

CALENDAR

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

- AUG. 7 PRUDE RANCH RACES: Ft. Davis, Half-Marathon, 10K, 5K, Johnny Lemmons, 1-915-366-4947
- * AUG. 13 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 23rd and MLK BLVD. 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- AUG. 20 WEST TEXAS SENIOR SPORTS CLASSIC:(50+) 10K & 5K Roadraces, For information, call 767-2679
- AUG. 27 WOMEN'S DISTANCE FESTIVAL & CHASE AFTER THE WOMEN: 5K's, 7:30 A.M., Midland, call Alexandria (Alex) Rose, 1-915-694-4271
- * SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 11 DUKE CITY MARATHON: Albuquerque, Also 5K and Half Marathon, 505-890-1018,
- SEPT 17 H.O.S.T. RUN FOR RECYCLE: Hobbs, 8 A.M., 10K, 5K & 1 Mile RUN/WALK, Details Later, Entry forms to be mailed to members
- SEPT 17 HARVESTFEST 5K: Wolfforth, 5K run, 1 Mile children's, 8 A.M. Rodney Hendrix, 745-7754
- SEPT 24 RED RAIDER ROAD RACE: TTU Campus, 10K and 5K Certified, 8 A.M. George W. Jury, Race Director, 792-3291 (D), 792-1237 (N)
- * OCT. 8 PREDICTED TIME 5K: MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)
- OCT. 22 ALLSUP'S ANNUAL FALL ROAD RACES: Clovis, 5K, 10K, & Half Marathon, 505-769-2311
- OCT. 29 PUNKIN DAYS 5K: Floydada, 8 A.M., Julianne Cornelius, Race Director, 983-2982
- * NOV. 12 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 13 SAN ANTONIO MARATHON
- NOV. 24 W.T.R.C. TURKEY TROT: GUADALUPE PARK, 1st & Ave. "p", 9 A.M., 10 MILE & 2 MILE, \$12, Ron Key, Race Director, 792-9280 (n)
- DEC. 4 WHITE ROCK MARATHON
- * DEC. 10 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.

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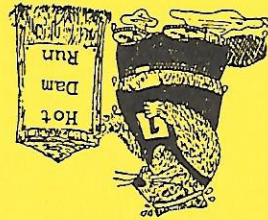
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Newsletter
P.O. Box 2921
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AUGUST 1994



HOT DAM 5 MILE RUN
8 A.M., Aug. 13, 1994
Details Inside Back Cover

August 1994

WEST TEXAS RUNNING CLUB

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O 741-2513 H 795-6019

JAMES LIVERMORE

O 762-5281 H 792-5815

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.

THE FIRECRACKER RUNS, THE FUTURE

The last few years, the club officers and directors have been thinking about abandoning this long standing race for several reasons. First, this race requires a large number of volunteers and it is difficult to get club members to help with a race this far outside Lubbock and on a 4th of July weekend holiday. Also, since the City of Lubbock has been staging a race on the 4th of July, and now Lamesa is too, this divides the pool of runners so that the races cannot be at full strength. We were fortunate that the last two years we have had assistance from the Brownfield Chamber of Commerce to help man the water stops. Some possibilities include the following: 1) Move the race to the Lubbock area and also move the date off of the July 4th, 2) Keep it in Brownfield but change the race date from July 4th, 3) Take over the 4th on Broadway races if that would be possible, 4) Change race distances. These are the oldest continuously run road races in Texas. If we move from Brownfield, the Firecracker Runs will lose this distinction. Attendance has been good, higher than any other monthly club race we hold. On the other hand, we don't necessarily want to be held hostage by tradition.

Club members' opinions are needed soon, as plans for next year's July race begin right now. Please put your suggestions in writing and mail to the WTRC, P. O. Box 2921, Lubbock, TX 79408.

"TEXAS" Oldest Continuous Road Race THE FIRECRACKER RUN TEN MILE ROAD RACE Brownfield, Texas July 4, 1994

PLACE	NAME	TOWN	AG	S	DIV	DIV	10	PACE	Perf
1	LEE TROOP	LEVELL AND	21	M	1	M2029	55:13	5:31	830
2	CHRIS TRUITT	LOVINGTON	19	M	1	M1619	59:07	5:55	775
3	LOLO MERCADO	LUBBOCK	34	M	1	M3034	1:01:23	6:08	747
4	JEFFREY JURY	LUBBOCK	33	M	2	M3034	1:01:23	6:10	743
5	CARLOS PEREZ	BROWNFIELD	18	M	2	M1619	1:03:25	6:21	723
6	TIM KEY	LUBBOCK	26	M	2	M2029	1:04:31	6:27	710
7	DANNY HERNANDEZ	LUBBOCK	18	M	3	M1619	1:04:49	6:29	707
8	JASON LEVINE	LUBBOCK	22	M	3	M2029	1:07:29	6:48	679
9	JOHNNY GARZA	SLATON	28	M	4	M2029	1:07:57	6:48	675
10	KEN WOODY	MIDLAND	37	M	1	M3539	1:08:09	6:49	673
11	DENNIS BELL	LUBBOCK	33	M	3	M3034	1:09:42	6:58	658
12	RANDY WOLCOTT	LUBBOCK	38	M	2	M3539	1:09:47	6:59	657
13	MATT SPEARS	LUBBOCK	35	M	3	M3539	1:10:28	7:03	650
14	ROGER LOPEZ, JR.	LUBBOCK	38	M	4	M3539	1:10:47	7:05	648
15	JOE POST	LUBBOCK	45	M	1	M4549	1:10:57	7:06	646
16	RICHARD FISCHENICH	LUBBOCK	47	M	2	M4549	1:13:52	7:23	620
17	RUSS GARNER	LUBBOCK	22	M	5	M2029	1:14:03	7:24	619
18	SUE SPITZ	LUBBOCK	32	F	1	F3034	1:14:43	7:28	613
19	ROBERT GUJARDO	LEVELL AND	51	M	1	M5054	1:15:55	7:36	604
20	DWAYNE OAKLEY	LUBBOCK	37	M	5	M3539	1:17:55	7:48	588
21	ROBBY TIMBERLAKE	LEVELL AND	46	M	3	M4549	1:18:06	7:49	587
22	GREGG KIRBY	BROWNFIELD	16	M	4	M1619	1:18:21	7:50	585
23	DAVID HIGGINS	LUBBOCK	41	M	1	M4044	1:18:31	7:51	584
24	AL GARDNER	LEVELL AND	38	M	6	M3539	1:18:41	7:52	583
25	GEORGE RAYHONS	LUBBOCK	45	M	4	M4549	1:18:43	7:52	582
26	BILL ROGER, SR	LEVELL AND	55	M	1	M5559	1:19:39	7:58	575
27	CHUCK JOHNSON	LUBBOCK	36	M	7	M3539	1:19:55	8:00	574
28	ROBERT LEPARD	MULESHOE	36	M	8	M3539	1:21:34	8:09	562
29	LARRY BYRD	SHALLOWATER	53	M	2	M5054	1:22:23	8:14	556
30	PERRY COLLINS	SAN ANGELO	24	M	6	M2029	1:22:45	8:17	554
31	MIKE KELLEY	SHALLOWATER	45	M	5	M4549	1:22:53	8:17	553
32	KEN MC EACHERN	LUBBOCK	53	M	3	M5054	1:23:14	8:19	551
33	FRANK GOODMAN	LITTLEFIELD	47	M	6	M4549	1:24:25	8:27	543
34	MAX KATTWINKEL	SHALLOWATER	26	M	7	M2029	1:24:29	8:27	543
35	JAMES LIVERMORE	LUBBOCK	47	M	7	M4549	1:25:27	8:33	536
36	BOB BERNERO	LUBBOCK	52	M	4	M5054	1:25:47	8:35	534
37	JIMMIE KEY	LUBBOCK	57	M	2	M5559	1:26:41	8:40	529
38	RICHARD BRAY	LUBBOCK	50	M	5	M5054	1:26:55	8:42	527
39	BRANDON NOVIAN	BROWNFIELD	19	M	5	M1619	1:29:27	8:57	512
40	TERESA GREER	LUBBOCK	43	F	1	F4044	1:29:37	8:58	511
41	JIM WILHELM	LUBBOCK	43	M	2	M4044	1:30:26	9:03	507
42	MIKE GREER	LUBBOCK	55	M	3	M5559	1:30:41	9:04	505
43	JENNA WOLCOTT	LUBBOCK	32	F	2	F3034	1:32:12	9:13	497
44	G. M. COX	CORSICANA	41	M	3	M4044	1:32:54	9:17	493
45	HUGH HAYNES	SLATON	62	M	1	M6099	1:35:52	9:35	478
46	RICKY BURRESCIA	LUBBOCK	40	M	4	M4044	1:36:22	9:38	476
47	HELEN BARRON	LUBBOCK	26	F	1	F2029	1:37:26	9:45	470
48	JACLYN MORIN	BROWNFIELD	15	F	1	F0115	1:38:27	9:51	466
49	WALLACE HUNTER	BIG SPRING	57	M	4	M5559	1:40:42	10:04	455
50	JAMES MORRIS	LEVELL AND	57	M	5	M5559	1:41:42	10:10	451
51	SHANNON HALE	BROWNFIELD	30	F	3	F3034	1:46:17	10:38	431
52	ADAM ANDREWS	LUBBOCK	40	M	5	M4044	2:03:54	12:23	370

"TEXAS' Oldest Continuous Road Race"
THE FIRECRACKER RUN THREE MILE ROAD RACE
Brownfield, Texas July 4, 1994

3 Mile Results, continued

PLACE	NAME	TOWN	AG	S	DIV	DIV	3	PACE	Perf
1	JOE PEREZ	LUBBOCK	21	M	1	M2029	16:21	5:27	774
2	BOB FINN	BIG SPRING	39	M	1	M3539	16:51	5:37	751
3	QUENT BEARDEN	LUBBOCK	19	M	1	M1619	17:00	5:40	744
4	TREY JERNIGAN	SUNDOWN	16	M	2	M1619	17:15	5:45	734
5	GARY SCHOVAJSA	MORTON	49	M	1	M4549	18:02	6:01	702
6	JASON WILLIAMS	LUBBOCK	18	M	3	M1619	18:04	6:01	701
7	TONY VALDEZ	LEVELLAND	15	M	1	M0115	18:07	6:02	699
8	JOHN HAWRONSKY	BROWNFIELD	41	M	1	M4044	18:09	6:03	697
9	FRANK SUMPTER, SR	LAMESA	40	M	2	M4044	18:20	6:07	690
10	KEN MARQUEZ	ANDREWS	37	M	3	M3539	18:31	6:10	683
11	RICK JERNIGAN	SUNDOWN	42	M	3	M4044	18:36	6:12	680
12	ERASMO ESPINOZA	LEVELLAND	16	M	4	M1619	18:54	6:18	670
13	CHRIS THOMAS	LUBBOCK	15	M	2	M0115	19:01	6:20	666
14	BRANT FRYAR	SUNDOWN	21	M	2	M2029	19:07	6:22	662
15	SHANNON ANDERSON	LUBBOCK	22	M	3	M2029	19:22	6:27	653
16	JOHN POVELONES	LUBBOCK	32	M	1	M3034	19:44	6:35	641
17	JUAN RODRIGUEZ	BROWNFIELD	32	M	2	M3034	20:11	6:44	627
18	BILLY PEREZ	LEVELLAND	16	M	1	M1619	20:19	6:46	623
19	SHERILL JOHNSON	HICO	44	F	1	F4044	20:25	6:48	620
20	HEATH EDWARDS	BROWNFIELD	14	M	3	M0115	20:54	6:58	606
21	KETH YAKTUS	LUBBOCK	35	M	3	M3539	20:58	6:59	604
22	GEORGE ANDERSON	BROWNFIELD	31	M	3	M3034	21:25	7:08	591
23	STEVE STALLINGS	STANTON	42	M	4	M4044	21:34	7:11	587
24	LUIS CARDENAS	LUBBOCK	42	M	5	M4044	21:39	7:13	585
25	VICTOR MARTINEZ, JR	CARLSBAD	13	M	4	M0115	22:09	7:23	571
26	NAAMAN MARTINEZ	CARLSBAD	12	M	5	M0115	22:13	7:24	570
27	ARA JERNIGAN	SUNDOWN	13	F	1	F0115	22:21	7:27	566
28	OTTO SPITZ	LUBBOCK	37	M	4	M3539	22:41	7:34	558
29	KAY LEPARD	MULESHOE	35	F	1	F3539	22:42	7:34	558
30	MARTY MANUEL	LUBBOCK	21	M	4	M2029	22:59	7:40	551
31	JERRY WRIGHT	LUBBOCK	55	M	1	M5559	23:04	7:41	549
32	ROBERT FORTNEY	BROWNFIELD	40	M	6	M4044	23:06	7:42	548
33	DAVID LIGHTNER	LUBBOCK	44	M	7	M4044	23:14	7:45	545
34	MARTIN HARMS	RANSOM CANYON	56	M	2	M5559	23:26	7:49	540
35	WENDELL BERRY	HOBBS	33	M	4	M3034	23:39	7:53	535
36	DANNY JOHNSON	HICO	51	M	1	M5054	23:41	7:54	534
37	CLINT RAMSEY	LUBBOCK	56	M	3	M5559	24:08	8:03	524
38	JOHN STALCUP	LUBBOCK	61	M	1	M6099	24:13	8:04	523
39	TOMMY DOEDERLEIN	LAMESA	30	M	5	M3034	24:34	8:11	515
40	JOANNE CUNNINGHAM	LUBBOCK	26	F	1	F2029	24:49	8:16	510
41	CHRIS SCOTT	LUBBOCK	30	M	6	M3034	25:08	8:23	504
42	CARLA MARDEN	MIDLAND	34	F	1	F3034	25:41	8:34	493
43	KIRBY BARR	HOBBS	17	M	6	M1619	25:51	8:37	490
44	AVEL ROCHA	MEADOW	41	M	8	M4044	26:00	8:40	487
45	BLAIR BENEDICT	LUBBOCK	33	M	7	M3034	26:14	8:45	482
46	JAY PADDOCK	FT. COLLINS	12	M	6	M0115	26:24	8:48	479
47	JOHNNY SCOTT	LUBBOCK	51	M	2	M5054	26:25	8:48	479
48	MIKE PADDOCK	FT. COLLINS	46	M	2	M4549	26:30	8:50	478
49	KASTY KING	BROWNFIELD	13	F	2	F0115	26:41	8:54	474
50	KYLE KING	BROWNFIELD	42	M	9	M4044	26:44	8:54	474
51	BETTY JOHNSON	LUBBOCK	35	F	2	F3539	26:44	8:55	473
52	BRUCE LOKEY	LUBBOCK	57	M	4	M5559	26:59	9:00	469
53	DWIGHT MANKIN	DALLAS	32	M	8	M3034	27:17	9:06	464
54	CORY OGLESBY	LUBBOCK	58	M	5	M5559	27:28	9:09	461
55	MARY KRENEK	LUBBOCK	36	F	3	F3539	27:41	9:14	457
56	MANUEL SANDOVAL	CARLSBAD	12	M	7	M0115	27:51	9:17	454
57	JOSIE ALEMAN	LUBBOCK	43	F	2	F4044	28:03	9:21	451

ONE MILE CHILDREN'S RUN

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	Eric Sandoval, Carlsbad	9	M	7:46	1st Overall Boy	
02	Adam Rodriguez, Brnfl.	9	M	7:55	1st 5th Grade B	
03	Kelsey Hinson, Brnfl.	9	M	8:23	1st 3rd Grade B	
04	Landon Lepard, Brnfl.	8	M	8:34	1st 2nd Grade B	
05	Casey Sumpter, Lamesa	9	M	8:40	1st 4th Grade B	
06	Beth Malone, Wolfforth	11	F	8:46	1st Overall Girl	
07	Jose, Lozano, Carlsbad	6	M	8:52	2nd 2nd Grade B	
08	Daren Oakeley, Lubbock	7	M	8:53	2nd 3rd Grade B	
09	Meredith Livermore, Lbk	10	F	9:12	1st 5th Grade G	
10	Andy Malone, Wolfforth	6	M	9:16	1st 1st Grade B	
11	Kate Lepard, Muleshoe	5	F	10:04	1st Pre School G	
12	Ashley Perez, Brnfl.	7	F	11:04	1st 2nd Grade G	
13	Megan Yaktus, Lubbock	10	F	11:46	2nd 5th Grade G	
14	Ashton Morris, Levelland	5	F	11:51	2nd Pre School G	
15	Blake Mankin, Dallas	4	M	11:58	1st Pre School B	
16	Ethan Novian, Brnfl.	9	M	12:10	3rd 3rd Grade B	
17	Dustin Oakeley, Lubbock	11	M	13:49	1st 6th Grade B	
18	Aaron Berry, Hobbs	10	M	NTA	2nd 5th Grade B	
19	Emily Mankin, Dallas	2	F	NTA	3rd Pre School G	
20	Sarah Cross, Levelland	4	F	NTA	4th Pre School G	

1995 RACE DIRECTORS NEEDED

Several races including the "Loop the Lake" will be needing race directors this next year. As has been mentioned elsewhere, this would not be a permanent position but service for two years would be appreciated. Of course being a race director involves a certain amount of work, but we have pretty good written guidelines and a lot of experienced support so don't be bashful--Let Jim Leser know you're willing to serve.

SHALLOWATER STAMPEDE

First year race director, Dwayne Oakeley, is soliciting helpers for the September 10th race. Some of us helped out at this race last year and still made it to Albuquerque for those races. So if you're going to Duke City and have not served as a volunteer yet, give Dwayne a call at 799-4473.

W.T.R.C. 1994 CHALLENGE SERIES STANDINGS AFTER SEVEN EVENTS

Table with columns: Name, PTS, MILES, EVENTS, 40-44 MALE, PTS, MILES, EVT., 45-49 MALE, PTS, MILES, EVT., 0-19 FEMALE, PTS, MILES, EVT., 20-29 FEMALE, PTS, MILES, EVT., 30-34 FEMALE, PTS, MILES, EVT., 35-39 FEMALE, PTS, MILES, EVT., 40-44 FEMALE, PTS, MILES, EVT., 45-49 FEMALE, PTS, MILES, EVT., 50-54 FEMALE, PTS, MILES, EVT., 55-59 FEMALE, PTS, MILES, EVT., 60-99 MALE, PTS, MILES, EVT., 30-34 FEMALE, PTS, MILES, EVT.

25TH ANNIVERSARY OF THE FIRECRACKER RUNS

Brownfield, Texas July 4, 1994 Race Director's Report

The Firecracker Runs were conceived in 1969 by James Morris, South Plains College head track coach, at a time when running hadn't become very popular. From it's small beginnings with about 20-25 entrants, this race has stood the test of time, being conducted for 25 consecutive years--qualifying it as Texas' oldest continuous run road race. Coach Morris returned to Brownfield to run in the 10 miler and celebrate the Firecracker Runs' silver anniversary with 146 other runners. Twenty-three children, 73 three milers and 51 ten milers filled out the field. The Achilles Track Club had good representation at the races. During the awards ceremony, the Road race was commemorated with a special cake prepared by Elsa Bone and James Morris was given a check for \$100 to support the SPC track program.

We had great publicity with several notices appearing in the AJ in the weeks preceding the races. There was also an article on James Morris and the Firecracker Runs in the AJ the day before the races as well as complete race results the following day. Both channel 11 and 28 did a recap on the races on the evening news and the Brownfield paper also ran articles.

The actual races went off without a hitch thanks entirely to the wonderful volunteer group including: course marshal Joe Martinez; timing and registration assistants Ron Key, George Jury and Pat Jury; water stop volunteers Tony Aleman, Eva Martinez, and Jim Deaver; and split timer and tag puller Jon Omdahl. Jean Leser and Ben Leser also helped at a water stop. The Brownfield Chamber of Commerce provided Redcoats Joe Dan Mcbeth, Verlan Leavelle, Larry Frye, Rodney Keeton and Tony Phillips to help man water stops; and Redskirt Juanita Allen to assist with finish line refreshments. The addition of chamber volunteers allowed us to have another water stop, a welcome addition with the warm conditions we have been experiencing. Special recognition is given to Doris Stalcup, Jose Aleman and Michele Jones. These people stepped in to help this hurried race director when he needed additional help. These volunteers took time to travel to Brownfield to help with the race during the busy fourth of July weekend, missing out on some of the special activities in Lubbock's 4th on Broadway. We need many more volunteers just like these. I've noticed that the same people seem to be volunteering each time!

Finish line refreshments included oranges, bananas donated by James Bone and the Fleming Company, water by the Sierra Spring Water company, and ice by John Hartsfield Texaco. T-shirts were produced by Action Sports and medals by Cardinal's Sports Centers. The T-shirts, which featured a Dirk West running firecracker cartoon, were provided at no additional cost if runners met the pre-registration deadline. New medals were created with the help of George Jury and also featured the same cartoon character. They also sported a blue ribbon with the words "25th Anniversary" silk screened on each side of the medal.

The races resulted in 86 runners receiving medals. The weather cooperated by staying cloudy and cooler than it had been all week with the race start temperature hovering around 76 degrees. An east wind kept runners relatively cool going out but made for a hot return trip. No course records were broken although Lee Troop from SPC gave it his best as overall male winner in the 10 miler with a time of 55:13. With some competition to push him along, I believe the 1990 record of 52:34 would have been in danger. Sue Spitz was the overall woman's winner at the 10 mile distance. Joe Perez and Sherrill Johnson were the overall winners at the 3 mile distance. Sherrill also broke the 1984 age group record for 40-44 by 1:24, recording a finishing time of 20:25. Congratulations Sherrill! The former Sherrill Easterling held the women's 10 mile course record until it was broken by Marjory Stewart. Extending their race attendance streaks were James Livermore with 16 years and Jim Wilhelm with 14 years. Robert Lepard also returned to run the 10 miler having run as a child in the first races 25 years ago.

Again, thanks to everyone for coming out and either volunteering or running in the races. You made this a successful 25th anniversary celebration! Jim Leser

** = RACE DIRECTORS * = VOLUNTEER

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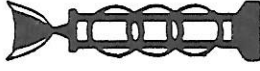
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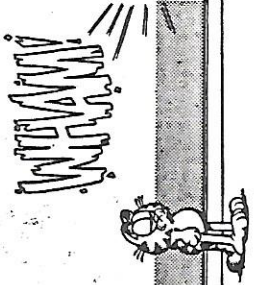
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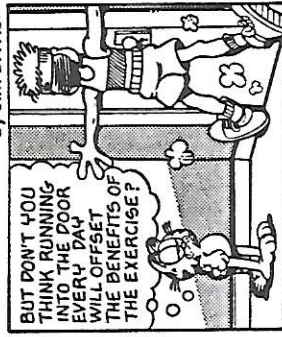
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By JIM DAVIS



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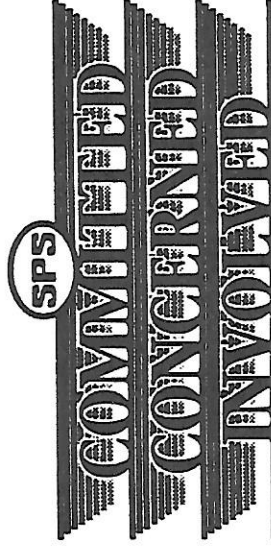
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NOMINATING COMMITTEE

The nominating committee has been named consisting of James Bone, Chairman, Eva Martinez, and Josie Aleman. The committee is required by the by-laws to have a slate of officers for the upcoming year presented at the August meeting of the club. The committee has already been busy contacting club members about potential service. If you have not been contacted and would like to be more involved in the club activities, please call James Bone at 747-2448 (D) or 792-8390 (H). Several of the existing officers have served for many years and need a deserved break. It would be nice if a prospective officer would commit to two years service since much of the first year is spent getting your feet on the ground. No one position is too hard if each officer accomplishes his or her assigned task. It is important for an elected officer to attend the monthly meetings. A ballot will be inserted in the next newsletter.

VOLUNTEERS EXTRAORDINAIRE

Club members David Preston and Kevin Lair did a superb job putting on the "IT'S SO EASY DUATHLON", May 22nd. I apologize for neglecting to mention them and the other club members who assisted them in the last newsletter. Other members on hand to help were George Jury, Ron Key, Larry Byrd, Bill Roger, Joe Martinez, P. J. Mitchell, Mike Kelley, Jon Omdahl, Helen Barron, Tommy Parrish and Robby Timberlake.

Club members spending a long, hot day at the "BUFFALO SPRINGS LAKE TRIATHLON" were George Jury, Jon Omdahl, Jim Leser, Marjory Stewart, Michelle Jones, Richard Bray, Maurine Bray, P. J. Mitchell, James Bone, Ron Key, Ken McEachern, Keith, Tamara, Megan, and Drew Yaktus, John, Johnny and Sue Povelones, George Rayhons, Larry Reno, David Skelton, Joe and Eva Martinez, Larry Byrd, and Jim Deaver. David Preston supervised the bike course support and Johnny Scott helped out at the finish line. If I left anybody out, it was unintentional. I want to especially thank Jon Omdahl for additional help on the Saturday afternoon prior to the race.

THANK YOU !!

Many thanks to the following club members and community members for their assistance in promoting the West Texas Running Club, the Lubbock Achilles Track Club, and for selling Achilles Raffle tickets during the Buffalo Springs Triathlon Expo and at United Supermarket:

P. J. Mitchell, James Bone, Rebecca Ramazani, Bob Bernero, Josie Aleman, Terri, Richard Bray, Rick Sybert, Roger Lopez, David Higgins, Mike Jones. Sincerely, Michelle Jones

ACHILLES VOLUNTEERS NEEDED !!

Volunteers are needed to accompany Achilles athletes during their weekly work-outs. The Achilles Track Club is an affiliate of the West Texas Running Club and Achilles athletes are persons with any kind of disability. Disabilities represented are varied. Volunteers are matched to athletes based upon personalities, temperaments, fitness levels and competitive ambitions. TO VOLUNTEER, PLEASE CALL MICHELLE JONES at 766-0282 or 793-2825. This may be the most rewarding experience of your life!

FIRECRACKER SHIRTS

A few extra of the great looking T Shirts were ordered for you club members who might want one at cost, \$5.25. First come, first served, call Jim Leser at 794-2474 to reserve one.

HOT DAM 5 MILER PRE-REGISTRATION

Name: _____ () M () F Age on 8/13/94: _____

Address: _____ City: _____ State: _____ Zip: _____

Day Phone: () _____ Night Phone: () _____ T-Shirt Size: M L XL

Race Director: P. J. Mitchell, 794-0135 Pre-registration by August 10, 1994

The first 100 registered participants will receive T-shirts.

Race Fees :

WTRC members \$5.00 Paid _____ Please make checks payable to: West Texas Running Club
Nonmembers \$6.00 Paid _____ Mail to: Ron Key
Total Paid _____ 3208 67th Street
Lubbock, Texas 79413

WAIVER STATEMENT - ENTRY NOT VALID IF NOT SIGNED: In consideration of the acceptance of my entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in these events, or while I am on the premises of these events; and I hereby release and hold harmless any sponsors, promoters, persons, or entities associated with these events, including the West Texas Running Club, from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters, or other persons, or entities associated with these events, including the West Texas Running Club, or their agents or employees, or otherwise. I attest and verify that I am physically fit and have sufficiently trained for competition in these events. For insurance purposes; baby strollers, roller blades and walkman-type radios will not be permitted. I have read the foregoing and certify my agreement by my signature below.

Signature: _____ Date: _____

Parent/Guardian Signature (if under 18 years of age): _____

SUMMER SOCIAL, JUNE 25, 1994, ZOO-KINI'S

Our summer social was held at Zoo-Kini's on 82nd Street this year. I would like to thank everyone who attended. It was a success with great food and service. The weather was a little bit hot, but overall everyone had a great time. Many sincere thank yous are in order. Thanks to all the businesses who donated our fine door prizes. I really appreciate Zoo-Kini's for their service and support of the West Texas Running Club. I would also like to thank Richard and Maurine Bray for their support and for handling the drawing. Thanks to Michelle Jones for her help.

To all of you who attended: you made it a success! P. J. Mitchell

CONGRATULATIONS!

To David and Dawn Sumrell on the birth of their son. And, also to Ronald F. Key and Arden Pemberton on their marriage, July 12, 1994, in Carmel, California.

TRIATHLON RESULTS

MILKMAN TRIATHLON, Dexter, NM, June 4, 1994

Finishing in the top 50 of a total of 290 athletes, were (MEN): 24th, David Preston, 1:05:35, 30th, Chris Pruitt, 1:05:55, 38th, Dennis Bell, 1:07:30. Of the women, Karen Hagner was 4th, 1:08:05 and Brenda Campbell, 40th at 1:33:45

BUFFALO SPRINGS LAKE TRIATHLON, June 26, 1994

Eight WTRC members finished the half-ironman event at Buffalo Springs Lake, conquering the distance, the wind, the hills, and the 110 degree temperature. There were 360 who finished the swim portion, but only 301 were able to complete the event. Leading the way for club members was Tim Key with a time of 4:46:21 for 38th place overall, and 7th 25-29 age group. Jeffrey Jury was next in 4:49:17 for 44th place overall, and 8th 30-34 age group. Karen Hagner 5:46:47, 166th overall, 6th 35-39 age group. Robbie Timberlake 5:58:13, 193rd overall, and 9th 45-49 age group. Miles Hyman 6:05:55, 207th overall, 1st 55-59 age group. Dennis Bell 6:06:16, 208th overall, 32nd 30-34 age group. Randall Wolcott 6:42:37, 248th overall, 32nd 35-39 age group. Kay Fellows 7:20:02, 285th overall, 10th 35-39 age group.

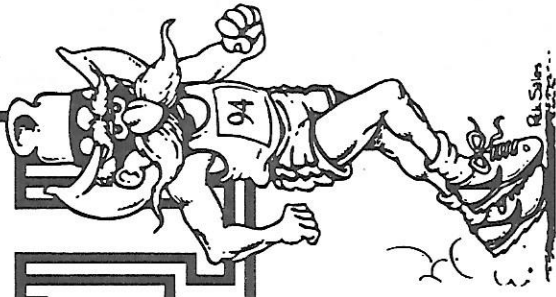
Winning the female team event were Brenda Campbell, swimmer, Kathy Phillips, bicycle, Chris Strathman, runner, with a time of 6:03:21. The winning co-ed relay consisted of Erin Fuller, swimmer, Kevin Lair, bicycle, and Bret Peikert, runner, with a time of 4:17:15. David Higgins ran the half marathon for the 3rd place co-ed team with a time of 5:35:36. Tommy Parrish rode the bike and Bill Harn ran for the Methodist Hospital co-ed team with a time of 5:39:40 for 4th place. Very outstanding efforts were Kevin Lair's 9th fastest bike time and Brett Peikert's 4th fastest Half-marathon time.

A WORD OF THANKS FROM THE TRIATHLETES

A great many thanks to all of our WTRC friends who gave up their Sunday to man the water stops at the Buffalo Springs Lake Triathlon. Since you all unselfishly spent many hours out in the hot sun, we were able to do the same. It was so refreshing to participate in such an event with volunteers who knew of the athlete's need for full water cups, and encouraging words. It was good to see so many familiar faces while we were competing in an event we enjoy. Thanks again. Sincerely: Dennis Bell, Brenda Campbell, Erin Fuller, Karen Hagner, Bill Harn, David Higgins, Jeffrey Jury, Tim Key, Kevin Lair, Tommy Parrish, Brett Peikert, Chris Strathman, Robby Timberlake, and Randy Wolcott.

The 13th Annual

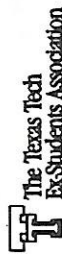
BEER RAIDER ROAD RACE



5K AND 10K
SPONSORED BY:



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**HOMECOMING WEEKEND
SEPTEMBER 24, 1994
TEXAS TECH UNIVERSITY
LUBBOCK, TEXAS**

A \$12 registration fee will be collected by the West Texas Running Club. A portion of this fee goes toward academic scholarships sponsored by the Texas Tech Ex-Students Loyalty Fund.

Race begins at 8 a.m. at the Rec Center. For more information, contact George Juy: (806) 792-3291 (806) 792-1237 after 6 p.m.

ASSISTANT RACE DIRECTOR

George Rayhons has agreed to be Assistant Race Director for this year and move on to Director next year. George joined the club last year after retiring from the Navy and works for A.G. Edwards.

THE "HOT DAM RUN"
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
5 MILES

COURSE RECORDS (Since 1988)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Jay Winfrey	Sundown	11	39:43	1990
13-15	Trey Jernigan	Sundown	15	30:27	1993
16-19	Frank Sumpter, Jr.	Lamesa	17	28:32	1992
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Kigen Wilson	Plainview	30	26:38	1988
35-39	Bill Harn	Lubbock	38	30:00	1992
40-44	Tom Nisbett	Lubbock	43	31:04	1993
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60+	Don Sanderson	Tulia	63	36:30	1993

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Regina Ortega	Lubbock	18	34:29	1989
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Christina McKinnis	Lubbock	35	35:48	1989
40-44	Josie Aleman	Lubbock	41	41:14	1992
45+	P.J. Mitchell	Lubbock	45	44:56	1991

* OVERALL COURSE RECORDS

PRE REGISTRATION

As mentioned on the race flyer to the right, T shirts will be provided to the first 100 to sign up. In order to make race day registration less hectic and to assure club members first chance at the shirts, pre registration is available again for this race. Please fill out the form on the back of page 9 and return it promptly.

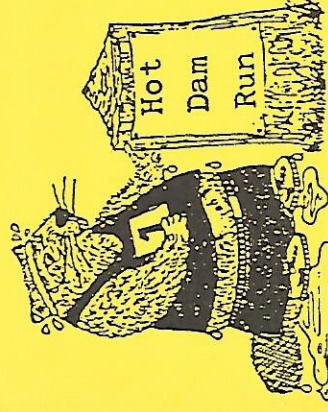
WEST TEXAS RUNNING CLUB'S
7th ANNUAL "HOT DAM RUN"
5 MILES

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&

DR. DAVID B. GREGORY



EVENT NUMBER 8 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, AUGUST 13, 1994
REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY
RACE START; 5 MILE; 8 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA
(near waterfall on Canyon Lake 6) East of
MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO
SHORT STEEP HILLS, SEVERAL LESS FORMIDABLE
HILLS

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

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59; 60+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; and 45+

AWARDS: T SHIRTS For the First 100 Entries

Newly designed medals will be awarded to the first three or up to 50 percent in each age group.

RACE DIRECTOR: P.J. Mitchell at 794-0135