time. Consider also, what we could do if everyone of the 300 club members volunteered at least one time a year.

Helping with an event doesn't always mean directing the race or even having to miss running. Listed below are some areas we always need help with. Please consider volunteering to help with one of these areas or other you may think of. Perhaps with a regular group of volunteers, more people would be motivated to organize, direct or sponsor a running event. This would only enhance our running and make the schedule more fun for everyone! See you on the 4th of July in Brownfield.

PS- Maybe your wife, children, girl friend, boy friend would consider volunteering to help with one area of an event while they cheer you on! Ask them; you might be surprised.

AREA OF NEED

DESCRIPTION OF DUTIES

Aid Stations/Split timers
(can be at same point)

Set up and pour water for runners. Take stop watches to designated points and call splits to runners. Be at event early to sign up runners and help with information.

Registration

Equipment setup

Unload and setup clocks, banners, chutes, and other equipment - also load back after finish of race. Start timing devices and tear off tags as runners finish.

Start-finish

Results

Help tabulate and compile results for a) awards ceremony and/or b) newsletter Arrange for businesses or schools, hospitals, organizations to provide items for drawings at awards ceremonies, money for T-Shirts, awards, ect.

Sponsorship/donations

Thanks!

David Jackson

Anyone willing to volunteer or anyone who desires further information, please write to W.T.R.C., P.O.Box 2921, Lubbock, Tx. 79408 or contact David Jackson or Joe Post. We need your help to insure the future of the W.T.R.C.!

RACE CALENDER

- * June 21 Amarillo Midnight 5
- * June 29 Summer Bummer 3 mile
- # July 4 WTRC race - Brownfield firecracker 10,mile
3 mile & youngster's 1 mile
- * July 13 Tucamcari Pinada 10K & 2 mile
- * July 20 Women's 5K & 1 mile
- * July 26 Amarillo YMCA Running Club one hour
run, 8 p.m., Dick Bivins.
- * August 3 Dalhart Empty Saddle 10 K
- # August 10 WTRC Race - Lubbock McKenzie Park 10K
& 2 mile. (Details to follow).
- * August 10 Hereford 10K & 2 mile
- * August 24 Perryton Wheatheart 10K
- * August 31 High Plains Baptist Hosptial 10K
& 2 mile.
- * Sept. 2 Chautauqua 10K & Fun Run, Pampa
- * Sept. 7 Amarillo Chamber of Commerce Triathlon
- * Sept. 21 Mayor's Half Marathon & 5 mile run.
- * Sept. 28 Coors 10K Classic, Pampa
- * Oct. 5 Amarillo National Bank 10K & 2 mile
- * Oct. 12 Allsup's Fall Races, 1 mile, 10K &
Half and full marathon, Clovis
- * Oct. 19 Canadian 10K & 2 mile
- * Nov. 2 Athletes Vs. MS Run, 10K
- Nov. 9 Red Raider Road Race, Lubbock (Details
to follow).
- * Nov. 16 Run for your Lungs/ American Cancer
Society Great American Smokeout 10K.
- * Nov. 23 Turkey Trot 5K.
- * Dec. 7 Frosty Four

WTRC club races
* Amarillo YMCA Running Club
#Henry Galpin
816 Van Buren
Amarillo, Texas 79101

See backpage for late additions to race calender!

OLD STYLE AMERICAN HEART CLASSIC RESULTS
REESE AIR FORCE BASE
AUGUST 6, 1985

8K Results

Men

High School

Patrick Ponce 30:38
Todd Gilmour 36:20

Open

Ryan Christian 38:41
Tim Godfrey 25:48 (Overall winner)

30-39

Roger Keesling 26:56
Dennie Grunstad 27:46
Jimmy Samarron 30:22
John Price 30:33

40-49

Joe Post 30:48
Bobby Cunningham 29:02
Paul Dustel, Jr. 31:39
Bennie Pickrell 31:29

50 & Over

Gene Adams 34:18
John Harper 36:15
Phil Long 36:24

Women

20-29

April Stein 40:33
Roxann Ferguson 40:52
Jan Ramirez 43:49

30-39

Cheryl Benoit 34:46 (Overall winner)
Donna Liddell 41:35
Mary Trusler 43:15
Pam Johnson 44:43

RACE FOR RESULTS

1.	Carlos Mendoza	19	Tatum	36:10
2.	Bobby Cunningham	45	Abernathy	38:11
3.	Daniel Fonseca	38	Brownfield	38:33
4.	Joe Post	36	Lubbock	39:11
5.	John Price	30	Lubbock	39:35
6.	Adan Romero	40	Snyder	39:54
7.	Dusty Peters	28	Lubbock	40:09
8.	Tom Weis	33	Lubbock	40:50
9.	David Jackson	30	Lubbock	41:01
10.	Bennie Pickrell	47	Littlefield	41:58
11.	Ron Mahaffey	34	Lubbock	42:17
12.	Tim Poole	25	Lubbock	42:52
13.	David Knaff	44	Lubbock	43:02
14.	Tommy Baugh	19	Lubbock	43:08
15.	Al Grotz	35	Lubbock	43:09
16.	Lee Burke	42	Snyder	43:28
17.	Bill Roger, Sr.	46	Levelland	43:38
18.	Shane Cunningham	22	Abernathy	43:51
19.	Don Kephart	33	Lubbock	45:00
20.	Jim Wilhelm	34		45:06
21.	Larry Eyrd	44	Shallowater	45:08
22.	John Harper	50	Anton	45:21
23.	Bobby Birdsong	44	Levelland	45:35
24.	Robby Timberlake	36	Levelland	46:49
25.	Kelly Baggett	37	Levelland	47:01
26.	Roger Malone	44	Dinmitt	47:22
27.	Jim McDuff	47	Crosbyton	47:25
28.	Kathy Kuhne	26	Lubbock	47:29
29.	Jim Clark	40	Lubbock	47:41
30.	Gerald Long	50	Lubbock	47:52
31.	Jimmie Peters	23	Lubbock	47:53
32.	James Livermore	Open	Lubbock	48:35
33.	Ronnie Nugent	39	Lubbock	48:43
34.	Ken McEachern	44	Lubbock	49:13
35.	Anthony Morrison	15	Lubbock	49:16
36.	Charles Moyer	39	Lubbock	49:18

26.	Stan Seymour	35	Lubbock	23:35
27.	David Cowan	40	Levelland	23:38
28.	Cathy Burst	23	Lubbock	23:42
29.	Frank Barker	42	Levelland	24:13
30.	Josie Aleman	33	Lubbock	24:20
31.	Charlie Stallings	40	Lubbock	25:22
32.	Phillip Sisneros	27	Lubbock	26:02
33.	Kate Wheeler	15		26:11
34.	Bryan Fuller	35	Lubbock	26:14
35.	Michael Caffey	25	Lubbock	26:18
36.	Tony Aleman	35	Lubbock	26:43
37.	Carol Cole	30	Lubbock	27:31
38.	Cindy Peach	24	Lubbock	28:02
39.	Vicki Fuller	34	Lubbock	28:25
40.	Jill Linder	15	Lubbock	28:50
41.	Suparp Punhong		Levelland	28:59
42.	Lynda Mann	25	Marion, IN	29:19
43.	Nelda Hardin	48	Abernathy	31:38
44.	Trey Jernigan	7	Lubbock	31:50
45.	Coley Roberts	6	Lubbock	36:25
46.	Debbie Jernigan	31	Lubbock	38:04

LOPE 1 MILE RESULTS

1.	Shannon Morrison	12	Lubbock	6:35
2.	John Rodriguez		Lubbock	7:21
3.	Glen Johnston	10	Lubbock	8:00
4.	Tammy Aleman	10	Lubbock	8:53
5.	Jill Aleman	7	Lubbock	9:11
6.	Aaron Baggett	7	Levelland	9:12
7.	Carl Schovajsa	10	Amherst	10:16
8.	Joan Johnston	5	Lubbock	14:01

RUN FOR THE ARTS -- HALF MARATHON RESULTS

TOP TEN MEN		TOP 5 WOMEN	
Lolo Mercado	1:16:00	Cynthia Brawley	13:06
Dennie Grunstad	1:19:15	Gerrie Russell	13:55
Patrick Whitten	1:20:19	Shirley Wigley	14:40
David Hamer	1:22:14	Mary Beck	14:44
Stu Harlin	1:22:59	Stella Thompson	15:03
Jim Buckaer	1:23:02	WOMEN 14 AND UNDER	
Bobby Cunningham	1:23:03	Ronnie Beck	15:07
Johnny Mercado	1:23:09	Amanda Castro	18:04
David Bernacki	1:23:15	Keila Holland	19:30
Dion Thorpe	1:24:29	WOMEN 15-19	

MEN 19 AND UNDER

Jimmy Balmer
Ben Lee

1:32:54
2:45:36

WOMEN 15-19

Wendy Holcomb
Kristen Sava

20:39
21:09

MEN 20-29

Randy Coleman
Ed Dabrowski
Steve Smith

1:27:46
1:28:59
1:30:27

WOMEN 20-29

Kerri Frizzell
Jan Ramirez
Jacalyn Brunner

15:21
15:37
15:56

MEN 30-39

Bill Baldwin
John Price
Joe Post

1:24:49
1:28:00
1:28:59

WOMEN 30-39

Josie Aleman
Janie Olivarez
Nora Zettel

15:23
15:56
16:03

MEN 40-49

Ramon Mondragon
Barry Jarvis
Robert Heuse

1:32:54
1:34:14
1:34:27

WOMEN 40 AND OVER

Darline Gamble
Sally Moyer
Sandra Humphrey

16:10
16:20
19:56

MEN 50 AND OVER

Gerald Long
Phil Long

1:49:55
1:53:52

RUN FOR THE ARTS -- 2 MILE

TOP TEN MEN

D.C. Murphy
Kyle Crawford
Greg Zamora
Gerry Daniels
Dan Fonseca
Patrick Ponce
Dan Zeller
Steve McCleery
Wesley May
Gonzalo Ramierz

10:20
10:40
10:58
11:06
11:09
11:12
11:13
11:28
11:31
11:52

TOP FIVE WOMEN

Nancy Knop
Cheryl Benoit
Claire Kispert
Charlotte Wright
Elizabeth Michalsky

1:37:24
1:42:31
1:42:37
1:48:33
1:50:59

WOMEN 24 AND UNDER

Delinda Noordyk

2:03:00

MEN 14 AND UNDER

Wil Fewin
Brian Brashears
Brian Bradford

12:35
12:47
13:03

WOMEN 25-29

Kathy Alday
Marla Harbin
April Stein

2:01:25
2:05:18
2:18:47

MALE 15-19

Gilbert Nunez
Brad Baker
Ean Robinson

12:01
14:40
15:01

WOMEN 30-39

Teresa Greer
Donna Liddell
Pamela Johnson

2:00:54
2:05:18
2:12:51

MEN 20-29

John Garcia
Robert Rogers
Russell McLaughlin

12:02
12:09
12:18

NEW COURSE RECORDS

Patrick Whitten, 30-39
age division with 1:20:19
Bobby Cunningham, 40-49
age division with 1:23:03

MEN 30-39

Luis Cardenas
Ron Mahaffey
Kit Johnson

11:55
12:18
12:20

MEN 40-49

Dale Jones
Bobby Birdsong
David Knaff

12:02
12:37
13:13

MEN 50 AND OVER

Gene Adams
John Harper
Cecil Kuhne

12:40
13:07
13:28

6th Levelland Lope

Carlos Ybarra, a former South Plains College All-American, sped to an easy victory in the 5,000 meter race in the 6th Levelland Lope. Ybarra's time of 15:33 was a new course record. John Warner of Abilene Christian University was able to push Ybarra early in the race but had to settle for second place in a time of 16:14. Diane Runyan of Lubbock lead all women finishers with a time of 22:56.

The 10,000 meter run was also a bit one sided as Carlos Mendoza of Tatum, New Mexico outdistanced forty-five year old Bobby Cunningham of Abernathy. Mendoza's time was 36:11 and Cunningham finished with a 38:11. Kathy Kuhne of Lubbock was the top lady finisher in 47:29.

In the youngsters 1 mile race, Lubbock's Shanron Morrison, age 12, came in first in 6:35 and John Rodriguez was second in 7:21. Tammy Aleman paced the girls with 8:53.

In all, the 6th Levelland Lope attracted 100 runners ranging from ages 5 to 50. Besides sharing 58 trophies, each runner was given an equipment bag in this West Texas Running Club and Baggett Pharmacy sponsored event.

The WTRC would like to extend its deep thanks to Bobby Birdsong, race director, for another beautifully organized and smoothly run Levelland Lope. Also thanks to Bobby's staff of volunteers for their time and effort and to Baggett Pharmacy for its sponsorship and those sharp equipment bags. Thanks again Bobby, and we'll look forward to another super Lope in '86.

LOPE 5K RESULTS

1.	Carlos Ybarra	22	Canyon	15:33
2.	John Warner	19	Ransom Can.	16:14
3.	David Medlin	15	Muleshoe	16:37
4.	Buddy Hutto	24	Levelland	16:51
5.	Robin Powell	23	Lubbock	17:12
6.	Charlie Douglas	HS	Tatum	17:19
7.	Gary Schovajsa	40	Amherst	17:20
8.	Craig Stone	19	Anton	17:46
9.	Rudy Flores	16	Muleshoe	17:56
10.	Jimmy Samarron	30	Levelland	18:05
11.	Robert Guajardo	42	Levelland	18:38
12.	Jeff Burrell	34	Lubbock	19:42
13.	Robert Rogers	26	Lubbock	19:44
14.	Brad Jackson	22	Lubbock	19:51
15.	Jim Burrell	32	Lubbock	20:52
16.	Todd Mann	19	Lubbock	20:59
17.	Tim Devilliers	35	Lubbock	21:43
18.	Frank Hernandez	40...	Lubbock	21:55
19.	Gody Clay	13	Lubbock	22:19
20.	J. Nava	32		22:49
21.	Dave James	40	Lubbock	22:53
22.	Diane Runyan	29	Lubbock	22:56
23.	Prasert Punhong		Levelland	23:06
24.	Jay Woody	15	Lubbock	23:14
25.	Larry Reno	33	Lubbock	23:15