

CALENDAR

- * Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- MAY 1 **5K FUN RUN**; 8:30 AM, MACKENZIE STATE PARK, Sign-up 7:30 AM \$10 Reg. (T-Shirt included), Age Group Awards, Benefits Hearing Impaired Olympics, at Coronado High School
- MAY 1 **RUN FOR THE ARTS**; Midland, 5K and 1 Mile, FMI, 1-915-689-0646
- * 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, FMI, 1-915-699-5617
- MAY 24 **PEACE RUN AMERICA 93**; FMI, Carlos Vigil, 767-2665 or 762-1243
- 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) (Benefits Achilles Track Club)
- * 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. 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)

May 1993

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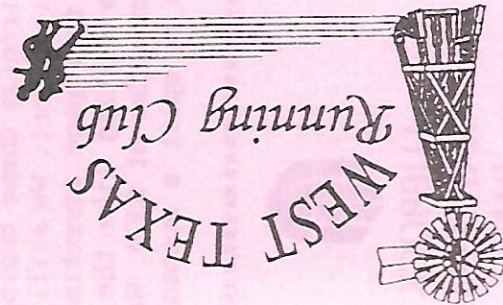


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Newsletter
P.O. Box 2921
Lubbock, Texas 79408
MAY 1993



HORSESHOE BEND CANYON SPRING
FROLIC
9 A.M., May 8, 1993
Details inside Back Cover

WEST TEXAS RUNNING CLUB

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PRESIDENT: RON KEY
O 747-4678 H 792-9280

INTERNAL VICE-PRES
CARLOS VIGIL
O 767-2665 H 762-1243

EXTERNAL VICE-PRES
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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 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.

OUR RACE SPONSORS

With the addition of INTERNATIONAL AWARDS, INC., we now have three sponsors of our races. Please patronize these businesses and express your appreciation for their support. We still need additional sponsors who will get one full page advertisement the month of "their" race and 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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FLIGHT LINE RACES APRIL 10, 1993, REESE AIR FORCE BASE 2 MILE RESULTS

PLACE NAME	NO.	AG	S	DIV	DIV	2M	PACE
1 TODD MANN	729	27	M	1	M2029	11:10	5:35
2 FRANK SUMPTER SR.	746	39	M	1	M3539	11:26	5:43
3 WILLIAM PRUITT	722	26	M	2	M2029	11:43	5:52
4 KEN JERNIGAN	778	41	M	1	M4044	11:49	5:55
5 JIM LESER	696	46	M	1	M4549	11:57	5:59
6 TOM NISBET	790	43	M	2	M4044	12:06	6:03
7 JACKIE CANNON	796	37	M	2	M3539	12:39	6:20
8 DAVID HIGGINS	691	40	M	3	M4044	12:48	6:24
9 DENNIS BELL	689	32	M	1	M3034	13:02	6:31
10 DOMINGO CASTRO	771	33	M	2	M3034	13:29	6:45
11 SAM AYERS	786	30	M	3	M3034	13:34	6:47
12 TARA JERNIGAN	779	11	F	1	F0119	14:15	7:08
13 JON MASOOD	757	47	M	2	M4549	14:42	7:21
14 J.J. GONZALEZ	797	43	M	4	M4044	15:10	7:35
15 JOHN STALCUP	745	59	M	1	M5559	15:16	7:38
16 KIMARA WILSON	770	22	F	1	F2029	16:14	8:07
17 ERIKA ANN STARK	773	13	F	2	F0119	16:15	8:08
18 MICHEAL ESTES	690	14	M	1	M0119	16:16	8:08
19 BRENDA CAMPBELL	788	33	F	1	F3034	16:54	8:27
20 JEFF JURY	789	32	M	4	M3034	16:55	8:28
21 FRANK HERNANDEZ	795	54	M	1	M5054	17:31	8:46
22 JARROD JOHNSTON	693	08	M	2	M0119	18:35	9:18
23 BECKY DOWNS	723	28	F	2	F2029	18:36	9:18
24 BECKY OMDAHL	725	47	F	1	F4599	19:56	9:58
25 JESSIE MAREZ	731	46	M	3	M4549	29:25	14:43

RACE DIRECTOR RONNIE NUGENT'S REPORT

We had a good turnout for this year's FLIGHT LINE, only down a little from last year. Considering we keep having more injured members who can't run, this was not bad at all. We had one participant from San Antonio who drove in from Kingsland the night before, a couple from Midland and our regulars from Amarillo and Tulia. Newly injured runners are: Mickey Davis who injured an ankle the night before and Gary Perry who tore a cruciate ligament about a month ago.

A million thanks to our corps of volunteers as follows: George Jury, remarking the course and typing award labels as well as setting out the turnarounds; Ron Key, Registration and results; Ken McEachern, Registration and finish line; Gary Perry, Registration and awards; Mickey Davis, Chronomix;

FLIGHT LINE RACES
APRIL 10, 1993, REESE AIR FORCE BASE
10K RESULTS

PLACE NAME	AG	S	DIV	DIV	10	PACE
1 THEO KURGAT	20	M	1	M2029	33:51	5:27
2 BILL HARN	38	M	1	M3539	38:21	6:10
3 RICHARD SANCHEZ	24	M	2	M2029	42:03	6:46
4 DARRELL PRICE	44	M	1	M4044	42:39	6:52
5 MIKE MALONE	21	M	3	M2029	43:03	6:56
6 DWAYNE OAKELEY	36	M	2	M3539	44:18	7:08
7 MARLIN HAMILTON	37	M	3	M3539	45:59	7:24
8 LOLO MERCADO	33	M	1	M3034	46:15	7:27
9 JEFF WHITLEY	29	M	4	M2029	46:17	7:27
10 LYNDOL ASKEW	47	M	1	M4549	46:22	7:28
11 JOHN ESCHLE	52	M	1	M5054	46:55	7:33
12 FRANK COOKE	36	M	4	M3539	47:04	7:34
13 DENISE BRAY	31	F	1	F3034	47:06	7:35
14 PERRY WHITEHEAD	45	M	2	M4549	47:31	7:39
15 DENNIS HUMPHREY	46	M	3	M4549	47:49	7:42
16 DALTON WALTON	48	M	4	M4549	48:28	7:48
17 KAY FELLOWS	34	F	2	F3034	50:07	8:04
18 JON OMDAHL	47	M	5	M4549	50:43	8:10
19 BRENDA EVANS	20	F	1	F2029	51:01	8:13
20 HOLLY WARNICK	27	F	2	F2029	51:13	8:15
21 TERRY RICHARDSON	44	M	2	M4044	51:32	8:18
22 JAMES BONE	53	M	2	M5054	55:47	8:59
23 ROBERTA THOMPSON	39	F	1	F3539	55:48	8:59
24 SHIRLEY WIGLEY	39	F	2	F3539	59:41	9:36
25 TERESA MAREZ	43	F	1	F4044	59:59	9:39
26 BILL MAYFIELD	50	M	3	M5054	1:01:44	9:56
27 CONNIE EVANS	44	F	2	F4044	1:03:59	10:18
28 CHERIE BANKEN	32	F	3	F3034	1:04:22	10:22
29 MICHELLE JONES	35	F	3	F3539	1:10:28	11:20
30 GAYLE BLACKMON	33	F	4	F3034	1:13:32	11:50

From Page 3

Tony Aleman, Finish line; Josie Aleman, Finish line; Ida Sumpter and Casey, 1 Mile water; Nancy Patton, 10K Split timer; Brenda Martinez and friend, Robert, 5 mile water; David Preston, 13.1 turnaround and water; Other club members who helped were Bob Bernero who hauled the trailer out and David Higgins who went to the half marathon turn to help with water. RAFB personnel who assisted were; Mr. Grant, Adrienne Donnelson, Robert Bailey, Brandon Bailey and Austin Billett.

FLIGHT LINE RACES
APRIL 10, 1993, RAFB

HALF-MARATHON RESULTS

PLACE NAME	AG	S	DIV	DIV	13	PACE
1 HAFFIS BANIRE	21	M	1	M2029	1:16:30	5:50
2 BRETT PEIKERT	24	M	2	M2029	1:24:02	6:25
3 MARJORY STEWART	34	F	1	F3034	1:29:13	6:48
4 ROBERT BLEVINS	44	M	1	M4044	1:33:50	7:09
5 JOE POST	44	M	2	M4044	1:34:44	7:14
6 CARLOS VIGIL	44	M	3	M4044	1:39:20	7:35
7 LARRY RENO	41	M	4	M4044	1:39:46	7:37
8 ROGER STARK	36	M	1	M3539	1:40:21	7:39
9 RICHARD FISCHENICH	45	M	1	M4549	1:40:33	7:40
10 JOHN WILSON	26	M	3	M2029	1:40:53	7:42
11 BILL ROGER	54	M	1	M5054	1:44:53	8:00
12 SUZANNE GRANTHAM	38	F	1	F3539	1:45:01	8:01
13 JIM WILHELM	42	M	5	M4044	1:45:56	8:05
14 JIM DEAVER	35	M	2	M3539	1:47:29	8:12
15 AL GROTZ	43	M	6	M4044	1:48:38	8:17
16 MIKE KELLY	44	M	7	M4044	1:49:19	8:20
17 CHUCK JOHNSON	35	M	3	M3539	1:49:20	8:20
18 RICK DEAVER	36	M	4	M3539	1:52:36	8:35
19 MILES HYMAN	54	M	2	M5054	1:53:44	8:41
20 RON HILLIS	49	M	2	M4549	1:53:47	8:41
21 P.J. MITCHELL	46	F	1	F4599	1:55:02	8:46
22 ROBERT BERNERO	51	M	3	M5054	1:55:28	8:48
23 RICHARD BRAY	49	M	3	M4549	1:56:13	8:52
24 CARLA WARDEN	33	F	2	F3034	1:56:49	8:55
25 JONI JOHNSTON	32	F	3	F3034	2:01:05	9:14
26 JAMES ROBINSON	43	M	8	M4044	2:02:40	9:21
27 MIKE GREER	54	M	4	M5054	2:03:35	9:26
28 HUGH HAYNES	61	M	1	M6099	2:07:17	9:43
29 RON WOOD	39	M	5	M3539	2:07:30	9:44
30 ELIZABETH ROBINSON	44	F	1	F4044	2:15:24	10:20

CHALLENGE SERIES UPDATE
Former members who have not renewed will be dropped from the Challenge Series listings after this race. Members rejoining and paying the full membership fee will be reinstated to the listing. New members may have to ask to be included in the Challenge Series. If anyone has been left off or have not been marked as a volunteer, please call David Rodriguez at 745-6927.

W.T.R.C. 1993 CHALLENGE SERIES STANDINGS AFTER 4 EVENTS

PTS.	MILES	EVT.	PTS.	MILES	EVT.	PTS.	MILES	EVT.
30 - 34 MALE								
27	13.0	3	40 - 44 MALE	33	30.1	4		
26	11.0	3	CARLOS VIGIL	32	30.1	4		
20	14.2	2	LARRY RENO	30	10.0	3		
16	22.0	3**	KEN JERNIGAN	28	11.0	3		
16	7.0	2	TOM NISBETT	22	26.1	4*		
9	8.0	1	DAVID HIGGINS	22	14.2	3		
9	8.0	1	TERRY RICHARDSON	16	30.1	4**		
9	4.0	1	MIKE KELLEY	14	34.1	4**		
7	4.0	1	JIM WILHELM	12	26.1	3*		
			AL GROTZ	10	13.1	1		
			ROBERT BLEVINS	9	27.1	3**		
			JOE POST	8	22.1	3*		
			TONY ALENAN	8	8.0	1*		
			DAVID RODRIGUEZ					
45 - 49 MALE								
25	23.2	4*	JAMES LESER	40	15.0	4		
22	30.1	4	JOE MARTINEZ	25	17.0	3		
22	30.1	4*	RON HILLIS	22	22.1	3		
21	15.2	3	RICHARD FISHENICH	18	18.1	2		
19	21.1	3	LYNDOL ASKEW	18	14.2	2		
13	8.0	2	RANDY ALLEN	15	9.0	2		
12	30.1	4*	JOHNNY SCOTT	13	8.0	2		
10	8.0	1	RONNY NUGENT	13	9.0	2		
9	4.0	1	JON OMDOHL	12	15.2	3*		
7	13.1	1	RICHARD BRAY	10	18.1	2		
5	4.0	1	JON MASOOD	9	2.0	1		
17.0		3*	DENNIS HUMPHREY	8	6.2	1		
			JAMES LIVERMORE	7	12.0	2*		
20 - 29 MALE								
24	13.0	3	JOE A. GOMEZ	7	5.0	1		
19	17.1	2	FRANK GOODMAN	4	4.0	1		
19	17.0	3*	RICK LAMPE	4	4.0	1		
13	21.1	3*	BENTLY GWYN	3	5.0	1		
13	10.2	2	RICK LAMPE	1	5.0	1		
10	4.0	1	RON KEY	1	30.1	4*		
8	4.0	1	GARY PERRY	13.1				
7	5.0	1						
5	4.0	1	0 - 19 FEMALE					
			BERNICE NELSON	10	12.0	2*		
			TARA JERNIGAN	19	6.0	2		
			ERIKA ANN STARK	9	2.0	1		
50 - 54 MALE								
28	26.1	3	0 - 19 MALE	10	4.0	1		
27	23.2	4	CHRIS TRUITT	9	4.0	1		
26	26.1	4*	FRANK SUMPTER JR.	8	4.0	1		
18	12.0	2	JAY TRUITT	5	4.0	1		
15	18.1	2	TREY JERNIGAN					
15	12.0	2						
14	18.1	2	20 - 29 FEMALE					
13	8.0	2	BRENDA MARTINEZ	26	30.1	4*		
10	9.0	2*	DEBBIE MALENKE	19	13.0	2		
10	6.2	1	HELEN ESOUVEL	10	4.0	1		
10	2.0	1						
9	5.0	1	30 - 34 FEMALE					
8	6.2	1	DENISE BRAY	39	19.2	4		
			MARJORY STEWART	30	30.1	4*		
			KAY FELLOWS	18	11.2	2		
			MICHELLE JONES	16	13.0	2		
			BRENDA CAMPBELL	10	2.0	1		
			KAREN RHONE	9	4.0	1		
			GAYLE BLACKMON	7	6.2	1		
			45 - + FEMALE					
			P.J. MITCHELL	30	26.1	3		
55 - 59 MALE								
28	11.0	3	60 - 99 MALE					
19	30.1	4*	HUGH HAYNES	20	26.1	3*		
9	5.0	1	CHARLES HENSARLING	10	4.0	1		
			BOB SMITH	5.0				

** = RACE DIRECTORS . * = VOLUNTEER

NUTRITION NOTES

When George asked me to contribute some advice regarding nutrition to the newsletter, my challenge was to decide what would be most useful. Two days later, I reached a red light on a hard run when the temperature had reached the 80's, and I took my heart rate--190! When I got home, parched and tired, I decided that probably we all could stand to remind ourselves of the importance of adequate fluid intake. So, you ask, what's adequate?

Fortunately, there are several "handy formulae" and unlike many allegedly "handy formulae", these are quite readily committed to memory. (Alternatively after a few quick calculations, your fluid volume needs can be committed to memory.) First, we calculate base fluid needs, by Method I, II, III, or IV, then add extra needs based on environmental conditions and activity (Method V.)

Method I Fluid Needs Based on Body Weight

Base Fluid Needs=(100 ml x (first 0-10 kg))
+ (50 ml x additional weight over 10 but under 20 kg)
+ (20 ml x all additional weight over 20 kg).

e.g. 55 kg person needs: (note: 1 kg = 2.2 lbs.)
(100 x 10kg) + (50 x 10 kg) + (20 x 35 kg)= 1000 + 500 + 700 = 2200 ml for base fluid needs.

Method II Use 35 ml/kg to approximate Fluid Needs
e.g. 70 kg person needs:

35 ml/kg x 70 kg body weight=2450 ml for base fluid needs

Method III Fluid needs based on kg of body weight, according to age

AGE	AGE FACTOR	e.g. 70 kg, 80 year old
16-25	40 ml/kg	25 ml/kg x 70 kg =
25-55	35 ml/kg	1750 m. fluid needs
55-65	30 ml/kg	
65+	25 ml/kg	

Method IV Fluid needs based on Calorie Intake

Daily fluid needs=about 1 ml/calorie consumed

Now that you know your basic fluid needs, additional fluid needs can be added to the value you obtained.

Additional daily fluid needs based on insensible perspiration losses can be calculated as follows:

Method V Additional Fluid Needs =
[(Current °F-85) - 5] x 500 ml

That is, water requirements increase by 500 ml/day for each 5 °F above 85 °F of ambient temperature. In Lubbock, wind may increase insensible losses somewhat, so round up generously.

Finally, additional fluid must be added to compensate for perspiration. For daily training runs, add 500 ml for moderate perspiration and 1000 ml for profuse perspiration. Double this value for long runs or prolonged workouts.

Two of the things that can have a huge effect on our performance are free: sleep and water. Now, hopefully, you know how to get enough of one of these.

NEWS PAGE

Please note the 5K RUN (see calendar) to be held May 1st in MACKENZIE PARK. This run was under discussion and approved by the board at the March meeting, but the details had not been worked out and your editor forgot to put it on the calendar. This run will benefit the hearing impaired "Olympics" being held at the Coronado High School track that same day.

A really comprehensive article by Eric Olsen on knee injuries and prevention appeared in the May issue of RUNNING TIMES magazine. This article is too long to include in the newsletter, so if anyone would like to have a copy, please let me know. (792-3291) I plan to reprint a two page article by this same author on back injury prevention in next month's issue. One word of caution now. Although runners have notoriously tight hamstring muscles, anyone with a back pain or sciatica should never attempt the "hurdle stretch". As most of you know I have been preoccupied with hamstring thoughts since that cold March 13th PRAIRIE DOG RUN resulted in a hamstring muscle tear. Joe Post who has experienced this malady also, told me at the FLIGHT LINE RACES that it would probably take 6 weeks of rest to heal. Well, as I write this (April 19) it has been 5 weeks and two days and I have just taken my first tentative running steps. Believe me it doesn't pay to try any sooner, as I did at three weeks and had a set back. Fortunately the weather has been fair for bike riding and I was able to get in 301 miles in March and as of this date 339 miles in April. Thank goodness the bike riding didn't stress the particular damaged muscle. I have again discovered that the bike workouts don't make that first run any easier!

Another good "prevention" article is the one on page 7 by our "own" Marjory Stewart on hydration. This is very timely as we have suddenly become aware that summer is here!

The "PEACE RUN AMERICA 93" listed on the calendar is a torch run of approximately 3.2 miles through part of Lubbock on May 24th. If you would like to bear the torch or be part of the run please call Carlos Vigil for information at 767-2665 or 762-1243.

Volunteers are needed for the HORSESHOE BEND FROLIC so if you can help (we need a lot!) please call Carlos at the numbers above. To help Bill Roger in Levelland June 12th, please call 894-7911.

GOOD NEWS!!! Bill Harn has consented to be Race Director for the 12th annual RED RAIDER ROAD RACE October 16, 1993. Now we still need an Assistant Director who will have the hands on experience to step up to Director in 1994. If this race or any other is to continue we must have people who are willing to make a commitment 12 to 14 months prior to the race. Advance planning for the following year begins immediately after this year's race.

I had the privilege of watching the BOSTON MARATHON live today, but wasn't able to spot Jim Leser among the 8,000 plus competitors. A report from his wife, Jean, was that he struggled through with leg cramps but was able to finish in 4:11. Jim's been hampered of late by a hamstring ailment himself, but had the opportunity to revisit some old haunts and his sister, who happens to live in Boston and he could not pass up the opportunity.

HORSESHOE BEND CANYON SPRING FROLIC RUNS
SINCE 1973
WEST TEXAS RUNNING CLUB'S ANNUAL MAY RACE

COURSE RECORDS

2 MILE

MEN

	NAME	TOWN	AGE	TIME	YEAR
0-19	Carlos Ybarra	Lamesa	17	9:59	1980
20-29	Cliff McCurdy	Lubbock	29	10:14	1983
30-39	John Bednarski	Odessa	30	9:32 *	1979
40-49	Bobby Cunningham	Abernathy	43	10:32	1983
50-59	George Jury	Lubbock	51	11:25	1988
60 +	Dick Blide	Lubbock	61	17:22	1991
WOMEN					
0-19	Mindy Mayfield	Lubbock	17	12:29 *	1979
20-29	Judy Partin	Lubbock	25	13:13	1987
30-39	Josie Aleman	Lubbock	37	13:58	1989
40 +	Fran Dupree	Lubbock	40	17:15	1980

11 MILE (1985) (12 Mile Originally)

MEN

0-19	Brian Brashears	Lubbock	18	1:08:15	1989
20-29	Rodney Hendrix	Lubbock	23	1:00:49 *	1989
30-39	Joe Post	Lubbock	38	1:09:29	1987
40-49	Bobby Cunningham	Abernathy	47	1:11:59	1987
50-59	George Jury	Lubbock	52	1:10:10	1989
60 +	Tom Bowser	Abilene	62	1:29:59	1989

WOMEN

0-29	Sue Houle (Spitz)	Lubbock	26	1:15:35 *	1987
30-39	Sue Spitz	Lubbock	30	1:17:59	1992
40 +	Barbara Vitalec	Lubbock	41	1:41:10	1988

6 MILE (1989)

MEN

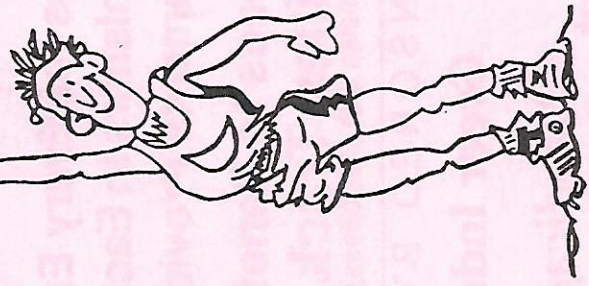
0-19	Danny Hernandez	Lubbock	15	38:18	1992
20-29	David Sumrell	Lubbock	28	36:37	1991
30-39	Eloy Hernandez	Lubbock	30	36:07 *	1992
40-49	Bobby Cunningham	Abernathy	49	37:00	1989
50-59	George Jury	Lubbock	54	41:19	1991
60 +	Dick Blide	Ransom	62	53:41	1992

WOMEN

0-19	Laurie Welch	Lubbock	29	46:46	1992
20-29	Shirley Wigley	Lubbock	36	47:58 *	1990
30-39	Theresa Marez	Abernathy	42	56:05	1992

West Texas Running Club
presents

The Moonlight Run



**5K • 2 Mile Fun/Support Walk
and FREE Sports Medicine Clinic**

West Texas Running Club
presents

The Moonlight Run and Sports Medicine Clinic 5K Run • 2 Mile Fun/Support Walk

FR! **Saturday, June 4, 1993**
FREE Sports Medicine Clinic: 8:30 pm - 9:00 pm
Registration: 9:00 pm - 9:45 pm
Races Start: 10:00 pm

Outdoor Center Mackenzie Park
Sports Medicine Clinic provided by local Physical
Therapist. Topics covered will include: Injury Prevention,
Conditioning, Nutrition, Support Wear & More.

Tanktops for Every Entry
Medals to Top Finishers in Each Age Group
Refreshments Provided

Proceeds to Benefit
The Achilles Track Club
(For Athletes with Disabilities)

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ONEAL ASSOCIATES

----- PLEASE PRINT -----

Name _____ Age _____ Sex: M _____ F _____

Address _____ City _____ State _____ Zip _____

Event Entered (Check One) _____
5K Run _____
2-Mile Fun/SupportWalk _____ (No Awards)

T-Shirt Size: (circle one) _____
Adults: S M L XL

Awards Age Divisions for 5K Run Only
Men: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+
Women: 0-19, 20-29, 30-34, 35-39, 40-44, 45+

WAIVER STATEMENT: Entry invalid if not signed
I fully understand that my participation in the West Texas Running Clubs
Moonlight Run can result in injury. I certify that I have decided to participate in
this event with full knowledge that being physically fit and sufficiently trained
are necessary to prevent injury to myself. I waive all claims against the West
Texas Running Club and the City of Lubbock, and the sponsors/organizations
of this event, or their employees, representatives, or successors arising out of
my participation in this event. This waiver shall be binding on my heirs, legatees,
administrators, and assigns.
Further, I hereby grant full permission to any and all of the foregoing to use any
photograph, videotapes, motion pictures, recordings, or any other record of
my participation in this event for any legitimate purpose.

Signature / Parent or Guardian if under 18 _____

Race Fee:
Before May, 31 - \$10 Paid _____
After May 31 - \$12 Paid _____

Make Checks Payable to:
West Texas Running Club

Mail to:
West Texas Running Club
C/O Michelle Jones
3702 Englewood
Lubbock, Texas 79407

Race Director:
Michelle Jones: 766-0282 or 793-2825

Official Use Only