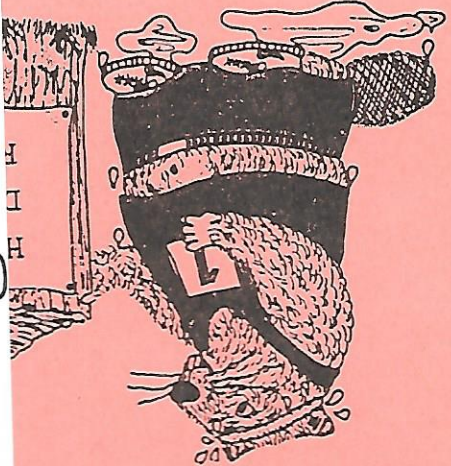


CALENDAR

- * Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- * 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;** Entry forms enclosed, Mike Greer 796-8213, \$5 discount to W.T.R.C. Members
- AUG. 18-21 **WT SENIOR SPORTS CLASSIC;**(Age 50+) Track events Friday P.M. 5K and 10K road races Sat. A.M., Cycling and other events also FMI call 767-2679
- AUG. 28 **WOMEN'S DISTANCE FESTIVAL/CHASE AFTER THE WOMEN;** Midland, 5K Women first then 5K men, 7:30 A.M., Alex Rose, 915-694-4271(n) or 689-1595(d)
- * 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;** Albuquerque, 7 A.M., also Half-Marathon, 5K runs and walk events, Reg. Forms at CLEVELAND ATHLETICS
- SEPT 18 **MAYOR'S HALF-MARATHON;** Amarillo, Sandy Lynch, 378-4289
- SEPT 25 **SUSAN KOMEN RACE FOR THE CURE;** Amarillo, 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 Bill Harn, Race Director, 794-6852(n) or 742-3908(d) Volunteers needed, 100% cotton longsleeved T-Shirts
- * NOV. 13 **BUFFALO WALLOW RACES;** BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 25 **1st ANNUAL W.T.R.C. TURKEY TROT;** Details Later
- DEC. 4 **JINGLE BELL RUN;** Details later
- DEC. 5 **DALLAS WHITEROCK MARATHON;** Details Later
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY;** MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

August 1993



See Details Inside Back Cover

8:00 A.M., August 14, 1993

Monthly Club Race
HOT DAM RUN 5 Mile Race



Newsletter
P.O. Box 2921
Lubbock, Texas 79408

AUGUST 1993



WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT: RON KEY
 O 747-4678 H 792-9280
INTERNAL VICE-PRES
 CARLOS VIGIL
 O 767-2665 H 762-1243
EXTERNAL VICE-PRES
 AL GROTZ
 O 792-6015 H 792-2248
SECRETARY
 THERESA MAREZ
 O 765-2925 H 1-298-2075
TREASURER
 MICHELLE JONES
 O 766-0282 H 793-2825

DIRECTORS

DENNIS BELL
 H 741-0122
 GEORGE W. JURY
 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

W.T.R.C. RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH

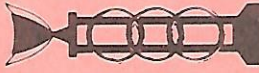
W.T.R.C. Official meetings are held monthly on the second Tuesday, 7 P.M., at 3208 67th, Lubbock, Texas. These meetings are open and any member is invited to attend at any time.

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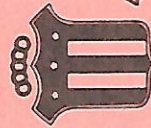
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25% Off all Running Shoes and Apparel for
 all W. T. R. C. Members

24th ANNUAL FIRECRACKER RUNS
 Brownfield, Texas July 10, 1993

10 MILE OVERALL RESULTS

PLACE	NAME	AG	S	DIV	DIV	10	PACE
1	CHRIS TRUITT	18	M	1	M1619	59:37	5:58
2	LOLO MERCADO	33	M	1	M3034	1:02:01	6:12
3	KEN WOODY	36	M	1	M3539	1:02:11	6:13
4	JOE MENDEZ	19	M	2	M1619	1:03:42	6:22
5	JEFFREY JURY	32	M	2	M3034	1:04:09	6:25
6	CARLOS PEREZ	17	M	3	M1619	1:05:27	6:33
7	DENNIS BELL	32	M	3	M3034	1:06:04	6:36
8	JOHN HAWRONSKY	40	M	1	M4044	1:06:50	6:41
9	JOE POST	44	M	2	M4044	1:09:22	6:56
10	CARLOS VIGIL	44	M	3	M4044	1:09:37	6:58
11	BOBBY MORA	25	M	1	M2029	1:10:02	7:00
12	JASON LEVINE	21	M	2	M2029	1:10:56	7:06
13	RICHARD FISCHENICH	46	M	1	M4549	1:11:28	7:09
14	LARRY RENO	41	M	4	M4044	1:11:41	7:10
15	GONZALO RAMIREZ	37	M	2	M3539	1:12:04	7:12
16	RANDY WOLCOTT	37	M	3	M3539	1:12:29	7:15
17	JIM DEAVER	35	M	4	M3539	1:13:06	7:19
18	LARRY BYRD	52	M	1	M5054	1:13:13	7:19
19	DON SANDERSON	63	M	1	M6099	1:16:30	7:39
20	G M COX	40	M	5	M4044	1:17:18	7:44
21	JAMES LIVERMORE	46	M	2	M4549	1:19:32	7:57
22	CHUCK JOHNSON	35	M	5	M3539	1:19:49	7:59
23	DOMINGO CASTRO	33	M	4	M3034	1:19:56	8:00
24	PERRY WHITEHEAD	45	M	3	M4549	1:20:51	8:05
25	JIM PILLOW	43	M	6	M4044	1:21:05	8:07
26	MICKEY WELBORN	45	M	4	M4549	1:21:05	8:07
27	MIKE KELLEY	44	M	7	M4044	1:21:12	8:07
28	JIM WILHELM	42	M	8	M4044	1:22:19	8:14
29	JON MASOOD	47	M	5	M4549	1:22:36	8:16
30	RON HILLIS	49	M	6	M4549	1:22:43	8:16
31	MICKEY DAVIS	36	M	6	M3539	1:23:38	8:22
32	REESE CARROLL	44	M	9	M4044	1:23:38	8:22
33	TERESA GREER	42	F	1	F4044	1:24:07	8:25
34	BOB BERNERO	51	M	2	M5054	1:24:41	8:28
35	RICHARD BRAY	49	M	7	M4549	1:24:45	8:29
36	MITCHELL P J	47	M	1	F4599	1:26:24	8:38
37	TOM JONES	54	M	3	M5054	1:26:40	8:40
38	JON OMDAHL	47	M	8	M4549	1:27:54	8:47
39	JAMES BONE	54	M	4	M5054	1:35:24	9:32
40	DAN FOSSOY	34	M	5	M3034	1:35:33	9:33
41	HUGH HAYNES	61	M	2	M6099	1:36:46	9:41
42	ROBERTA THOMPSON	40	F	2	F4044	1:40:35	10:04
43	SHIRLEY WIGLEY	39	F	1	F3539	1:41:06	10:07
44	THERESA MAREZ	43	F	3	F4044	1:42:52	10:17
45	MICHAEL JONES	43	M	10	M4044	1:42:54	10:17
46	BRUCE LOKEY	56	M	1	M5559	1:45:08	10:31
47	MICHELLE JONES	35	F	2	F3539	1:55:12	11:31

24th ANNUAL FIRECRACKER RUNS
Brownfield, Texas July 10, 1993

THREE MILE OVERALL RESULTS

*** OVERALL RESULTS ***

PLACE	NAME	AG	S	DIV	DIV	3	PACE
1	ABEL KAHUNI	23	M	1	M2029	15:23	5:08
2	JAY TRUITT	15	M	1	M0115	17:23	5:48
3	DANNY RODRIQUEZ	20	M	2	M2029	17:32	5:51
4	MICHAEL ZARAZUA	18	M	1	M1619	17:37	5:52
5	FRANK SUMPTER	39	M	1	M3539	17:52	5:57
6	DAVID BLANCO	21	M	3	M2029	17:58	5:59
7	TOM NESBITT	43	M	1	M4044	18:12	6:04
8	FRANK HAIST	29	M	4	M2029	18:15	6:05
9	LAWRENCE NELSON	21	M	5	M2029	18:21	6:07
10	DAVID PRESTON	27	M	6	M2029	18:52	6:17
11	JACKIE GANNON	37	M	2	M3539	19:00	6:20
12	ROBERT GUAJARDO	50	M	1	M5054	19:01	6:20
13	GEORGE JURY	56	M	1	M5559	19:03	6:21
14	DAVE HIGGINS	40	M	2	M4044	19:19	6:26
15	RANDY HUDDLESTON	42	M	3	M4044	19:24	6:28
16	SCOTT KINGHORN	18	M	2	M1619	19:45	6:35
17	JUAN RODRIGUEZ	31	M	1	M3034	20:00	6:40
18	ALAN VALDERAZ	17	M	3	M1619	20:12	6:44
19	MARTY MANUEL	20	M	7	M2029	20:26	6:49
20	MICHAEL JONES	36	M	3	M3539	20:31	6:50
21	NICK HAYNES	14	M	2	M0115	20:38	6:53
22	JIM HAYNES	47	M	1	M4549	20:47	6:56
23	RANDY ALLEN	46	M	2	M4549	22:42	7:34
24	BILL ROGER	54	M	2	M5054	22:55	7:38
25	JOHN STALCUP	60	M	1	M6099	22:57	7:39
26	TOMMY DOEDERLEIN	29	M	8	M2029	23:15	7:45
27	JOE ORTEGA	16	M	4	M1619	23:32	7:51
28	RON SEAL	36	M	4	M3539	23:33	7:51
29	BILL JONES	34	M	2	M3034	24:31	8:10
30	BERNICE NELSON	15	F	1	F0115	25:03	8:21
31	NANCY PATTON	43	F	1	F4044	25:24	8:28
32	PHIL HUR	41	M	4	M4044	25:39	8:33
33	JAN RAMIREZ	38	F	1	F3539	25:44	8:35
34	NOWELL MJOLHUS	12	M	3	M0115	25:55	8:38
35	JOSIE ALEMAN	42	F	2	F4044	26:51	8:57
36	EVA MARTINEZ	48	F	1	F4599	27:18	9:06
37	JOE NAYLOR	55	M	2	M5559	27:43	9:14
38	DON HUNT	59	M	3	M5559	27:56	9:19
39	CONNIE EVANS	44	F	3	F4044	29:48	9:56
40	ADAM ANDREWS	39	M	5	M3539	30:07	10:02
41	GAYLE BLACKMON	34	F	1	F3034	31:53	10:38
42	BECKY OMDAHL	47	F	2	F4599	31:55	10:38
43	JOHNNY MARTINEZ	37	M	6	M3539	36:31	12:10
44	DENNIS SMITH	41	M	5	M4044	42:12	14:04
45	KATHRYN HAMILTON	39	F	2	F3539	43:50	14:37
46	GAYLE POSSOY	38	F	3	F3539	43:55	14:38

24th ANNUAL FIRECRACKER RUNS
Brownfield, Texas July 10, 1993

RACE DIRECTOR'S REPORT

I really enjoyed my first attempt as race director at the 24th annual Firecracker Runs in Brownfield. We had a good turnout of 93 runners for the 3 mile and the 10 mile distances. Fifteen children showed up to challenge the 1 mile course. The temperature was 70 at the start and rose to 77 so it was a little warm by the end of the 10 miler. Some runners commented on the "hot tunnel" effect caused by the south tail wind on the way back in. I was glad to see several runners from out of town. The Firecracker Runs should rightfully be considered regional and not local races.

This event was successful only because of the efforts of others. I had a terrific volunteer group consisting of club members Ron Key, Ken McEachern, Ronnie Nugent, Joe Martinez, Tony Aleman, David Skelton, Denise Bray and Brett Peikert; and spouses Ida Sumpter, Carrie Byrd and Pat Jury. Nancy Ford of the Brownfield Chamber of Commerce provided 5 Redcoats to man the water stops and 2 Redskirts to man the watermelon table. These volunteers were Joe McBeth, Pat O'Daniel, Randy Wood, Rob McGuire, Jackie Cagill, Peggy Shrimpton and Juanita Allen. A special thanks goes to Carlos Vigil and George Jury for making sure I didn't drop the ball. Joe Martinez has my eternal gratitude for being my right hand man on race day, insuring that everything went smoothly. And of course James Bone came early to set up the trailer and race equipment and stayed late to pack it back up. Thanks to you all!

We had three businesses contribute to the race. These included: Jones Produce, donating 20 watermelons, The Waterhole of Brownfield, donating the water and John Hartsfield Texaco, donating the ice.

The club bid a fond farewell to Connie Evans and Tom Jones as this was their last club race before moving to Florida.

Next year will be the 25th anniversary (silver) of the Firecracker Runs. I have agreed to be race director in 1994 and will make sure this will be a gala event.

Thanks again to all for helping me get through my first experience as race director. It is gratifying to see all the planning and preparations come together as club members pull together to get it done.

Jim Leser

CHILDREN'S ONE MILE RESULTS

1	Fernando Mendez	12	6:45	1st	6thB	2	Joe] Carr	12	7:06	2nd	6thB
3	D.J. Castro	10	8:06	1st	5thB	4	Casey Sumpter	8	8:24	1st	3rdB
5	Kelsey Hinson	8	8:28	1st	2ndB	6	Maria Ramirez	9	8:46	1st	4thG
7	Landon Lepard	7	8:55	1st	1stB	8	Angela Rodriguez	12	8:57	1st	7thG
9	Tyler Morris	7	8:58	1st	1stB	10	Ben Wolcott	7	9:06	2nd	2ndB
11	Lorna Wolcott	10	9:09	1st	5thG	12	Adam Rodriguez	8	10:16	1st	4thB
13	Christen Preston	7	11:08	1st	2ndG						

MISCELLANEOUS

Race Director of the "IT'S SO EASY DUATHLON", Mike Greer announces that W.T.R.C. members may deduct \$5 from the entry fee for the August 15th event. If anyone needs extra entry forms they are available at 4808 50th.

Club member Frank Haist wants to invite everyone to CLEVELAND ATHLETICS for their 25% off to members sale August 2nd to 14th. (See Title Page)

W.T.R.C. 1993 CHALLENGE SERIES
STANDINGS AFTER 6 EVENTS

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
30 - 34 MALE						
LOLO MERCADO	49	41.4	TOM NISBETT	58	18.0	6
JEFFREY JURY	43	27.2	LARRY RENO	54	57.3	7
DENNIS BELL	40	49.2	CARLOS VIGIL	51	68.3	7**
DAVID SUMRELL	30	16.2	DAVID HIGGINS	41	35.1	6*
STEVE GARCIA	27	13.0	KEN JERNIGAN	40	27.2	5
SAH AYRES	16	7.0	JOE POST	35	54.3	6**
DAVID DAVIS	15	15.0	TERRY RICHARDSON	31	20.2	4
			MIKE KELLEY	28	57.3	7*
35 - 39 MALE			JIM WILHELM	27	61.3	7**
JACKIE CANNON	57	26.0	AL GROTZ	19	27.1	4*
FRANK SUMPTER SR.	57	26.0	TONY ALEMAN	8	49.3	6
JIM DEEVER	47	30.3				
BILL HARN	38	34.2	45 - 49 MALE			
CHUCK JOHNSON	35	46.1	JAMES LESER	60	47.2	7**
DWAYNE OAKELEY	35	29.2	RON HILLIS	37	43.1	5
ROGER STARK	26	32.1	RANDY ALLEN	33	18.2	4
MARLIN HAMILTON	21	15.2	JON OMDAHL	32	42.4	6*
MARK MORRIS	19	19.0	RICHARD FISHENICH	28	28.1	3
HICKEY DAVIS	17	40.1	JOE MARTINEZ	25	44.2	6*
FRANK COOKE	16	12.4	JAMES LIVERMORE	24	33.0	4*
JODIE RHONE	13	8.0	JON HASOOD	24	18.0	3
DAVID SKELTON	8	40.0	LYNDOL ASKEW	18	14.2	2
RICK DEEVER	7	13.1	RICHARD BRAY	14	28.1	3
			RONNY NUGENT	13	54.4	5**
20 - 29 MALE			GARY PERRY	10	15.1	2**
LAWRENCE NELSON	39	33.2	DENNIS HUMPHREY	8	6.2	1
BRETT PEIKERT	38	44.3	JOE A.GOMEZ	7	5.0	1
DAVID PRESTON	26	30.1	FRANK GOODMAN	7	4.0	1
RODNEY CARTER	19	17.0	RICK LAMPE	5	9.0	2
PAUL LISTON	17	7.0	RON KEY	5	57.3	7*
JEFF WHITLEY	13	10.2				
FRANK HAIST	8	4.0	0 - 19 FEMALE			
CHRIS SCOTT	7	5.0	TARA JERNIGAN	39	10.0	4
			BERNICE NELSON	28	28.0	5*
50 - 54 MALE			ERIKA ANN STARK	9	2.0	1
BOB BERNERO	51	53.3				
BILL ROGER	46	52.5	0 - 19 MALE			
JAMES BONE	45	50.3	CHRIS TRUITT	30	20.2	3
ROBERT GUJARDO	40	24.2	JAY TRUITT	28	9.0	3
LARRY BYRD	38	39.2	TREY JERNIGAN	22	8.0	3
THOMAS JONES	31	33.0	FRANK SUMPTER JR.	18	11.0	3*
JOHNNY SCOTT	23	10.0				
MIKE GREER	20	29.1	20 - 29 FEMALE			
FRANK HERNANDEZ	19	4.0	BRENDA MARTINEZ	26	30.1	4*
MILES HYMAN	15	18.1	DEBBIE MALENKE	19	13.0	2
W.G. BO MINNIS	13	8.0	HELEN ESOUVEL	10	4.0	1
JOHN ESCHLE	10	6.2				
BOB RUSSELL	9	5.0	30 - 34 FEMALE			
			DENISE BRAY	58	31.4	6
40 - 44 FEMALE			MARJORY STEWART	50	47.3	6*
JOSIE ALEMAN	47	42.1	KAY FELLOWS	18	11.2	2
CONNIE EVANS	43	23.2	BRENDA CAMPBELL	18	8.2	2
TERESA MAREZ	33	39.4	GAYLE BLACKMON	17	9.2	2
NANCY PATTON	28	36.1	KAREN RHONE	9	4.0	1
55 - 59 MALE			45 - + FEMALE			
MARTIN HARMS	29	17.2	P.J. MITCHELL	50	42.3	5
GEORGE JURY	29	44.1				
			60 - 99 MALE			
35 - 39 FEMALE			JOHN STALCUP	58	18.0	6
SHIRLEY WIGLEY	58	50.4	HUGH HAYNES	19	53.3	6*
MICHELLE JONES	52	37.4	BOB SMITH	5	5.0	1*

** = RACE DIRECTORS . * = VOLUNTEER

W.T.R.C. NOMINEES for 1993-1994

The following people have agreed to serve as officers for the coming year: Some potential candidates were out of town at "press" time and could not be confirmed as nominees. Additional nominations can be made at the next club business meeting, August 10, 1993.

Ballots will be included with the September Newsletter and must be returned by the business meeting, September 14, 1993.

PRESIDENT:

VICE-PRESIDENT:

INTERNAL:

EXTERNAL:

SECRETARY:

TREASURER:

James Leser

Al Grotz

Theresa Marez

Barney Adams

BOARD of DIRECTORS

Dennis Bell

George W. Jury

Joe Martinez

Dwayne Oakeley

David Rodriguez

Jim Deaver

Mike Kelley

Larry Reno

Bill Roger

NOMINATING COMMITTEE

James Leser

Josie Aleman

Joe Martinez

NEWS AND NOTES

W. T. R. C. OFFICER PROFILE David Rodriguez, Director

David has been a board member since elected in September 1989. He has been in charge of keeping the Challenge Series records up to date. He uses the LOTUS 1,2,3 program on a computer at his work. He has worked for TEXAS INSTRUMENTS for 17 years and is in the finish goods operation.

David was born in Slaton, October 1, 1950 and grew up at Anton where he graduated from high school. He participated in both football and track and still holds the school records in the 440 yard dash, the mile relay and the 440 relay. He hasn't stopped running since. When asked why he runs, he replied, "I just like to run and like to compete". His best times recently have been at masters track events with a time of 54.3 at 400 meters and a time of 2:03 for the 800 meters.

His children are: John who is a junior at Monterey and is on the varsity cross-country and track team, Michael who is a 9th grader at Atkins Jr. High and runs the mile for them and Jessica who hasn't gotten excited about working up a sweat, yet!

RACE COURTESY

We need to remind our club members to wear their race numbers on the front, as finish line personnel must be able to see the registered runners and know that the person with a number on the front is to receive a recorded time. There are a few who do not pay the entry fee and are ignorant of the impropriety of crossing the finish line. This has happened twice in the last 3 races. When you regulars are standing around near the starting line and see a number on the back, don't be shy about informing the wearer of the proper position.

AT THE RACES

At the 4th ON BROADWAY RACE, July 3rd, the following club members were among the 24 finishers.

Place	Name	Time	Award	Place	Name	Time	Award
1	Lolo Mercado	37:58	1st 30-39M	11	Denise Bray	50:49	1st 30-39F
3	Lawrence Nelson	40:12	1st 20-29M	12	John Stalcup	50:50	3rd 50 + M
4	Frank Haist	40:54	2nd 20-29M	13	Teresa Greer	50:58	1st 40-49F
6	Robert Guajardo	42:12	2nd 50 + M	15	Shirley Wigley	57:30	3rd 30-39F
7	Jim Deaver	42:49	3rd 30-39M	17	Bernice Nelson	60:06	1st <19 F
8	David Higgins	42:59	1st 40-29M				

At the FREEDOM RUN in Lamesa, July 3rd, the following WTRC members were involved as follows:

1	Brett Peikert	16:59	1st Overall	6	Jose Aguayo	19:32	3rd 30-39M
3	Frank Sumpter	18:10	1st 30-39M	11	G.M. Cox	21:35	3rd 40-49M
4	Dennis Bell	18:26	2nd 30-39M	14	Jon Omdahl	25:16	4th 40-49M

RETRO-RUNNING

It seems that your Editor is continually recovering from some sort of malady and one of the things that I have tried is running backwards. I have found that it helps with sciatica and hamstring rehab (lengthens the hamstrings). Stretches and strengthens the plantar fascia and strengthens the quadriceps just above the knee. I just got my latest issue of RUNNING RESEARCH NEWS and see that there is an article relating work on backward running for rehab by a TTU scientist, Tim Flynn. In depth report later!

MORE NEWS AND NOTES

THE CHALLENGE SERIES

Anyone who did not start out the year participating in club races but still wants to be included in the Challenge Series must declare so, to David Rodriguez at 741-4834 or 745-6927. Remember to qualify for awards, one must serve as a volunteer at a monthly club race. For a complete set of rules, please call George Jury at 792-3291.

BUFFALO SPRINGS LAKE TRIATHLON

Seven club members volunteered at the Triathlon, Sunday June 27th and helped the club earn \$300 for timing and scoring the event. Thanks to the following: Ron Key, Teresa Greer, Ken McEachern, George Jury, Shirley Wigley, Larry Byrd and Joe Martinez.

Participants included: Myles Hyman, Robby Timberlake, Kay Fellows, Lyndol Askew, David Higgins, Marjory Stewart, Jim Deaver, and Gary Perry. An all WTRC team of Jeffrey Jury, Brenda Campbell and Brett Peikert, finished second to Carlos Vigil's "City Slickers", while Kevin Lair ran for another team and Sandi Howard and Wendy Sullivan teamed with Emily Perry for the best Girls time.

MOONLIGHT RUN CREDITS

Race Director, Michelle Jones would like to thank the following for making the MOONLIGHT RUN a success. Josie Aleman, Teresa Marez, Ron Key, George Jury, Ronnie Nugent, Carlos Vigil, Joni Bell, Michael Jones, Charlie Nelson, Dorothy Nelson, Randy Jackson, David Skelton, P J Mitchell, Ida Sumpter and Gretchen Jackson of South Park Hospital and her "Guys".

Due to the support of so many volunteers, sponsors and runners, the event raised funds which will be used to assist athletes with disabilities to be able to participate in the New York City Marathon, November 14th.

ROAD RUNNERS CLUB OF AMERICA (RRCA)

I have elected to expand the newsletter by 4 extra pages to include a summary report on this year's RRCA convention in Portland, Oregon by our own Carlos Vigil, who is Texas' representative to RRCA. I would like to expound on one area of his report and that is the \$70,000 grant to RRCA from the Athletic Footwear Association to fund the following projects:

A 30 minute video on successful children's running events and programs, to be released this winter. The video, featuring Olympian Don Kardong, "will show children the fun of running while showing parents and teachers how to develop programs children will enjoy". A 15-20 minute video on running safety, targeted principally at women. The video will be based on printed materials and seminars developed by the RRCA and will be distributed through the local RRCA clubs and law enforcement agencies. Release is scheduled for late 1993.

"Safety Summit III", the third annual seminar on safe running, to be held this fall in Alexandria, Virginia. It will be attended by runners, recreational leaders, law enforcement personnel and the media.

JUNIOR MEMBER NEWS

Tara and Trey Jernigan and Karin Bonner ran some pretty good times at the USA T&F YOUTH MEET at Leveland June 26th. Trey, a freshman ran the 3,000 M in 10:35 and Tara, a 7th grader ran the 800 in 2:46 and the 3,000 in 12:24. Karin ran the 1,500 in 5:49 and the 3,000 in 12:13.

**A Report From Carlos Vigil
Texas State Representative to
The ROAD RUNNERS CLUB OF AMERICA**

RRCA NATIONAL CONVENTION

The 36th Annual RRCA National Convention was held April 22 - 25 in Portland, Oregon and was hosted by the Oregon road Runners Club. Here are some of the highlights from the business meeting:

Elections - All five positions on the Executive Board up for election were voted in unanimously. They are Mike Cook (At-Large Director), Nancy Hobbs (Western Director), Karen Jacobson (At-Large Director), Bill Marable (Southern Director) and Jerry Kokesh (At-Large Director).

Budget - Secretary-Treasurer Steve Darr reported a \$66,000 surplus for 1992. This covers about two months expenses with the goal of having enough to cover six months expenses. The budget for 1993 is about \$550,000.

President - Carl Sniffen traveled 67,000 miles from his home in Grants Pass, OR during the year promoting the RRCA. He reported that much of what has been accomplished his first year as President focused on the RRCA's infrastructure, shaping the RRCA to remain the leader in distance running for the 90's and into the next century.

Executive Director - Henley Gible's contract was renewed through the end of 1994 with a well deserved salary increase. She has done an outstanding job with her husband suffering a serious illness during the year.

USA Track and Field - John Mansur of USATF presented the RRCA with a check for \$18,000. A discussion of USATF's roll in road racing was held later. Complaints about the name change which excludes distance running were heard. Others had grievances with USATF associations in their states.

Legal Issues - The Knoxville Track Club and North Carolina Road Runners have been audited by the IRS in the past few years. The Treasurer of the Tidewater Striders stole money from the club funds and had to be prosecuted.

Future Conventions - The 1994 convention will be held April 7-10 in Washington, DC and be hosted by the RRCA national office. The Northern Telecom Cherry blossom 10 Mile will be held the last day. Runner's World and the Lehigh Valley Road Runners will host the 1995 convention in Allentown, PA on April 27-30.

Amendment - An amendment to move Texas from the Southern Region and Oklahoma from the Central Region to the Western Region was tabled last year. It was voted down unanimously this time.

**RRCA National Convention
Page 2**

Sponsors - Nike announced they will provide \$31,200 in sponsorship money to RRCA this year. Runner's World will take over as sponsor of the children's running program. They will provide \$300 and race items for 50 clubs conducting kids races which create participation and are non-competitive. Gatorade will pay \$10,000 for the next three years to the RRCA as a rights fee. The new edition of "How to Start a Running Club" was funded by Running Times.

Grant - A \$70,000 was given by the Athletic Footwear Association for a children's running video, a women's safety video and for "Safety Summitt III" and affiliated programs.

National Office - The national office will be moving on June 1 to 1150 S. Washington St., Alexandria, VA 22314. The new office is about 1300 square feet, twice the size of the current office. A third full time employee will be added. A fund raising drive is being planned to furnish the new office.

Workshops lasted for three days covering such topics as computer scoring, newsletters, coaching, safety, course measurement, present and future directions of RRCA, relays, state representatives, budgeting, multi-events, running after 40, children's running, sponsorship, injuries, club incorporation, bidding for a convention and women's running.

The expo featured over 35 exhibitors including Electric City Printing of Anderson. Almost everything you can think of that has something to do with running was on display from fitness wear to race equipment to nutritional products.

The convention was held at the Portland Marriott Hotel overlooking the Willamette River. On Thursday a poker run with a picnic and auction was held at a park along the river. Friday featured a tour of the Nike World Campus with a shopping spree at the Nike employee store where prices were 50% or more below retail. Saturday morning a breakfast was held to honor the state representatives.

The banquet was held Saturday night with Steve Miller, Director of Sports Marketing for Nike, as keynote speaker. Awards were given out to national winners. Lynn Jennings was on hand to receive the female road runner of the year along with Mary Decker Stanley as a hall of fame inductee. Alberto Salazar was there as an employee of Nike, the sponsor of the banquet.

The convention concluded with the Northwest Natural Gas Spring Classic, the Men's USA 8K Championship and RRCA 8K National Championship for men and women. Over 3,000 runners took part in the \$25,000 prize money race.

MARATHON MORNING

It's Sunday morning, 5:15, when my alarm clock starts to beep. At first I think it's been set wrong, and I plan to go back to sleep. But in the back of my mind is a nagging doubt that won't let me drift away.

Then it all becomes clear, I let out a scream; the marathon today! For a minute I just lay there, too scared to leave the bed, while hundreds of reasons not to run go racing through my head. I run over to the window, hoping to see snow or rain. a tornado or a mud slide, or perhaps a hurricane. But outside it is a runners dream; it's cold and crisp and clear, and I know inside what I must do, despite my massive fear. For months I've been preparing. I've trained through fatigue and pain.

But with race day now upon me, Good Lord, was I insane? What was going through my head?

What was the driving force?

Did I really think this would be fun, that I'd complete the course? There is no time to ponder this. I must get dressed and leave. I'll run the best that I can run and carry cab fare up my sleeve... I arrive at the race start early and immediately get in line. I visit the can 4 times in a row; 5 if I'd had more time. Then they call us to the starting line; the race mere minutes away.

I slap my head phones on my head and I begin to pray.

"Watch over me today, Lord, as I attempt this race.

Please let me start off slowly and then hold a decent pace.

And when my legs are aching and I want to stop and whine,

please help me keep on running, one mile at a time.

Give my legs the strength they'll need to see me through this feat.

Please don't let me hit the wall, and a PR would be neat..."

Contributed by: Katie Schniers
and written by Martha
Howerton, her sister

(Thanks to RUNNER'S WORLD)

Stand & deliver

Serving as a volunteer is one of the best ways to give back to the sport by Joe Henderson, Runner's World
Sunday and was still there that afternoon to dismantle his operation after the last runner shuffled away.

This sport is forever long on runners and short on helpers. I've always known that, but spending a little time this year with Pete League, an assistant race director of the Houston-Tenneco Marathon, renewed my appreciation for volunteers. They are the hidden treasures of running - the people who do its grunt work. They surrender their weekends to "set the table" for runners before races and clean up their mess afterward. They go unnoticed except when something goes wrong.

When I arrived in town the night before the race, Pete was directing construction of the finish area. He worked in the rain before dawn on

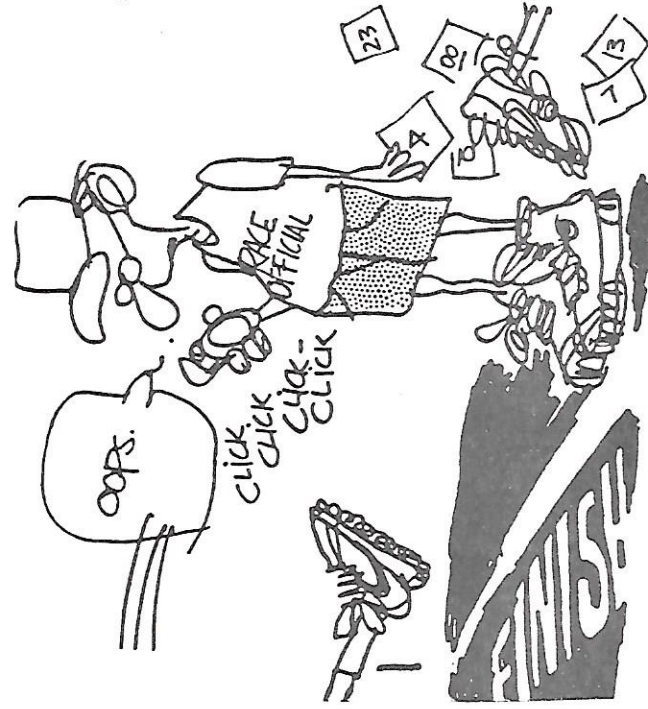
■ Running in the race is one of the easier jobs done that day. It takes much less time and attention to run your race than to serve hundreds or thousands of runners.

■ Runners as a group are quick to complain and slow to thank these workers. They gripe if t-shirts aren't the right size or the bananas aren't ripe, while leaving behind a trail of garbage.

■ Runners can be replaced. None of us are essential to the smooth operation of a race. But try running one without, say, traffic control or a finish-line timer.

The sport would be better served if every runner practiced a form of tithing. For every five races that you run, why not volunteer to work at one?

And the next time you run a race, don't forget to say THANKS!



**THE "HOT DAM RUN"
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
5 MILES**

COURSE RECORDS (Since 1988)

MEN			
AGE	NAME	TOWN	AGE
0-12	Jay Winfrey	Sundown	11
13-15	Frank Sumpter, Jr.	Lamesa	15
16-19	Frank Sumpter, Jr.	Lamesa	17
20-29	James Bungei	Lubbock	22
30-34	Kigen Wilson	Plainveiw	30
35-39	Bill Harn	Lubbock	38
40-44	Carlos Vigil	Lubbock	42
45-49	Bobby Cunningham	Abernathy	49
50-54	George W. Jury	Lubbock	53
55-59	George W. Jury	Lubbock	55
60+	Tom Bowser	Abilene	61

YEAR	TIME
1990	39:43
1990	31:32
1992	28:32
1991	24:13 *
1988	26:38
1992	30:00
1991	32:08
1989	30:42
1989	30:18
1991	31:37
1988	38:08

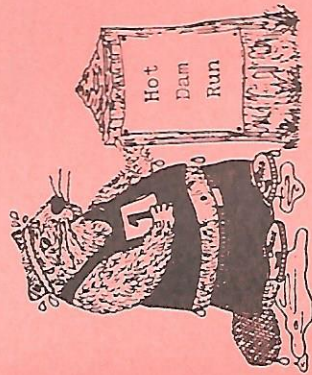
WOMEN			
AGE	NAME	TOWN	AGE
0-15	Christina Vasquez	Lubbock	15
16-19	Regina Ortega	Lubbock	18
20-29	Sue Houle	Lubbock	26
30-34	Marjory Stewart	Lubbock	32
35-39	Christina McKinnis	Lubbock	35
40-44	Josie Aleman	Lubbock	41
45+	P.J. Mitchell	Lubbock	45

YEAR	TIME
1989	34:37
1989	34:29
1988	32:11
1991	30:12 *
1989	35:48
1992	41:14
1991	44:56

*** OVERALL COURSE RECORDS**

**EXPANDED AGE GROUP RECORDS
USA TRACK & FIELD CERTIFICATION**

As you will notice in the listings above we have researched the past race results and have brought the course records in line with the W.T.R.C. 5 year age divisions. Also we are pleased to announce that this course is now certified as accurate by the USA TRACK & FIELD Road Running Technical Council and has been given the code #TX93059ETM. Certification means that an individuals time will be eligible for state and national single age rankings. Several of the other long standing race results are being studied to bring each age group up to date and other courses may be certified.



**WEST TEXAS RUNNING CLUB'S
6th ANNUAL "HOT DAM RUN"
5 MILES**

**USA TRACK & FIELD CERTIFIED
TX93059ETM**

**BENEFITTING
THE SOUTH PLAINS COLLEGE
Track and Cross Country
Programs**

EVENT NUMBER 8 of the WTRC CHALLENGE SERIES

**WHEN: SATURDAY, AUGUST 14, 1993
REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY
RACE START; 5 MILE; 8 A.M.**

**WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA
(near waterfall on Canyon Lake 6) East of
MLK Blvd. on E. 22nd St., LUBBOCK, TEXAS**

**COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO
SHORT STEEP HILLS, SEVERAL LESS FORMIDABLE
HILLS**

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

AGE DIVISIONS:

**MEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59; 60+**
**WOMEN 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; and 45+**

AWARDS:

Trophies will be awarded to the first three or up to 50 percent in each age group.

**RACE DIRECTOR: RON KEY; 747-4678 or 792-9280
or P.J. Mitchell at 794-0135**