

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- * OCT. 9 **PREDICTED TIME 5K:** MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0282 (d) or 793-2825 (n)
- OCT. 16 **RED RAIDER ROAD RACE:** TTU CAMPUS, 10K & 5K, Certified Courses Bill Harn, Race Director, 742-3908(d) or 784-0806(n) Volunteers needed, 100% cotton long-sleeved T-Shirts
- OCT. 23 **HIGH COTTON RUN:** Idalou, 10K, 8 A.M., Dr. Lanny Devin, Race Director, 892-2557 or 892-2391
- OCT. 30 **PUNKIN DAYS 5K:** Floydada, 5K, 8 A.M., \$15, Julianne Cornelius, Race Director, 983-2982
- OCT. 30? **ALLSUP'S ANNUAL ROAD RACES:** J.R. Jacobs, (505) 769-2311
- * NOV. 13 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 14 **SAN ANTONIO MARATHON**
- NOV. 25 **1ST ANNUAL W.T.R.C. TURKEY TROT:** LUBBOCK CIVIC CENTER, 9 A.M. 10 Mile and 2 Mile, \$12, Ron Key, Race Director, 747-4678 (d) 792-9280 (n)
- DEC. 4 **JINGLE BELL RUN:** Details later
- 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)
- * JAN. 8 **LOOP THE LAKE 5 MILER:** BUDDY HOLLY PARK, Lubbock, 9 A.M. Joe Post, Race Director, 747-2820
- JAN. 16 **HOUSTON TENNECO MARATHON:**

**** 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.

October 1993

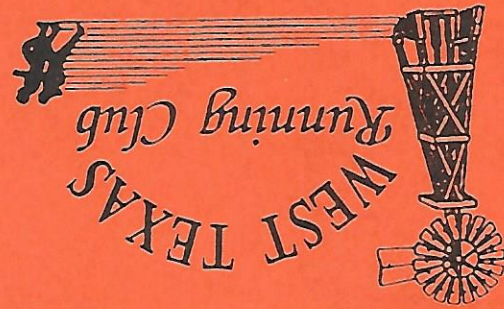


RED RAIDER ROAD RACE
Saturday, October 16, 1993

October Club Race
"Predicted Time 5K"
October 9, 1993
MACKENZIE STATE PARK
Details on Page 11



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



WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT: RON KEY
 O 747-4678 H 792-9280
INTERNAL VICE-PRES
 JIM LESER
 O 746-6101 H 794-2474
EXTERNAL VICE-PRES
 AL GROTZ
 O 792-6015 H 792-2248
SECRETARY
 THERESA MAREZ
 O 765-2925 H 1-298-2075
TREASURER
 BARNEY ADAMS
 O 795-2306 H 793-5058

DIRECTORS

P. J. MITCHELL
 H 794-0135
 GEORGE W. JURY
 O 792-3291 H 792-1237
 LARRY RENO
 O 741-2127 H 795-6019
 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.

1994 OFFICERS and DIRECTORS

As you may have noticed in the listing above, we have some new names to help guide the club through 1994. These people take office immediately upon election. Our bylaws specify the duties of each officer and director's duties are assigned by the President. The bylaws also specify that three unexcused absences from the monthly meetings automatically removes the official. Your officers take the business of the club seriously and invite all members to become involved in the decision and policy making by attending the monthly meetings as invited above. If anyone would be interested in serving next year, attending the meetings is the best way to familiarize yourself with the club and prepare you for service.

We would like to thank the retiring board members for their service. Carlos Vigil has been Internal Vice-president for the past year, after serving as secretary for 2 terms. He continues to be the Texas representative for RRCA. Michelle Jones has served 2 years as treasurer. James Bone and Dennis Bell worked on the board for 2 years. The newsletter will try to profile the new officers in the next few months.

5th ANNUAL SHALLOWATER STAMPEDE

September 11, 1993

10K Results

PLACE NAME	AGE	S	DIV	DIV	10K	PACE
1 DAVID SUMRELL	30	M	1	M3034	33:36	5:25
2 BRETT PEIKERT	25	M	1	M2029	34:25	5:32
3 ANDY STEWART	21	M	2	M2029	35:02	5:38
4 LOLO MERCADO	33	M	2	M3034	36:21	5:51
5 LEIF ECKHOLM	22	M	3	M2029	37:23	6:01
6 JIM LESER	46	M	1	M4549	37:43	6:04
7 BOBBY MORA	25	M	4	M2029	39:05	6:18
8 DAVID PRESTON	27	M	5	M2029	39:42	6:23
9 BILL HARN	39	M	1	M3539	40:18	6:29
10 JOE POST	44	M	1	M4044	40:59	6:36
11 ROBERT GUJARDO	50	M	1	M5054	41:35	6:42
12 RICK SYPERT	38	M	2	M3539	41:48	6:44
13 DAVID HIGGINS	41	M	2	M4044	42:43	6:53
14 OJE LIPSOOMB	27	M	6	M2029	45:03	7:15
15 AL GARDNER	37	M	3	M3539	45:04	7:15
16 AL GROTZ	44	M	3	M4044	45:36	7:20
17 MATTHEW GALLEGOS	38	M	4	M3539	45:44	7:22
18 CHUCK JOHNSON	35	M	5	M3539	46:02	7:25
19 ERIN FULLER	22	F	1	F2029	46:13	7:26
20 MARTIN HARMS	56	M	1	M5559	46:44	7:31
21 JAMES LIVERMORE	46	M	2	M4549	46:58	7:34
22 MASON MARTIN	22	M	7	M2029	47:09	7:35
23 GARY HARPER	26	M	8	M2029	47:21	7:37
24 DAN VERNIER	29	M	9	M2029	47:30	7:39
25 RON RAINGER	44	M	4	M4044	47:41	7:41
26 MICKEY DAVIS	36	M	6	M3539	48:08	7:45
27 DENISE BRAY	31	F	1	F3034	48:17	7:46
28 DWAYNE OAKELEY	37	M	7	M3539	48:41	7:50
29 PETER DOTRAY	30	M	3	M3034	48:58	7:53
30 RON HILLIS	49	M	3	M4549	49:38	7:59
31 BENTLEY GWYN	49	M	4	M4549	50:07	8:04
32 PAUL RALPH	49	M	5	M4549	53:26	8:36
33 HELEN E. BARRON	25	F	2	F2029	54:13	8:44
34 HUGH HAYNES	62	M	1	M6099	55:10	8:53
35 SHIRLEY WIGLEY	39	F	1	F3539	55:57	9:00
36 DONALD HUNT	59	M	2	M5559	56:59	9:10
37 RICK LAMPE	49	M	6	M4549	58:30	9:25
38 AMANDA ELLIS	24	F	3	F2029	59:13	9:32
39 BO MINNIS	51	M	2	M5054	1:07:41	10:54
40 HOLLY GATES	23	F	4	F2029	1:08:16	10:59
41 KRISTY GEANOPILOS	21	F	5	F2029	1:08:16	10:59

5th ANNUAL SHALLOWATER STAMPEDE

September 11, 1993

2 Mile Results

PLACE NAME	AGE	S	DIV	DIV	2M	PACE
1 MORGAN McLARTY	24	M	1	M2029	9:56	4:58
2 FRANK HAIST	29	M	2	M2029	11:01	5:31
3 FRANK SUMPTER SR.	39	M	1	M3539	11:20	5:40
4 TOM NISBETT	44	M	1	M4044	11:27	5:44
5 JACKIE CANNON	37	M	2	M3539	12:19	6:10
6 JIM HAYNES	47	M	1	M4549	12:31	6:16
7 JOHN STALCUP	60	M	1	M6099	14:38	7:19
8 LIZ BLACK	22	F	1	F2029	15:00	7:30
9 ERNIE GANDY	40	M	2	M4044	15:11	7:36
10 JON OMDAHL	47	M	2	M4549	15:14	7:37
11 ROY SIMMONS	51	M	1	M5054	16:24	8:12
12 BRENDA CAMPBELL	34	F	1	F3034	16:41	8:21
13 ELIZABETH MURRAY	21	F	2	F2029	17:19	8:40

RACE REPORT

By George W. Jury

Race Director, Larry Byrd transferred race day responsibility to Bill Roger while he and 13 other club regulars traveled to Albuquerque for the DUKE CITY RACES. We had a beautiful day for the run and Bill was ably assisted by his wife, Sally and other spouses, Ida Sumpter and Doris Stalcup. Club members earning their miles for the Challenge Series were; Ronald Key, George Jury, Mike Kelley, Jim Deaver, Bob Bernero and Ron Nugent. Considering the absence of the aforementioned 14 and the 2 other regulars gone to Waco with Jeffrey Jury for the 24 hour bike ride, we had a really good attendance. Several more new members were signed up.

A surprise post race drawing was held for a CASIO 30 lap memory watch, which was won by Martin Harms.

RED RAIDER ROAD RACE

As you can see from the entry forms in this newsletter, race time is drawing near and we still do not have a volunteer for the assistant director's job. This person needs to learn the "ropes" now so that they would be capable of being race director the next couple of years. The next year Race Director's job begins right after this race is over, so without such a dedicated person this could be the last RRRR. Many helpers are still needed, so if you can give up the run or have a spouse/friend who could help, please give Bill a call at 784-0806(n) or 742-3908(d). If you can help man the Friday registration at the TTU UC for a few hours, please call Pat or George at 792-3291 or 792-1237. Remember, volunteers get one of the souvenir long sleeve T-Shirts.

W.T.R.C. 1993 CHALLENGE SERIES STANDINGS AFTER 9 EVENTS

30 - 34 MALE		40 - 44 MALE	
PTS.	MILES	EVT.	EVT.
58	52.6	7*	TOM NISBETT
50	54.2	7**	LARRY RENO
43	32.2	6*	CARLOS VIGIL
40	22.4	4	DAVID HIGGINS
27	13.0	3	KEN JERNIGAN
16	7.0	2	JOE POST
15	15.0	2	TERRY RICHARDSON
35 - 39 MALE		45 - 49 MALE	
PTS.	MILES	EVT.	EVT.
77	33.0	9*	JAMES LESER
75	33.0	9	JON OMDAHL
54	68.5	9*	RON HILLIS
48	40.4	6*	JAMES LIVERMORE
41	52.3	7*	RANDY ALLEN
39	35.4	6*	RICHARD FISHENICH
29	37.1	5	JOE MARTINEZ
26	51.3	3	JON MASOOD
21	15.2	2	RONNY NUGENT
19	19.0	2	RICHARD BRAY
19	13.0	3	LYNDOL ASKEW
17	17.4	3	GARY PERRY
8	45.0	7*	RICK LAMPE
7	13.1	1	DENNIS HUMPHREY
20 - 29 MALE		0 - 19 FEMALE	
PTS.	MILES	EVT.	EVT.
48	50.5	6*	TARA JERNIGAN
46	38.2	7*	BERNICE NELSON
32	41.3	7*	ERIKA ANN STARK
19	17.0	3*	0 - 19 MALE
17	7.0	2	CHRIS TRUITT
17	6.0	2	JAY TRUITT
13	10.2	2	TREY JERNIGAN
7	5.0	1	FRANK SUMPTER JR.
50 - 54 MALE		20 - 29 FEMALE	
PTS.	MILES	EVT.	EVT.
60	35.4	7*	BRENDA MARTINEZ
57	64.5	9*	DEBBIE MALENKE
54	69.9	8**	HELEN E. BORRON
46	44.2	6	30 - 34 FEMALE
45	55.3	8*	DENISE BRAY
31	33.0	4	MARJORY STEWART
23	10.0	3	KAY FELLOWS
22	14.2	3	BRENDA CAMPBELL
20	29.1	3	GAYLE BLACKMON
19	4.0	2	KAREN RHONE
15	18.1	2	45 - + FEMALE
15	7.0	2	P.J. MITCHELL
7	38.3	5*	60 - 99 MALE
40 - 44 FEMALE		35 - 39 FEMALE	
PTS.	MILES	EVT.	EVT.
47	47.1	8*	SHIRLEY WIGLEY
43	23.2	5*	MICHELLE JONES
38	41.1	6*	0 - 19 MALE
33	44.4	7*	TOM NISBETT
55 - 59 MALE		0 - 19 FEMALE	
PTS.	MILES	EVT.	EVT.
39	55.3	8*	TARA JERNIGAN
39	23.4	4	BERNICE NELSON
35 - 39 FEMALE		30 - 34 FEMALE	
PTS.	MILES	EVT.	EVT.
68	56.6	8*	DENISE BRAY
52	37.4	6	MARJORY STEWART
60 - 99 MALE		45 - + FEMALE	
PTS.	MILES	EVT.	EVT.
68	56.6	8*	JOHN STALCUP
28	58.3	7*	HUGH HAYNES
28	58.3	7*	BOB SMITH
28	15.2	2	0 - 19 MALE
19	13.0	2	CHRIS TRUITT
17	9.2	2	JAY TRUITT
16	9.0	2	TREY JERNIGAN
30 - 34 FEMALE		20 - 29 FEMALE	
PTS.	MILES	EVT.	EVT.
67	46.4	8*	BRENDA MARTINEZ
60	52.3	7*	DEBBIE MALENKE
18	11.2	2	HELEN E. BORRON
28	15.2	4*	30 - 34 FEMALE
17	9.2	2	DENISE BRAY
16	9.0	2	MARJORY STEWART
45 - + FEMALE		60 - 99 MALE	
PTS.	MILES	EVT.	EVT.
50	52.3	6**	JOHN STALCUP
28	58.3	7*	HUGH HAYNES
28	58.3	7*	BOB SMITH

** = Race Director * = Volunteer

If there is an error, please call David Rodriguez at 741--4834 (d) or 745-6927 (n)

**AT THE RACES
DUKE CITY**

Marathon: Age Group place and time; Carlos Vigil(3) 3:16:39, Al Becken(1) 3:29:35, Larry Reno(15) 3:38:09, Larry Byrd(5) 3:44:12, Ken McEachern(10) 4:04:00, Richard Bray(34) 4:04:06, P.J. Mitchell(4) 4:20:55, Bob Bernero(16) 4:51:38 and finishing her first marathon, Michelle Jones(23) 6:08:00. James Bone ran part of the distance as a training run. Half-Marathon: Randall Wolcott(25) 1:30:54, Richard Fischenich(18) 1:34:38, Joe Martinez(25) 1:38:29, Jodie Rhone(62) 1:39:54, Karen Rhone(88) 2:09:10 and Eva Martinez (21) 2:12:24.

AMARILLO MAYOR'S HALF-MARATHON

W.T.R.C. members swept the first 3 places, Saturday, Sept. 18th as Brett Peikert(1) ran 1:20:04, Jeffrey Jury(1) 1:21:13, and Marjory Stewart(1) 1:22:47. Dennis Bell was 9th in 1:33:43 and new member, Mason Martin(3) ran 1:50:36. Jackie Cannon was the overall 2 mile winner in 12:22.

NEIGHBORS, Thursday, September 2, 1993 - 5

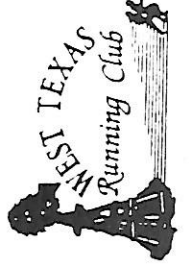


Running club gift

The West Texas Running Club has presented a \$500 donation to the South Plains College track program. The funds were raised at the club's Aug. 14 "Hot Dam Run." P.J. Mitchell, left, race director, presents the check to SPC track coach James Morris.



**ACHILLES NEW YORK CITY MARATHON
PLEDGE PROJECT**



The Achilles Track Club is an international organization supported by the New York City Road Runners Club, and provides an arena for specialized coaching for people with disabilities, and opportunities for integrated competition. The West Texas Running Club and Lubbock Regional Mental Health Mental Retardation Center have jointly sponsored the Lubbock Chapter of the Achilles Track Club for about 3 years.

In an effort to promote integrated long-distance running (and improved fitness lifestyles), for people with disabilities, the New York Achilles Track Club Chapter President has strongly encouraged the Lubbock Chapter to enter Achilles athletes into the New York City Marathon (the event drawing the largest numbers of Achilles athletes each year). We have felt honored to receive such a personal invitation, and in 1992, were the first club to represent Texas.

This year, on November 14, we again intend to support two WTRC/Achilles athletes in competing in the New York City Marathon. Funds were raised for this endeavor through the Moonlight Run held this summer. Unfortunately, we continue to be underfunded by about \$200.00 in order to make the trip. **YOUR PLEDGE IS NEEDED TO MAKE THIS EVENT A REALITY!** Please read the following information and learn how you can help.

Thank you for your on-going support. Michelle A. Jones



Achilles Track Club



(Cut Here)

Instructions:

Select the total number of miles you believe the two athletes (Adam and Lawrence) will complete (out of 52.4 total possible miles). Then identify how much you would be willing to pledge, per mile, or you may choose to make a one-time donation. **PLEASE MAKE YOUR CHECKS PAYABLE TO WTRC. MAIL YOUR COMPLETED PLEDGE FORM TO: WTRC c/o Michelle Jones, 3702 Englewood Ave., Lubbock, TX 79407.** Following the event, a statement will be mailed to you, identifying the number of miles completed and the amount you owe.

NUMBER OF MILES (1 - 52): _____ AMOUNT PER MILE: _____

OR

ONE-TIME DONATION: _____ (Enclosed)

YOUR NAME: _____

YOUR ADDRESS: _____

YOUR PHONE #: _____

THANKS FOR YOUR SUPPORT !!

WTRC/TTU SCHOLARSHIP

The 1993 scholarship will be given at the awards ceremony after the RED RAIDER ROAD RACE.

Raiders Road Race

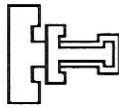
Benefiting the
Texas Tech
West Texas
Running Club
Academic
Scholarship

Sponsored
by:



METHODIST HOSPITAL

Ex-Students
Association



5K & 10K
Road Race

First National Bank
OF WEST TEXAS



Registration Fee: \$12.00 contribution to the West Texas Running Club. A portion of this fee goes toward academic scholarships sponsored by the Texas Tech Loyalty Fund.

Race Time: 8 a.m.

Course: Texas Tech Campus,
Starting at the Student Rec Center.

For Further Information:
Call Bill Harn, office (806) 742-3908 or
home (806) 784-0806

Homecoming Weekend
October 16, 1993

OUR SPONSORS

806/792-5270
1-800-999-9503

VINCE HUBBARD
GENERAL MANAGER

International



Awards, Inc.

"QUALITY PEOPLE

DESERVE QUALITY
AWARDS"

5601 Aberdeen

Lubbock, Texas 79414 USA

Members:
15% Off
Everything in
the Corner

THE
RUNNER'S
CORNER

CLEVELAND



ATHLETICS

"Where Quality and Service Run Together"

4130 34th Street • Lubbock, Texas 79410
(806) 793-1300

When it comes to travel ...

Run with the best

Support the West Texas Running Club by
booking your travel through Premier Travel

Call Us Today!

797-7799 Kingsgate Center

800-6-Travel (800-687-2835)

744-6994 Texas Tech University

Tired of the same old runaround?
Well maybe it's time for a change of pace.



4811-50th • 792-1000

Member FDIC

NEWS AND NOTES

I failed to mention and thank the Shallowater police and the Lubbock county sheriff's reserve for their help on race day.

On September 11th, Jeffrey Jury was in Waco competing in the IRON BUTT TEXAS; 24 hour cycling torture. He was able to complete 385 miles in the 24 hours and finished 2nd of 40 individual entrants. The world record for 24 hours is 456 miles. The temperature hit 970 and winds were clocked at 20MPH during most of the race which was ridden on a 20 mile loop. Helping Jeffrey stay awake and fueled and hydrated, was his crew of Dennis Bell and Marjory Stewart.

The editor, who also is race director for the BUFFALO WALLOW RUNS, November 13th, is in the process of getting the course certified by USA TRACK & FIELD. I owe a big thanks to club member, Ron Seal who, with the help of some of his TDH&T engineers has laid out a calibration course at the lake to make the job less time consuming. I have had inquiries as far away as Tennessee about the run. Certification appeals to those runners who want an accurate course distance and it also makes them eligible for single age records as kept by TEXSTATS

The first annual WTRC TURKEY TROT is scheduled for Thanks-giving day and will start near the Civic Center and make a long loop through the Canyon Lakes, Mackenzie Park area. In the future, the club hopes that this race might become a fund raiser but at the present time a commercial sponsor has not been acquired, so we will be working a pretty tight budget this year. We will have a colorful T-Shirt and attractive awards, so plan on being a part of this inaugural event, either as a racer or a volunteer. Many larger cities have such an event, including Dallas whose race last year was one of the 20th largest in the country.

The cross-country season got started in earnest with a meet in Plainview, Saturday, September 11th. Club members Trey Jernigan finished 6th in division one with a 16:41 and Karin Bonner finished third with a 13:03 in division two. David Rodriguez's son John, ran a 16:38 to finish third in division two. Saturday, September 18th, Trey ran a 16:06 at Frenship for 4th place and at Hereford, Karin ran 13:26 for 7th, while John ran a 17:42 for 4th place. Congratulations on a good start! (Remember, cross-country courses are all different and the boys run around 3 miles, while the girls run about 2 miles.)

WEST TEXAS RUNNING CLUB'S

"PREDICT YOUR TIME"

5K RACE

EVENT # 10 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, OCTOBER 9, 1993
REGISTRATION: 7:00 to 7:45 A.M.
RACE START: 8:00 A.M.

WHERE: MACKENZIE STATE PARK

Start and Finish at the "OUTDOOR CENTER"
North of Broadway in Lubbock

COURSE: ASPHALT ROAD, OUT AND BACK, A FEW HILLS

AWARDS: CASH PRIZES WILL BE GIVEN TO THE FIRST 15 MEN AND THE FIRST 10 WOMEN GETTING CLOSEST TO THEIR PRE-RACE PREDICTED TIMES

\$15 to the first Male and Female decreasing to \$1 for the 15th Male and \$6 for the 10th Female

CHALLENGE SERIES POINTS

WILL STILL BE CALCULATED USING THE STANDARD AGE GROUPINGS

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

RACE DIRECTOR: MICHELLE JONES

Office 766-0282, Home 793-2825

NOTICE: For this event, wearing a watch will disqualify a runner for the awards!