

- May 31 2nd Annual Miller Lite - Dyess AFB 10 K. Abilene, Tx. 8:00 AM (sharp). T-shirts to the first 300 entrants. Contact Debbie Bell (915) 676-5533.
- 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.
- June 14 Anton Sesquicentennial Run. 2 Mile and 10 K. Start/Finish at the Anton City Hall. 9:00 AM. T-shirts to the first 100 entrants. \$10 entry fee, includes BBQ Meal at Noon. There will also be a short run for kids 1-6 starting at 8:00 AM and a 1 Mile Run for kids 7-12 starting at 8:30 AM. Entry fee for kids 1-12, \$5.00 (BBQ not included). Proceeds to the Anton Museum. Contact John Harper, (806) 997-6821.
- June 21 Fiesta Del Concho - Dr. Pepper 3 Mile & 1 Mile. 7:30 AM, Santa Fe Park, San Angelo. \$7 until June 10, \$9 after (+\$1 to mail packet). T-shirt. Contact Sally Nichter, (915) 655-9588.
- 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

P.O. Box 2921

Lubbock, Texas 79408

GENE ADAMS  
8208 - B ALBANY AVE.  
LUBBOCK TX 79424



5/86

The second article was written by Johnny Grill of the Amarillo YMCA Running Club. It reads:

#### EDITORS NOTES:

One of the benefits of the "EDITING" this newsletter is getting to read the many publications that our club receives each month. We have many good running clubs in our state and region that are doing a great job in promoting the sport of running. This past month, two articles were especially interesting and I would like to share them here in this newsletter.

The first article was from the President's Column of the Permian Basin Roadrunners Club Newsletter. It reads as follows:

#### THE LAST GUY

Perilous economic conditions in the Permian Basin have made it tough on everybody. My job of selling ads for Southwestern Bell Yellow Pages has been affected just as much as the oil industry. In the selling game attitudes are extremely important. I spent a day with one of my sales reps recently calling on customers in Midland. Everywhere we went people were telling us they couldn't advertise because the economy was so bad. The last call we made that day was to a septic tank cleaner. We started trying to sell him an ad and he began telling us how bad business was. By that time of the day I was fed up with hearing about it so I asked him, "You mean to tell me that people go to the bathroom less at \$10 per barrel than they do at \$30 per barrel." The answer is obvious, but he had become caught up in the adverse psychology of this area.

When times are tough it's easy for us to point out someone that has it worse than us. "You don't have it so bad. Look at John Doe. He's got it worse than you." It gives us some sort of weird boost to know that someone has it worse than us. What most of us don't realize is that somewhere in this world is **THE LAST GUY**. Nobody has it worse than the last guy.

My brother may fall in the last guy category. He's 34 years old and has a big tumor in his chest that is killing him. He was always the jock in our family. At 6'1" and 190 pounds he was a good football player in high school while I was always the sickly scrawny little runt. It's ironic in a sense the way things have turned out. He can walk about 100 feet now and then he has to use oxygen. I can run 26 miles. As I write this he is in the hospital. They removed about 2 liters of fluid from his lungs last night. His attitude is what sets him apart. When I spoke to him last night he said, "40,000 people a day die in this world and I'm still going. I ain't got it so bad."

Next time you're too tired to run, next time you have some aches and pains, next time you feel like dropping out of a race, next time oil prices drop, next time you lose your job, next time anything bad happens, **KEEP PRESSING ON. YOU AIN'T GOT IT SO BAD. YOU AIN'T THE LAST GUY.**

#### TRAINING

It seems to me that Long Slow Distance has gotten a bad rap in recent years. Most everyone says, and very accurately, that to race fast you must train fast. Doing some training at or better than race pace is a requirement for improving race times.

This appears to me to be especially important for competitive runners whom we assume to already have low body fat and a very high  $VO_2$ . Most of them stay well below 10% body fat and have a  $VO_2$  that can be improved within their natural limits only by hard, hard work.

The rest of us often carry more fat than we need, and the most direct way to improve our  $VO_2$  and race faster is to lose the fat. If we restrict our diet severely some bad things occur. We lose a lot of muscle along with the fat and that won't do. Severe dieting without professional supervision can also lead to some very serious health problems and training difficulties.

The best way to take off the fat without these problems is to perhaps change "what" we eat, and work more. This is where L.S.D. comes in. Dr. David Costill says: "When you want to lose weight, train slowly. Runners who train very fast, say within 90% of their max.  $VO_2$ , burn nearly all carbohydrates. Runners who go slowly, around 60-70% max.  $VO_2$ , probably obtain half their energy from stored fat. Moreover, having turned on their fat metabolizing system by L.S.D. running, they will continue to burn fat for several hours after exercise."

Along with a diet high in complex carbohydrates, L.S.D. can bring a runner to a weight consistent with good racing performance.

Some stride-outs during L.S.D. can keep the legs fresh and avoid the stiffness that accompanies heavy mileage.

Please don't think we are suggesting slow running as a substitute for the tempo running or fast interval training you require to race well. We just mean to defend L.S.D. as having an important function in the schedule of the average runner. There are a number of factors involved in predicting racing success, but it seems reasonable to say that you will not be running your best times until you decide to arrive at that ideal racing weight. We don't need any anorexics in the Club so any diet should be carefully considered and within the framework of sound nutrition. There are some good dietitians and physicians in the Club who can advise you. Best way to lose weight, though, is wearing the soles of those Tigers down one molecule at a time.

--Johnny Grill

Thank you to both clubs for sharing your newsletter with us. They are both excellent publications.

ON THE RUN:

For a free copy of Runners World's article --"How to Buy A Running Shoe," write to RUNNERS WORLD SHOE BOOKLET, 33 EAST MINOR ST., EMMAUS, PA 18049

1986 RUN FOR THE ARTS  
SATURDAY APRIL 26  
2mi - MALE

\*\*\*\*\*

Congratulations to Club Member Dr. Jim Burrell and our president David Jackson, along with a great supporting crew for their work with the FESTIVAL OF THE ARTS races. The new course, the seminar on the effects of long distance running and the innovative aid stations all combined to produce a GREAT EVENT!

Many local and out-of-town runners commented on the quality of this running event. The results are enclosed.

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The club received the following letter after asking for comments to an article in our MARCH newsletter.

April 9, 1986

Newsletter  
West Texas Running Club  
P.O. Box 2921  
Lubbock, Texas 79408

Dear Editor:

This is in response to your request for comments on an excerpt from the July 1985 issue of the Road Runners Club of America (RRCA) President's Newsletter.

I believe you missed the point concerning what Harold Tinsley, president of the RRCA said. Perhaps, I gave the wrong impression by publishing only excerpts. I did have the advantage of reading the full text. As I read it, he believes that giving money, time, effort, or talent to a charitable organization is a private decision best left to the individual. Mr Tinsley's reasoning is this: a club that gives to a charitable organization reduces its ability to provide benefits for its members and the community (Through our structure of volunteerism, worthwhile causes of fitness, health, and education, RRCA running clubs are chartered as nonprofit charitable organizations).

I have witnessed running clubs make donations to another charity. Sometimes, within a few months or at the end of the year, the club was on the verge of bankruptcy. The club was unable to be creative and develop new and different events, purchase needed equipment, establish a scholarship fund for young runners or a running program for youth, pay expenses or rewards to volunteers, improve and expand the club newsletter, and more because of monetary constraints.

The end result was that the running club failed to fulfill its purpose--to promote fitness, health and education through running. Because of this failure, the community suffered.

Let's leave charity to the individual.

AL BECKEN  
RRCA TEXAS STATE REPRESENTATIVE

POS	NO.	NAME	RACE TIME				PER MILE				SEX	AGE
			HR	MI	SE	HS	MI	SE	HS			
52	0067	CAFFEY, MICHAEL L	00:17:02	:01	08:31.00	M	26					
53	0002	HOLLINGSWORTH, LONNIE F	00:17:22	:01	08:41.00	M	53					
54	0027	CAIN, JOE M	00:17:24	:01	08:42.00	M	36					
55	0109	SLATER, MITCHELL J	00:17:54	:01	08:57.00	M	39					
56	0136	WOODSUM, RANDY D	00:18:04	:01	09:02.00	M	8					
57	0112	SMITH, TIM	00:20:11	:01	10:05.50	M	23					

2mi - FEMALE

POS	NO.	NAME	RACE TIME				PER MILE				SEX	AGE
			HR	MI	SE	HS	MI	SE	HS			
1	0007	RUSSELL, GERRI K	00:13:13	:01	06:36.50	F	33					
2	0122	BRAWLEY, CINDY A	00:13:17	:01	06:38.50	F	21					
3	0039	EVANS, BRENDA R	00:13:22	:01	06:41.00	F	13					
4	0069	SCHILLING, TAMMY	00:13:24	:01	06:42.00	F	16					
5	0068	DAVIS, AMI L	00:13:44	:01	06:52.00	F	16					
6	0031	ALEMAN, JOSIE L	00:14:18	:01	07:09.00	F	34					
7	0073	CROWN, DEBRA A	00:14:30	:01	07:15.00	F	21					
8	0075	PINNEY, MARILYNN A	00:14:36	:01	07:18.00	F	37					
9	0141	SMITH, ROBIN K	00:14:38	:01	07:19.00	F	24					
10	0137	RAMIREZ, JAN L	00:15:13	:01	07:36.50	F	30					
11	0087	WOODUL, ALEXI C	00:15:31	:01	07:45.50	F	12					
12	0020	MOYER, SALLY L	00:15:33	:01	07:46.50	F	41					
13	0080	PARCHMAN, BRENDA	00:15:51	:01	07:55.50	F	33					
14	0016	PUNHONG, SUFARP	00:16:36	:01	08:18.00	F	38					
15	0021	OLER, KATHY	00:16:38	:01	08:19.00	F	32					
16	0079	RICE, JAN K	00:17:02	:01	08:31.00	F	34					
17	0105	ANDERSON, JILL M	00:17:03	:01	08:31.50	F	29					
18	0100	BARNHILL, TONI	00:17:09	:01	08:34.50	F	30					
19	0098	EHLER, SUZANNE S	00:17:09	:01	08:34.50	F	35					
20	0077	FAIRLESS, JANICE L	00:17:23	:01	08:41.50	F	22					
21	0012	ALBERTS, DEBBIE F	00:17:27	:01	08:43.50	F	33					
22	0038	MYERS, KELLY F	00:17:29	:01	08:44.50	F	21					
23	0028	THAXTON, LINDA M	00:17:33	:01	08:46.50	F	29					
24	0076	MESA, KIM J	00:17:39	:01	08:49.50	F	23					
25	0110	SLATER, MARY H	00:17:54	:01	08:57.00	F	40					
26	0106	POOLE, NANNETTE R	00:17:59	:01	08:59.50	F	24					
27	0010	ROGERS, CATHY A	00:18:51	:01	09:25.50	F	26					
28	0076	VITALEC, BARBARA A	00:18:55	:01	09:27.50	F	38					
29	0085	NICHOLS, JENNIFER	00:19:05	:01	09:32.50	F	15					
30	0116	SAVA, KRISTEN M	00:19:07	:01	09:33.50	F	16					
31	0088	HOLMES, MARJORIE S	00:19:34	:01	09:47.00	F	64					
32	0118	PRINCE, RUBY E	00:19:48	:01	09:54.00	F	22					
33	0018	STALCUP, DENISE	00:20:35	:01	10:17.50	F	31					
34	0008	HARRIS, KITTY S	00:21:10	:01	10:35.00	F	35					
35	0850	HENDERSON, PATSY L	00:21:36	:01	10:48.00	F	43					
36	0082	WILSON, JANE A	00:22:04	:01	11:02.00	F	45					
37	0095	BAIZA, MARY	00:22:53	:01	11:26.50	F	41					
38	0090	DEAVOURS, REHNEA	00:23:38	:01	11:49.00	F	37					
39	0091	TACHENY, SUSAN J	00:23:38	:01	11:49.00	F	36					

1986 RUN FOR THE ARTS  
SATURDAY APRIL 26  
15km - MALE

1986 RUN FOR THE ARTS  
SATURDAY APRIL 26  
15km - FEMALE

POS	NO.	NAME	RACE TIME			PER MILE			SEX	AGE
			HR	MI	SE HS	MI	SE HS			
52	0378	SPARKMAN, WILLIAM E	01:06:50:01	07:09.79	M	39				
53	0367	ROGER SR., BILL	01:06:52:01	07:10.01	M	47				
54	0343	KEFHART, DON	01:06:56:01	07:10.44	M	33				
55	0354	LIVERMORE, JAMES	01:08:57:01	07:23.40	M	38				
56	0359	CASTILLO, JAIME	01:09:20:01	07:25.87	M	32				
57	0417	PUGH, BILL	01:09:28:01	07:26.73	M	23				
58	0416	MARCHBANKS, JERRY L	01:09:54:01	07:29.51	M	50				
59	0455	DARNELL, JIM B	01:09:58:01	07:29.94	M	58				
60	0332	TAYLOR, KEVIN	01:10:02:01	07:30.37	M	30				
61	0340	ROGERS, ROBERT D	01:10:13:01	07:31.55	M	27				
62	0396	COLLINS, JACQUELIN	01:11:20:01	07:38.73	M	52				
63	0449	BYRD, LARRY D	01:11:20:01	07:38.73	M	45				
64	0319	MASOOD, JONATHAN A	01:11:21:01	07:38.84	M	40				
65	0327	MOYER, CHARLES R	01:11:31:01	07:39.91	M	40				
66	0371	PAYNE, EUGENE E	01:11:39:01	07:40.77	M	43				
67	0385	MAYNARD, DON D	01:11:43:01	07:41.20	M	42				
68	0430	BRADLEY, PHILLIP R	01:12:33:01	07:46.56	M	21				
69	0413	WEAVER, EDWARD J	01:12:38:01	07:47.09	M	27				
70	0362	LANGAN, LADY	01:12:42:01	07:47.52	M	28				
71	0370	HARTMAN, BERNARD	01:12:58:01	07:49.24	M	52				
72	0363	KELLEY, MIKE	01:12:58:01	07:49.24	M	37				
73	0302	TUCKER, JEFF L	01:13:34:01	07:53.09	M	31				
74	0333	NEWSOM, GARY D	01:13:43:01	07:54.06	M	35				
75	0351	HATCH, ALAN	01:13:54:01	07:55.24	M	28				
76	0401	GREER, MIKE R	01:14:59:01	08:02.20	M	47				
77	0809	BAIZA, C.B.	01:15:04:01	08:02.74	M	42				
78	0408	VITALEC, BILL J	01:15:22:01	08:04.67	M	40				
79	0300	LONG, GERALD W	01:15:44:01	08:07.03	M	51				
80	0365	KUHNE, CECIL C	01:16:18:01	08:10.67	M	56				
81	0356	SCARBROUGH, ROGER D	01:17:38:01	08:19.25	M	30				
82	0425	RISHEL, WILLIAM D	01:17:43:01	08:19.78	M	32				
83	0426	SCALES, JAMES A	01:17:43:01	08:19.78	M	29				
84	0450	ROGERS, ROBERT A	01:17:45:01	08:20.00	M	36				
85	0322	STALCUP, JOHN R	01:17:54:01	08:20.96	M	52				
86	0339	MCDUFF, JIM	01:18:01:01	08:21.71	M	48				
87	0456	SAN MIGUEL, PAUL R	01:18:15:01	08:23.21	M	41				
88	0391	HUNT, DONALD M	01:18:31:01	08:24.93	M	51				
89	0427	NEWTON, FRANK	01:18:38:01	08:25.68	M	42				
90	0350	HENSLEE, JOSH C	01:19:12:01	08:29.32	M	33				
91	0342	MEDLIN, WENDELL D	01:19:16:01	08:29.75	M	37				
92	0405	HOUSTON, RICK	01:20:07:01	08:35.22	M	37				
93	0454	WOSSUM, LEE M	01:20:11:01	08:35.64	M	35				
94	0414	RHODES, CHRIS L	01:20:23:01	08:36.93	M	22				
95	0452	CONNELL, JOHN R	01:20:45:01	08:39.29	M	31				
96	0352	HOWELL, ROY D	01:20:48:01	08:39.61	M	35				
97	0380	GLASSCOCK, JAMES L	01:21:04:01	08:41.33	M	30				
98	0415	LADD, RUSTY	01:21:10:01	08:41.97	M	33				
99	0361	BASKERVILLE, ALLYN T	01:21:16:01	08:42.61	M	23				
100	0384	BARRY, DON D	01:21:19:01	08:42.93	M	22				
101	0308	JENKINS, JIM D	01:21:33:01	08:44.43	M	43				
102	0383	DIAZ, LES	01:21:53:01	08:46.58	M	35				
103	0317	BARNES, ROBERT L	01:22:11:01	08:48.51	M	48				
104	0368	ELAM, JOE F	01:22:53:01	08:53.01	M	27				
105	0457	QUINTEROS, CALOS M	01:23:03:01	08:54.08	M	32				
106	0419	BELL, JERRY	01:23:05:01	08:54.29	M	43				
107	0432	BACON, JOHN	01:23:44:01	08:58.47	M	15				
108	0360	JUDKINS, ROBERT L	01:25:28:01	09:09.62	M	43				
109	0400	CONNER, GERALD G	01:26:33:01	09:16.59	M	16				
110	0411	WILLEN, REID B	01:29:31:01	09:35.67	M	26				
111	0344	LEE, BILL A	01:31:59:01	09:51.53	M	32				
112	0431	ATTAR, MARK	01:34:53:01	10:10.18	M	15				
113	0451	DENTON, DANIEL	01:35:41:01	10:15.32	M	22				
114	0364	WILKERSON, GORDON M	01:42:24:01	10:58.52	M	25				
115	0315	HOOVER, LARRY	01:48:04:01	11:34.96	M	31				

POS	NO.	NAME	RACE TIME			PER MILE			SEX	AGE
			HR	MI	SE HS	MI	SE HS			
1	0358	BENOIT, CHERLY A	01:07:22:01	07:13.22	F	32				
2	0337	DAKLEY, DWAYNE E	01:07:53:01	07:16.54	F	33				
3	0384	KISPURT, CLAIRE P	01:10:17:01	07:31.98	F	35				
4	0331	TAYLOR, JAN	01:14:05:01	07:56.42	F	29				
5	0369	DINGMAN, SHARON B	01:15:36:01	08:06.17	F	24				
6	0353	GAITHER, BETSY E	01:18:17:01	08:23.43	F	22				
7	0393	GRANTHAM, SUZANNE	01:18:36:01	08:25.46	F	31				
8	0412	WILLEN, CATHY L	01:18:39:01	08:25.78	F	27				
9	0392	STEIN, APRIL J	01:19:41:01	08:32.43	F	28				
10	0309	HENRY, JUDI	01:20:50:01	08:39.82	F	32				
11	0325	JOHNSON, BETTY M	01:21:01:01	08:41.00	F	27				
12	0301	TUCKER, LATHA G	01:23:27:01	08:56.65	F	29				
13	0387	WIGLEY, SHIRLEY A	01:24:14:01	09:01.69	F	32				
14	0316	COX, SHERYL L	01:27:25:01	09:22.16	F	31				
15	0453	WHYTE, ANNE W	01:28:27:01	09:28.81	F	36				
16	0397	SMITH, LYNDA	01:29:49:01	09:37.60	F	32				
17	0376	RAMPY, DIANNE	01:31:31:01	09:48.53	F	27				
18	0330	COTTON, KRISTAL D	01:31:58:01	09:51.42	F	30				
19	0310	DUCOTE, DIANN	01:32:39:01	09:55.82	F	39				

BLOSSOM WITH THE SEASON....THE 6th ANNUAL SPRING HIGH RUN.....  
10 - Kilometer (6.2 Miles) and 2 mile run will be held Saturday,  
May 24, 1986 at 9:00 A.M. at BUDDY HOLLY MEMORIAL PARK (One mile south  
of north Loop 289 on N. University Ave.). PRE-REGISTRATION FEE \$6.00,  
(Race Day \$8.00). T-Shirts will be given to the first 200 entrants;  
Awards to the top 5 finishers in each division. FREE FOOD & DRINK FOR  
PARTICIPANTS, sponsored by LUBBOCK COUNCIL ON ALCOHOLISM Event sponsor  
will be LOVELL SPORTS

FOR FURTHER INFORMATION CONTACT THE LUBBOCK COUNCIL ON ALCOHOLISM AT:

**BLOSSOM!**

763-8763



THE ANNUAL SPRING HIGH RUN IS SPONSORED BY THE  
LUBBOCK COUNCIL ON ALCOHOLISM & DRUG ABUSE, A  
NON-PROFIT AGENCY OF UNITED WAY AND LUBBOCK  
REGIONAL MENTAL-HEALTH/MENTAL-RETARDATION CENTER.  
THE SPRING HIGH RUN BENEFITS ALCOHOL AND DRUG ABUSE  
PREVENTION AND TREATMENT PROGRAMS IN THE LUBBOCK  
AREA.

SPRING HIGH RUN REGISTRATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

T-SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

AGE AS OF MAY 24 \_\_\_\_\_ SEX: \_\_\_\_\_ M or \_\_\_\_\_ F

I WILL BE RUNNING THE (Circle One): 10-K or 2 Mile

YOUR PREDICTED TIME FOR THIS RACE: \_\_\_\_\_

CHECKS PAYABLE TO: Lubbock Council on Alcoholism (LCOA), 1210 Texas Ave.  
Lubbock, Texas 79401

Waiver of Claim (must be signed and submitted with registration) 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, and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with this event or their agents or employees or otherwise.

1986 RUN FOR THE ARTS  
SATURDAY APRIL 26  
2mi - MALE

POS	NO.	NAME	RACE TIME			PER MILE			SEX	AGE
			HR	MI	SE HS	MI	SE	HS		
1	0120	HUTTO, BUDDY R	00:09:45:01	04:52.50	M	25				
2	0127	POWELL, ROBIN L	00:10:11:01	05:05.50	M	24				
3	0128	NUNEZ, GILBERT	00:10:26:01	05:13.00	M	16				
4	0142	BRASHEARS, BRIAN A	00:10:38:01	05:19.00	M	15				
5	0081	RUTZ, JESSE	00:10:48:01	05:24.00	M	15				
6	0143	WIMBERLY, CHRIS P	00:10:48:01	05:24.00	M	18				
7	0121	LOPEZ, DANIEL	00:10:49:01	05:24.50	M	27				
8	0037	HUNT, SAM I	00:11:07:01	05:33.50	M	22				
9	0124	FEWIN, WILL C	00:11:23:01	05:41.50	M	14				
10	0138	RAMIREZ, GONZALO	00:11:34:01	05:47.00	M	30				
11	0140	MCCORD, MICHAEL R	00:11:47:01	05:53.50	M	16				
12	0119	PRICE, DARRELL R	00:11:58:01	05:59.00	M	37				
13	0135	CARDENAS, LUIS	00:12:00:01	06:00.00	M	34				
14	0101	ROGERS, JAMES W	00:12:06:01	06:03.00	M	25				
15	0139	FEAZEL, J.R.	00:12:23:01	06:11.50	M	15				
16	0035	BUTKUS, LARRY M	00:12:25:01	06:12.50	M	22				
17	0070	AIKIN, SCOTT F	00:12:26:01	06:13.00	M	14				
18	0115	WELCH, WES	00:12:31:01	06:15.50	M	13				
19	0078	FIRA, EUGENE	00:12:34:01	06:17.00	M	36				
20	0114	HORNUNG, FEN	00:12:41:01	06:20.50	M	25				
21	0103	BLANKENSHIP, BRUCE	00:12:42:01	06:21.00	M	37				
22	0041	HARPER, JOHN	00:12:57:01	06:28.50	M	51				
23	0014	RENO, LARRY W	00:13:08:01	06:34.00	M	34				
24	0037	ALBERTS, GRAYDON J	00:13:21:01	06:40.50	M	34				
25	0108	RODRIGUEZ, CHRIS	00:13:21:01	06:40.50	M	13				
26	0015	PUNHONG, PRASERT	00:13:31:01	06:45.50	M	39				
27	0083	POWELL, CHRIS J	00:13:38:01	06:49.00	M	14				
28	0113	IRELAND, STEPHEN L	00:13:43:01	06:51.50	M	44				
29	0123	LAPOINTE, FRED	00:13:43:01	06:51.50	M	29				
30	0107	RODRIGUEZ, AL F	00:13:51:01	06:55.50	M	22				
31	0102	REEVES, RON	00:13:51:01	06:55.50	M	26				
32	0086	WOODUL, LAYTON	00:13:52:01	06:56.00	M	43				
33	0117	FLETCHER, TOM	00:13:56:01	06:58.00	M	25				
34	0009	ROGERS, MICHAEL M	00:13:58:01	06:59.00	M	32				
35	0005	MCGUIRE, JOE	00:13:59:01	06:59.50	M	42				
36	0004	HERNANDEZ, FRANK	00:14:02:01	07:01.00	M	47				
37	0023	PURDOM, THOMAS J	00:14:06:01	07:03.00	M	49				
38	0024	FRINCE, BOBBY D	00:14:07:01	07:03.50	M	22				
39	0125	GONZALEZ, J.J.	00:14:15:01	07:07.50	M	37				
40	0093	MORRISON, LELAN	00:14:22:01	07:11.00	M	29				
41	0094	GUNTHER, WILLIAM P	00:15:16:01	07:38.00	M	34				
42	0040	WORD, THOMAS B	00:15:20:01	07:40.00	M	49				
43	0029	UPSHAW, BRIAN J	00:15:22:01	07:41.00	M	11				
44	0126	MAHAN, GARY	00:15:48:01	07:54.00	M	31				
45	0092	RIDDLE, KEITH A	00:15:49:01	07:54.50	M	31				
46	0019	WHITTEN, JERRY E	00:15:50:01	07:55.00	M	42				
47	0099	OWENS, JOHN M	00:16:22:01	08:11.00	M	56				
48	0097	WILKINS, ROGER	00:16:25:01	08:12.50	M	33				
49	0017	CAREY, LEON J	00:16:46:01	08:23.00	M	29				
50	0084	HUNT, BRAD C	00:16:47:01	08:23.50	M	12				
51	0001	STALCUP, JOE R	00:17:01:01	08:30.50	M	32				

We appreciate Al's comments and his work throughout the state for the betterment of the sport of running. Yes, charity is up to the individual, but this one chooses to support the many fine races in our community that go to benefit local service groups and agencies.

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For those of you that have been WTRC members for a long time, or even if you have joined the club recently, you have probably seen Club member and Vice President Joe Post hard at work in making sure all details are covered at any of our races.

Well, besides all his efforts on behalf of the club, Joe has been setting one "P.R." after another lately. We congratulate Joe on his tireless efforts, and great running.

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The full results of the W.T.R.C. vs. Amarillo YMCA R.C. "MATCH RACE" at the Tulia 10K are not yet available, but will be published in next month's newsletter. All that can be said right now is that "WE'LL GET THEM NEXT YEAR!"

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The JUNE Club race is scheduled for SATURDAY, JUNE 7th, "THE LEVELLAND LOPE." It will include a 10K, 5K and a 1 miler. These races are always well done and all Club members are encouraged to bring a friend and participate.

\*\*\*\*\*

The Annual "Spring High Run" is set for Saturday, May 24th at Buddy Holly Park. This date is a change from the usual earlier spring time date, but could not be avoided. This does conflict with the 9th Annual Funfest Events in Amarillo that many of us have already scheduled, but if you are in town over Memorial day weekend, please support the LUBBOCK COUNCIL ON ALCOHOLISM's fine work in the community.

THE LAST MILE:

As the many weekend races take up our time during the Spring and Summer months and we strive to do our best, it is good to have the proper perspective on what we are trying to accomplish.

Whether we are in the lead pack or just jogging along, we all have goals. It might be to win the race, or maybe to finish your first 10K. These are individual goals, but in striving to accomplish these, let's always remember the "SPIRIT" of competition, "FRIENDLY COMPETITION." Simply put, running helps us to live longer, so let's enjoy it. Do we really need another stress factor in our lives?

Just a thought.

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Many of you may be asking yourselves, "Where is a membership application for my fellow runner?" They were just asking me that the other day, and so here is an application just for that purpose!

Don't forget the \$1.00 discount that is good for a club member's entry fee at club races.

WEST TEXAS RUNNING CLUB  
MEMBERSHIP APPLICATION  
DUES: \$8.00

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

(Please Print)

NEW MEMBER \_\_\_\_\_ RENEWAL \_\_\_\_\_

RECRUITED BY: \_\_\_\_\_  
Please complete, enclose dues and mail to:

WEST TEXAS RUNNING CLUB  
P. O. BOX 2921  
LUBBOCK, TEXAS 79408

WEST TEXAS RUNNING CLUB  
\*\*\*\*\*  
SCHEDULE OF EVENTS

- May 3 Tulia 10 K & 2 Mile Fun Run. 9:00 AM, Tulia, Tx. T-shirts to the 1st 300 entrants. Entry fee, \$6, \$8 race day. Check-in 7:00 to 8:00 AM on race day. Start/Finish at the Tulia Health Club, 1.5 blocks North of the City Square. Contact: John Farrell (806) 792-8573 or Tulia Chamber of Commerce (806) 995-2296 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.
- May 10 Run For Texas 2 Miles and 10 K. 9:00 AM MacKenzie Park, Lubbock, Texas. T-shirts to all entrants. Entry Fee \$4 (15 & under), \$6 all others. After May 5, \$10 entry. For more information, contact Beth Howard at Lubbock Parks and Recreation, Box 2000, Lubbock, Tx 79457.
- 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
- May 31 Mind & Body Run 5 mi. 9:00 A.M. Charter Plains Hospital, N. Quaker & Loop 289. Open house, fruit and juices furnished Entry: \$8.00 of canned goods or \$8.00 donation to S.P. Food Bank. T-shirts to first 135 entries 744-5505