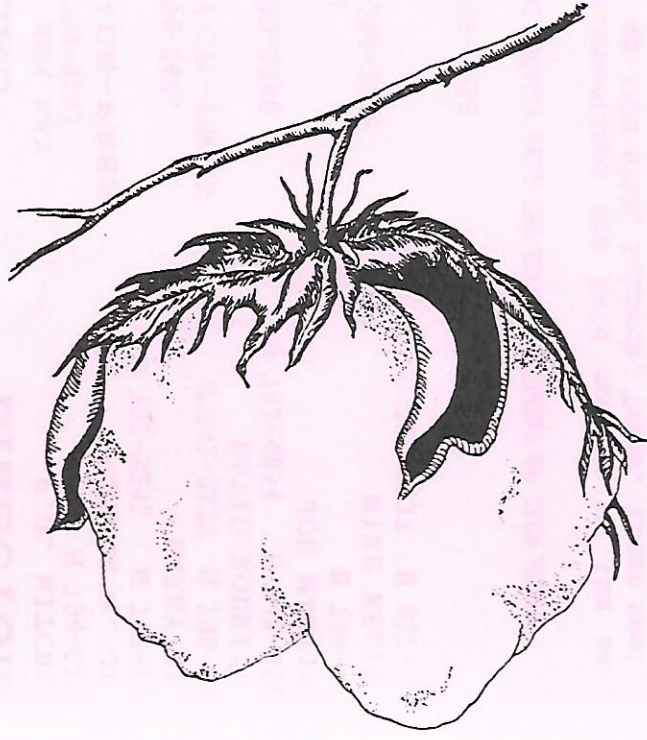


# CALENDAR

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

- \* FEB. 12 COTTON PATCH RUN: Frenship High School, Wolfforth, 9 A.M. 8 Mile and 4 Mile, Jeffrey Jury, Race Director, 765-8104
- FEB. 13 RIVER CITY 10-MILER, Austin, John Ferguson, 512-282-4175
- FEB. 20 SUN CITY HALF-MARATHON: El Paso, 1-915-833-9700
- FEB. 26 COWTOWN MARATHON and 10K
- MAR. 6 MOTOROLA/AUSTIN MARATHON
- \* MAR. 12 PRAIRIE DOG TOWN 4 MILER: MACKENZIE PARK, 9 A.M., Jim Wilhelm, Race Director, 747-0576 (w), 794-8421 (h)
- MAR. 16 STEAMBOAT MESA HALF-MARATHON: Abilene, 1-915-695-2277
- MAR. 26 RUN FOR THE ARTS: Lubbock, 15K, 2 Mi. & Children's 1 Mi. Sue Perry, 795-0842
- \* APRIL 9 FLIGHT LINE RACES: Reese AFB, 9 A.M., 2 Mile, 10K, and Half-Marathon, Ken McEachern, Race Director, 792-2639
- APRIL 10 CAPITOL 10,000: Austin, 8 A.M., 1-512-445-3598
- APRIL 16 MARATHON OF THE GREAT SOUTHWEST: Abilene, 1-915-677-8144
- APRIL 23 RACE FOR KIDS 5K: TTU Campus, Marjory Stewart, Race Director
- APRIL 30 ROARING SPRINGS SPLASH AND DASH: 10K & 2 Mile, 9 A.M., at Roarings Springs, TX; Joey Thacker, Race Director, 1-348-7560
- MAY 7 RUN FOR THE ARTS: Midland, 5K, Details Later
- \* MAY 14 HORSESHOE BEND SPRING FROLIC: 9 A.M., North of Slaton, 11, 6, and 2 Mile races, Race Director needed
- MAY 22 IT'S SO EASY DUATHLON: State Championship, David Preston, Race Director, 791-0157
- MAY 28 RUNFEST: 10K & 2 Mile, Amarillo, 8:30 A.M., 1-376-4488, 227
- \* JUNE 11 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8:00 A.M. 10K and 2 Mile, Bill Roger, Race Director, 894-7911
- JUNE 26 BUFFALO SPRINGS LAKE TRIATHLON: Details Later
- \* JULY 4 25th ANNUAL FIRECRACKER RUN: Brownfield, 8:00 A.M., 10 Mile and 3 Mile, 1 Mile Childrens Run, Jim Leser, Race Director, 746-6101 (D), 794-2474 (N)
- JULY 23 ACHILLES RUN: Details Later
- AUG. 7 PRUDE RANCH RACES: Ft. Davis, Details Later
- \* 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
- \* SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- \* OCT. 8 PREDICTED TIME 5K: MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0237 (D) 793-2825 (N)
- OCT. ?? RED RAIDER ROAD RACE: TTU Campus, 10K and 5K Certified, 8 A.M. David Preston, Race Director, 791-0157
- \* NOV. 12 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- \* DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 9 AM

- February 1994 -



THE COTTON PATCH RUN  
 FRENSHIP HIGH SCHOOL, Wolfforth  
 Feb. 12, 1994, 9 A.M.  
 See Details Inside Back Cover

WEST TEXAS  
 Running Club

BRCA

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

# WEST TEXAS RUNNING CLUB

## OFFICERS

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

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 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 798-2790 H 793-5058

**P.J.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.

### THE 1994 CHALLENGE SERIES

I promised last month that the rules for the 1994 CHALLENGE SERIES would be included in this newsletter. I am sorry, but David Rodriguez and his committee was instructed at the February board meeting to review further and make modifications which would make the program even better, so bear with me and we'll have it next month. This program is solely to promote runners being willing to give up running at least one race in order to continue providing high quality road racing events, for area runners.

Your officer's desire is that all volunteers are rewarded in some way by this program, and receive recognition at year's end.

#### Some possible changes are:

Awards at least 3 deep or up to 50% in each age division, as is the current policy with our race awards

Longer races carry a higher point score than the shorter races on the same day

Special award category for non running volunteers ( A "Volunteer of the Year" Award ?

If you have suggestions, please call David Rodriguez at one of his numbers listed above.

### WEST TEXAS RUNNING CLUB'S \*\*\* 5 MILE LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\*

PLACE NAME	DIV	DIV	AGE	S	5M	PACE
1 ADOLFO CARRILLO	1	M2029	23	M	26:26	5:17
2 AHMED HUSSEIN	2	M2029	24	M	26:40	5:20
3 DAVID SUMRELL	1	M3034	30	M	28:04	5:37
4 BRETT PEIKERT	3	M2029	26	M	28:55	5:47
5 CHRIS TRUITT	1	M1619	18	M	28:59	5:48
6 JAY TRUITT	1	M0116	15	M	29:43	5:57
7 JEFFREY JURY	2	M3034	33	M	29:49	5:58
8 JAMES BODDY	4	M2029	24	M	30:01	6:00
9 LOLO MERCADO	3	M3034	33	M	30:15	6:03
10 MIKE FLORES	1	M3539	37	M	30:35	6:07
11 MARJORY STEWART	1	F3539	35	F	30:40	6:08
12 KEN JERNIGAN	1	M4044	42	M	31:43	6:21
13 RANDY WOLCOTT	2	M3539	37	M	31:49	6:22
14 BILL HARN	3	M3539	39	M	32:00	6:24
15 DENNIS BELL	4	M3034	33	M	32:31	6:30
16 LAWRENCE NELSON	5	M2029	21	M	33:00	6:36
17 ROGER LOPEZ, JR.	4	M3539	37	M	33:35	6:43
18 DAVID KYLE	2	M4044	43	M	34:10	6:50
19 ROBERT GUAJARDO	1	M5054	51	M	34:31	6:54
20 JOHNNY GARZA	6	M2029	27	M	34:41	6:56
21 DON SANDERSON	1	M6099	64	M	34:46	6:57
22 DAVID HIGGINS	3	M4044	41	M	34:55	6:59
23 LARRY RENO	4	M4044	41	M	35:00	7:00
24 DWAYNE OAKELEY	5	M3539	37	M	35:45	7:09
25 AL GARDNER	6	M3539	37	M	35:53	7:11
26 JOE GOMEZ	2	M5054	50	M	36:00	7:12
27 LARRY BYRD	3	M5054	52	M	36:06	7:13
28 ROBERT RUSSELL	4	M5054	52	M	36:09	7:14
29 JEFF WHITLEY	5	M3034	30	M	36:42	7:20
30 JIM DEEVER	7	M3539	36	M	36:47	7:21
31 CHUCK JOHNSON	8	M3539	36	M	37:14	7:27
32 BILL ROGER	5	M5054	54	M	37:32	7:30
33 KEITH YAKTUS	9	M3539	35	M	37:44	7:33
34 MICKEY DAVIS	10	M3539	36	M	39:03	7:49
35 DAVID LIGHTNER	5	M4044	44	M	39:21	7:52
36 RICHARD BRAY	1	M4549	49	M	39:24	7:53
37 JOHN STALCUP	2	M6099	60	M	39:29	7:54
38 DAVID ARMSTRONG	11	M3539	39	M	39:41	7:56
39 DENISE BRAY	1	F3034	32	F	39:47	7:57
40 BENTLEY GWYN	2	M4549	49	M	40:06	8:01
41 MATTHEW GALLEGOS	6	M4044	40	M	40:10	8:02
42 RONNIE NUGENT	3	M4549	47	M	40:54	8:11
43 CHARLIE JACKSON	12	M3539	37	M	41:14	8:15
44 MIKE KELLY	7	M4044	44	M	41:20	8:16

WEST TEXAS RUNNING CLUB'S

\*\*\* 5 MILE LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\*

PLACE NAME	DIV	DIV	AGE	S	5M	PACE
45 TERESA GREER	1	F4044	43	F	41:25	8:17
46 KEN MCEACHERN	6	M5054	53	M	41:25	8:17
47 JAMES BONE	7	M5054	54	M	41:43	8:21
48 MIKE GREER	1	M5559	55	M	42:05	8:25
49 MARK GARLAND	8	M4044	40	M	42:29	8:30
50 BOB BERNERO	8	M5054	51	M	42:43	8:33
51 RICKY BURRESCIA	9	M4044	40	M	43:16	8:39
52 SHIRLEY WIGLEY	2	F4044	40	F	44:00	8:48
53 JOSIE ALEMAN	3	F4044	42	F	44:41	8:56
54 JOE NAYLOR	2	M5559	56	M	44:50	8:58
55 JEFF GOSSETT	13	M3539	38	M	44:56	8:59
56 DOUG BIRDSALL	4	M4549	46	M	45:56	9:11
57 P J MITCHELL	1	F4599	48	F	46:05	9:13
58 EVA MARTINEZ	2	F4599	49	F	46:10	9:14
59 ROGER MITCHELL	5	M4549	45	M	46:11	9:14
60 JOE MARTINEZ	6	M4549	48	M	46:12	9:14
61 ADAM ANDREWS	14	M3539	39	M	48:39	9:44
62 JACQUE KILPATRICK	1	F2029	23	F	50:02	10:00
63 WILLARD MINNIS	9	M5054	51	M	50:11	10:02
64 AMY BURKHAM	1	F0116	16	F	53:41	10:44

3rd ANNUAL " LOOP THE LAKE " 5 MILE RUN  
January 8, 1994, Buddy Holly Park

The awards (great looking 16 oz. thermal mugs with WTRC logo on koozie) for the race were ordered from an out of town supplier and did not arrive on time as promised. The top three finishers in each age division are due awards, as are additional finishers in these groups: Male 35-39--first 7, Male 40-44--first 5, Male 50-54--first 5. I will have the mugs on site at the February and March club races and they may be picked up there or recipients may contact me at 747-2820 to arrange for an alternate pick-up. Sorry for the inconvenience. Joe Post

A record-equalling 64 participants and nine new course records were the highlights of the third "Loop the Lake Run". A significantly warmer than seasonal temperature was neutralized by brisk westerly lake winds which combined to render the rolling five mile course its usual challenging self.

South Plains College runner Adolfo Carrillo made a real impression in his first WTRC appearance, lowering the course record by 1:57 in winning the overall title. His teammate, second overall Ahmed Hussein, also bettered the old course record, as did 30-34 age group champ David Sumrell. Marjory Stewart lowered the female record for the second year running, after having established it in 1992.

Several new age group marks were also established in this year's event. Jay Truitt set the standard for the Male 15 & Under group at 29:43 and Chris Truitt lowered the 16-19 mark by 2:16 to 28:59. Adolfo Carrillo dropped the 20-29 best to 26:26 and David Sumrell lowered the 30-34 mark by 1:35 to 28:04. Don Sanderson busted the 60 & Over standard by 8:50 with 34:46. Amy Burkham established a Female 16-19 target at 53:41 and Marjory Stewart netted the 35-39 record by a whopping 11:19 at 30:40.

Six runners set new personal "Loop the Lake P.R.'s. Marjory Stewart, Jim Deaver, David Higgins, Richard Bray, Bentley Gwyn and John Stalcup all recorded their fastest ever "Loop" times. It should be noted that all 6 are over 35 years of age, and half of them are 40 or older, so maybe there's hope yet. Overall pace breakdowns were as follows: Under 6:00 minute pace--7 runners; Under 7:00--15; Under 8:00--17; Under 9:00--16; Under 10:00--7; and Under 11:00--2.

Thanks to volunteers Tony Aleman, Trey Jernigan, Michele Jones, George Jury, Ron Key, Bernice Nelson, Jon Omdahl, David Rodriguez, Frank Sumpter, Sr., and Jim Wilhelm. You all did a great job, making it real easy for the RD. Your efforts are much appreciated by me, and I'm sure all the runners.

Apologies again for the Awards snafu, and I hope everyone had an enjoyable run and I again urge all award qualifiers to contact me, as I'm sure you all want to claim this unique mug. Joe Post

W. T. R. C. 1994 CHALLENGE SERIES  
STANDINGS AFTER ONE EVENT

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
10	5.0	1	KEN JERNIGAN	10	5.0	1
9	5.0	1	DAVID KYLE	9	5.0	1
8	5.0	1	DAVID HIGGINS	8	5.0	1
7	5.0	1	LARRY RENO	7	5.0	1
6	5.0	1	DAVID LIGHTNER	6	5.0	1
5	5.0	1	MATTHEW GALLEGOS	5	5.0	1
4	5.0	1	MIKE KELLEY	4	5.0	1
3	5.0	1	MARK GARLAND	3	5.0	1
0	5.0	1	JOE POST	0	5.0	1
0	5.0	1	FRANK SUMPTER SR	0	5.0	1
0	5.0	1	DAVID RODRIGUEZ	0	5.0	1
0	5.0	1	JIM WILHELM	0	5.0	1
0	5.0	1	45 - 49 MALE	0	5.0	1
10	5.0	1	RICHARD BRAY	10	5.0	1
9	5.0	1	BENTLEY GWYN	9	5.0	1
8	5.0	1	RONNY NUGENT	8	5.0	1
6	5.0	1	ROGER MITCHELL	6	5.0	1
5	5.0	1	JOE MARTINEZ	5	5.0	1
0	5.0	1	RON KEY	0	5.0	1
0	5.0	1	JON OMDAHL	0	5.0	1
0	5.0	1	0 - 19 FEMALE	0	5.0	1
0	5.0	1	BERNICE NELSON	0	5.0	1
0	5.0	1	0 - 19 MALE	0	5.0	1
10	5.0	1	CHRIS TRUITT	10	5.0	1
9	5.0	1	JAY TRUITT	9	5.0	1
0	5.0	1	TREY JERNIGAN	0	5.0	1
0	5.0	1	20 - 29 FEMALE	0	5.0	1
10	5.0	1	JACQUE KILPATRICK	10	5.0	1
0	5.0	1	30 - 34 FEMALE	0	5.0	1
10	5.0	1	DENISE BRAY	10	5.0	1
0	5.0	1	35 - 39 FEMALE	0	5.0	1
10	5.0	1	MARJORY STEWART	10	5.0	1
0	5.0	1	MICHELLE JONES	0	5.0	1
0	5.0	1	60 - 99 MALE	0	5.0	1
10	5.0	1	DON SANDERSON	10	5.0	1
9	5.0	1	JOHN STALCUP	9	5.0	1
0	5.0	1	45 - + FEMALE	0	5.0	1
10	5.0	1	P.J. MITCHELL	10	5.0	1
9	5.0	1	EVA MARTINEZ	9	5.0	1

\*\* = Race Director \* = Volunteer  
If there is an error, please call David Rodriguez at 741--4834 (d) or 745-6927 (n)  
\*\*\*\*\*

**VOLUNTEERS NEEDED**  
**FOR COTTON PATCH RUN**  
February 12, 1994  
Please call Jeffrey Jury at 765-8104

"LOOP THE LAKE RUN"  
WEST TEXAS RUNNING CLUB'S  
ANNUAL JANUARY RACE  
5 MILES

COURSE RECORDS (Since 1992)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12					
13-15	Jay Truitt	Lovington	15	29:43	1994
16-19	Chris Truitt	Lovington	18	28:59	1994
20-29	Adolfo Carillo	Levelland	23	26:26 *	1994
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Bill Harn	Lubbock	38	30:11	1993
40-44	Ken Jernigan	Sundown	40	31:21	1992
45-49	Jim Leser	Lubbock	46	30:48	1993
50-54	Glenn Herzog	San Antonio	50	33:37	1993
55-59	George W. Jury	Lubbock	55	30:59	1992
60+	Don Sanderson	Tulia	64	34:46	1994

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12					
13-15	Tara Jernigan	Sundown	10	43:03	1992
16-19	Kami Brock	Lubbock	14	42:25	1993
20-29	Amy Burkham	Lubbock	16	53:41	1994
30-34	Brenda Martinez	Lubbock	25	43:14	1993
35-39	Marjory Stewart	Lubbock	34	31:15	1993
40-44	Marjory Stewart	Lubbock	35	30:40 *	1994
45 +	Sandy Bailey	Lubbock	40	40:17	1993
	P.J. Mitchell	Lubbock	47	41:47	1993

\*\*\*\*\*  
\* OVERALL COURSE RECORDS  
\*\*\*\*\*

1994 "LOOP THE LAKE" Awards

The insulated mugs which served as awards this year, did come in, and those who qualified, may pick them up at the next club meeting, February 8th, or at the "COTTONPATCH RUN" on February 12th.

If you have any questions regarding the awards, call Joe Post at 747-2820.

## THE 1993 NEW YORK CITY MARATHON - A SUCCESS STORY

Plans having begun months earlier, Lawrence Nelson and Adam Andrews were afforded the opportunity to participate in the New York City Marathon on November 14, 1993. This might not seem particularly unusual unless you know that Adam and Lawrence are persons with disabilities. Both men have mental retardation, and Adam is also blind in one eye.

Like many others with disabilities, Lawrence and Adam would probably have lived out their lives in social isolation (perhaps in an institution), if it were not for efforts made by family members, social workers, and friends to provide more normal opportunities for them. Thanks to these supports, Lawrence has a full-time job and lives with his family. Adam (currently unemployed, but looking), has numerous acquaintances, attends church regularly, and lives in his own apartment. But, this is not the end of the story...

Even though both men (like so many others), have been afforded some opportunities to experience community living, it was not until the initiation of the West Texas Running Club into their lives, that they began to experience more of the experiences that people without disabilities take for granted. Through their involvement with the WTRC, they have both developed genuine friendships, traveled outside of Lubbock, increased their fitness levels, their social skills, their confidence, and their faith in community members. They are both learning that they can be contributing members of our community, instead of just "takers".

All marathon experiences are personally note-worthy due to the amount of personal growth attained through training for and enduring the event. But, when you are someone like Adam and Lawrence, the experience is doubly note-worthy!

Following numerous efforts to raise sufficient funds, and by using additional personal funds, on November 12, 1993, Adam and Lawrence, accompanied by WTRC members, Michelle and Michael Jones, and P.J. Mitchell, traveled to New York City. With tremendous apprehension and excitement, and intent on capitalizing on this "once-in-a-lifetime" opportunity, the group set about the task of getting oriented to the marathon activity sites, sight-seeing, and adjusting to jet-lag. None of these are easy tasks, as the city is so large, and the number of entered runners about 27,000.

A good time was had by all with numerous new experiences enjoyed by Adam and Lawrence - the pasta restaurants and bagels were fantastic! Finishing times were about 4 hours and about 6 hours, and a free subway ride was enjoyed following the marathon (and greatly appreciated!). Dick Traum, President of the Achilles Track Club, was a generous host who provided terrific encouragement to the entire group. In addition, it was a particular honor, to meet Fred Lebow, and to have Fred shoot the starting gun at the beginning of the Achilles early starting time. The media coverage was astounding, and Adam was interviewed by a newspaper from the North East.

The group members constantly wore WTRC logos, and presented Dick Traum with a WTRC t-shirt and cap, which he seemed well pleased to receive. Almost constantly, someone would come up to us and ask about Lubbock (or Texas as their were many foreigners who had all heard of Texas). We wore the WTRC logo proudly and relished in the opportunity, surmounting personal barriers, to participate in the nation's second largest marathon.

Many thanks are due to the WTRC membership and benefactors who made the New York City Marathon experience a success - THANKS!

Signed,  
Michelle Jones

### NEWS AND NOTES

#### CYCLE FOR THE ARTS

W.T.R.C. members who would like to help the CHAPPARRAL Bicycle club put on the cycling events at the LUBBOCK ARTS FESTIVAL, please call Judy Austin at 792-8573 or Sandi Howard at 795-6981.

#### RELATED THANKS

We would like to thank Club members, Richard Fischenich of SOUTH PLAINS BIOMEDICAL SERVICES and Richard Bray of PRO MED DATA MANAGEMENT, INC. who donated \$100 each toward the turkeys which were given to age group winners at the TURKEY TROT and were also used as door prizes at the Christmas Social. Richard Bray also provided \$35 for table decorations for the social as well. LADY FOOTLOCKER at South Plains Mall also donated 4 door prizes.

#### THE ACHILLES TRACK CLUB

We have a report from Michelle Jones on the trip to the NYC MARATHON on page 7 of this newsletter. Funds for the past two trips have been generated from the "MOONLIGHT RUNS" by sponsorships and race entry fees. Michelle would like to have some volunteers to serve on a committee for the purpose of fund raising for the ACHILLES TRACK CLUB. The race this year has been planned for July 23, 1994 as a daylight run because of the lack of traffic control and safety at the "Moonlight Runs". If you can help Michelle, please give her a call at 793-2825 (N) or 756-0282 (D).

#### THE 1994 RED RAIDER ROAD RACE

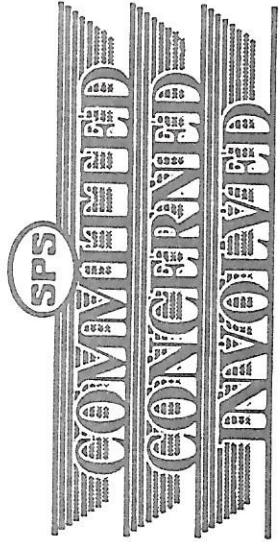
The date for this year's race cannot be determined as of now, because of the athletic director trying to get a home football game for both October 8th and October 22nd. The Raiders host the Longhorns on October 29, and this is also a possibility. We will let you know as soon as we know.

#### BELATED RACE RESULTS

I failed to mention that Micky Wellborn (46) of Hobbs ran a 4:14:08 at WHITE ROCK. Congratulations! Jim Haynes pointed out to me a race report from NATIONAL MASTER'S NEWS which listed former member, Scott Bricker as running a 32:15 10K in Cleveland in May now at age 40. Other former members running at DUKE CITY, posted some very fast times. They are: Quinn Smith in the 5K, 16:12 for 2nd 30-34 and 13th Overall. In the Half, Bob Jackson, 1:10:28 for 1st, 30-34 and 7th Overall, and one place behind was John Bednarski, 1:10:37 for 2nd, 40-44 and 8th Overall.

#### COTTONPATCH AWARDS

If you have always wanted one of those cute miniature cotton bales, you have your chance to win one at the COTTONPATCH RUN. And if you don't win one, the remaining ones, after awards are given, will be available for sale.

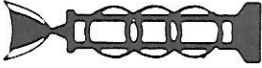


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## LESER'S LINES

### PIKES PEAK OR BUST !

Yes the rumors are true---there is a group planning to run either the full marathon or the half marathon Ascent up Pikes Peak in August this year. I guess I might as well admit that I'm the ring leader behind this latest insanity. Ever since I talked to Jeffrey Jury about his experience in running the marathon I have been intrigued about the event. This will be strictly a T-shirt run for me ---no speed records if you please! The Ascent is limited to the first 1750 entrants while the marathon is limited to 750 runners. The Ascent takes place on Saturday the 20th, with the marathon following on Sunday, the 21st. The plan is to travel together on Friday and return the following Monday. Anyone interested in these events can contact me, Jim Leser, at home at 806-794-2474.

These are difficult events to say the least and anyone that is sure they are prone to altitude sickness should not apply. Both races start at 6,336 feet above sea level and "peak out" at 14,110 feet. Most of both runs take place on the Barr Trail. The effort to run the Ascent alone has been compared to that of a marathon. I would suggest that runners preparing for these events follow a training program more like that used for ultras. Believe me, you will probably not run the whole distance. Some stretches are so steep that walking is the fastest route to take. The average finisher walks up to 65 percent of the course!

I do have a book on these events by Brenton H. Buxton titled, "Pikes Peak Ascent and Marathon Training Guide". Over the next few months I will be providing training tips and general race information through this newsletter column. Again, if you want more help, please call. I will also have available the entry forms for both races. Let's show those mountain men in Colorado that we flatlanders have the right stuff to challenge Pikes Peak. If we approach these events with the proper training and attitude, I think we can have some fun, and earn a well deserved and treasured T-shirt!

### WTRC CHRISTMAS PARTY AND AWARDS BANQUET

Our year-end get-together, turned out to be one heck of a Christmas party for all who attended. If you didn't make it you missed a good one. We had over 65 members, guests and children participate in the party held at Bailey's Bookstore. Ron Bailey very kindly allowed us to use his meeting room for free. The social committee consisting of James Bone, Joe Martinez, Larry Reno, Jeanne Leser and yours truly---and headed up by P.J. Mitchell, should be commended for the fine event, the decorations, guest speaker and door prizes. We had two Christmas trees---one cleverly decorated with all of P.J. Mitchell's medals. Dr. Carr, our guest speaker, presented many valuable insights into runner's injuries and provided a handout on Shoes and Orthoses in the Runner. We again had plenty of wonderful treats at our pollock dinner. It's hard to stay slim with so much temptation! We even had what I call a Chinese gift exchange. I believe most folks had a good time even if they didn't get to keep the present of their first choice. The awards for the Challenge series were presented and then it was time to say good night. Jim Leser

Door prizes obtained by P.J. were turkeys provided through donations by the South Plains Biomedical Services, Pro Med Data Management, Inc. and Love's. Lady Foot Locker also provided some rather attractive T-shirts. And we must not forget to thank Taco Cabana for providing plates, cups and eating utensils. Stop by and say thanks to all these folks. We need their continued support. Last but not least I would especially like to recognize P.J. Even though her schedule has not allowed her to participate in the last two Christmas parties, she certainly has been instrumental in their success. Thanks P.J.!

### NEW YEAR'S DAY FUN RUN

Where were you at 7 A.M. on Saturday, January 1, 1994? If you weren't at MACKENZIE STATE PARK running with me and 8 other hardy souls, you just didn't start the new year with a bang. Runners present were Josie Aleman, P.J. Mitchell, James Bone, Eva Martinez, Jim Deaver, Larry Byrd, Bill Roger, Ken McEachern and Ronnie Nugent. Weather cooperated this year and we all had a good run. We reconvened for pancakes at KETTLE'S and generally had a great time telling lies and swapping training secrets. Ron Key came to eat with us but couldn't run because of a calf injury. Don't forget that we are still meeting at the Outdoor Center at MACKENZIE STATE PARK on Sunday for our weekly long run. Starting time is 6 A.M. You most likely will find someone running your pace and distance. Come join in the fun. Running is easier when done in the company of other runners. Jim Leser

## W.T.R.C. COTTONPATCH RUNS

### 8 MILE and 4 MILE RUNS

**WHEN:** SATURDAY, FEBRUARY 12, 1994  
**REGISTRATION:** 8:00 TO 8:45 A.M.  
**RACE START:** 9:00 A.M.

**WHERE:** WOLFFORTH; FRENSHIP HIGH SCHOOL,

From Lubbock, take US highway 62/82 to Loop 193, procede to intersection with highway 179, turn right across RR tracks north to the Frenship High School and turn left

**COURSE:** ASPHALT ROAD, 4 Mi; OUT and BACK, Flat  
 8 Mile; OUT and BACK, Mostly Flat  
 WATER and SPLITS at 2, 4, and 6 Miles

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

### AGE DIVISIONS,

**AWARDS:** Souvenir Cotton Bales; 3 deep & up to 50  
 Percent deep in each age division below

**MEN** 0-19, 20-29, 30-34, 35-39, 40-44, 45-49,  
 50-54, 55-59, 60+

**WOMEN** 0-19, 20-29, 30-34, 35-39, 40-44, 45+  
 (0-15 and 16-19 Age Groups in the 4 Mile)

**RACE DIRECTOR:** Jeffrey Jury, 765-8104

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### MEMBERSHIP RENEWAL

Renewal forms have been inserted in the past two newsletters and for the final time in this one for those whose labels indicate payment has not been received.

The mailing address label on the cover will indicate if you are paid up through 12-31-94. If for some reason your label is not correct, please call P.J. Mitchell, Membership Director, at 794-0135, who will look into it.

**Renewals not received by February 22, 1994 will not get the next issue of the newsletter scheduled to arrive approximately March 1, 1994.**