

# CALENDAR

December 1994

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- DEC. 3 **JINGLE BELL RUN:** NAUTILUSS FITNESS CENTER, 87th and Memphis, 9 A.M., 5K & 10K, \$9 EARLY, \$12 LATE, Paul Moore, 795-0931
- DEC. 4 **WHITE ROCK MARATHON:** (214) 526-5318
- \* DEC. 10 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)
- DEC. 13 **Monthly W.T.R.C. meeting,** Jim Leser's, 5517 74th St.
- DEC. 16 **W.T.R.C. HOLIDAY SOCIAL, Pot Luck supper 6:30 P.M., BAILEY'S BOOKSTORE, 4835 50th St. Call Maurine Bray for info 745-9074**
- \* JAN. 14 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 9 A.M., Richard Bray, Race Director, (w)745-0174, (h)745-9074
- JAN. 15 **HOUSTON-TENNECO MARATHON:** (713) 864-9305
- \* FEB. 11 **COTTONPATCH RUN:** FRENSHIP HIGH, Wolfcorth, 9 A.M., 4 & 8 Miles David Higgins, Race Director, 744-5333(D), 744-8328(N)
- FEB. 12 **RIVER CITY 10 MILER:** Austin, John Ferguson, (512) 282-4175
- FEB. 25 **FORT WORTH COWTOWN MARATHON & 10K:** (817) 735-2033
- MAR. 5 **MOTOROLA AUSTIN MARATHON:** (512) 891-6000
- \* MAR. 11 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- APR. 1 **THE RACE FOR KIDS 5K:** Open 5K, Memorial Circle, TTU Campus, Marjory Stewart, Race Director, 742-3013(D), 792-1085(N)
- APR. 1 **MARATHON OF THE GREAT SOUTHWEST:** Abilene, (915) 677-8144
- \* APR. 8 **FLIGHT LINE RACES:** REESE AFB, 9 A.M., 2 Mile, 10K, and Half-Marathon, Ken McEachern, Race Director, 792-2639
- APR. 22 **ROARING SPRINGS SPLASH & DASH:** Roaring Springs, 10K & 2 Mile, 9 A.M., Joey Thacker, Race Director, 348-7560
- \* MAY 13 **HORSESHOE BEND SPRING FROLIC:** 9 A.M., N. of Slaton, 11, 6 & 2 Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(r)
- \* JUNE 10 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8 A.M., 10K and 2 Mile, Bill Roger, Race Director, 894-7911

## \*\* 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.

Season's Greetings  
from  
The Officers and Directors  
of the  
West Texas Running Club



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
DECEMBER 1994



December W.T.R.C. Race  
RED LINE CROSS COUNTRY  
December 10, 1994  
(Details inside Back Cover)

# WEST TEXAS RUNNING CLUB

## OFFICERS

### PRESIDENT:

JIM LESER  
(H) 794-2474 (O) 746-6101

### INTERNAL VP:

MARJORY STEWART  
(H) 792-1085 (O) 743-2153

### EXTERNAL VP:

JON OMDAHL  
(H) 794-7823 (O) 766-0600

### SECRETARY:

BILL ROGER  
(H) 894-7911

### TREASURER:

DAVID HIGGINS  
(H) 744-8328 (O) 744-5333

### PAST PRESIDENT:

RONALD KEY  
(H) 792-9280 (O) 747-4678

## DIRECTORS

MAURINE BRAY  
(H) 745-9074

BILL HARN  
(H) 784-0806 (O) 742-3908

GEORGE W. JURY  
(H) 792-1237 (O) 792-3291

JAMES LIVERMORE  
(H) 792-5815 (O) 762-5281

DWAYNE OAKELEY  
(H) 799-4473

LARRY RENO  
(H) 795-6019 (O) 741-2513

*W.T.R.C. Races are usually held on the second Saturday monthly*

The December Board Meeting will be held at 5517 74th St. on December 13th at 7 PM and the yearly general business meeting will be held on Friday December 16th as described below.

\*\*\*\*\*

## HOLIDAY SOCIAL

December 16, 1994 is the date for the annual general membership meeting which will be held in conjunction with a holiday social and the annual awards presentation.

This will be a pot luck supper held at BAILEY'S BOOKSTORE at 4835 50th Street. We always have a wonderful time at these gatherings, so cook up a dish or two, enough to feed your family plus one, and we'll surely have enough for all. Bring a serving spoon for your food and the club will furnish the drinks and all sundry items. There will be door prizes as well.

The main business to be conducted will be a vote on the proposed changes to the constitution and by-laws which were approved at the November board of directors meeting. Copies of both the old and the proposed documents will be made available at the Buffalo, Turkey Trot and Red Line races, for those interested. If you cannot get to the races, call Jim Leser to get a copy at 794-2474.

For information, please call Maurine Bray at 745-9074.

## THE 22nd ANNUAL BUFFALO WALLOW RACES 2 MILE OVERALL RESULTS

SATURDAY, NOVEMBER 12, 1994  
BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

PLACE NAME	TOWN	AGE	S	DIV	PLACE	2 MILE	PACE	PerF
1 RICHARD BAIYWO	LUBBOCK	20	M	1	M2029	10:09	5:05	808
2 RUSSELL REYES	LEVELLAND	17	M	1	M1619	11:05	5:33	740
3 TODD MANN	LUBBOCK	28	M	2	M2029	11:06	5:33	739
4 J J HOLLINGSHEAD	LUBBOCK	22	M	3	M2029	11:13	5:37	732
5 FRANK SUMPTER SR	LAMESA	41	M	1	M4044	11:15	5:38	729
* 6 JIM LESER	LUBBOCK	48	M	1	M4549	11:17	5:39	727
7 ROBERT GUAJARDO	LEVELLAND	52	M	1	M5054	12:26	6:13	660
8 THOMAS BAKER	LUBBOCK	17	M	2	M1619	12:33	6:17	654
9 CHRIS THOMAS	LUBBOCK	15	M	1	M0115	12:37	6:19	650
10 TIM ST. ONGE	LUBBOCK	23	M	4	M2029	12:52	6:26	638
* 11 ANGELA WELSH	TARZAN	15	F	2	M0115	13:04	6:32	628
12 FRED WEBER	LUBBOCK	43	M	2	M4044	13:25	6:43	612
13 HOPE JIMINEZ	LAMESA	10	F	3	M0115	13:43	6:52	598
14 CHERYL WEBER	LUBBOCK	41	F	1	F4044	14:08	7:04	581
15 DAVID LIGHTNER	LUBBOCK	45	M	2	M4549	14:20	7:10	572
16 PHILLIP MALONE	WOLFFORTH	9	M	4	M0115	15:10	7:35	541
17 HENRY SAMARRON	LEVELLAND	21	M	5	M2029	15:13	7:37	539
18 MARY LOU JIMINEZ	LAMESA	12	F	5	M0115	16:01	8:01	512
19 MICHELLE ZEMANEK	LUBBOCK	24	F	1	F2029	16:21	8:11	502
20 JOSH OSBORN	LUBBOCK	15	M	6	M0115	16:51	8:26	487
21 AMANDA CASTRO	LUBBOCK	22	F	2	F2029	17:13	8:37	477
22 RICK LAMPE	LUBBOCK	50	M	2	M5054	17:20	8:40	473
23 DEE PENA	CROSSBYTON	59	M	1	M5559	17:33	8:47	468
24 JENNIFER MOSQUEDA	LUBBOCK	32	F	1	F3034	20:22	10:11	403
25 MARGUERITE JIMINEZ	LAMESA	5	F	7	M0115	21:27	10:44	383

\* New Age Group Records

## RACE DIRECTOR'S REPORT

At breakfast the temperature was 49 and it looked like a perfect day for the 22nd running of this race, but by 7 A.M. the humidity reached 100 percent and made conditions a little unpleasant. I am sure that the moisture laden clothes were a bit heavy by the time the long race was over.

A total of 6 new Age Group records were set; by Angela Welsh, 15 and Jim Leser, 48, in the 2 Mile and by David Lard, 57, Mary Jo Rapini, 36, Teresa Greer, 43, and new club member, Melissa McLeod, 46, in the Half-Marathon. I want to thank a really super bunch of volunteers who made this race a big success. They are, Pat Jury, Joe Post, Keith Yaktus, Dennis Bell, Jon Omdahl, Tony and Josie Aleman, P.J. Mitchell, Eva Martinez, Ron Nugent, David Skelton and James Livermore.

George W. Jury

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

WEST TEXAS RUNNING CLUB'S  
22nd ANNUAL BUFFALO WALLOW RACES  
NOVEMBER 12, 1994  
HALF MARATHON OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AGE, S, DIV, PLACE, 13.1 M, PACE, PerF. Lists race results for 13.1 mile half marathon.

Table with columns: PTS, MILES, EVENTS, EVT., MILES, PTS, MILES, EVT. Lists overall standings for 40-44 Male, 45-49 Male, 0-19 Female, and 20-29 Female.

\* New Age Group record

\*\* = RACE DIRECTORS \* = VOLUNTEER

### LESER'S LINES

The year is fast coming to a close with only the Redline 4 Mile Cross Country Race left to complete the Challenge Series. We've had good participation in our 12-event series and expect to continue it for 1995. If you have any suggestions pertaining to the Challenge Series format or any of the races that make up the series, please give one of the officers or directors a call. We are always interested in constructive suggestions. The guidelines for the Challenge Series will need to be announced in the next newsletter to be mailed the end of December--therefore time is of the essence if you want to contribute your ideas.

The revised version of the club's constitution and by-laws was approved at the November board meeting. They must now be approved by the general membership at the December Social, which is our annual membership meeting. If you want to review the new and old version of these documents, copies will be available at the Turkey Trot and Redline races, as well as at the next board meeting and from your truly. The board feels that the suggested changes, which amount to a major revision, will improve the clarity of these documents while enhancing the operation of the WTRC.

Other items discussed at the November board meeting included the following: We need race directors for the July and October races next year. Please volunteer now so that we can complete the 1995 calendar of events. A committee was appointed with Marjory Stewart as chair to establish our policy and guidelines pertaining to sanctioning races. Achilles Club monies will be placed in a CD to gain higher interest and to separate these funds from the club's savings account. The Jingle Bell Runs need volunteers. Give Jon Omdahl a call. Many club members will be out-of-town at the White Rock Marathon---volunteers will be in short supply.

The Christmas Social is coming along well under the direction of membership director Maurine Bray. This year's social will again be held at the Bailey's Bookstore meeting room at 4835 50th. Plan to arrive at 6:30 p.m. with dinner commencing at 7:00 p.m. This will be a potluck supper---bring your favorite dish. Drinks, plates, and eating utensils will be furnished. Following dinner we will have the Challenge Series awards presentations. The final activity will involve a gift exchange game similar to the one we had last year. Bring one gift per family (not to exceed \$5 value) if you want to participate. Remember, this is a family affair--kids are welcome! Let's party!

We all owe P.J. Mitchell a round of applause. P.J. has continued to sell club merchandise through her "store" at running events. Her efforts have turned a tidy profit for the WTRC. James Bone has been her able assistant. The store not only sells a line of new merchandise, which P.J. is constantly adding to, but also is providing a means for us to reduce stocks of T-shirts left over from previous races. Prices are not bad either. If you have any suggestions of items that P.J. should stock at her store, give her a call at 794-0135.

The WTRC promotes long distance running. This has included race distances from one mile kids runs to half marathons. The effort that goes into running any of these events, regardless of distance, can and often does represent a runner's best effort. Competing in a 5K is not a lesser effort than competing in a 10 miler! One event requires more speed while the other requires more endurance. As we get older we tend to move more toward the endurance events as our ability for speed diminishes. There is no doubt that older runners often have the mental edge when it comes to endurance events and younger competitors have the edge when speed is needed. But don't become elitist when it comes to distance events. More miles is not better! If this were true then pros and Olympians that specialize in the shorter distance events would be lesser runners when compared to those who choose to compete in marathons. This just isn't true. If you think that running a best effort 10K is any less an effort than running a best effort half marathon, you aren't being honest with yourself. Maybe you haven't tried running your best effort at a shorter distance lately. Give it a try before you become a mileage elitist. We need to be encouraging runners competing in all events, regardless of distance.

In closing out the 1994 racing season I'd like to leave you with a little food for thought. If running has become almost like another job. If you are approaching burn out and no longer look forward to competing in running events. It is time to make an assessment of your goals. While it might be fun to beat a fellow competitor in a close race or set a PR in another race or distance, this isn't what running should be all about. It should be about health, camaraderie with fellow runners, reinforcing self-esteem and fun. If the fun has left your running you probably need to change your training program, events that you compete in and competitive goals. You might even try more cross training and try a duathlon or triathlon. More on cross training next month. See you out there pounding the pavement.

### ALLSUP'S 20th ANNUAL FALL ROADRACES

Twenty two W.T.R.C. members completed one of the 4 races offered by the 20th Annual ALLSUP'S FALL ROAD RACES in Clovis October 22, 1994. Compared to last year's -7 windchill, the weather was perfect for the total of 229 finishers. Club members' results are as follows:

Name	Age	Div Place	Time	Overall Place
<b>HALF-MARATHON</b>				
James Boddy	25	1	1:19:06	2
Marjory Stewart	35	1	1:23:16	3
Bill Leser	48	1	1:24:14	4
Bill Roger, Sr.	55	2	1:37:53	20
Joe Martinez	49	7	1:38:08	21
George Rayhons	45	8	1:39:53	22
Larry Byrd	53	3	1:40:14	23
Chuck Johnson	37	12	1:44:28	29
P.J. Mitchell	49	1	1:49:18	33
James Bone	55	8	1:51:45	35
Teresa Greer	43	2	1:53:46	36
Robert Bernero	52	9	1:54:34	38
Jim Wilhelm	44	9	1:55:12	39
Mary Krenek	36	2	2:16:06	47
<b>10K Run</b>				
Cecilio Santana	40	6	46:50	25
<b>5K Run</b>				
Quinn Smith	34	2	16:58	2
Jackie Cannon	38	5	20:05	13
Shannon Anderson	23	5	20:03	14
Don Sanderson	64	1	20:44	19
Wendell Berry	33	9	24:11	37
<b>ONE MILE Run</b>				
Jay Truitt	16	1	4:57	1
Ian Stewart	6	7	7:48	26

### RED RIBBON 10K RUN

PLACE NAME	TOWN	AGE	S	DIV	PLACE	TIME
<b>W.T.R.C. MEMBER RESULTS</b>						
3 JOHNNY GARZA	SLATON	28	M	2	M2029	38:59
4 SHANNON ANDERSON	LUBBOCK	23	M	3	M2029	40:48
7 JOE POST	LUBBOCK	45	M	2	M4049	43:08
9 JOE MARTINEZ	LUBBOCK	49	M	3	M4049	45:19
10 JIM DEAYER	SAN ANGELO	37	M	1	M3039	45:19
11 KAREN HAGNER	LUBBOCK	35	F	1	F3039	45:58
12 DWAYNE OAKELEY	LUBBOCK	38	M	2	M3039	46:13
13 CHUCK JOHNSON	LUBBOCK	37	M	3	M3039	46:17
16 MARK JENNINGS	LUBBOCK	38	M	4	M3039	46:37
19 BOB BERNERO	LUBBOCK	52	M	1	M5099	48:15
20 DAVID LIGHTNER	LUBBOCK	45	M	5	M4049	48:21
21 RICHARD BRAY	LUBBOCK	50	M	2	M5099	48:30
22 JAMES BONE	LUBBOCK	55	M	3	M5059	49:14
23 JOHN STALCUP	LUBBOCK	61	M	4	M5099	49:54
24 MELISSA MCLEOD	LUBBOCK	46	F	1	F4099	50:19
25 RON KEY	LUBBOCK	51	M	5	M4049	51:54
27 JIM WILHELM	LUBBOCK	44	M	6	M4049	53:43
29 RODGER MITCHELL	LUBBOCK	46	M	8	M4049	54:35
30 BETTY JOHNSON	LUBBOCK	36	F	2	F3039	55:37
32 RICHARD FISHENICH	LUBBOCK	48	M	9	M4049	1:03:25

October 29, 1994

6th ANNUAL PUNKIN DAYS 5K

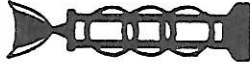
OCTOBER 29, 1994 FLOYDADA, TEXAS

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
01	James Boddy, Lubbock	25	M	18:18	1st 19-29	
02	Frank Rossi, Clovis	30	M	18:30	1st 30-39	
03	Glen Panaro, Clovis	32	M	18:40	2nd 30-39	
04	Jim Leser, Lubbock	48	M	18:42	1st 40 +	
05	Frank Sumpter, Lamesa	40	M	19:18	2nd 40 +	
06	Randy Wolcott, Lubbock	38	M	20:00	3rd 30-39	
07	Lawrence Nelson, Lubbock	22	M	20:26	2nd 19-29	
08	George Jury, Lubbock	58	M	20:47	3rd 40 +	
09	Fidel Blanco, Lockney		M	21:06		
10	Jackie Cannon, Amarillo		M	21:13		
11	George Rayhons, Lubbock	45	M	21:58		
12	Andrea Aquinaga, Tarzan	16	F	22:14	1st F	
13	Tim Doran, Amarillo		M	22:25	3rd 19-29	
14	Craig Woods, Amarillo	40+	M	23:47		
15	Bernice Nelson, Lubbock		F	24:20	2nd F 14-18	
16	Alesia Quiton, Clovis		F	24:24	1st F 19-29	
17	Ron Seal, Lubbock		M	24:45		
18	Jenna Wolcott, Lubbock	32	F	25:12	1st F 30-39	
19	Bill Harbin, Floydada	40+	M	25:23		
20	Grant Hambright, Floydada		M	26:50		
21	William Hopkins, Lubbock		M	26:59		
22	Rickey Gonzales, Floydada		M	27:00		
23	Mary Krenek, Lubbock		F	22:23	2nd F 30-39	
24	Buckie Fairchild, Amarillo	40+	M	27:47		
25	Matthew Zhine, Flagstaff	40+	M	28:46		
26	Amanda Castro, Lubbock		F	29:39	2nd F 19-29	
27	Jason Hafner, Houston		M	29:46		
28	Wallace R. Dean, Amarillo	40+	M	29:52		
29	Brenda Robinson, Panhandle	40+	F	30:25	1st F 40 +	
30	Dee Pena, Crosbyton	40+	M	31:18		
31	Ryn Wu, Lubbock		F	31:42	3rd F 19-29	
32	Jennifer Trotter, Lubbock		F	31:49		
33	Sandra Humphrey, Panhandle	40+	F	32:53	2nd F 40 +	
34	Gayle Blackmon, Lubbock		F	33:14	3rd F 30-39	
35	Elizabeth Jendrzey, Lubbock		F	33:55		
36	Walker Stradley, Seminole		M	34:22		

Race Director, Julianne Cornelius expresses her thanks to the W.T.R.C for our support of this "fun" race, and promises to make it better next year by increasing the number of age groups and excluding the overall winners from the age group awards. The trophies were really nice ones. As usual, the 1995 race will be held Halloween weekend, October 28, 1995

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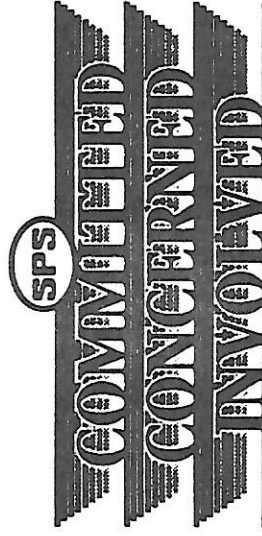


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## W. T. R. C. NEWS & NOTES

### SUNDOWN HIGH SCHOOL \*\*\*\*\* STATE CROSS COUNTRY CHAMPS

Coach Ken Jernigan's Roughnecks reached the pinnacle of success again this year after a win in 1992 and a second in 1993. Four of his runners were in the top eight capped by a first place finish for Michael Serna, a fifth place for sophomore Trey Jernigan, a sixth place for Gary Serna, and an eighth place for Jesse Hernandez. All of these youngsters will still be eligible next year. Congratulations to club members Ken and Trey Jernigan! Coach Gary Schovasyja from Morton had a youngster, Toby Reep, who finished ninth in Class 2A.

Over in New Mexico, Junior Jay Truitt, won the 3A district meet, then placed twentieth in the state meet up at Gallup.

### AT THE RACES

Bob Finn was the winner of the Run for Rehab 10K in Odessa on October 15th with a time of 34:10. Bob just turned 40, so all you other masters runners have another pair of heels to look at!

At the World Veterans' Games in Utah recently, John Stalcup won the Bronze medal in the 10K for his age group, and Doris was the Silver medal winner in the 1500M racewalk for her age group.

### NEW YORK CITY MARATHON

Rodger Mitchell completed his first marathon, accompanied by P. J. at this year's event and filed the following first person report:

"I wasn't ready for the NYC Marathon. I don't mean just that I hadn't done enough long runs. And, I wouldn't say that P. J. had to make me go, but let's say that I had my concerns about the crowds, the weather, etc.

As usual, I'm glad I listened to P. J.! This was no ordinary marathon. This is the runner's Woodstock, a grand gathering of runners from all over the world hosted by one of the great cities of the world. I think I "hit the wall" at about 12 miles but we were swept along by the most amazing crowds--more than 2 million fantastic fans who braved winds and drizzling rain to enthusiastically support the runners. These fans and the 12,000+ volunteers were still out there when I came along, i.e. hours after the front runners. P. J. made special shirts. Mine said "Just do it, Rodger" and hers read "Go, P. J.". Mile after mile hundreds of spectators cheered us by calling out these personalized exhortations. At one point, I heard a runner behind us wondering out loud "Who is this P. J.?" he must have imagined that a very famous runner or national celebrity was running just ahead.

Running in the NYC marathon was an inspiring, thrilling, once-in-a-lifetime experience for this recreational runner. I hope more of you will have a chance to be a part of this epic event next year.

Others making the trip to New York were Jenna Wolcott who completed her first marathon in 4:24:55, with the support of husband, Randy, whose brother Rick ran his first marathon in 3:39:05. Richard Fischelich ran a 4:05 and Richard Bray had some problems and was unable to finish.

### USA TRACK AND FIELD

For those planning to run the Boston Marathon either this year or next (100th Anniversary), you must be a member of USA T&F. The cost of this membership is \$10.00. Application forms will be available at club races or you can pick one up from George Jury.

### RONNIE NUGENT'S BIKE TRIP (as narrated by Larry Byrd)

I don't know when Ronnie Nugent got this idea of riding a bicycle to Kentucky to attend his 30th high school reunion, but I heard about it the summer of '93 when he asked me if I would be interested in driving the chase vehicle. Since I am from Tennessee and that would be one of the states he would have to travel through, and it sounded like fun, I volunteered. It is amazing how fast a year passes. Before I knew it, it was September 9, 1994, and I was sitting in the parking lot at St. Mary Hospital. Ronnie was being interviewed by a local TV newscaster and a sizable crowd had gathered to see him off. Ronnie had spent a lot of time in preparation for the trip. He was using the trip to collect funds for the Helping Hands Charity. The car was loaded down with all the necessities for the trip. The next thing I knew, there was a TV camera in my face and someone was asking me how I got involved in this adventure. I guess that's exactly what it was--an adventure. How many chances do you get to just take off for two or three weeks and roam across the United States?

I must admit there was some apprehension attached to this trip. Riding a bike a thousand plus miles is not an easy task, but I knew that if anyone could do it, Ronnie Nugent could. I didn't have long to ponder these questions before Ronnie was riding out of the hospital parking lot to a loud applause and a lot of good lucks and well wishes. We were on our way! The Lubbock City Limit sign was barely visible through the fog as Ronnie rode past. I think we each had to remind ourselves at this point to not even think about how many miles lay ahead, but to just take it one mile at a time. I stopped in front of a store in Ralls, TX to wait for Ronnie to catch up so he could fill his water bottles and maybe have a snack. The people knew us! Were we the ones biking to Kentucky? Could they take our picture? We stopped in Dickens at the Damon's Caprock Cafe. It's one of those places that would fit into any decade from the fifties until now. We were sitting at the counter waiting for our order when the owner and cook walked over towards us. "Hey", he said speaking to Ronnie, "didn't I see you on TV last night?" I guess it's just like the guy that painted the pictures of soup cans said, "Everyone has about fifteen minutes of fame."

(What was his name? Oh, yeah, Andy Warhol.) I guess he was right, because that was the last time anyone knew us until we reached my brother's home in Mississippi. By the way, if you are ever in Dickens, I recommend the food at the Caprock Cafe. The Damons are nice people, why Mrs. Damon even said she would pray for us, which I appreciated as much as the hats Mr. Damon gave us. We spent the night in Seymour and drove back to the place we had stopped the night before. Day two turned out to be the roughest day of the trip. It got hot early and Ronnie was riding into a stiff head wind. Although he was constantly drinking water and Gator Aid, by early

afternoon, he was getting dehydrated. At this point, I began to have some doubts about this trip. Luckily the heat let up some and it was pleasant for the rest of the trip. We did manage to make it to Wichita Falls and spent an enjoyable night at Sheppard AFB. I wondered how Ronnie would do after having such a rough day with the wind and heat, but he was eager and

ready to get back on the road. He clicked off 40 steady miles and we beat the Sunday crowd for lunch in Nocona, TX. A cloud cover made for a comfortable afternoon and we logged 104 miles for the day.

We spent the night in Sherman, TX, and got an early start Monday morning. Things were going well. I stopped on a side gravel road, read my newspaper, had a cup of coffee and waited for the rider to catch up. It wasn't long before Ronnie pulled up, refueled, and was on the way. Next stop Bonham, TX, home of that political heavyweight, Sam Rayburn. Bonham is a progressive city. They now have a bypass. The signs say "Turn left to stay on US Highway 82". I remember thinking to myself that I hope Ronnie sees the signs. The next stop he didn't show up. It had been over an hour since we had last seen each other. I drove back to our last contact point. No sign of him. I stopped and asked three old men sitting on a porch if they had seen him. They were a lot of help. One said that no one on a bicycle had passed and another said that he could have passed but they didn't see him. It was beginning to get warm and I knew that Ron would be getting thirsty. I decided he must have missed the turn so I drove through town and out the other side for about ten miles. I finally gave up and went to the Sheriff's Office. While they were discussing what to do, a state trooper walked in. Sure, he had seen him about an hour ago. Ronnie had stopped and asked him where he could get water. The trooper said Ronnie was headed toward Paris, TX, which was about thirty miles down the road. I couldn't believe that he could have ridden that far, but sure enough when I got to the Paris city limits, there sat Ronnie talking to a Paris, TX policeman. They were looking for me. It had been almost four hours since we had made contact, so I was relieved to see that he was all right. Somewhere along the way, one of us had made a wrong turn. Over lunch we discussed what our plan of action would be if something like that should happen again. Ronnie rode an even 100 miles that day. We stopped in the little town of Avery, TX. We drove about 35 miles to the interstate before we found a place to stay.

It was Tuesday, September 13, and if everything went well, we should get to Arkansas. We arrived in Texarkana, TX around noon and departed Texarkana, Arkansas shortly thereafter. We were eager to see what the highway looked like. Texas has nice shoulders on almost all of its highways, but all states don't. Luckily, Highway 82 in Arkansas does have shoulders. Ronnie did switch over to his mountain bike for a while because the shoulders were rough, but that stretch of highway didn't last long. Just east of Magnolia, we turned on to US Highway 98 and it was a good biking highway also. Later, we picked up US Highway 79 and it had nice shoulders. We spent one night in Magnolia and one night in Pine Bluff, Arkansas. Somewhere between those two, the bike blew a tire. That was the only real mechanical problem he had the whole trip. An old gentleman was kind enough to give Ronnie a ride down to where I was waiting for him. We had a spare tire and tube so it really wasn't much of a problem.

Thursday, September 16: Day 8. We arrived in Memphis, TN. It took Ron four and a half days to ride from Lubbock, TX to Texarkana and two and a half days to ride across Arkansas.

After a side trip across the Tennessee state line into Mississippi to visit my brother and his family we hit the road again. Our relation at being in TN was soon overshadowed by highways with no shoulders and heavy traffic. After we studied the map, we decided to try another highway. We racked the bike and drove sixteen miles to another highway. Great! it had shoulders. The bad news...it only lasted about 30 miles. The trip so far had been fairly safe. If you can call being passed by semi's, log trucks, rice trucks, being chased by dogs, etc. safe, but that had all occurred on highways with shoulders. The highways we were encountering now were dangerous. Once you were off the pavement in most cases you were either in gravel or in the ditch, not the place to be riding a touring bike with tires about an inch in diameter. It wasn't that drivers were unfriendly, but when you have traffic coming from both directions, there's just not room for a bike.

The decision was not made lightly. Ronnie had ridden a long way, and if anything, he appeared to be getting stronger every day, but after talking it over, he made the decision to rack the bike and drive until we could find a highway with shoulders. We didn't find one. TN and KY are not like TX. Out here you can see a car coming, in some cases for miles, but there with the hills, curves, and trees, sometimes you can't see a vehicle until it is right on you. I think he made the right decision. Sunday afternoon we arrived in Grayson County, KY. It was quite clear that Ronnie Nugent was home. It seemed that everywhere we went, he knew someone.

It was a good trip. We met some nice people, saw some pretty country, and Ronnie had ridden 681.1 miles in eight days for a good cause. If you would like to try it sometime, hop on your bike and ride to Memphis, TN. Check with us first because we know some good places to eat.

SUMMARY: Ronnie Nugent rode his bike 681.1 miles in an attempt to ride to Kentucky for his 30 year school reunion. Ron used this trip as a way to collect money for the Helping Hands of St. Mary Hospital. He made it all the way across Texas and Arkansas and into Tennessee before the highways became too dangerous for biking. The trip was still a success. He raised money for a good cause and saw some beautiful country. There is no doubt that Ronnie would have made it all the way, if the good roads had just held out for a couple of hundred more miles.

DATE	DEPARTED	ARRIVED	STAYED
9/9	Lubbock, TX	Benjamin, TX (130 miles)	Seymour, TX
9/10	Benjamin, TX	Wichita Falls, TX (73.4)	Sheppard AFB, TX
9/11	Wichita Falls, TX	Sherman, TX (103.6)	Sherman, TX
9/12	Sherman, TX	Avery, TX (99.5)	New Boston, TX
9/13	Avery, TX	McNeil, AR (77.2)	Magnolia, AR
9/14	McNeil, AR	Pine Bluff, AR (53.2)	Pine Bluff, AR
9/15	Pine Bluff, AR	Byhalia, MS (112.2)	Byhalia, MS
9/16	Byhalia, MS	Paris, TN (32.0)	Paris, TN
9/17	Paris, TN	Smith Corner, KY	Smith Corner, KY
9/18	Smith Corner, KY	PINE KNOB, KENTUCKY	

BUFFALO WALLOW RACES, SINCE 1973  
WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE  
COURSE RECORDS 2 MILE

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
< 15	John Rodriguez	Lubbock	15	11:13	1992
16-19	Marc Johnson	Lubbock	19	9:52	1975
20-29	Art Samarron	Muleshoe	25	9:40 *	1988
30-34	Kenrick Williams	Lubbock	30	10:01	1987
35-39	Jimmy Samarron	Levelland	36	11:24	1991
40-44	Bobby Cunningham	Abernathy	43	11:02	1983
45-49	Jim Leser	Lubbock	48	11:17	1994
50-54	George Jury	Lubbock	53	11:33	1989
55-59	George Jury	Lubbock	57	12:12	1993
60-69	John Stalcup	Lubbock	60	14:53	1993
70+	Bob Smith	Lubbock	73	20:57	1993

WOMEN

< 15	Angela Welsh	Tarzan	15	13:04	1994
16-19	Isabel Navarro	Brownfield	17	12:06 *	1975
20-29	Linda Petry	Portales	20	12:22	1982
30-34	Sherril Easterling	Coahoma	32	12:27	1982
35-39	Sandra Grice	Lubbock	38	13:53	1990
40-44	Ann Gordhamer	Lubbock	40	14:03	1984
45-49	Sandi Howard	Lubbock	45	16:51	1991

HALF MARATHON (SINCE 1982)

MEN

0-19	Mike Cagle	Lubbock	17	1:19:51	1983
20-29	John Ruiz	Lubbock	21	1:11:06 *	1985
30-34	John Price	Lubbock	30	1:21:23	1984
35-39	Corky Fritch	Amarillo	36	1:17:59	1982
40-44	Bobby Cunningham	Abernathy	42	1:16:55	1982
45-49	Bobby Cunningham	Abernathy	46	1:23:19	1986
50-54	George Jury	Lubbock	50	1:23:58	1986
55-59	David Lard	Amarillo	57	1:34:39	1994
60-69	Hugh Haynes	Slaton	61	2:01:12	1992
70 +	Howard Calkin	Missouri	71	2:11:24	1982

WOMEN

<19	Donna Pruitt	Levelland	16	1:41:52	1983
20-29	Sue Houle/Spitz	Lubbock	27	1:34:55	1988
30-34	Marjory Stewart	Lubbock	34	1:24:14 *	1993
35-39	Mary Jo Rapini	Lubbock	36	1:45:04	1994
40-44	Teresa Greer	Lubbock	43	1:47:56	1994
45-49	Melissa McLeod	Lubbock	46	1:57:13	1994
50+	Donna Cherryhames	Midland	51	2:21:22	1984

WEST TEXAS RUNNING CLUB'S  
RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1994 W.T.R.C CHALLENGE SERIES



WHEN: SATURDAY, DECEMBER 10, 1994

REGISTRATION 8:00-8:45 A.M.

RACE START AT 9:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. and MARTIN LUTHER KING AVE. Register in parking lot at the bottom of the hill by the football field. Enter at top of hill by the school

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

AWARDS: Will be given to the first Three or up to 50% of the participants in the following Divisions

AGE DIVISIONS:

MEN 0-19; 20-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60 & Over

WOMEN 0-19; 20-29; 30-34; 35-39; 40-44; 45  
and Over

RACE DIRECTOR: Mike Kelley, Office 766-0237  
Home 832-4885

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CHALLENGE SERIES FINALE

The REDLINE RUN will be the last opportunity for W.T.R.C. Members to volunteer and remain eligible for the awards to be presented at year's end, including a 100% cotton long-sleeved T-Shirt to those attaining 66 Mile Club designation. Call Mike Kelley to volunteer at one of the numbers above.