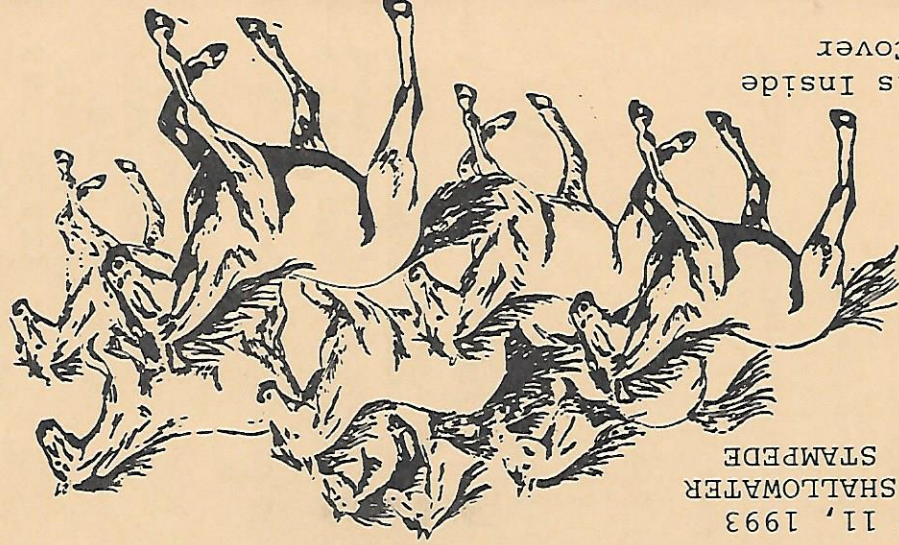


# CALENDAR

- \* Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- 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 6 **CHAUTAQUA 5K/1Mile,** Pampa, 7 A.M., Terry Barnes, 665-3721
- \* 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 KOPEN 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, 784-0806(n) or 742-3908(d) Volunteers needed, 100% cotton longsleeved T-Shirts
- OCT. 30? **ALLSUP'S ANNUAL ROAD RACES**
- \* 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;** 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)  
 \*\*\*\*\*  
 \*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.

September 1993



Newsletter  
 P.O. Box 2921  
 Lubbock, Texas 79408  
 September 11, 1993  
 SHALLOWATER  
 STAMPEDE



See Details Inside  
 Back Cover

# 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

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.

\*\*\*\*\*

## OFFICER ELECTIONS

### MARK AND RETURN YOUR BALLOTS FOR

#### 1994 OFFICERS

Mark and return your ballots by mail or bring them to the election and business meeting at 7 P.M., Tuesday September 14, 1993, to be held at:

President Ron Key's Backyard  
3208 67th Street  
7:00 P.M.

This will be a homemade Icecream, Pie and Cake desert social. The business meeting will be as short as possible, so come and get to know your fellow W.T.R.C. members. Bring your favorite desert and we'll all sample it!

## 6th ANNUAL HOT DAM 5 MILE RUN Lubbock, Texas August 14, 1993 USA TRACK & FIELD CERTIFIED, #TX93059ETM OVERALL RESULTS

PLACE	NAME	DIV	DIV	AGE	S	5M	PACE
1	ABEL KAHONI	1	M2029	23	M	27:41	5:32
2	CHRIS TRUITT	1	M1619	18	M	28:54	5:47
3	TIM KEY	2	M2029	25	M	29:26	5:53
4	JIM LESER	1	M4549	46	M	29:55	5:59
5	ROSA IBARRA	1	F2029	22	F	30:08	6:02
6	TREY JERNIGAN	1	M1315	15	M	30:27	6:05
7	MARJORY STEWART	1	F3034	34	F	30:28	6:06
8	JAY TRUITT	2	M1315	15	M	30:28	6:06
9	FRANK SUMPTER, SR	1	M3539	39	M	30:57	6:11
10	TOM NISBETT	1	M4044	43	M	31:04	6:13
11	DENNIS BELL	1	M3034	32	M	31:34	6:19
12	TIM LOFTUS	2	M4044	42	M	32:01	6:24
13	GEORGE W. JURY	1	M5559	57	M	32:11	6:26
14	ARTURO CARRASCO	3	M2029	26	M	32:24	6:29
15	KEN JERNIGAN	3	M4044	42	M	32:26	6:29
16	LAWRENCE NELSON	4	M2029	21	M	32:42	6:32
17	ROBERT GUAJARDO	1	M5054	50	M	32:58	6:36
18	JACKIE CANNON	2	M3539	37	M	33:00	6:36
19	CARLOS VIGIL	4	M4044	44	M	33:27	6:41
20	RANDY WOLCOTT	3	M3539	37	M	33:33	6:43
21	JIM DEEVER	4	M3539	35	M	33:41	6:44
22	LARRY RENO	5	M4044	41	M	33:44	6:45
23	JODIE RHONE	5	M3539	37	M	34:45	6:57
24	JEFF SEARS	3	M1315	15	M	34:58	7:00
25	LARRY BYRD	2	M5054	52	M	35:00	7:00
26	JOSE LOPEZ	2	M1619	16	M	35:49	7:10
27	BILL ROGER	3	M5054	54	M	36:03	7:13
28	DON SANDERSON	1	M6099	63	M	36:30	7:18
29	AL GARDNER	6	M3539	37	M	37:10	7:26
30	MICKEY DAVIS	7	M3539	36	M	37:29	7:30
31	MATT BOANE	5	M2029	25	M	37:43	7:33
32	ROGER STARK	8	M3539	36	M	37:44	7:33
33	RONNIE NUGENT	2	M4549	47	M	37:53	7:35
34	MATTHEW GALLEGOS	9	M3539	39	M	37:54	7:35
35	DAVID AGUILAR	6	M2029	29	M	38:04	7:37
36	KEN MCEACHERN	4	M5054	52	M	38:15	7:39
37	DENISE BRAY	2	F3034	31	F	38:17	7:39
38	THOMAS WORD	2	M5559	56	M	39:04	7:49
39	BOB BERNERO	5	M5054	51	M	39:14	7:51
40	FRANK COOKE	10	M3539	37	M	39:17	7:51

\* = New Age/Sex Group Records \*



**6th ANNUAL HOT DAM 5 MILE RUN**  
**Lubbock, Texas August 14, 1993**  
**USA TRACK & FIELD CERTIFIED, #TX93059ETM**  
**Event # 8 of The W.T.R.C. Challenge Series**

**RACE REPORT**  
**A NOTE OF THANKS**

The race went well thanks to all of the volunteers. They did a super job. I had lots of good comments from runners on the cheers and support they had throughout the course. The race would not have taken place without their hard work, support and spirit. The volunteers were:

From P.J. Mitchell

Josie and Tony Aleman	A. Baldovino	Ruth Baldovino
Nefty Baldovino	Elsa and James Bone	Maureen Bray
Ken Bray	Brenda Campbell	Tara Jernigan
George Jury	Jeffrey Jury	Ron Key
Theresa Harez	Joe Martinez	Lolo Mercado
David Preston & Daughters	Doris and John Staicup	Carlos Vigil

And a very special THANK YOU to PREMIER TRAVEL for being our sponsor for the run. Richard and Sharon did a great job. I just hope that Richard has gotten his hearing back!

The Baldovino family and Maureen and Richard Bray donated money for the watches; SHALLOWATER FLOWERS donated a T-Shirt; SHIRLEY B's of Anton donated a dinner for two; and SOUTH PLAINS CYCLES of Lubbock donated a fanny pack for the post-race drawings.

Publicity was made possible by WEST TEXAS NEWSPAPER, KEJS-FM, and David Singleton of COPY CRAFT who printed posters.

Again, the race was a success because of all the help I had and, of course, the many runners that supported the race.

**EDITOR'S COMMENTS**

The 77 participants was the highest number ever for this club race and there could not have been much better weather conditions for this time of year! The slightly longer, certified distance was no deterrent to 5 runners who set new age group standards. Rosa Ibarra of WAYLAND BAPTIST UNIVERSITY and a native of Columbia broke Marjory Stewart's previous mark by 4 seconds to claim the overall women's record. Trey Jernigan, Tom Nisbett, Jim Leser and Don Sanderson established new men's age group standards. Jernigan and Sanderson's marks could well make them eligible for statewide recognition in the year's end TEX STATS individual age records. Don is making a rapid comeback after a long lay-off from chronic hamstring injuries. The club was able to donate \$500 to the SOUTH PLAINS COLLEGE running program from the proceeds. Club founder, Coach James Morris was on hand to express thanks.

**NEWS AND NOTES**  
**AT THE RACES**

At the GREG BLACK MEMORIAL 10K at Hereford July 31st, Jeffrey Jury ran a PR 35:55 in finishing second overall. Marjory Stewart was first woman in 38:26 and finished 8th overall. George Jury was 13th in 40:35, Jason Levine 20th in 41:42, Larry Byrd, 26th in 43:49, Ronnie Nugent, 40th in 47:57, Bob Bernero, 42nd in 48:26, and Roger Malone logged a 49:30.

At the Duathlon August 15th, Frank Haist ran two speedy 1.7 miles and teamed with David Preston on the bike to post the fastest time of 48:32, one second better than individual winner, Tim Key. Finishing 2nd was David Sumrell, 49:34; 3rd, Kevin Lair, 49:51; and 4th, Jeffrey Jury, 50:49. Other club members finishing were; Miles Hyman, 57:56; Jackie Cannon, 58:55; Mike Greer, 1:03:08; Mark Garland, 1:03:22; Kay Fellows, 1:07:18; Don Sanderson, 1:07:44; Hugh Haynes, 1:10:45; David Davis won the Mountain Bike division in 1:03:58. Sam Ayers also competed on a team.

**SUNDAY MORNING LONG DISTANCE RUNS**

25 runners showed up for the LSD run preparing for the fall marathon season August 15th. This is a good opportunity for our newer members to get some group training experience and advice. Show up at the MACKENZIE PARK party house at 6 A.M. on Sunday morning. Any questions, call Ron Key.

**RED RAIDER ROAD RACE**

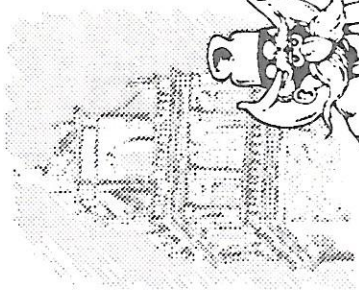
The RED RAIDER ROAD RACE has become the largest race anywhere west of Fort Worth, north of Austin and east of El Paso in the state. Plan on assuring the success this year either as a racer or as a volunteer. An assistant Race Director is needed as Jim Deaver has taken a job in Abilene. The assistant would be expected to commit to being the director for the next couple of years. If no one sticks their neck out and tries, the race cannot survive. A core of dedicated people have served for several years in key positions and plan to continue, to keep this race the best in this part of Texas. Besides race day help, many will be needed to man the late registration/packet pick up table a couple of hours per shift, all day Friday, October 15th and early Saturday, the 16th. Many that plan to run could help out in this area. Also racers could help with the course and finish line set up early Saturday. If you want to help please call Race Director, Bill Harn at 784-0806(n) or 742-3906(d).

If anyone knows of a sound system that could be used race day, please call Bill at one of the numbers above.

**W.T.R.C. SOCIAL AND ELECTION MEETING**  
 ( See inside the front cover for details )

# Red Raider Road Race

15th Anniversary



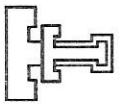
**5K & 10K  
Road Race**

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Running Club  
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Scholarship**

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Ex-Students  
Association



**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.**

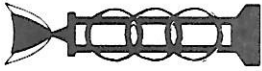
**For Further Information:  
Call Bill Harn, office (806) 742-3908 or  
home (806) 784-0806**

**Homecoming Weekend  
October 16, 1993**

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**WEST TEXAS RUNNING CLUB'S  
5th ANNUAL "SHALLOWATER STAMPEDE"  
10K and TWO MILE RUNS**



**SHALLOWATER STAMPEDE**

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

**WHEN:** SATURDAY, SEPTEMBER 11, 1993  
REGISTRATION; 7:00 A.M., on RACE DAY  
**RACE START;** 8:00 A.M., 10K and 2MI

**WHERE:** SHALLOWATER HIGH SCHOOL in Shallowater, TX

**COURSE:** MOSTLY FLAT, OUT and BACK ON ASPHALT,  
Precisely measured course, eligible for  
certification

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

**AGE DIVISIONS:**

**2 Mile**                      **10K**

	MALE	FEMALE	MALE	FEMALE
15 & Under	15 & Under	15 & Under	19 & Under	19 & Under
16 - 19	16 - 19	16 - 19	20 - 29	20 - 29
20 - 29	20 - 29	20 - 29	30 - 34	30 - 34
30 - 34	30 - 34	30 - 34	35 - 39	35 - 39
35 - 39	35 - 39	35 - 39	40 - 44	40 - 44
40 - 44	40 - 44	40 - 44	45 - 49	45 Plus
45 - 49	45 Plus	45 Plus	50 - 54	45 Plus
50 - 54	50 - 54	50 - 54	55 - 59	
55 - 59	55 - 59	55 - 59	60 Plus	
60 Plus	60 Plus	60 Plus		

AT LEAST 3 AWARDS WILL BE GIVEN IN  
EACH CATEGORY\*

\* Up to 50 percent of each division will  
receive awards.

RACE DIRECTOR: LARRY BYRD; (806) 832-4600