

CALENDAR

* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- DEC. 4 ARTHRITIS FOUNDATION JUNGLE BELL RUN: Nautiless Fitness Center, 87th & Memphis, Late Reg: 9 to 9:30 A.M., Race Start 10 A.M., 10K and 5K Runs, 5K walk, Kara Stuller, 795-0931
- DEC. 5 DALLAS WHITE ROCK MARATHON
- * DEC. 11 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237(d), 832-4885(n)
- DEC. 17 W.T.R.C. Winter Social and CHALLENGE SERIES Awards, POTLUCK SUPPER at BAILEY'S BOOKSTORE Meeting Room, Friday December 17, There's lots of room here, so be there, get to know everyone!
- * JAN. 8 LOOP THE LAKE 5 MILER: BUDDY HOLLY PARK, Lubbock, 10 A.M. Joe Post, Race Director, 747-2820
- JAN. 9 RUN-TEX HALF MARATHON, Austin, Paul Carrozza, 512-472-3254
- JAN. 16 HOUSTON TENNECO MARATHON:
- * FEB. 12 COTTON PATCH RUN: Frenship High School, Wolfforth, 9 A.M. 8 Mile and 4 Mile, Jeffrey Jury, Race Director, 765-8104 or 792-1237
- FEB. 13 RIVER CITY 10-MILER, Austin, John Ferguson, 512-282-4175
- FEB. 26 COWTOWN MARATHON and 10K
- MAR. 6 MOTOROLA/AUSTIN MARATHON
- * MAR. 12 PRAIRIE DOG TOWN 4 MILER: MACKENZIE PARK, 9 A.M., Jim Wilhelm, Race Director, 747-0576 (w), 794-8421 (h)

** ENTRY FORMS **

Entry forms to most major out of town races can be found at the RUNNER'S CORNER of CLEVELAND ATHLETICS, 4130 34th Street. Call 793-1300 to see if they have the one you need; club member, Frank Haist, will be glad to help.

** FAREWELL **

Drs. Miles Hyman and Kay Fellows will be moving to Florida, where they plan to be admitted to the military. Carlos Vigil has left his position with the City of Lubbock to be employed by the MOTOROLA CORPORATION in Austin. Earlier this year, Phil Hur was reported to be moving to the northwest. Phil, write home, tell us where you are!!!!!!

- December 1993 -

Season's Greetings

from
The Officers and Directors
of the
West Texas Running Club

December W.T.R.C. Race
RD LINE CROSS COUNTRY
December 11, 1993
(Details Inside Back Cover)



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



WEST TEXAS RUNNING CLUB

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 O 741-4834 H 745-6927

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 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.

GEORGE SHEEHAN

Running aficionados were saddened by the death of Dr. George Sheehan on November 1, 1993. He had been fighting cancer of the prostate for the past 9 years. When it was finally diagnosed it had already invaded bone and was not treatable by surgery and the usual chemotherapy. He had received hormone therapy which had held it in check for many years, but recently had started to succumb. He lacked only a few days of reaching his 75th birthday. He had gained national recognition for his many books on running and for the speeches he frequently made to corporations and running groups across the USA.

I got into running as a result of Dr. Kenneth Cooper's "Aerobic theory" back in 1970, and although I followed the exploits of Frank Shorter and Bill Rodgers during the early and mid 70's, did not get serious about it until 1978 when my wife gave me a copy of Jim Fixx's book and I learned about the WTRC. I got to meet Dr. Sheehan at the pre-race seminar at the 1980 WHITE ROCK MARATHON, to which I had traveled with former LOU coach, Dub Manis. This was my second marathon and my only one in Dallas. Dr Sheehan, at age 62 ran that one in 3:22. I later saw him at some of the COWTOWN MARATHONS after he had been diagnosed and he still ran very well. In fact he set an age group record for 1,500 meters at age 70.

Although I have a scientific mind, I never approach running that way and live by George Sheehan's philosophy that you should run just for the love of it and not have too structured a training program.

Dr. Sheehan had just finished his last book, on dying, 10 days prior to his death. RUNNER'S WORLD MAGAZINE has his last contribution on this subject, also. George Sheehan has contributed a lot to the running movement and will be missed.

21st ANNUAL BUFFALO WALLOW RACES November 13, 1993

2 MILE OVERALL RESULTS

| PLACE NAME | TOWN | ST | AGE | S | DIV | DIV | 2 | Page 1 |
|----------------------|-------------|-----|-----|-----|-----|-------|-------|--------|
| ----- | ----- | --- | --- | --- | --- | --- | --- | PAGE |
| 1 DOMINIQUE CASTILLO | LEVELLAND | TX | 20 | M | 1 | M2029 | 10:52 | 5:26 |
| 2 BILLY PEREZ | LEVELLAND | TX | 15 | M | 1 | M0115 | 11:08 | 5:34 |
| 3 ERASMO ESPINOZA | LEVELLAND | TX | 16 | M | 1 | M1619 | 11:10 | 5:35 |
| 4 KEVIN LAIR | LUBBOCK | TX | 32 | M | 1 | M3034 | 11:18 | 5:39 |
| 5 FRANK SUMPTER | LAMESA | TX | 40 | M | 1 | M4044 | 11:21 | 5:41 |
| 6 TOM NISBETT | LUBBOCK | TX | 44 | M | 2 | M4044 | 11:33 | 5:47 |
| 7 DAVID PRESTON | LUBBOCK | TX | 28 | M | 2 | M2029 | 11:46 | 5:53 |
| 8 CHRIS RUIZ | LEVELLAND | TX | 18 | M | 2 | M1619 | 12:05 | 6:03 |
| 9 ROBERT GUAJARDO | LEVELLAND | TX | 51 | M | 1 | M5054 | 12:09 | 6:05 |
| 10 GEORGE JURY | LUBBOCK | TX | 57 | M | 1 | M5559 | 12:12 | 6:06 |
| 11 DENNIS BELL | LUBBOCK | TX | 33 | M | 2 | M3034 | 12:59 | 6:30 |
| 12 PRECILLA HOWARD | LUBBOCK | TX | 17 | F | 1 | F1619 | 13:10 | 6:35 |
| 13 JODIE RHONE | LUBBOCK | TX | 38 | M | 1 | M3539 | 13:14 | 6:37 |
| 14 MARTIN HARMS | LUBBOCK | TX | 56 | M | 2 | M5559 | 13:56 | 6:58 |
| 15 TOMMY BAKER | LUBBOCK | TX | 16 | M | 3 | M1619 | 14:29 | 7:15 |
| 16 BENTLEY GWYN | LOOP | TX | 49 | M | 1 | M4549 | 14:32 | 7:16 |
| 17 MARY PALAN | LUBBOCK | TX | 16 | F | 2 | F1619 | 14:34 | 7:17 |
| 18 JERRY WRIGHT | LUBBOCK | TX | 55 | M | 3 | M5559 | 14:43 | 7:22 |
| 19 JOHN STALCUP | LUBBOCK | TX | 60 | M | 1 | M6099 | 14:53 | 7:27 |
| 20 VICTOR MARTINEZ | CARLSBAD | NM | 13 | M | 2 | M0115 | 15:22 | 7:41 |
| 21 RON NUGENT | LUBBOCK | TX | 47 | M | 2 | M4549 | 15:24 | 7:42 |
| 22 MIKE KELLEY | SHALLOWATER | TX | 44 | M | 3 | M4044 | 15:38 | 7:49 |
| 23 JEFFREY COTTON | LUBBOCK | TX | 27 | M | 3 | M2029 | 16:33 | 8:17 |
| 24 JOHN AARUD | LUBBOCK | TX | 32 | M | 3 | M3034 | 16:34 | 8:17 |
| 25 RICKY BURRESCIA | LUBBOCK | TX | 40 | M | 4 | M4044 | 17:09 | 8:35 |
| 26 TERESA LOVELESS | LUBBOCK | TX | 35 | F | 1 | F3539 | 17:13 | 8:37 |
| 27 KAREN RHONE | LUBBOCK | TX | 33 | F | 1 | F3034 | 17:45 | 8:53 |
| 28 AMY BURKHAM | LUBBOCK | TX | 16 | F | 3 | F1619 | 19:28 | 9:44 |
| 29 BOB SMITH | LUBBOCK | TX | 73 | M | 2 | M6099 | 20:57 | 10:29 |
| 30 JOSH CAMACHO | CARLSBAD | NM | 13 | M | 3 | M0115 | 23:06 | 11:33 |



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RED RAIDER ROAD RACE RECAP

The 1994 RRRR will be held October 22, 1994 with the TTU Homecoming same being with Baylor. Plans are already underway with contacts being made with this year's sponsors. Race Director, David Preston, is ready to go and it would be nice if someone would step forward and agree to be assistant Race Director right away to get in on the advance preparations. If interested, please call David at 791-0157 or George Jury.

We were a little disappointed with the turnout this year, as we had 100 less register than last year and we had hoped to go over the 400 mark. Needless to say, we have a lot of T-Shirts left which really cuts into the net profit to go into the scholarship fund. Anyone wishing to help the fund by buying a T-Shirt at \$10, please call George Jury or P.J. Mitchell.

Inserted in this newsletter is a survey form which we hope club members will take the time to fill out and spend 29 cents to return, to help make this a better race and one in which more of our own members will participate.

Due to lack of space in the last newsletter, your editor was unable to recognize those who made a donation, so I will do that now. As always, SIERRA SPRING WATER supplied the thirst quencher and WHATABURGER furnished the drink cups. SAFWAY STEEL PRODUCTS provided the scaffolding again this year, saving us about \$60. JOHN HARTSFIELD'S TEXACO loaned us the use of a trailer for transporting equipment. James Bone of FLEMING'S obtained the fruit from several of their suppliers. Providing valuable merchandise or services for the post race drawings were: The 82nd Street branch of AMERICAN STATE BANK, HAROLD'S CLOTHING in Kingsgate Center, JOSIE'S RESTAURANTS, LADY FOOTLOCKER in South Plains Mall, MOUNTAIN HIDEAWAY at 4816 50th, PREMIER TRAVEL, and The RELAX THE BACK STORE.

FROM THE DESK OF JIM DOUGLASS, Assistant Director,
TEXAS TECH EX-STUDENTS ASSOCIATION and LOYALTY FUND

Ron...

Just wanted to take a moment and say THANKS to you and the WEST TEXAS RUNNING CLUB for the great job you have done with the RED RAIDER ROAD RACE....

This year's edition was most successful and was very well organized... I got several compliments from runners about how well the race was run and how much they appreciate the work that obviously went into it...

Bill Harn has been terrific and was very easy to work with. Susan Bowen, in my office handles most of the work associated with the race and she tells me that Bill was wonderful and really enjoyed working with him.

I hope that the running club has enjoyed our association and I also hope that we can continue it for many years to come...

Again, Thanks to you and the members for a job very well done...

Take care.... (signed) Jim

AT THE RACES

ALLSUP'S 19TH ANNUAL FALL ROAD RACES Clovis, New Mexico, October 30, 1993.

The temperature on the Bank sign read 10 degrees when a bunch of WTRC runners rode into Clovis and a lot who had registered did not show up because of the extreme conditions. There were 207 finishers, however. In spite of this, WTRC runners brought home many of the awards from this year's Allsup's races. Overall winner of the Half Marathon was 33 year old Jeffrey Jury with a time of 1:16:56, followed closely by training partner, Brett Pieker, 26, with a time of 1:17:01. Finishing fourth overall and setting a new women's course record by over 6 minutes was Marjory Stewart, 34, with a time of 1:23:20.

Other West Texas Running Club members won medals by finishing in the top three in their age groups as follows:

Half Marathon

40-49 Men: 2nd, Carlos Vigil, 45, 1:35:49, 3rd, Joe Martinez, 48, 1:36:16
also, Robby Timberlake, 43, 1:39:41, Richard Bray, 49, 1:48:52

40-49 Women: 1st, P. J. Mitchell, 48, 1:54:36

50-59 Men: 3rd, Bill Roger, Jr., 54, 1:42:00

10K Run

30-39 Men: Cecilio Santana, 39, 41:50

40-49 Men: 1st, Jim Leser, 46, 36:15 (4th Place Overall) David Kyle, 43, 42:54,
Frank Goodman, 46, 45:04 * 40-49 Women: 2nd, Eva Martinez, 46, 58:13

5K Run

30-39 Men: 3rd, Frank Sumpter, 39, 18:25 * 50-59 Men: 1st, George W. Jury, 57, 19:34,
2nd, Larry Byrd, 52, 22:19, 3rd, James Bone, 54, 25:32

1 MILE Run

15 & Under men: Ben Stewart, 7 8:06, Ian Stewart, 5, 10:28

16-19 Men: 1st, Jay Truitt, 16, 5:00 * 60 Plus Women: 2nd, Carollee Mullan, 60, 12:13

SAN ANTONIO MARATHON

Richard Bray achieved a long desired goal of breaking the 4 hour barrier in a big way, as he ran an amazing 3:48! Congratulations, Richard. Jim Deaver also completed the race, even though sick, and Joe Martinez ran along with him saying he had the most fun he's ever had in a marathon.

STATE CROSS COUNTRY MEET

Coach Ken Jernigen's Sundown Roughnecks did well at the 2A state meet again, as the girls finished 4th and the boys second to Boys Ranch. Freshman Trey Jernigan was 9th overall. Congratulations to both!

MEMBERSHIP RENEWAL TIME

Enclosed with this newsletter is membership enrollment forms. Membership expires as of December 31st, so mail back your forms and check as soon as possible.

NEW YORK CITY MARATHON

Our ACHILLES TRACK CLUB participants, Adam Andrews and Lawrence Nelson, completed the NYC MARATHON in 6:05 and 5:05 respectively along with mentors, Michael and Michelle Jones and P.J. Mitchell. Detailed report next month.

NEWS and NOTES

The following note was received from Marilyn Harper:

Dear Friends:

Our family appreciated the tribute to Johnnie in the last issue of your newsletter. It brought back so many memories--we could just hear Johnnie talking as he visited and fixed someone's car. He loved to help people. Johnnie enjoyed running and truly loved his many friends in the West Texas Running Club. Johnnie had made the comment that runners are the best people. We would like to take this opportunity to thank all of you for your visits, calls, cards and flowers. You strengthened us with your thoughtfulness and concern.

After hearing of Jim Fixx's death while running, Johnnie had made the statement that he couldn't think of a better way to go--he got his wish. Until we are with him again, we will always love and miss Johnnie, but his wonderful spirit will always be with us. God bless you all!

Marilyn, John III, Susan and grandchildren

BUFFALO WALLOW REPORT

Saturday, November 13th turned out to be a perfect day for running the scenic loops of Buffalo Springs Lake. What a contrast to the extreme cold at Clovis 2 weeks earlier and the warm humid conditions experienced in New York! If you look closely at the course records on page 10, you will see that they have been expanded to reflect 5 year age groupings, thanks to research by James Livermore. Three new names were added to the two mile records list this year and even though Marjory Stewart had to take a rest to massage out a chronic pain in the ankle, she still broke her own course record by over 5 minutes. Brett Peikert was reported to have lingered a while at the top of the hill before the last loop and still ran a fine 1:22:04. John Stalcup established a new 60-69 record of 14:53 and Bob Smith is the first recorded septuagenarian to run the two mile so he gets the distinction of holding the course record. I would like to thank the 8 club volunteers: Ron Key, Jackie Cannon, Theresa Marez, Larry Reno, Hugh Haynes, Ken McEachern, Jim Leser and Tony Aleman, who with the assistance of David Preston directing traffic at the "Y", made it possible for me to run the two mile and get the age record before I got any older or something else broke. Also, a special thanks to my wife, Pat, who has helped at each of these races since 1979 except for 1983 and 1992 when we both had to be gone. Jim Wilhelm completed his 13th straight BUFFALO HALF MARATHON. Many thanks, also, to our sponsor for this race, SOUTHWESTERN PUBLIC SERVICE COMPANY,

"Committed, Concerned and Involved".

George W. Jury, Race Director

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WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE
 BUFFALO WALLOW RACES, SINCE 1973
 COURSE RECORDS 2 MILE

MEN

| NAME | TOWN | AGE | TIME | YEAR |
|-------|--------------------|-----|---------|------|
| < 15 | John Rodriguez | 15 | 11:13 | 1992 |
| 16-19 | Marc Johnson | 19 | 9:52 | 1975 |
| 20-29 | Art Samarron | 25 | 9:40 * | 1988 |
| 30-34 | Kenrick Williams | 30 | 10:01 | 1987 |
| 35-39 | Jimmy Samarron | 36 | 11:24 | 1991 |
| 40-44 | Bobby Cunningham | 43 | 11:02 | 1983 |
| 45-49 | Michael Chamales | 45 | 11:47 | 1990 |
| 50-54 | George Jury | 53 | 11:33 | 1989 |
| 55-59 | George Jury | 57 | 12:12 | 1993 |
| 60-69 | John Stalcup | 60 | 14:53 | 1993 |
| 70+ | Bob Smith | 73 | 20:57 | 1993 |
| WOMEN | | | | |
| < 15 | Susie Ortega | 15 | 15:33 | 1984 |
| 16-19 | Isabel Navarro | 17 | 12:06 * | 1975 |
| 20-29 | Linda Petry | 20 | 12:22 | 1982 |
| 30-34 | Sherril Easterling | 32 | 12:27 | 1982 |
| 35-39 | Sandra Grice | 38 | 13:53 | 1990 |
| 40-44 | Ann Gordhammer | 40 | 14:03 | 1984 |
| 45-49 | Sandi Howard | 45 | 16:51 | 1991 |
| 50+ | | | | |

HALF MARATHON (SINCE 1982)

MEN

| | | | | |
|-------|--------------------|----|-----------|------|
| 0-19 | Mike Cagle | 17 | 1:19:51 | 1983 |
| 20-29 | John Ruiz | 21 | 1:11:06 * | 1985 |
| 30-34 | John Price | 30 | 1:21:23 | 1984 |
| 35-39 | Corky Fritch | 36 | 1:17:59 | 1982 |
| 40-44 | Bobby Cunningham | 42 | 1:16:55 | 1982 |
| 45-49 | Bobby Cunningham | 46 | 1:23:19 | 1986 |
| 50-54 | George Jury | 50 | 1:23:58 | 1986 |
| 55-59 | Tony Bush | 55 | 1:47:30 | 1983 |
| 60-69 | Hugh Haynes | 61 | 2:01:12 | 1992 |
| 70 + | Howard Calkin | 71 | 2:11:24 | 1982 |
| WOMEN | | | | |
| <19 | Donna Pruitt | 16 | 1:41:52 | 1983 |
| 20-29 | Sue Houle/Spitz | 27 | 1:34:55 | 1988 |
| 30-34 | Marjory Stewart | 34 | 1:24:14 * | 1993 |
| 35-39 | Terry Gaddy | 38 | 1:47:17 | 1992 |
| 40-44 | Nancy Patton | 43 | 1:51:14 | 1992 |
| 45-49 | | | | |
| 50+ | Donna Cherrryhomes | 51 | 2:21:22 | 1984 |

WEST TEXAS RUNNING CLUB'S
 RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1993 W.T.R.C CHALLENGE SERIES



WHEN: SATURDAY, DECEMBER 11, 1993

REGISTRATION 8:00-8:45 A.M.
 RACE START AT 9:00 A.M.

WHERE: MAE SIMMONS PARK, EAST 23rd St. and
 QUIRT AVE.; Register in parking lot just
 west of Quirt Ave. by the football field
 Enter at top of hill (23rd and Oak Avenue)

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
 OTHERS = \$ 6.00

AWARDS: Will be given to the first Three or up to
 50% of the participants in the following
 Divisions

AGE DIVISIONS:

MEN 0-19; 20-29; 30-34; 35-39; 40-44; 45-49;
 50-54; 55-59; 60 & Over

WOMEN 0-19; 20-29; 30-34; 35-39; 40-44; 45
 and Over

RACE DIRECTOR: Mike Kelley, Office 766-0237
 Home 832-4885

CHALLENGE SERIES FINALE

The REDLINE RUN will be the last opportunity for
 W.T.R.C. Members to volunteer and remain eligible
 for the awards to be presented at year's end,
 including a 100% cotton long-sleeved T-Shirt to
 those attaining 66 Mile Club designation. Call Mike
 Kelley to volunteer at one of the numbers listed
 above.