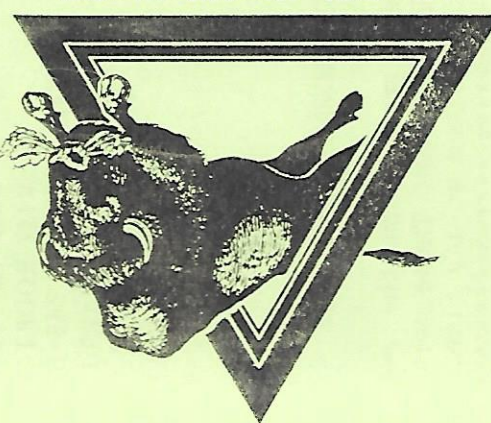


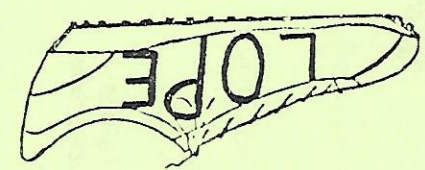
CALENDAR

June 1993

- * Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- JUNE 4 **MOONLIGHT 5K; MACKENZIE PARK; 10 P.M., Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)** (Benefits Achilles Track Club) THIS RACE IS FRIDAY NIGHT !!!!!
- * JUNE 12 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE; 8 A.M., 10K & 2 Mi., Bill Roger, Race Director, 894-7911**
- JUNE 19 **L.S.R.C. SUMMER BUMMER 3 MILE; Amarillo, Don Marsh, 353-9564**
- JUNE 25 **MIDNIGHT 5K; Amarillo, Steve Woods, 358-9833**
- JUNE 26 **W.T.R.C. POTLUCK SUPPER; Ron Key's house and yard at 3208 67th, Lubbock (See page 13 for details)**
- JUNE 27 **BUFFALO SPRINGS LAKE TRIATHLON; Mike Greer, 796-8213** Volunteers are needed, call Mike at the number above
- JULY 3 **Lamesa Run; Details later, Ida Sumpter 489-7901**
- JULY 3 **LUNAR LOPE; 10 P.M., TTU REC Center, 1 & 3 Miles, 742-3351**
- * 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 24 **L.S.R.C. ONE HOUR RUN; Details later**
- JULY 25 **COMANCHE TRAILS TRIATHLON; Big Spring, Mike Greer, 796-8213**
- JULY 31 **GREG BLACK MEMORIAL RUN; Hereford, Weldon Knabe, 364-6990**
- * 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**
- 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 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**
- NOV. 25 **1st ANNUAL W.T.R.C. TURKEY TROT; Details Later**
- DEC. 4 **JINGLE BELL RUN; 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)



TRIATHLON
Buffalo Springs Lake
 15km.SWIM • 40km.BIKE • 10km.RUN
 JUNE 27th, 1993 LUBBOCK, TEXAS




WEST TEXAS
 Running Club
 Newsletter
 P.O. Box 2921
 Lubbock, Texas 79408
 JUNE 1993

W.T.R.C. June Race
 LEVELLAND LOPE
 Levelland, Texas
 June 12, 1993; 8 A.M.
 Details Inside Back Cover

WEST TEXAS RUNNING CLUB

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O 767-2665 H 762-1243

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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.

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HORSESHOE BEND CANYON SPRING FROLIC

2 MILE RACE RESULTS

PLACE NAME	DIV	DIV	AG	S	2	PAGE
=====	=====	=====	=====	=====	=====	=====
1 FRANK SUMPTER	1	M3539	38	M	11:40	5:50
2 TOM NISBETT	1	M4044	43	M	12:05	6:03
3 TREY JERNIGAN	1	M0119	15	M	12:46	6:23
4 ALAN VALDERAZ	2	M0119	17	M	13:21	6:41
* 5 JOHN STALCUP	1	M6099	60	M	15:07	7:34
6 TARA JERNIGAN	1	F0119	12	F	15:10	7:35
7 JOHNNY SCOTT	1	M5054	50	M	16:17	8:09
8 VALERIE VASQUEZ	1	F2029	26	F	16:52	8:26
9 GARY PERRY	1	M4549	48	M	17:27	8:44
10 FRANK HERNANDEZ	2	M5054	54	M	17:52	8:56
11 MICHELLE JONES	1	F3539	35	F	18:57	9:29
12 MICHAEL JONES	2	M4044	44	M	18:58	9:29
13 BENJAMIN WRIGHT	3	M0119	9	M	21:46	10:53
14 DEBBIE JERNIGAN	2	F3539	39	F	29:41	14:51
15 GAYLE FOSSOY	3	F3539	38	F	30:36	15:18
16 NATHAN HARVEY	4	M0119	11	M	31:53	15:57

RACE DIRECTOR'S REPORT

The Horseshoe Bend Spring Frolic has got to be one of the most scenic courses of the club runs. It's hard to believe that such a beautiful and diverse area exists only a few minutes' drive from Lubbock. With the wildflowers in full bloom and the ideal weather, Saturday's club run was enjoyable and gave people a chance to exchange running stories.

Of course, an event like the Horseshoe Bend is not possible without the help of the dedicated volunteers. We extend a big thank you to: Lawrence Nelson, Bernice Nelson, David Skelton, Melinda Harvey, Joe Martinez, Josie Aleman, Tony Aleman, Ida Sumpter, George Jury, Nancy Patton and Ronald Key.

If you didn't know, Saturday was a one year anniversary for the use of the Run Score Program. The use of computer tabulating has been a time saver for compiling the results and gone are the days when everyone waited around until the end runner crossed the finish line. So, now you can count on running your event and still have time to enjoy half your Saturday morning at your favorite eatery.

This time, we saw a lot of new faces and our Midland neighbor, Carla Warden, President of the Permian Basin Road Runners Club. We always welcome new comers and extend an invitation to them to join our membership list. Several new course records were set and are reported on page 4.

Thank you all for participating and supporting our club runs. It's good to know that there are that many of us individually out on the trails with whatever pace but the same direction.

Carlos Vigil, Race Director

6 MILE RACE RESULTS

PLACE NAME	DIV	DIV	AG	S	10	PACE
** 1 THEO KURGAT	1	M2029	20	M	34:19	5:43
* 2 DAVID SUMRELL	1	M3034	30	M	34:36	5:46
* 3 DANNY HERNANDEZ	1	M0119	16	M	35:40	5:57
4 KIRK KEAR	2	M2029	25	M	38:24	6:24
5 JIM LESER	1	M4549	46	M	40:28	6:45
6 DAVID PRESTON	3	M2029	27	M	42:06	7:01
7 ROBERT GUAJARDO	1	M5054	50	M	42:12	7:02
8 JASON WILLIAMS	2	M0119	16	M	42:25	7:04
9 DAVID HIGGINS	1	M4044	40	M	43:52	7:19
10 DWAYNE OAKELEY	1	M3539	36	M	44:30	7:25
11 JACKIE CANNON	2	M3539	37	M	44:43	7:27
* 12 DENISE BRAY	1	F3034	31	F	46:50	7:48
13 MARTIN HARMS	1	M5559	55	M	47:46	7:58
14 MATTHEW GALLEGOS	3	M3539	38	M	47:52	7:59
15 JON MASOOD	2	M4549	47	M	47:56	7:59
16 CHUCK JOHNSON	4	M3539	35	M	49:36	8:16
17 DAVID KNAFF	2	M5054	51	M	49:45	8:18
18 JERRY WRIGHT	3	M5054	54	M	50:20	8:23
19 JOHN MORROW	4	M5054	54	M	50:32	8:25
20 TERRY RICHARDSON	2	M4044	44	M	51:21	8:34
21 RON SEAL	5	M3539	36	M	52:00	8:40
22 BILL JONES	2	M3034	34	M	54:38	9:06
23 DAN FOSFOY	6	M3539	35	M	54:40	9:07
24 FRANK DELAROSA	3	M3034	32	M	55:52	9:19
25 CHERIE BANKEN	2	F3034	32	F	1:00:47	10:08
26 CONNIE EVANS	1	F4044	44	F	1:02:27	10:25
27 BO MINNIS	5	M5054	51	M	1:06:10	11:02

***** COURSE RECORDS *****

COURSE RECORDS

Your editor(GWJ) would like to apologize first of all, to P.J. Mitchell, who set a new women's 40+ record in the 11 Mile last year of 1:37:30 and I had failed to update the data that was printed in last month's newsletter. As you can see below, a new standard was set in her age class this year.

In the 11 Mile, the most notable record broken was Marjory Stewart's 1:12:22 time which lowered the existing record by 3 minutes, 13 seconds. Rhonda Grubb of Midland established the 40+ benchmark of 1:35:07 after riding her bike out from Lubbock.

In the 2 Mile, new sexagenarian, John Stalcup, lowered the age group standard to 15:07.

In the 6 Mile, Theo Kurgat (LCU) lowered the overall course and 20-29 record to 34:19. David Sumrell lowered the 30-39 record to 34:36 and 16 year old Danny Hernandez reduced his own 19 and under standard to 35:40. Denise Bray established a new mark for women 30-39 of 46:50.

HORSESHOE BEND CANYON SPRING FROLIC

11 MILE RACE RESULTS

PLACE NAME	DIV	DIV	AG	S	11	PACE
1 HAFFIS BANIRE	1	M2029	21	M	1:01:51	5:37
2 BRETT PEIKERT	2	M2029	25	M	1:10:05	6:22
3 LOLO MERCADO	1	M3034	33	M	1:11:36	6:31
4 MARK MORRIS	1	M3539	35	M	1:12:00	6:33
5 BILL HARN	2	M3539	38	M	1:12:05	6:33
** 6 MARJORY STEWART	1	F3034	34	F	1:12:22	6:35
7 DENNIS BELL	2	M3034	32	M	1:16:38	6:58
8 KEN JERNIGAN	1	M4044	41	M	1:17:30	7:03
9 JOE POST	2	M4044	44	M	1:19:08	7:12
10 JOHN WILSON	3	M2029	26	M	1:20:22	7:18
11 LARRY RENO	3	M4044	41	M	1:21:30	7:25
12 LARRY BYRD	1	M5054	52	M	1:22:45	7:31
13 JIM DEEVER	3	M3539	35	M	1:23:56	7:38
14 DAVID DAVIS	3	M3034	33	M	1:25:37	7:47
15 ROGER STARK	4	M3539	36	M	1:25:57	7:49
16 AL GROTZ	4	M4044	43	M	1:27:05	7:55
17 BILL ROGER	2	M5054	54	M	1:28:32	8:03
18 MARK GARLAND	5	M3539	39	M	1:28:57	8:05
19 JIM WILHELM	5	M4044	42	M	1:30:52	8:16
20 MIKE KELLEY	6	M4044	44	M	1:33:33	8:30
* 21 RHONDA GRUBB	1	F4044	41	F	1:35:07	8:39
22 RON HILLIS	1	M4549	49	M	1:35:24	8:40
23 CARLA WARDEN	2	F3034	33	F	1:35:34	8:41
24 TOM JONES	3	M5054	54	M	1:35:53	8:43
25 BOB BERNERO	4	M5054	51	M	1:37:27	8:52
26 JOHN OMDAHL	2	M4549	47	M	1:38:02	8:55
27 MIKE GREER	5	M5054	54	M	1:38:38	8:58
28 JAMES LIVERMORE	3	M4549	46	M	1:38:54	8:59
29 SCOTT DUNCAN	4	M3034	34	M	1:39:17	9:02
30 HUGH HAYNES	1	M6099	61	M	1:46:05	9:39
31 DAVID ALLENSON	6	M3539	37	M	1:47:04	9:44
32 JAMES BONE	6	M5054	53	M	1:51:08	10:06
33 LYN LEWIS	2	F4044	40	F	1:55:26	10:30
34 ROBERTA THOMPSON	1	F3539	39	F	2:07:10	11:34
35 SHIRLEY WIGLEY	2	F3539	39	F	2:07:11	11:34

** Overall women's and age Group Record

* Age group record

W.T.R.C. 1993 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
30	25.2	3	LARRY RENO	40	41.1	5
27	13.0	3	KEN JERNIGAN	40	21.0	4
26	11.0	3	TOM NISBETT	38	13.0	4
25	33.0	4**	CARLOS VIGIL	33	52.1	5**
20	10.0	2	DAVID HIGGINS	32	32.1	5*
16	7.0	2	TERRY RICHARDSON	31	20.2	4
15	15.0	2	MIKE KELLEY	21	41.1	5*
9	4.0	1	JIM WILHELM	20	45.1	5**
			AL GROTZ	19	27.1	4*
			JOE POST	18	38.1	4**
			ROBERT BLEVINS	10	13.1	1
			TONY ALEMAN	8	33.1	4*
			DAVID RODRIGUEZ		8.0	1*
			45 - 49 MALE	PTS.	MILES	EVT.
			JAMES LESER	50	21.0	5
			RON HILLIS	32	33.1	4
			JOE MARTINEZ	25	28.0	4*
			JON ONDAHL	21	26.2	4*
			RICHARD FISHENICH	18	18.1	2
			LYNDOL ASKEW	18	14.2	2
			JON MASOOD	18	8.0	2
			JAMES LIVERMORE	15	23.0	3*
			RANDY ALLEN	15	9.0	2
			RONNY NUGENT	13	35.2	3**
			RICHARD BRAY	10	18.1	2*
			GARY PERRY	10	15.1	2*
			DENNIS HUMPHREY	8	6.2	1
			JOE A. GOMEZ	7	5.0	1
			FRANK GOODMAN	7	4.0	1
			RICK LAMPE	5	9.0	2
			BENTLY GWYN	3	5.0	1
			RON KEY		41.1	5*
			0 - 19 FEMALE	PTS.	MILES	EVT.
			TARA JERNIGAN	29	8.0	3
			BERNICE NELSON	10	23.0	3*
			ERIKA ANN STARK	9	2.0	1
			0 - 19 MALE	PTS.	MILES	EVT.
			TREY JERNIGAN	15	6.0	2
			CHRIS TRUITT	10	4.0	1
			FRANK SUMPTER JR.	9	9.0	2*
			JAY TRUITT	8	4.0	1
			20 - 29 FEMALE	PTS.	MILES	EVT.
			BRENDA MARTINEZ	26	30.1	4*
			DEBBIE MALENKE	19	13.0	2
			HELEN ESOUVEL	10	4.0	1
			30 - 34 FEMALE	PTS.	MILES	EVT.
			DENISE BRAY	49	25.2	5
			MARJORY STEWART	40	41.1	5*
			KAY FELLOWS	18	11.2	2
			BRENDA CAMPBELL	10	2.0	1
			KAREN RHONE	9	4.0	1
			GAYLE BLACKMON	7	6.2	1
			45 - + FEMALE	PTS.	MILES	EVT.
			P.J. MITCHELL	30	26.1	3
			60 - 99 MALE	PTS.	MILES	EVT.
			JOHN STALCUP	38	13.0	4
			HUGH HAYNES	30	37.1	4*
			CHARLES HENSARLING	10	4.0	1
			BOB SMITH		5.0	1*

** = RACE DIRECTORS * = VOLUNTEER

THIRD ANNUAL ROARING SPRINGS
SPLASH AND DASH

April 24, 1993 at Roaring Springs, Texas
Joey Thacker, Race Director
10K

PLACE	NAME	AGE	SEX	TIME	AGE GROUP
01	Frank Sumpter, Sr.	39	M	38:17	1st
02	Marjory Stewart	34	F	39:18	1st
03	Dennis Bell	32	M	42:10	2nd
04	Larry Reno	41	M	43:16	1st
05	Gonzalo Ramirez	30+	M	43:23	3rd
06	Brian Berry	20+	M	43:57	1st
07	Jodie Rhone	37	M	44:18	4th
08	Roger Stark	36	M	45:29	5th
09	David Higgins	40	M	45:30	2nd
10	Fergus Watt	36	M	47:24	6th
11	Richard Bray	49	M	52:52	3rd
12	Tom Jones	54	M	53:37	1st
13	Hugh Haynes	61	M	55:55	1st
14	Brad Thacker	15	M	56:38	1st
15	G.M. Cox	40+	M	56:38	4th
16	Tommy Doederlein	20+	M	56:38	2nd
17	Jeff Thacker	41	M	56:40	5th
18	Samantha Jones	20+	F	59:40	1st
19	Connie Evans	44	F	1:03:18	1st
20	Scott Sallsbury	17	M	1:05:03	2nd
21	Gayle Blackmon	33	F	1:06:17	2nd
22	Tye Christopher	9	M	1:06:21	1st
23	Nathaniel Long	9	M	1:07:12	2nd
24	Michelle Jones	35	F	1:08:08	3rd
				2 MILE	
01	Domingo Castro	33	M	13:16	1st
02	Becca Bridge	15	F	13:22	1st
03	Marisol Gonzalez	15	F	14:01	2nd
04	John Stalcup	59	M	14:42	1st
05	J.J. Gonzalez	40	M	14:37	1st
06	Johnny Scott	49	M	15:13	2nd
07	Gary Bridge	40+	M	15:21	3rd
08	Michelle Chadwick	28	F	15:28	1st
09	Gilbert Guerrero	21	M	16:51	1st
10	Samantha Osborn	10	F	16:59	1st
11	Jan Ramirez	30+	F	17:42	1st
12	Adam Andrews	30+	M	18:25	2nd
13	Ben Stewart	6	M	18:40	1st
14	Karen Rhone	30+	F	18:45	2nd
15	Becky Downs	20+	F	18:50	2nd
16	Kelly Keltz	37	M	19:24	3rd
17	Penny Keltz	38	F	20:15	3rd
18	Johnny Martinez	30+	M	20:50	3rd
19	Lacy Carson	8	F	20:55	2nd
20	Lavoe Thacker	63	F	21:31	1st
21	Ryan Peck	10	M	23:14	2nd
22	Amanda Sands	8	F	23:40	3rd
23	Dee Anne Brown	8	F	23:40	3rd

How To Avoid Back Trouble

Whether you have back trouble, have had back trouble or simply want to prevent the unpleasant occurrence of back pain in all its various forms, there are some simple precautions you can take to improve your chances of pain-free running.

1. Be sure to stretch well before you run. Tight muscles can increase the strain on the spine, discs and nerves. Muscle tightness limits your range of motion so you become more prone to pulls and strains.
2. Stretch thoroughly after running as well. Avoid stretches like toe-touching with locked knees. Make some back stretches like the Williams flexion exercises part of your routine (see box).
3. When you run, run with control. When you come to hills, take it easy going up, especially if you're not accustomed to hills. Be very cautious running down. Don't lean back. Instead, curl forward slightly and run with the legs bent slightly, so you look something like a question mark, and let your thighs do the breaking. If you're fatigued when you get to the hill, walk it instead.
4. Don't make any abrupt changes in your training routine, the terrain you train on or in foot-wear. If you increase your mileage, increase gradually, say 10 per cent a week. The same goes for speed. If you begin running on a new route, take it easy the first few times and let your body get used to the new stresses. Break in a new pair of shoes gradually, and don't wear old shoes until the midsoles have collapsed.
5. Make abdominal exercises part of your fitness routine. Weak stomach muscles allow the lower back to curve inward, increasing the strain on all the muscles, ligaments, discs and nerves. Avoid leg-raises, however, and sit-ups with the legs straight.
6. Keep your weight under control. This shouldn't be a big problem for runners, but excess weight tends to collect around the stomach, pulling the stomach forward, which in turn, pulls on the lower back, increasing the lordosis and thus the chance of low-back pain.
7. If you sit for long periods on the job, take a break now and then and stand and stretch. Better yet, if it can be arranged, stand while you work part of the time. Hemingway stood while he wrote, or so legend would have it. He kept his work spread out on top of a dresser. If you do stand, keep one foot up on a book or some sort of rest, to flatten the lower back.
8. Use good sense when lifting. Never just bend over at the waist, grab on and lift. Keep the back as straight as possible, squat down, get a firm grip and then use the legs to lift.
9. Vary your fitness routine. Swim and cycle and lift weights regularly if you can fit them in. Swimming's about the best exercise there is for the back. It strengthens all the muscles of the back and provides a good aerobic workout without the pounding. Avoid doing the butterfly, however, which can strain the lower back. Cycling will also provide a good workout without pounding. In addition, the forward crouch the cyclist assumes on the usual ten-speed racer will help stretch the muscles along the spine. A cautious weight program will help correct muscle imbalances.
10. Never run through back pain. All pain serves as a warning, and back pain in particular can be a signal of dire things to come if you don't listen. If you feel any pain in your back, slow down for a time and give it a chance to subside. If it doesn't after a week or so, then perhaps it's time to seek professional help. Almost any sports medicine specialist will put you on the same basic conservative program of rest, stretching and abdominal exercises at first.—E.O.

Williams Flexion Exercises

This set of exercises will help to prevent, or correct, back problems.

1. Lie on your back with knees bent and hands clasped behind neck. Feet flat on the floor. Take a deep breath and relax. Press the small of your back against the floor and tighten your stomach and buttock muscles. This should cause the lower end of the pelvis to rotate forward and flatten your back against the floor. Hold for five seconds. Relax.
 2. Lie on your back with knees bent. Feet flat on the floor. Take a deep breath and relax. Grasp one knee with both hands and pull as close to your chest as possible. Return to starting position. Straighten leg. Return to starting position. Repeat with alternate leg.
 3. Lie on your back with knees bent. Feet on the floor. Take a deep breath and relax. Grasp both knees and pull them as close to your chest as possible. Hold for three seconds, then return to starting position.
 4. Lie on your back with knee, bent. Feet flat on the floor. Take a deep breath and relax. Draw one leg to chest. Then point leg upward as far as possible. Return to starting position. Relax. Repeat with alternate leg.
- (Note: This exercise is useful in stretching tight hamstring muscles but is not recommended for patients with sciatic pain associated with a herniated disc.)*
5. a. Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing hands downward toward feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.
 6. Stand with your back against doorway. Place heels four inches away from frame. Take a deep breath and relax. Press the small of your back against doorway. Tighten your stomach and buttock muscles, allowing your knees to bend slightly. This should cause the lower end of the pelvis to rotate forward (as in Exercise 1). Press your neck up against doorway. Press both hands against opposite side of doorway and straighten both knees. Hold for two seconds. Relax.

The following exercises (7, 8 and 9) should not be started until you are free of pain and the other exercises have been done for several weeks.

7. Lie on your back with your legs straight out, knees unbent and arms at your sides. Take a deep breath and relax. Raise legs one at a time as high as is comfortable and lower to floor as slowly as possible. Repeat five times.
8. May be done holding on to a chair or table. After squatting, flex head forward, bounce up and down two or three times, then assume erect position.
9. Lie on your back with knees bent. Feet flat on floor. Take a deep breath and relax. Pull up to a sitting position, keeping knees bent. Return to starting position.

YOU KNOW WHEN YOU'RE GETTING OLD WHEN:

EVERYTHING HURTS. AND WHAT DOESN'T HURT DOESN'T WORK !!!

HEARING IMPAIRED OLYMPICS
5K ROAD RACE

May 1, 1993, 8:30 A.M., MACKENZIE STATE PARK

PLACE NAME	DIV	DIV	AG	S	5K	PACE
1 DAVID SUMRELL	1	M3039	30	M	16:59	5:28
2 MARJORY STEWART	1	F3039	34	F	18:32	5:58
3 MARK MORRIS	2	M3039	35	M	18:39	6:00
4 DENNIS BELL	3	M3039	32	M	19:46	6:22
5 DAVID HIGGINS	1	M4049	40	M	20:44	6:41
6 JODY RHONE	4	M3039	37	M	20:49	6:42
7 LARRY BYRD	1	M5099	52	M	21:00	6:46
8 FERGUS WATT	5	M3039	36	M	21:30	6:55
9 MARTIN HARMS	2	M5099	55	M	22:32	7:15
10 THOMAS WORD	3	M5099	56	M	23:02	7:25
11 JOHN STALCUP	4	M5099	59	M	24:06	7:46
12 RON SEAL	6	M3039	36	M	24:14	7:48
13 JOROND CASLER	1	F2029	23	F	24:45	7:58
14 TRAVIS CASLER	5	M5099	60	M	24:59	8:03
15 JAMES BONE	6	M5099	53	M	25:06	8:05
16 MICHELLE CHADWICK	2	F2029	28	F	26:19	8:28
17 CAYCE COOK	1	F0119	19	F	33:13	10:42

W. I. R. C. OFFICER PROFILE

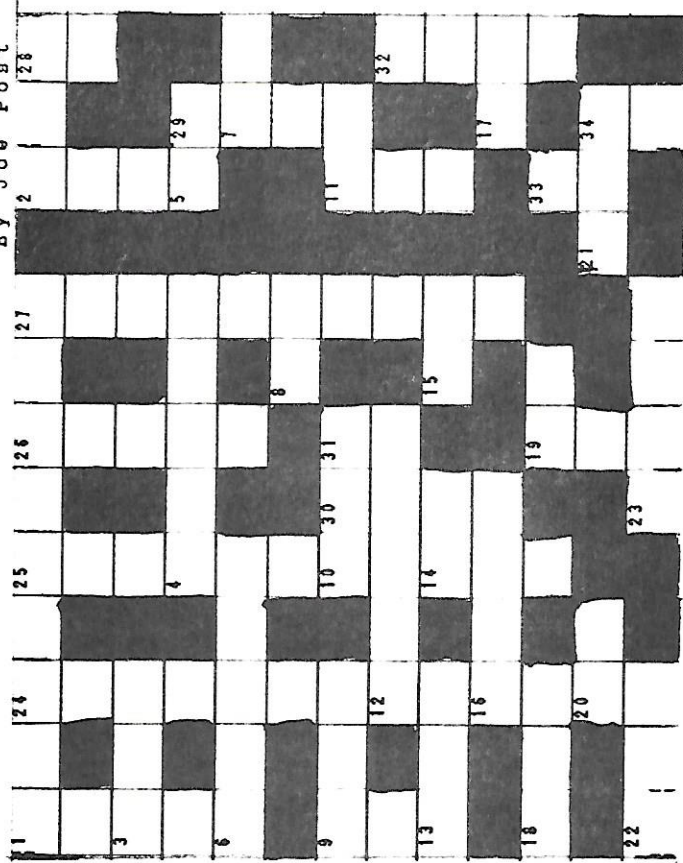
MIKE KELLEY, DIRECTOR

Not many people get to write their epitaph after their demise (my last marathon, of course), but at the editor's request, here's an account. At 44 years old, I've been running over 13 years and have logged 18,000 miles. I joined the WTRC about 1981, and although I've assisted with races from water stops to Director for Run for the Arts, this is the first year I've served on the Board. The long-lasting friendships and support are what keep me on the roads. Directing the December Redline Cross Country is a pleasure for me, since it adds a different dimension to club races. My preferred events are cross country and half-marathons (Buffalo Wallow, Ft. Davis--places with scenery). My best times are long in the past, with a 3:33 at the last Palo Duro Canyon Marathon in 1993. Besides 3rd place in that marathon, one of my most gratifying accomplishments was the Mileage Award of 1981(?) when I set a record for most miles in club races at 111.

Since growing up in Ft. Worth and graduating from Texas Tech with a degree in Social Work, I have worked as a counselor for Lubbock Regional MHMR, currently as supervisor in the Drug Abuse Unit. I have two children, 17 and 12, whom I persuaded to run a one mile race--once. Other interests include the Baha'i Faith, the Men's Movement, reading (I don't own a TV--too addicting), camping and hiking, learning Spanish, and Hispanic and Native American culture. My favorite vacation places are Big Bend and Mexico. Other little known accomplishments have been learning to fly in high school (I got lost on my first solo cross country) and working as a competition and professional water skier in college. (flying the man-carrying kite, jumbling, barefooting, and playing Aqua the Clown). My goal used to be to live to be 100, but I'm not so sure now I want to run that far.

A RUNNING CROSSWORD PUZZLE

By Joe Pobl



(I) = INITIALS

- ACROSS
- Long distance races
 - Division of a relay
 - LOADA RED RIBBON
 - Time given at mile intervals
 - Irish Master miler (I)
 - Running is a lifetime
 - '84 Olympic Marathon city (I)
 - '72 Olympic Marathon champ (I)
 - Dam Run
 - Electrolyte replacement drink
 - He broke the 4 minute mile (I)
 - Homes for denizens of 21 across
 - Nickname of late Oregon great
 - "Running -- a natural high"
 - 11 Down race type (I)
 - Supreme theme for the Wallow--
 - No Mountain High Enough"
 - WTRC Prez (I)
 - Women's race-Run -- the
 - Cure
 - 21 Across Race Director (I)
 - Calif. race- Bay -- Breakers
 - Prairie Run
 - Goals for Racers (I)
 - WTRCers are grouped by --
- DOWN
- "Runners on your -- --"
 - LEVELLAND
 - Sciatica trigger point
 - Line 4 mile
 - An easy pace
 - Lubbock 15K & 2 Mile spring race (4 words)
 - Steps up to begin the race (3 words)
 - Shapes of tracks
 - Numbers recorded for Challenge Series standings
 - WTRC Newsletter editor (I)
 - West Texas Running -- --
 - R word in RICE
 - Author of This Running Life (I)
 - Loop the 5 mile
 - for the Gold 5 K
 - Peachtree 10 K State (I)
 - Answers in
 - Next Month's
 - Newsletter

WTTC/TTU Scholarship

NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is for \$250 per semester for two semesters.

The scholarship selection committee consists of Joey Thacker, Chairman, Ron Key, Martin Harms, Samuel Ayers, Betty Johnson and a representative of the TTU Ex-Students Association (Pat Jury).

RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- 2) Must be Nominated by a W.T.R.C. Member
- 3) Applicants will submit a standardized form approved by the selection committee
- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls
- 5) Recipient must have an equivalent Grade Point Average of 2.5 and maintain that GPA during the scholarship period
- 6) Major Area of study can be any
- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Joey Thacker, W.T.R.C.
P.O. BOX 2921
Lubbock, Texas 79408

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.

NEWS AND NOTES

INJURY PREVENTION

This month I am presenting some sound advice from Eric Olsen on back care which originally appeared in RUNNER'S WORLD. Sometimes we may get some bad advice from the experts or misinterpret them. Two things that I have learned about the back is to just barely get the shoulders off the floor when doing bent knee sit ups and to not do leg lifts while lying on the back. Also when we are told how to do certain stretches we aren't told that there should be 8 to 10 repetitions.

MEMBER ACCOMPLISHMENTS

Karin Bonner recently won the 9th grade metric mile with a fine time of 5:55. Congratulations!

Richard Bray completed his 6th marathon in the past year at the AVENUE OF THE GIANTS with a PR time of 4:01, not far from his goal of a sub 4 hours. As we reported before, Richard has been running only about a year and many of us can remember seeing him "finish" the 92 FLIGHT LINE half-marathon on the back of a pickup!

On June 3rd, turn on the TV early at 6:30 A.M. to see Ron Key and Michelle Jones promote club events on KAMC TV. Our coffee mug has been chosen as "Mug of the Week" and we will get a little publicity.

Several members' families have grown in recent months as follows: Otto and Sue Spitz a big boy on March 24th (Jonathan); Frank Haist, a girl born April 25th; Tracy and Terry Baugh, a boy (Brian) born April 27th; and Grant Hambricht of Floydada, a boy born April 27th. Also, Chris Coursey is engaged to be married July 17, 1993. Congratulations to all! Tracy Baugh was featured in a nice front page Mother's Day article in the AJ with daughter, Julia.

Josie Aleman is recovering from chest injuries suffered in a car wreck.

W.T.R.C. POTLUCK SOCIAL

Mark your calendar now to remember our pot-luck dinner to be held at Ron Key's house (and yard) at 3208 67th St., Saturday June 26th. Bring enough food and serving utensils to feed your own family and we will sample everyone else's. If there are any questions please call Joe Martinez at 794-7355.

A TURKEY TROT FOR LUBBOCK

The board of directors has voted to stage a Thanksgiving day "TURKEY TROT" this November 25th. The details are yet to be worked out, but these are popular events in some of the major cities.

THANKS

We owe a great deal of appreciation to SIERRA WATER and WHATABURGER for supplying us with water and drink cups, respectively for our club events.

Joel Brown of the AJ has done a super job of covering the high school track season and especially the state meet with all the results listed.

Many members have recycled dust collecting trophies to be used at club sponsored events. Please bring any unwanted trophies to any club event.

Please note that the MOONLIGHT RUN is to be held on Friday night, June 4th and not Saturday as was printed on the flyer sent out last month.

RED RAIDER ROAD RACE

Race Director, Bill Harn now has a supporting cast to put on this year's race to be held October 16th. As his assistant we will have Jim Deaver. In charge of registration will be Pat Jury. Ron Key will be responsible for finish line and results, and George Jury will be course manager.

AVENUE OF THE GIANTS
BAYSIDE, CALIFORNIA
MAY 2, 1993

If you are looking for a beautiful course, the AVENUE OF THE GIANTS MARATHON is the one to run. It is a spectacular, awe inspiring 26.2 miles of gigantic redwood trees, lush vegetation and running, cascading water. The vistas and terrain are so picturesque it is almost spiritual to be among such natural wonders.

A group of 10 club members ventured to San Francisco to experience this event. The members were: Eva and Joe Martinez, P. J. and Rodger Mitchell, Elsa Bone, Mary Ann and Richard Bray, Vickie and Richard Fischenich, and me. The trip was that of sharing and friendships that were tested and strengthened; however, the camaraderie and unity was worth the whole trip. It was a four day event and once we left the Phoenix Airport, after a six hour delay, the trip was adventurous. Thanks to P. J.'s gracious relatives who welcomed us and fed us while in San Francisco. They couldn't believe anyone would use the carbo-loading line to eat them out of groceries!

The marathon is not a high fanfare event, suffice it to say it is well organized. With the forest and scenery, it is difficult to top that with hoop-la. There were approximately 400 entrants in the marathon and about 450 in the 10K. The weather could not have been more perfect and under the simple 1-2-3-go start under an overcast sky that transformed into radiant sunlight through the trees. As we descended under the cover of the woods, it is the most humbling experience to have 400 runners along a road and not one runner say anything, and all that could be heard was the pace of each runner's feet as the rubber made contact with the asphalt. The feeling...the inspiration...the awe is almost entrancing.

I believe the overall consensus was that this run is one of the most beautiful and worthwhile events. The course is certified and with proper training this could be a good one to set a PR on.

In a setting like the redwoods, I ran with a sense of complete freedom. The imagery transcends whatever pain and struggle your body realizes as your legs carry you to finish with the sense of having shared with nature and once again conquered. If you ever get an opportunity to run the AVENUE OF THE GIANTS, go for it---it is well worth it all.

Plans are underway for another group to attend the Portland, Oregon marathon September 26, 1993. You'll have plenty of time to train and be ready. Call me at 762-1243 if you're interested. Carlos D. Vigil

THE LONDON MARATHON

April 18, 1993

BY RONALD KEY

This is the world's largest Marathon field (the LONDON TIMES reported 36,500 entrants and 27,000 finishers). There were three separate starting areas at HEATHROW PARK, next to the Greenwich meridian (0 longitude). It took me a minute 20 seconds to reach the starting line. We coursed by the famous CUTTY SARK, over LONDON BRIDGE and TOWER BRIDGE where the crown jewels are housed for public viewing, around the tallest building in Europe (80 stories tall) through the streets of London, then along the famous THAMES River to the gateway of BUCKINGHAM PALACE, past BIG BEN to WESTMINSTER ABSEY and the finish line on WESTMINSTER BRIDGE.

About a million people lined the course cheering you on to the finish. The most common chant in the later stages of the race is "Well done, chap, well done!"

The weather was near perfect, approximately 50° and cloudy, except when the wind was funneling through between the tall buildings. I was able to finish in 4:10 and my brother Donald did a 3:41. It was a great run and a great time. There was a sad note, however, as one "chap" died at 6 miles of heart attack. It was his 3rd LONDON MARATHON. His wife finished the race with a 4:30 time and learned of his death at the finish line. She said that he trained well, kept a good diet, refrained from alcohol and tobacco, so it must have been his heredity!



BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
14th ANNUAL W.T.R.C. JUNE RACE

EVENT # 6 of the W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY JUNE 12, 1993

REGISTRATION: 7:00 to 7:45 A.M.

RACE START: CHILDRENS 1 MILE : 7:45 A.M.

10 K and 2 MILE : 8:00 A.M.

WHERE: LEVELLAND HIGH SCHOOL, LEVELLAND, TX
FROM LUBBOCK, HWYAY 114 WEST, TURN LEFT ON ALAMO
ROAD, EAST SIDE OF LEVELLAND

COURSE: FLAT; 10 K, LOOP
2 MILE OUT and BACK
1 MILE OUT and BACK

ENTRY FEES: \$ 1.00 CHILDRENS RUN
\$ 4.00 W.T.R.C. MEMBERS -- \$ 5.00 NON-MBERS

AWARDS: CHILDREN;

1st through 6th GRADE ; RIBBONS TO ALL FINISHERS

AGE DIVISIONS & AWARDS for 10 K & 2 MILE:

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

WOMEN: 19 & UNDER; 20-29; 30-34; 35-39; 40-44;
45 Plus

UNIQUE W.T.R.C. LOGO COFFEE MUGS AWARDED TO FIRST 3
PLACES IN AGE GROUPS

SPECIAL 12 & UNDER; 13 to 15; 16 to 19 AGE GROUPS in 2 mile

RACE DIRECTOR: BILL ROGER, LEVELLAND; (806) 894-7911