

CALENDAR

- * Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- APR. 3 **RUN FOR YOUR LIFE**; 9 A.M. (MST), Portales, NM; 10K & 1 Mile, Benefits SUSAN B. KOMEN CANCER FUND, FMI (505)562-3015
- * APR. 10 **FLIGHT LINE RACES**; 9 A.M., REESE AFB, Lubbock; Half-Marathon, 10K, and 2 Mile; Ronnie Nugent, RD 793-1735, after 1 P.M.
- APR. 24 **ROARING SPRINGS SPLASH & DASH**; 10K & 2 Mile, 9 A.M. at Roaring Springs; Joey Thacker, Race Director, 1-348-7560
- MAY 1 **RUN FOR THE ARTS**; Midland, 5K and 1 Mile, FMI, 1-689-0646
- * MAY 8 **HORSESHOE BEND SPRING FROLIC**; 9 A.M., North of Slaton; 11, 6, and 2 Mile races, Carlos Vigil, Race Director, 767-2665 (D) or 762-1243 (N)
- MAY 22 **TALL TOWN 10,000**; Midland, 10K and 2 Mile, Details later
- MAY 29 **RUNFEST**; Amarillo, 10K & 2 Mile FMI, Bob Givens, 1-359-4656
- JUNE 4 **MOONLIGHT 5K**; MACKENZIE PARK; 10 P.M., Michelle Jones, Race Director, 766-0282 (D), 793-2825 (N)
- * JUNE 12 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**; 8 A.M., 10K & 2 Mi., Bill Roger, Race Director, 894-7911
- JUNE 27 **BUFFALO SPRINGS LAKE TRIATHLON**; Mike Greer, 796-8213
- * JULY 10 **24th ANNUAL FIRECRACKER RUN**; 10 Mile and 3 Mile, 1 Mile Kid's run. 8 A.M., Brownfield, Jim Leser, Race Director, 746-6101 (D) 794-2474 (N)
- JULY 25 **COMANCHE TRAILS TRIATHLON**; Big Spring, Mike Greer, 796-8213
- * AUG. 14 **HOT DAM RUN**; 5 MILE, 8 A.M., Canyon Lake 6, Lubbock (23rd & Quirt), Ron Key, Race Director 747-4678 or 792-9280
- AUG. 15 **IT'S SO EASY DUATHLON**; Details later
- * SEPT 11 **SHALLOWATER STAMPEDE**; 10K and 2 Mile, 8 A.M., SHALLOWATER HIGH SCHOOL, Larry Byrd, Race Director, 832-4600
- SEPT 12 **DUKE CITY MARATHON**; Details Later
- * OCT. 9 **PREDICTED TIME 5K**; MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)
- OCT. 16 **RED RAIDER ROAD RACE**; TTU CAMPUS, 10K & 5K, Certified Courses Details Later
- * NOV. 13 **BUFFALO WALLOW RACES**; BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY**; MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

April 1993



ATLETICS



CLEVELAND

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1993 FLIGHT LINE RACES



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
APRIL 1993



FLIGHT LINE RACES
REESE AIR FORCE BASE
9 A.M., April 10, 1993

Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT: RON KEY

O 747-4678 H 792-9280

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CARLOS VIGIL

O 767-2665 H 762-1243

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O 792-6015 H 792-2248

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O 765-2925 H 1-298-2075

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O 766-0282 H 793-2825

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H 741-0122

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O 792-3291 H 792-1237

JAMES BONE

O 747-2448 H 792-8390

DAVID RODRIGUEZ

O 741-4834 H 745-6927

JOE MARTINEZ

H 794-7355

MIKE KELLEY

O 766-0237 H 832-4885

DIRECTORS

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 second Tuesday, 7 P.M., at 3208 67th, Lubbock, Texas. These meetings are open and any member is invited to attend at any time.

OUR SPONSORS

We are really grateful to our first two sponsors for their support of our races. Please patronize these folks and tell them of your appreciation. We still need additional sponsors who will get one full page advertisement then a listing like the ones below for the remainder of the year for a fee of \$300. We can also accommodate people who would like to split a sponsorship two or three ways.

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THE RUNNER'S CORNER

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WEST TEXAS RUNNING CLUB PRAIRIE DOG TOWN RUN EVENT #3 of the 1993 CHALLENGE SERIES MARCH 13, 1993 OVERALL RESULTS

PLACE NAME	AGE	S	DIV	DIV	4M	PACE
1 DAVID SUMRELL	30	M	1	M3034	22:38	5:40
2 PAUL LISTON	25	M	1	M2029	22:44	5:41
3 JEFFREY JURY	32	M	2	M3034	23:20	5:50
4 RODNEY CARTER	22	M	2	M2029	23:28	5:52
5 KEN WOODY	36	M	1	M3539	23:45	5:56
6 JIM LESER	46	M	1	M4549	23:56	5:59
7 BILL HARN	38	M	2	M3539	24:04	6:01
8 STEVE GARICA	30	M	3	M3034	24:35	6:09
9 FRANK SUMPTER	39	M	3	M3539	24:59	6:15
10 KEN JERNIGAN	41	M	1	M4044	25:16	6:19
11 TOM NISBETT	43	M	2	M4044	25:32	6:23
12 LAWRENCE NELSON	20	M	3	M2029	26:23	6:36
13 JACKIE CANNON	37	M	4	M3539	26:44	6:41
14 ROBERT GUJARDO	50	M	1	M5054	26:49	6:42
15 LARRY RENO	40	M	3	M4044	27:12	6:48
16 DAVID PRESTON	27	M	4	M2029	27:39	6:55
17 JODIE RHONE	37	M	5	M3539	27:44	6:56
18 DAVID DAVIS	32	M	4	M3034	27:50	6:58
19 RICK SYPERT	37	M	6	M3539	27:51	6:58
20 DAVID HIGGINS	40	M	4	M4044	27:52	6:58
21 JEFF WHITLEY	29	M	5	M2029	28:06	7:02
22 LARRY BYRD	51	M	2	M5054	28:10	7:03
23 ROGER STARK	36	M	7	M3539	28:21	7:05
24 CARLOS VIGIL	44	M	5	M4044	28:34	7:09
25 JIM DEEVER	35	M	8	M3539	29:09	7:17
26 TAMMY DONISTHORPE	24	F	1	F2029	29:38	7:25
27 MICKEY DAVIS	36	M	9	M3539	29:45	7:26
28 DENISE BRAY	31	F	1	F3034	29:46	7:27
29 DENNIS BELL	32	M	5	M3034	30:08	7:32
30 BOB BERNERO	50	M	3	M5054	30:33	7:38
31 RON HILLIS	49	M	2	M4549	31:17	7:49
32 DOMINGO CASTRO	33	M	6	M3034	31:32	7:53
33 JOHN STALCUP	59	M	1	M5559	31:59	8:00
34 TOM JONES	53	M	4	M5054	32:10	8:03
35 JOSIE ALEMAN	41	F	1	F4044	32:19	8:05
36 JOHN SCOTT	49	M	3	M4549	32:23	8:06
37 TERRY RICHARSON	44	M	6	M4044	32:30	8:08
38 HEATHER WAITT	22	F	2	F2029	32:50	8:13
39 JAMES BONE	53	M	5	M5054	32:59	8:15
40 GEORGE JURY	56	M	2	M5559	35:03	8:46

WEST TEXAS RUNNING CLUB
 PRAIRIE DOG TOWN RUN
 EVENT #3 of the 1993 CHALLENGE SERIES
 MARCH 13, 1993
 OVERALL RESULTS

PLACE NAME	AGE	S	DIV	DIV	4M	PACE
41 BRENDA MARTINEZ	25	F	3	F2029	35:11	8:48
42 NANCY PATTON	43	F	2	F4044	35:13	8:48
43 JOE MARTINEZ	47	M	4	M4549	35:20	8:50
44 TONY ALEMAN	43	M	7	M4044	35:24	8:51
45 SHIRLEY WIGLEY	39	F	1	F3539	36:18	9:05
46 THERESA MAREZ	43	F	3	F4044	36:55	9:14
47 BERNICE NELSON	15	F	1	F0119	37:47	9:27
48 CONNIE EVANS	44	F	4	F4044	38:06	9:32
49 BO MINNIS	51	M	6	M5054	38:51	9:43
50 KAREN RHONE	33	F	2	F3034	39:45	9:56

PRAIRIE DOG TOWN

RACE DIRECTOR'S REPORT

There were 50 hardy souls who braved extremely cold temperatures to take the 1993 Prairie Dog tour. This is compared to 75 last year when the weather was much more favorable. Congratulations to winner, David Sumrell in 22:38, while Paul Liston was a whisker behind at 22:44. In fact, the top 20 finishers ran faster than 7 minute pace.

Sorry that the 'dogs weren't out to greet the participants, but just because they're rodents doesn't make them stupid! It was chilly!!!

A big prairie dog salute to a fine corps of volunteers: James Livermore, Chuck Johnson and Dwayne Oakeley for course management; David Skelton, Ron Key, Sally Post and James Bone at registration; Joe Post, Ken McEachern, Mike Kelley and Marjory Stewart at the finish line.

See you at the FLIGHT LINE RACES!

Jim Wilhelm, Race Director

ADDITIONAL NEWS

Brett Peikert ran the TRANSMOUNTAIN 20 K in El Paso on February 13th with a time of 1:21:30.

W.T.R.C. 1993 CHALLENGE SERIES
 STANDINGS AFTER 3 EVENTS

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
27	13.0	3	STEVE GARCIA	25	17.0	3
19	9.0	2	JEFFREY JURY	25	17.0	3
10	8.0	1	LOGO MERCADO	22	13.0	3
10	4.0	1	DAVID SUMRELL	20	8.0	2
9	4.0	1	BOBBY LOGO	19	9.0	2
9	8.0	1	MARK MORRIS	13	8.0	2
8	5.0	1	SAM AYRES	12	17.0	3*
7	4.0	1	DAVID DAVIS	8	21.0	3**
6	20.0	2**	DENNIS BELL	8	9.0	2
21	13.0	3	AL GROFZ	7	13.0	2*
20	9.0	2	JOE POST	14.0	2**	
19	17.0	3*	DAVID RODRIGUEZ	8.0	1*	
17	17.0	3*	FRANK SUMPTER SR.			
16	17.0	3	DWAYNE OAKELEY			
14	17.0	3*	CHUCK JOHNSON			
13	9.0	2	MARLIN HAMILTON			
13	8.0	2	JODIE RHONE			
13	17.0	3	JIM DEEVER			
12	17.0	3	MICKEY DAVIS			
10	8.0	1	ROGER LOPEZ			
9	4.0	1	JIM SAMARON			
9	8.0	2	ROGER STARK			
5	4.0	1	RICK SPERT			
5	4.0	1	DAVID SKELTON			
19	17.0	3*	RODNEY CARTER			
17	8.0	2	LAWRENCE NELSON			
17	8.0	2	DAVID PRESTON			
10	5.0	1	BRETT PEIKERT			
10	4.0	1	PAUL LISTON			
8	4.0	1	FRANK HALST			
7	5.0	1	CHRIS SCOTT			
6	4.0	1	JEFF WHITLEY			
5	4.0	1	DANIEL T. VERNIER			
4	4.0	1	KEVIN TAYLOR			

PTS.	MILES	EVT.	45 - 49 MALE	PTS.	MILES	EVT.
30	13.0	3	JAMES LESER	30	13.0	3
25	17.0	3	JOE MARTINEZ	25	17.0	3
15	9.0	2	RANDY ALLEN	15	9.0	2
13	9.0	2	RONNY NUGENT	13	9.0	2
13	8.0	2	JOHNNY SCOTT	13	8.0	2
13	9.0	2	RON HILLIS	13	9.0	2
8	5.0	1	RICHARD FISHERITCH	8	5.0	1
8	8.0	1	LYNDOL ASKEW	8	8.0	1
7	4.0	1	FRANK GOODMAN	7	4.0	1
7	5.0	1	JOE A. GOMEZ	7	5.0	1
7	12.0	2*	JAMES LIVERMORE	6	9.0	2*
6	9.0	2*	JON OMDCHL	4	4.0	1
4	4.0	1	RICK LAHEE	4	4.0	1
3	5.0	1	BENTLY GWYN	3	5.0	1
2	5.0	1	RICHARD BRAY	2	5.0	1
1	5.0	1	RICK LAHME	1	5.0	1
1	17.0	3*	RON KEY	1	17.0	3*

PTS.	MILES	EVT.	0 - 19 FEMALE	PTS.	MILES	EVT.
10	12.0	2*	BERNICE NELSON	10	12.0	2*
9	4.0	1	TARA JERNIGAN	9	4.0	1
10	4.0	1	CHRIS TRUITT	10	4.0	1
9	9.0	2*	FRANK SUMPTER JR.	9	9.0	2*
8	4.0	1	JAY TRUITT	8	4.0	1
5	4.0	1	TREY JERNIGAN	5	4.0	1

PTS.	MILES	EVT.	20 - 29 FEMALE	PTS.	MILES	EVT.
26	17.0	3	BRENDA MARTINEZ	26	17.0	3
19	13.0	2	DEBBIE MALENKE	19	13.0	2
10	4.0	1	HELEN ESQUIVEL	10	4.0	1
9	13.0	1	HOLLY RHODENBOUGH	9	13.0	1

PTS.	MILES	EVT.	30 - 34 FEMALE	PTS.	MILES	EVT.
29	13.0	3	DENISE BRAY	29	13.0	3
20	17.0	3*	MARJORY STEWART	20	17.0	3*
16	13.0	2	MICHELLE JONES	16	13.0	2
9	4.0	1	SARA TAYLOR	9	4.0	1
9	4.0	1	KAREN RHONE	9	4.0	1
8	5.0	1	KAY FELLOWS	8	5.0	1

PTS.	MILES	EVT.	45 - + FEMALE	PTS.	MILES	EVT.
20	13.0	2	P.J. MITCHELL	20	13.0	2
10	13.0	2*	HUGH HAYNES	10	13.0	2*
10	4.0	1	CHARLES HENSARLING	10	4.0	1
5.0	1*		BOB SMITH	5.0	1*	

** = RACE DIRECTORS * = VOLUNTEER

THE RACE FOR KIDS 5K
TEXAS TECH UNIVERSITY CAMPUS
March 6, 1993

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Brett Peikert	25	M	17:00	1	20-29
02	Todd Mann	27	M	17:46	2	20-29
03	Lolo Mercado	33	M	17:48	1	30-39
04	R.K. Miller	45	M	17:54	1	40-49
05	Danny Roberts	20?	M	18:26	3	20-29
06	Mike Flores	36	M	18:39	2	30-39
07	John Hitchcock	16	M	18:48	1	15-19
08	Mark Morris	34	M	19:00	3	30-39
09	Wesley Sutton	50	M	19:40	1	50-59
10	George Jury	56	M	19:48	2	50-59
11	Antonio Ramos	17	M	20:13	2	15-19
12	Jeff Davis	26	M	20:33	4	20-29
13	David Preston	27	M	20:38	5	20-29
14	Larry Byrd	51	M	20:43	3	50-59
15	Darryl Ritter	36	M	20:44	4	30-39
16	Peter Cortes	37	M	20:49	5	30-39
17	Gonzalo Ramirez	37	M	20:52	6	30-39
18	David Driskill	45	M	21:45	2	40-49
19	Bill Roger, Sr.	53	M	21:48	4	50-59
20	Martin Harms	55	M	22:21	5	50-59
21	Jeff Blackwell	30?	M	22:54	7	30-39
22	Castro Domingo	32	M	22:59	8	30-39
23	Robert Bernero	51	M	23:00	6	50-59
24	Wendy Sullivan	11	F	24:50	1	0-11F
25	Josie Aleman	41	F	25:00	1	40-49F
26	Debbie Rowe	30	F	25:27	1	30-39F
27	Chris Muller	23	M	25:27	6	20-29
28	Michael Hill	39	M	25:38	9	30-39
29	Misty Porter	19	F	27:01	1	15-19F
30	Erica Tarrillion	19	F	27:02	2	15-19F
31	Jean Scott	42	F	29:20	2	40-49F
32	Eric Edwards	20	M	30:40	7	20-29
33	Amy Nathan	17	F	38:23	3	15-19F
34	Rick Nathan	48	M	38:24	3	40-49
35	Cecilia Sierra	21	F	41:01	1	20-29F
36	Alicia Harris	20	F	41:39	2	20-29F
37	Amy Ausley	21	F	41:40	3	20-29F
38	Amber Ausley	21	F	42:56	4	20-29F
39	Cathy Nathan	48	F	44:46	3	40-49F
40	Betty Wagner	50+	F	44:46	1	50-59F
41	Ellen Byars	20?	F	44:47	5	20-29F

4th ANNUAL LUBBOCK CHRISTIAN UNIVERSITY
MASTER'S TRACK MEET
March 6, 1993

Event	Name	Time

1600m Race Walk		
M50	Linda Reichl	11:58.62
M30	Saueel Avers	9:03.33
M45	Jerry Whitten	8:58.16

3200m Run		
M40	Caylene Caddell	13:46.04
M35	Bill Harn	11:19.45
	Jimmy Samarron	12:59.93
M40	Tom Nisbett	12:06.99
M45	Randy Allen	13:22.34
M50	John Eshley	13:28.09
M55	Martin Harms	13:57.74
	James Dixon	16:14.15
M60	Don Sanderson	13:57.80
M70	Joe Nisbett	17:53.72

55m Hurdles		
M50	Mary Luker	10.61
	Linda Reichl	21.75
M30	Rich Wendling	9.22
M40	Robert Hahn	8.56
M50	Steve Ireland	9.52
	Mike Kendall	12.07
M55	Malcolm Garrett	12.84

55m Dash		
Open	Sha Bloxum	7.87
M40	Lou Bloxum	8.87
M50	Mary Luker	8.26
	Marion Coffee	9.60
	Linda Reichl	10.09
M30	Rich Wendling	6.99
M35	Gary Martin	7.57
M40	Robert Hahn	6.97
M45	Randy Allen	8.13
M50	Mike Kendall	7.57
M55	Billie Durham	7.99
	Jimmy Weaver	6.97
	Tony Deatherage	7.22
M60	Malcolm Garrett	6.97
	Joe Summerlin	7.78
	Andy Anderson	7.9
M65	Don Sanderson	9.00
	Bill Bowers	7.05
	Bob Wingo	8.69

200m Dash		
Open	Sha Bloxum	29.13
M50	Mary Luker	30.72
	Marion Coffee	40.81
Open	Todd Thompson	26.56
M30	Rich Wendling	25.33
M35	David Joyner	33.15
M40	Tom Thompson	23.59
	Robert Hahn	25.76
M45	Randy Allen	29.41
M50	Steve Ireland	28.67
	Mike Kendall	29.15
M55	Jimmy Weaver	26.21
	Tony Deatherage	27.35
	James Dixon	36.28
M60	Andy Anderson	28.31
	Joe Summerlin	29.39
M65	Bill Bowers	29.35

1600m Run		
M35	Steve Czarak	5:25.45
	Bill Harn	5:30.15
	Mike Flores	5:38.54
M40	David Rodriguez	5:25.95
	Kerry Jones	6:09.66
M50	Mike Kendall	6:33.34
M55	David Lard	5:45.16
M60	Don Sanderson	6:37.34

NEWS AND NOTES

AT THE RACES

The COWTOWN MARATHON was blessed with much cooler weather and a slightly flatter course than has been the norm for the past few years. Two of our members really distinguished themselves at this year's event. Jeffrey Jury had a PR of 2:46:05 placing 10th overall of 700 men and winning a nice trophy for 3rd in his age group. This was a real "breakthrough" as he bettered his previous time by over 16 minutes. This time was the best by a WTRC member since Lolo Mercado's 2:41:30 at FUNFEST in 1987. Marjory Stewart battled for the lead throughout the race and eventually was bested by 19 seconds and missed winning a trip to Boston or New York. Her time of 2:54:30 is remarkable especially since the baby will only be a year old April 19, and she suffered a fractured foot in June of last year. Others posting a finish were: Hugh Haynes, 4:11:10; Jim Wilhelm, 4:29:36; Richard Bray, 4:42:20 and Samantha Jones with a 4:51:16. J. Livermore did the 10K.

My apologies for leaving Richard Bray off the list of finishers at Houston last month. Richard started running a little over a year ago and has run 5 marathons since DUKE CITY last September. He came close to his sub 4 hour goal at Austin as you will see in the next paragraph.

Five of our members bested the AUSTIN-MOTOROLA MARATHON course with the following times. Carlos Vigil, 3:22:03; Joe Martinez, 3:44:01; Jim Deaver, 4:00:07; Ken McEachern (Time private) and Richard Bray 4:07:13. KAMC TV personality, Paige Gressett also posted a time of 5:21:39.

Performing on two person teams were James Bone, P.J. Mitchell & Rodger Mitchell. P.J. turned in a 1:49: ? for a PR.

At the MARATHON OF THE GREAT SOUTHWEST in Abilene March 20th, Carlos Vigil did 4:00; P.J. Mitchell a PR 4:04:20 and Jim Deaver a 4:04:21. Going to the BOSTON MARATHON this year will be Jim Leser. Ten years ago this month our own Bobby Cunningham turned in a time of 2:30:48 as the 8th masters finisher.

W.T.R.C. OFFICER PROFILE

Our officer of the month is Theresa Marez who serves as Secretary this year. Theresa is 43 years old (October 15, 1949) and is employed by SOUTHWESTERN PUBLIC SERVICE CO. She lives in Abernathy and is married to Jesse, a self-employed collision repair specialist. She is currently serving a three year elected term on the Abernathy School Board. Her only child, Christye, a 19 year old sophomore at TTU, is the 1992 recipient of the TTU/WTRC Scholarship. Theresa started jogging in 1977 to condition for playing soccer. Ten years later, she quit playing soccer and continued her jogging program. She says, "I'm a 'leader of the back' jogger. I'm too slow to compete, so I have to be content simply to participate." As a member of WTRC, she is impressed and motivated by the 40 plus runners who defy time and continue to be so active. She ran her first half-marathon at BUFFALO SPRINGS LAKE and her future goal is to run a marathon before the age of 50.

A LETTER TO THE EDITOR

Dear Editor:

After all the negative things that are being said about running streaks. I believe there should be some positive thoughts.

If one reads "The Fast Lane", it is obvious to assume that if you had an injury it was almost certain you would be injured again whether you had a running streak or not. It also stated that they ran 130 consecutive days a year. My year has 365 days in it, so I don't consider anyone that they tested to be a true streak runner. Most anyone who trains for PRs in 5Ks to marathons will probably run consecutive days that total 130.

Also, they planned their program of testing with runners (433) and do not tell anything else about them. They could have been people who just started, or whatever. They were really planning to fail from the start. Why not take people who really have a streak going (not 130 days) and see about their injuries. I would venture to say that the injury ratio between serious streakers and those they picked would be so much in favor of the serious streaker that they would have never published their article. You can do anything you want if you are giving the test.

If you were to take the two members of the WTRC that I know about who are streakers, you would find that they are injured far less than those who run like the article suggested. Let's get on the right track. You may not need to run every day, but if done properly it will not injure you. The body has one of the best healers that God has made. It is your own blood. When you run, it circulates the body and heals, so why not heal everyday? Before you judge a person with a running streak, get the facts. They aren't injured any more than anyone else and they enjoy doing it every day, not just doing it.

Bill Roger. 2300+ days running streak

HELP NEEDED FOR THE FLIGHT LINE RACES

Many volunteers are needed to put on the 3 races at RAFB, April 10th. If you can help, please call Rommie Nugent at 793-1735. For you racers there is a good chance of winning one of the fabulous FLIGHT LINE medals. Be There!!!!!!!!!!!!

TEXAS PUBLIC HEALTH ASSN.

5K ROAD RACE
MACKENZIE STATE PARK

MARCH 20, 1993

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Brett Peikert	25	M	17:20	1	20-29
02	Steve Garcia	30	M	18:41	1	30-39
03	Frank Sumpter, Sr.	39	M	18:46	2	30-39
04	Tom Nisbett	43	M	19:45	1	40-49
05	David Preston	27	M	20:50	2	20-29
06	David Higgins	40	M	21:16	2	40-49
07	Jodie Rhone	37	M	21:24	3	30-39
08	John Eschle	52	M	22:09	1	50 +
09	Don Sanderson	63	M	22:20	2	50 +
10	Dennis Bell	32	M	23:00	4	30-39
11	Jeff Blackwell	39	M	25:04	5	30-39
12	Jon Ondahl	47	M	25:40	3	40-49
13	Noel Carr	12	M	26:36	1	0-19
14	Nancy Patton	43	F	26:44	1	40-49F
15	Autumn Garcia	12	F	27:45	1	0-19F
16	Joe Nisbett	70	M	29:57	3	50 +
17	Karen Rhone	33	F	31:03	1	30-39F
18	Joel Carr	12	M	34:17	2	0-19
19	Christine Brown	30	F	41:34	2	30-39F

EDITOR'S INJURY UPDATE

Month before last I chronicled my saga of disability secondary to "Crohn's" disease. I want to thank many of you for your concern by way of cards, letters and personal inquiry. Trouble seems to still haunt me as two or three times a week I have had intestinal upsets which deplete my electrolytes and leave me pretty weak. I have carefully returned to running since the last week of January doing three or four days a week of 4, 6 and now an occasional 8 miler, but the old nemesis of sciatica has returned and I am afraid is to blame for a hamstring tear which occurred during the PRAIRIE DOG TOWN RACE when it was very cold. Also my first run on hills in four months may have contributed to the hamstring tightening up or cramping. If I had stopped when it first twinged, I might have avoided a tear and I may have been alright the next day. As it stands now I hope to be trying my first run again about the time you receive this newsletter. Coach Jennigan and another friend who is a former athletic trainer suggest that poor hydration and electrolyte imbalance are to blame for cramps and that the quantity of coffee and colas should be reduced, water intake increased and a calcium supplement taken.

George W. Jury



FLIGHT LINE RACES
W.T.R.C. APRIL CLUB RACE


EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

SPONSORED BY CLEVELAND ATHLETICS

WHEN: SATURDAY, APRIL 10, 1993

REGISTRATION: 8:00 TO 8:45 A.M.

RACE START: 9 A.M.



WHERE: REESE AIR FORCE BASE
PICNIC GROUNDS

COURSE: SLIGHTLY ROLLING TERRAIN, OUT & BACK

DISTANCE: CHOICE of THREE
2 MILE, 10K, HALF-MARATHON

ENTRY FEE: \$4 for W.T.R.C. MEMBERS
& R.A.F.B. personnel
\$5 for OTHERS

AGE DIVISIONS and AWARDS
2 Mile

Men: 0 to 19, 20-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60 Plus

Women: 0-19, 20-29, 30-34, 35-39, 40-44, 45 Plus
10K and Half-Marathon

Men: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60 Plus

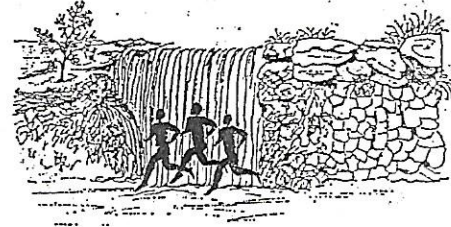
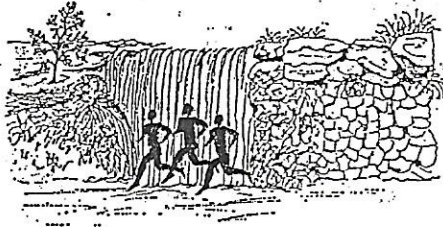
Women: 0-19, 20-29, 30-34, 35-39, 40-44, 45 PLUS

CUSTOM DESIGNED MEDALLION AWARDS to the First

Three in each Age Group

RACE DIRECTOR: Ronnie Nugent, 793-1735
After 1 P.M.

3RD ANNUAL ROARING SPRINGS



SPLASH AND DASH

10 K AND 2 MILE RACE SATURDAY APRIL 24

SPONSOR: COMMUNITY OF ROARING SPRINGS AND THACKER JEWELRY

LOCATION: ROARING SPRINGS TEXAS

COURSE: STARTS IN DOWNTOWN R.S. AND FINISHES AT THE FALLS ON THE ROARING SPRINGS RANCH. 4 MILES ON PAVED ROAD AND LAST 2 MILES ON DIRT WITH ONE RIVER CROSSING. THIS IS A FUN, BEAUTIFUL AND CHALLENGING COURSE.

RACE TIME: ALL RACES WILL BEGIN AT 9:00 AM

PRE-REGISTER: \$10.00 REGISTRATION FEE FOR ENTRIES RECEIVED BEFORE APRIL 20/ 12.00 AFTER. SIGN UP AT THACKER JEWELRY 200 BROADWAY IN ROARING SPRINGS OR MAIL IN ENTRY. THACKER JEWELRY WOO BROADWAY ROARING SPRINGS TX 79256.

RACE DAY REG: 7:30-8:45 DOWNTOWN ROARING SPRINGS

10K DIVISIONS: 19 UNDER, 20-29:30-39:40-49: 50+ MALE AND FEMALE

2 MILE DIV: 11 UNDER/12-15/16-19/20-29/30-39/40-49/50+ M AND F

2 MILE WALK: 39 AND UNDER, 40+

AWARDS: DIVISION WINNER- ALL RACES

OVERALL WINNERS STERLING SILVER MEDALS 2 MI RACE/ 10K
T-SHIRTS ALL ENTRIES

ADVANCE RESERVATIONS CAN BE MADE FOR WEEKEND CAMPING AT THE ROARING SPRINGS RANCH CLUB'S PRIVATE FACILITIES FOR \$10.00 PER NIGHT. THE RACE FINISHES AT THE CLUBS SWIMMING POOL AND FALLS AND IS AN EXCELLENT SPOT FOR A FAMILY PICNIC AFTER THE RACE.

REGISTRATION: (PLEASE PRINT CLEARLY) MAIL TO: RACE DIRECTOR*THACKER JEWELRY*PO BOX 310*ROARING SPRINGS TX 79256

LAST NAME _____ FIRST NAME _____
STREET ADDRESS _____
CITY _____ ST _____ ZIP _____
PHONE _____

PLEASE CIRCLE ONE

10K: 19 UNDER 20-29 30-39 40-49 50+

2 MI RACE: 11 UNDER 12-15 16-19 20-29 30-39 40-49 50+

2 MI WALK: 39 UNDER 40+

SEX: MALE FEMALE

I attest to all my physical capabilities and I realize there are risks associated with competing in this event. My participation is entirely voluntary and I waive any and all claims against the sponsors, promoter and all other persons associated with this event for any injury or accident which may occur while participating in the ROARING SPRINGS 2ND ANNUAL SPLASH AND DASH 10K/2MI RACE/WALK.

SIGNATURE _____ DATE _____

(GUARDIAN OR PARENT IF UNDER 18)