



WEST TEXAS

RUNNING CLUB

P.O. Box 2921

Lubbock, Texas 79408

GENE ADAMS
8208 - B ALBANY AVE.
LUBBOCK TX 79424



4/86

EDITOR'S NOTES:

One definition of the word "run" in Webster's dictionary is "to go by moving the legs faster than walking." Well, often times some of us try to run, but do not always accomplish it. For example, our March Club Race at Horseshoe Bend Canyon. With the climb out of the canyon, then the crosswind followed by almost 3 miles into what seemed like 35 mile per hour wind, our attempts to "run" did not really seem like it was producing the desired results. Well, anyway, there was alot of good fellowship and we certainly want to thank Mike Kelly and many other individuals that contributed in putting on the race. With so many big races nowadays, it was good to be a part of a small group of West Texans out enjoying themselves on a spring Saturday morning. Race results are included in this newsletter.

ON THE RUN:

Did you read where the American Cancer Society has called for a ban on all tobacco companies sponsoring sports and cultural events aimed at young people? They cite studies that found up to 85% of teenagers who experiment with as few as 3 packs of cigarettes, end up developing lifelong habits.

According to a report in "USA TODAY," schoolchildren in the United States are in no better shape than they were a decade ago, and in some cases they are significantly weaker. This came from a Presidential Council on Physical Fitness report. A survey of 18,857 public school pupils found a continuing "low level of performance: in key areas such as running, jumping, flexibility and strength.

- May 17 Run for the Arts. 5K & 1 Mile(12 & under only), 7:30 AM, Midland Centennial Plaza, Downtown Midland, \$6, \$8 race day. Contact Andra Chamberlin, Box 10483, Midland, 79702, (915) 687-2961 or 697-4004
- May 24 Burleson Bionic Man Triathlon I. Swim 300 M.(pool), Bike 10 Mi., Run 5K. Contact: Douglas Evans (817) 295-8168. Burleson, Tx.
- May 24 Spring High 10 K & 2 Mile. Buddy Holly Park, Lubbock, Tx. 9:00 AM. \$6, \$8 race day. T-shirts, hot dogs, fruit, refreshments, etc. Contact: Bonnie Barton, LCOADA, (806) 763-8763 for more information.
- May 24 Ninth Annual Funfest 10 K, 1/2 Marathon & Marathon. Contact : 1700 Polk, Amarillo, Tx 79102
- June 7 ** Levelland Lope 10 K , 5 K , and 1 Mile (elementary school). Start/Finish at Levelland High School. 5K & 10K start at 9 AM, One Mile starts at 8:45 AM. T-shirts or equipment bags to the first 120 entries. Trophies to the 1st 4 finishers in each division. Contact: Bobby Birdsong, 318 Michael, Levelland, Tx 79336. (806) 894-7285
- June 7 Hoffman Memorial Tall City Triathlon. 7:30 AM, \$20, \$60 for teams. Contact: Leann Wilson (915) 694-4874.
- August 3 La Luz Trail Run. Albuquerque, NM. 9 Mile trail run, 5600 foot elevation rise with finish at Sandia Crest. Field limited to 400. TAC # required. Details to follow.
- August 24 Fort Davis Marathon. Prude Ranch, Box 1431, Fort Davis, Tx 79734, (915) 426-3202
- October 4 Amarillo National Bank 10 K & 2 Mile. Details to follow.

** denotes WTRC race

PLEASE NOTE: If you have any questions, comments, additions, etc. regarding the schedule of events, please contact Don Kephart, 5401 74th St., Lubbock 79424, (806) 794-4604, evenings between 6 and 9 PM. Thanks.

WEST TEXAS RUNNING CLUB

SCHEDULE OF EVENTS

- April 5 Lubbock General Hospital Children's Miracle Network 5 Mile and 2 Mile Runs. 9:30 AM & 9 AM, Mackenzie Park, Lubbock. \$8, \$10 race day. T shirts to the first 250.
- April 12 1st Annual Pyote Bomber Base Fun Run. 10 AM. 10K & 1 Mile. Pyote, Texas. \$8, \$10 race day. Contact Don Pagett, c/o West Texas Childrens Home, Box 415, Pyote, Tx 79777 (915) 389-5555.
- April 19 Fleet Feet 10 K and 5 K. Run on the Spring High course at Buddy Holly Park, Canyon Lakes Lubbock.
- April 19 Blue Bell 10 K Fun Run. Brenham, Texas, 8:30 AM. \$8, \$10 late. Lee Driggers, 1200 Carlee Drive, Brenham, Tx 77833.
- April 21 90th Boston Marathon. Hopkinton to Boston, Massachusetts.
- April 26 ** Lubbock Arts Festival Run For The Arts. 15 K, 2 Mile, 1 Mile (elementary school) Contact : David Jackson , Box 2921, Lubbock, TX 79408. Details to follow.
- April 26 Run for Your Health 10K, 5K, 1 Mile. Contact Hardy Williams, 1207 W. Thomas, Carlsbad, NM 88220, (505) 885-5850.
- April 26 Daybreak Marathon. Willis Point, near Dallas. Ray Sewell (214) 873-2858 or 2888
- April 27 German Fun Run 15K & 5K. Muenster, Tx.
- May 3 Tulia 10 K. 9:00 AM, Tulia, Tx. Contact: John Farrell (806) 792-8573 for more information.
- May 3 6th Annual Tall Town 10,000. 7:30 AM, County Exhibit Bldg., Midland, Tx. \$6, \$8 after April 27. Contact: Andra Chamberlin, Box 10483, Midland 79702, (915) 687-2961 or 697-4004.
- May 10 United Blood Services 5K & 10K. 9AM. Lubbock, Tx. Contact Bobby Murphy at UBS, (806) 763-0428 for entry information.

DON'T FORGET THIS RACE

Mark down Saturday May 3rd on your race calendar. That is the day of the Tulia 10K and our West Texas "Team Challenge" with our neighbors to the north: the Amarillo YMCA Running Club. This is a "friendly" competition and we need all the WTRC members who plan on attending to join in. The Tulia race is an excellent event, with a safe, well-marked course over varied terrain.

In the past they have had complimentary food and beverages and do a great job of putting out race results promptly. Support our team! It will be scored just like a cross country meet. We need at LEAST 20 members for a good representation. So put your "POSITIVELY LUBBOCK" (or Levelland, Slaton or Crosbyton) bumper sticker on your car and join in.

By the time you receive this newsletter, the "Run For The Arts" will be just a few weeks away. With the new 15K course and the hard work that has already gone into the races, look for a quality event. RACE ENTRY FORMS ARE ENCLOSED. Our thank to David Jackson, Dr. Jim Burrell and other WTRC members for their preparation for this event.

The WTRC newsletter would like to publish your race results when you go to non-club sponsored races. Please mail them to:

W.T.R.C. P.O. Box 2921 LUBBOCK, TX 79408

The Boston Marathon can be seen live on ESPN network on Monday April 21st from 10:30 a.m. - 2:00 p.m. (Central Standard Time). They will also have a thirty minute evening highlight show on the day's event.

UPCOMING FEATURE:

Hugh Haynes promises us a feature story on the Kilgore-Longview race. This will be in the next newsletter.

An update on the Paul Hoff story. The RUN ACROSS TEXAS that the Department of Public Safety^{put on} went well. It started at 12:01 a.m. March 5th and was completed at 3 p.m. March 9th. Twelve runners ran 5 mile legs in succession. Paul's best 5 miler was run in 35:30 and the slowest was in 38:12. Pretty good! He had an average pace of a 7:12 mile. The run was started in Anthony, Texas which is west of El Paso, and it concluded at the Arkansas line at Texarkana. Paul ran a total of 76 miles of the total journey of 832.24 miles. Over \$11,000 was raised for the Easter Seal Society plus much more revenue to local charities as they passed through their towns. Paul informs us that a 1000 mile journey is planned for next year. This time it will start at the Tex-line up in the Panhandle and will end up in Brownsville. Nothing like traversing the state of Texas in both directions!

It was a Sunday morning in March when the Austin Capitol 10K took place. Over 24,000 people were registered, and it was estimated that about 30,000 ran. Those that have ever attended the Capitol 10K know that everyone should try it at least once. You have not run in Texas if you haven't!

RRCA CONVENTION

The Road Runners Club of America state convention was held in Austin, the day prior to the Austin Capitol 10K. A representative was in Austin to run the Capitol 10K and ended up attending the convention also. April Stein learned a great deal about the how to effectively manage a club, manage a race, obtain club members and successfully get volunteers to help with a race. It was indeed informative and a day well spent.

She met many key people and made many new contacts. Some impressive speakers were there attending and contributing to the discussions. Don Kardong, Olympic Marathoner had much to add to the convention. He attended all sessions as well as spoke at the evening meal. Also, Donya Andrews was there to tell everyone about the Capitol 10K. Donya is the race director for that event.....a large task in itself.

There were many other things that need to be mentioned. A more detailed article will be in next month's newsletter.

May 17th is the weekend of the National Road Runners Club of America Convention. It is to be held in Portland, Maine which is the home of Joan Benoit. Joan has been instrumental in this organization.

THE LAST MILE:

With daylight savings time fast approaching, many of us are taking advantage of this time to walk, run, or ride on our bicycles more. With the high number of cars in our area per square mile, we need to remember the rules of the road. Also please consider the morning and evening sun, which is very tough on motor vehicle driver's eyesight. "Let's be careful out there."

14th ANNUAL SPRING FROLIC:
HORSESHOE BEND CANYON - MARCH 15th, 1986

11 MILE

MEN

1. David Hamer	22	Lubbock	1:06:35
2. Bob English	24	Lubbock	1:08:59
3. Bobby Cunningham	46	Lubbock	1:12:41
4. Joe Post	37	Lubbock	1:13:43
5. Robert Guajardo	43	Levelland	1:15:32
6. David Lard	48	Lubbock	1:15:51
7. Don Kephart	33	Lubbock	1:16:52
8. Ron Mahaffey	35	Lubbock	1:19:03
9. Ron Nugent	39	Lubbock	1:19:23
10. James Livermore	38	Lubbock	1:19:57
10. John Farrell	34	Lubbock	1:19:57
12. Al Grotz	36	Lubbock	1:21:54
13. Ronald Key	42	Lubbock	1:22:33
14. Tom Thomas	52	Lubbock	1:23:24
14. Larry Byrd	44	Shallowater	1:23:24
16. Kelly Baggett	38	Levelland	1:24:50
17. Jon Masood	40	Lubbock	1:26:27
18. Jim Wilhelm	35	Lubbock	1:27:19
19. Gerald Long	51	Lubbock	1:32:21
20. David Cowan	45	Levelland	1:32:27
21. Jim McDuff	48	Crosbyton	1:35:48
22. John Stalcup	52	Lubbock	1:37:38
23. Lee Wossum	36	Lubbock	1:39:00
24. Roger Scarbrough	30	Lubbock	1:41:09
25. Bryant Thomas	12	Snyder	1:59:28

WOMEN

1. April Jae Stein	27	Lubbock	1:43:41
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2 MILE

MEN

1. David Jackson	29	Lubbock	12:28
2. Paul Hoff	41	Lubbock	12:43
3. Dwayne Oakeley	29	Lubbock	12:50
4. Larry Reno	33	Lubbock	13:33
5. John Harper	51	Anton	13:45
6. Howard Millsap	50	Odessa	13:59
7. Frank Hernandez	47	Lubbock	14:16
8. Charles Thrasher	55	Levelland	14:35
9. Prasert Punhong	39	Levelland	14:49
10. Raymond Cook	13	Lubbock	15:10
11. George Angerer	43	Slaton	15:13
12. Rick Houston	37	Lubbock	15:35
13. Jerry Whitten	42	Adrian	16:44
14. Jason Stalcup	7	Lubbock	18:44
15. Randy Wossum	8	Lubbock	19:00

WOMEN

1. Stephanie Barker	19	Slaton	15:03
2. Robin Smith	24	Slaton	15:29
3. Sudarp Punhong	38	Levelland	17:39
4. Kaye Long	37	Midland	19:01

RUN SO THEY CAN

FLEET FEET REGISTRATION FORM

NAME: _____

ADDRESS: _____

PHONE: _____ AGE: _____ SEX: _____

SIGNATURE: _____

T-SHIRT SIZE: (CIRCLE ONE) YOUTH 6-8 10-12 14-16

ADULT S M L XL

RACE YOU INTEND TO ENTER: 5K 10K

Please return application and waiver of claim with entry fee to

Holden Hall, Room 78 or mail to:

FLEET FEET
AFROTC, Det. 820
P.O. Box 4589
Lubbock, Texas 79409

Runner Number: _____
(official use only)

County of Lubbock
State of Texas

WAIVER OF CLAIM AND DISCLOSURE OF MEDICAL CONDITION

In consideration of the acceptance of this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this race or while I am on the premises of this event. I further agree to release from liability and to hold harmless the sponsors, promoters and all other persons and entities associated with this event for any injury received or damage done during participation in this event.

I here by state that I have no known medical problems that would prevent me from competing in this race.

I do have the following allergies and/or medical condition(s) (such as diabetes, etc.) that should be made known to medical personnel in case of accident or injury:

I further state that I am eighteen years of age.

Signature _____ Date _____

I further state that I am not eighteen years of age, but I have my parent's (or legal guardian's) permission to participate.

Signature _____ Date _____

Signature of parent or legal guardian _____ Date _____

15K (9.3 miles) Classic 8:30 A.M.

Course: Start at Civic Center. South to Broadway. East on Broadway to Mackenzie Park. Loop through Park then back to Civic Center via Broadway.

Starting Time: 8:30 A.M.

Divisions: MEN: 19 and under; 20-29; 30-39; 40 and over
WOMEN: 24 and under; 25-29; 30-39; 40 and over

Awards: Olympic-style medallions to first 5 finishers in each division. Trophies for top 5 overall men and women finishers.

2 Mile Fun Run 8:30 A.M.

Course: Two loops around Civic Center area

Starting Time, Divisions and Awards: Same as 15K

Costumes: Two mile runners may wear costumes. A medallion will be awarded to the best 3 costumed runners regardless of times.

Be an "artful" runner!

1 Mile Elementary School Run 8:00 A.M.

Course: One loop around Civic Center

Starting Time: 8:00 A.M. (two heats)

Awards: Olympic-style medallions for overall boy and girl winner of each heat and to first 3 boys and first 3 girls in each grade

Start/Finish: Lubbock Civic Center North Side on 6th

Awards Ceremony: Lubbock Civic Center Courtyard Atrium 11:00 A.M.

Proceeds: Lubbock Arts Festival and West Texas Running Club

T-Shirts: For all entrants in all events

1986 Run For The Arts

SATURDAY, APRIL 26

**1 MILE
ELEMENTARY
RACE**



**2 MILE
FUN RUN**

FIRST ANNUAL LUBBOCK ARTS FESTIVAL 15K CLASSIC

SEMINAR ON MEDICAL ASPECTS OF LONG DISTANCE RUNNING

Friday, April 25

