

CALENDAR

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

- * JAN. 8 LOOP THE LAKE 5 MILER: BUDDY HOLLY PARK, Lubbock, 10 A.M.
Joe Post, Race Director, 747-2820
- JAN. 9 RUN-TEX HALF MARATHON, Austin, Paul Carrozza, 512-472-3254
- JAN. 16 HOUSTON TENNECO MARATHON:
- * FEB. 12 COTTON PATCH RUN: Frenship High School, Wolfforth, 9 A.M.
8 Mile and 4 Mile, Jeffrey Jury, Race Director, 765-3104
- FEB. 13 RIVER CITY 10-MILER, Austin, John Ferguson, 512-282-4175
- 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)
- * APRIL 9 FLIGHT LINE RACES: Reese AFB, 9 A.M., 2 Mile, 10K, and Half-
Marathon, Ken McEachern, Race Director, 792-2639
- APRIL 23 RACE FOR KIDS 5K: TTU Campus, Marjory Stewart, Race Director
- * MAY 14 HORSESHOE BEND SPRING FROLIC: 9 A.M., North of Slaton, 11, 6,
and 2 Mile races, Dwayne Oakeley, Race Director, 799-4473
- MAY 22 IT'S SO EASY DUATHLON: State Championship, David Preston, Race
Director, 791-0157
- * 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)
- * AUG. 13 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 23rd and MLK BLVD.
8:00 A.M., P.J. Mitchell, Race Director, 794-01335

**** 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.

Season Greetings
and
Best Wishes for a
Happy, Prosperous and fit
New Year.



Newsletter
P.O. Box 2921
Lubbock, Texas 79408

JANUARY 1994



January W.T.R.C. Race
"LOOP THE LAKE 5 MILE RUN"
BUDDY HOLLY PARK
January 8, 1994
See page 15 for Details

BE AN EARLY BIRD!
RENEW NOW!

JANUARY 1994

WEST TEXAS RUNNING CLUB

OFFICERS

PRESIDENT: RON KEY
 O 747-4678 H 792-9280
INTERNAL VICE-PRES
 JIM LESER

O 746-6101 H 794-2474

EXTERNAL VICE-PRES

AL GROTZ

O 792-6015 H 792-2248

SECRETARY

THERESA MAREZ

O 765-2925 H 1-298-2075

TREASURER

BARNEY ADAMS

O 798-2790 H 793-5058

DIRECTORS

P. J. MITCHELL
 H 794-0135

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

LARRY RENO
 O 741-2127 H 795-6019

DAVID RODRIGUEZ
 O 741-4834 H 745-6927

JOE MARTINEZ
 H 794-7355

MIKE KELLEY
 O 766-0237 H 832-4885

W. T. R. C. RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH

W.T.R.C. Official meetings are held monthly on the second Tuesday, 7 P.M., at 3208 67th, Lubbock, Texas. These meetings are open and any member is invited to attend at any time.

ON VOLUNTEERISM

As mentioned on page 6 we had 57 different people who helped at our monthly club races in 1993. Many of those served at more than one race which is more than we should expect. The Challenge Series is a friendly program designed to encourage both race participation and volunteerism. As those who have served will testify, you just can't imagine how much effort goes into producing our relatively small monthly races. As an example, the Race Director and a few of his volunteers are on site 1 1/2 hours prior to race start to get set up and ready. Of course the race director has a lot of work prior to race day planning and assigning duties so he needs to know who his assistants are before race day. Your race directors and club officers want each race to be a quality event for your enjoyment. To those who have been reluctant to serve as a volunteer, now that New Year's resolutions are in order, why not commit to help out now?

A copy of the Challenge Series rules will be in the next newsletter. A committee is now studying the current rules and may have some modifications from the past year's.

Two opportunities will occur this summer for our club to make some money from being able to use the computer scoring program.

The "It's so Easy Duathlon", Sunday, May 22 will require 10 to 12 of us to work the splits and finish line and the Buffalo Springs Lake Triathlon will require approximately 25 people--this event will be an Iron Man Qualifier and a record turn out of participants is expected. This sporting event will bring a lot of out of town triathletes and is a good opportunity for us to help the image of Lubbock as a favorable site for runners, bicyclists and swimmers.

WEST TEXAS RUNNING CLUB'S

RED LINE FOUR MILE CROSS COUNTRY RUN

TOWN AG S DIV DIV 4M PAGE

PLACE NAME

1	DAVID SUMRELL	30 M	1	M3034	23:10	5:48
2	JEFF JURY	33 M	2	M3034	23:28	5:52
3	TIM KEY	26 M	1	M2029	23:38	5:55
4	LOLO MERCADO	33 M	3	M3034	23:48	5:57
5	LARRY KNAPP	15 M	1	M0115	24:36	6:09
6	TOM NISBETT	44 M	1	M4044	24:46	6:12
7	KEN JERNIGAN	42 M	2	M4044	24:49	6:12
8	FRANK SUMPTER SR.	40 M	3	M4044	24:58	6:15
9	BILL RICE	36 M	1	M3539	25:20	6:20
10	BILL HARN	39 M	2	M3539	25:30	6:23
11	LAWRENCE NELSON	21 M	2	M2029	26:02	6:31
12	JEFF SEARS	15 M	2	M0115	26:34	6:39
13	DENNIS BELL	33 M	4	M3034	27:01	6:45
14	SAUL RODRIGUEZ	20 M	3	M2029	27:19	6:50
15	GONZALO RAMIREZ	37 M	3	M3539	27:32	6:53
16	JOSE LOPEZ	16 M	1	M1619	27:41	6:55
17	DAVID HIGGINS	41 M	4	M4044	27:43	6:56
18	JACKIE CANNON	38 M	4	M3539	28:14	7:04
19	JODIE RHONE	38 M	5	M3539	28:21	7:05
20	RONNIE PRIGG	42 M	5	M4044	28:41	7:10
21	DAVID KYLE	43 M	6	M4044	28:47	7:12
22	LARRY RENO	41 M	7	M4044	28:49	7:12
23	AL GARDNER	37 M	6	M3539	28:52	7:13
24	KELLY PORTER	23 F	1	F2029	28:53	7:13
25	DWAYNE OAKELEY	37 M	7	M3539	29:29	7:22
26	DON SANDERSON	64 M	1	M6099	29:47	7:27
27	AL GROTZ	44 M	8	M4044	30:21	7:35
28	JIM DEAVER	36 M	8	M3539	31:15	7:49
29	DENISE BRAY	32 F	1	F3034	31:22	7:51
30	JOHN STALCULP	60 M	2	M6099	31:37	7:54
31	KEITH YAKTUS	35 M	9	M3539	31:42	7:56
32	TARA JERNIGAN	12 F	1	F0115	31:49	7:57
33	JON OMDAHL	47 M	1	M4549	31:59	8:00
34	RONNIE NUGENT	47 M	2	M4549	32:19	8:05
35	BOB BERNERO	51 M	1	M5054	32:37	8:09
36	JAMES BONE	54 M	2	M5054	33:37	8:24
37	BRIAN MEGA	31 M	5	M3034	33:47	8:27
38	JOSIE ALEMAN	42 F	1	F4044	33:51	8:28
39	JOE MARTINEZ	48 M	3	M4549	33:52	8:28
40	SHIRLEY WIGLEY	40 F	2	F4044	34:28	8:37
41	BERNICE NELSON	16 F	1	F1619	35:28	8:52
42	DAVID ARMSTRONG	39 M	10	M3539	35:42	8:56
43	NANCY PATTON	44 F	3	F4044	37:02	9:16
44	BO MINNIS	51 M	3	M5054	42:04	10:31
45	BOB SMITH	73 M	3	M6099	46:47	11:42
46	JOHNNY MARTINEZ	38 M	11	M3539	51:46	12:57

NEWS AND NOTES

1993 REDLINE 4 MILE CROSS COUNTRY RUN
December 11, 1993, MAE SIMMONS PARK

Race Director, Mike Kelley had to be out of town race day, as his 13 year old daughter had undergone surgery in Dallas to remove a tumor involving some of the bone around the elbow on Friday before the race. Our prayers and best wishes for a full recovery for her and for comfort for the family. The following report was prepared by Joe Post, who along with Jim Wilhelm and Chuck Johnson, ably filled in for Mike.

A calm, crisp morning set the stage for the eighth annual running of the Red Line 4 Mile Cross Country Run. Forty-six harriers bounded across hill and dale to close out the '93 Challenge Series schedule.

Overall male champion was David Sumrell, at 23:10 (5:47), while Kelly Porter took female honors with a 28:53 (7:13). Best of the age division battles was the Male 40-44 group where Tom Nisbett edged Ken Jernigan by three seconds, with Frank Sumpter, Sr. another ten seconds back. In the 35-39 division, Bill Rice held a ten second margin over Bill Harn.

Four veterans of the original Red Line in 1986 returned to run the '93 edition. Lolo Mercado's time this year was two seconds better than his overall winning mark in '86, and Larry Reno bettered his time by a minute and a half. John Stalcup and Bob Smith recorded slightly slower times this year, but it must be remembered that seven years ago, John was a frisky 53 year old and Bob was a sprightly 66! Way to go guys, you're an inspiration to us all. In the older but wiser category were Ron Key, Jim Wilhelm and Joe Post who all ran in '86, but returned as volunteers in '93. Also, this year marked Mike Kelley's eighth term as Race Director, which means that Mike has never run the Red Line. Hmmm...

Thanks go out to volunteers Tony Aleman, Chuck Johnson, Jim Leser, Jim Wilhelm, David Skelton, Trey Jernigan, Jay Truitt, Mike Greer, Teresa Greer, P. J. Mitchell and Michelle Jones. Over and above the call of duty commendations are overdue to Ron Key and George JURY. Ron has served as registration and results manager at all twelve '93 club races and George has assisted at all but one event. This is in addition to their duties as President and Newsletter Editor, respectively, as well as their efforts in events such as the Red Raider and Turkey Trot races. Thanks again!

Congratulations to all the participants in the '93 Red Line for a great effort on an awfully tough course. This is the course used as the site for the high school district and regional cross country meets, as well as for several collegiate events, so we know that it's certainly plenty of challenge for us more veteran runners. Thanks for participating and we hope to see you all again next year. (more news, page 12)

W.T.R.C. 1993 CHALLENGE SERIES
FINAL STANDINGS

30 - 34 MALE		40 - 44 MALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.	
DENNIS BELL	75	63.3	10**	TOM NISBETT	106	72.1	11*	LARRY RENO	71	82.5	11*	KEN JERNIGAN	67	39.3	8*
-OLO MERCADO	60	56.6	8*	DAVID SUMRELL	66	29.5	6	DAVID HIGGINS	66	58.3	9*	CARLOS VIGIL	58	76.4	9**
JEFFREY JURY	52	39.3	8*	STEVE GARCIA	27	13.0	3	JOE POST	45	64.5	8**	MIKE KELLEY	36	73.5	10**
DAVID DAVIS	24	28.1	3	SAM AYRES	16	7.0	2	AL GROTZ	35	50.4	7*	TERRY RICHARDSON	31	20.2	4
								JIM WILHELM	30	78.4	9**	TONY ALEMAN	8	71.4	9*
35 - 39 MALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
FRANK SUMPTER SR.	105	42.1	12*	JAMES LESER	90	78.6	12**	JON OMDAHL	78	69.9	11*	RONNY NUGENT	46	74.7	10**
JACKIE CANNON	90	53.2	12*	RON HILLIS	45	49.3	6	RON HILLIS	45	49.3	6	JAMES LIVERMORE	42	52.3	6*
BILL HARN	75	60.6	9*	JOE MARTINEZ	33	53.2	8*	RANDY ALLEN	33	18.2	4	RICHARD BRAY	30	36.2	5
JIM DEEVER	63	75.6	11*	RICHARD FISHENICH	28	28.1	3	RON MASOOD	24	18.0	2	LYNDOL ASKEW	18	14.2	2
CHUCK JOHNSON	47	69.4	9*	GARY PERRY	15	20.1	6*	GARY PERRY	15	20.1	6*	RICK LAIPE	14	20.2	4
DWAYNE OAKLEY	46	42.6	8*	RON KEY	14	20.2	4	RON KEY	14	20.2	4	0 - 19 FEMALE			
JODIE RHONE	42	22.1	6					TARA JERNIGAN	49	19.0	6*	BERNICE NELSON	46	37.0	7*
MICKEY DAVIS	35	67.5	9*												
ROGER STARK	29	37.1	5												
MARLIN HAMILTON	21	15.2	3												
MARK MORRIS	19	19.0	2												
FRANK COOKE	17	17.4	3												
DAVID SKELTON	8	52.1	9*												
20 - 29 MALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
BRETT PEIKERT	68	66.7	8*	CHRIS TRUITT	40	25.2	4	JAY TRUITT	37	18.0	5*	TREY JERNIGAN	32	17.0	5*
LAWRENCE NELSON	55	42.2	8*	TREY JERNIGAN	32	17.0	5*	FRANK SUMPTER JR.	18	11.0	3*				
DAVID PRESTON	49	46.4	9*												
FRANK HAIST	26	9.1	3												
RODNEY CARTER	19	17.0	3*												
PAUL LISTON	17	7.0	2												
JEFF WHITLEY	13	10.2	2												
50 - 54 MALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
ROBERT GUAJARDO	80	40.5	9*	0 - 19 MALE											
BOB BERNERO	75	71.6	11*	CHRIS TRUITT	40	25.2	4	JAY TRUITT	37	18.0	5*	TREY JERNIGAN	32	17.0	5*
JAMES BONE	68	75.6	11*	TREY JERNIGAN	32	17.0	5*	FRANK SUMPTER JR.	18	11.0	3*				
LARRY BYRD	65	60.4	8*												
BILL ROGER	63	83.0	9**												
THOMAS JONES	31	33.0	4												
W.G. BO MINNIS	30	18.2	4												
MIKE GREER	28	46.2	5*												
JOHNNY SCOTT	23	10.0	3												
FRANK HERNANDEZ	19	4.0	2												
ROY SIMMONS	16	5.1	2												
MILES HYNAN	15	18.1	2												
KEN MCEACHERN	7	51.4	6*												
40 - 44 FEMALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
JOSTIE ALEMAN	76	67.3	11*	30 - 34 FEMALE											
NANCY PATTON	46	48.2	8*	DENISE BRAY	105	72.8	12*	MARJORY STEWART	70	68.5	9*	KAREN RHONE	35	14.1	4
CONNIE EVANS	43	23.2	5	MARJORY STEWART	70	68.5	9*	BRENDA CAMPBELL	28	15.2	4*	KAY FELLOWS	25	24.3	3
THERESA MAREZ	42	60.6	9*	BRENDA CAMPBELL	28	15.2	4*	GAYLE BLACKMON	17	9.2	2				
THERESA GREER	20	23.1	3*												
55 - 59 MALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
GEORGE JURY	59	64.4	11**	60 - 99 MALE											
MARTIN HARRIS	57	28.5	6	JOHN STALCUP	77	31.0	10*	HUGH HAYNES	37	61.4	8*	BOB SMITH	17	11.0	3*
45 - + FEMALE		EVT.		PTS.		MILES		PTS.		MILES		EVT.			
P.J. MITCHELL	50	59.4	8**												

** = RACE DIRECTORS * = VOLUNTEER

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

1993 CHALLENGE SERIES CHAMPIONS AWARDS

There were 57 W.T.R.C. members who worked at least one race during the year, enabling the rest of us to enjoy quality races each month. In keeping within the rules of the CHALLENGE SERIES a participant is eligible for only one award, therefore in the awards listings those marked with an "*" have chosen to receive the award in a separate category. According to the current rules for the Series, 40% of the eligible participants will receive an award at the year end meeting. In the listing below, the first three or up to 50% of the eligible participants in each age group are shown. The "66 Milers" receive special W.T.R.C. "66" T-Shirts.

"66 MILE CLUB"		AGE GROUP WINNERS						
	PTS	EVT	MI	MALE	0-19	POINTS	EVENTS	MILES
1 Ronald Key	88.7							
2 Bill Roger	83.0							
3 Larry Reno	82.5							
4 James Leser	78.6				1 Jay Truitt	37	5	18.0
5 Jim Wilhelm	78.4				2 Trey Jernigan	32	5	17.0
6 Carlos Vigil	76.4				3 Frank Sumpter, Jr.	18	3	11.0
7 James Bone	75.6				20-29			
9 Jim Deaver	75.6				1 Brett Peikert	68	8	66.7
9 Ronnie Nugent	74.7				2 Lawrence Nelson	55	8	42.2
10 Mike Kelley	73.5				3 David Preston	49	9	46.4
11 Denise Bray	72.8				30-34			
12 Bob Bernero	71.4				1 Dennis Bell	75	10	63.3
13 Tony Aleman	71.6				2 Lolo Mercado	66	8	56.6
14 Jon Omdahl	69.9				2 Jeffrey Jery	52	8	39.3
15 Chuck Johnson	69.4				35-39			
16 Marjory Stewart	68.5				1 Frank Sumpter, Sr.	105	12	42.1
17 Mickey Davis	67.5				2 Jackie Cannon	90	12	53.2
18 Josie Aleman	67.3				3 Bill Harn	75	9	60.6
19 Brett Peikert	66.7				* Jim Deaver	63	11	75.6
					4 Chuck Johnson	47	9	69.4
					40-44			
					1 Larry Reno	71	11	82.5
					2 Ken Jernigan	67	8	39.3
					3 David Higgins	66	9	58.3
					4 Carlos Vigil	58	9	76.4
					5 Joe Post	45	8	64.5
					45-49			
					1 James Leser	90	12	78.6
					2 Jon Omdahl	78	11	69.9
					3 Ronny Nugent	46	10	74.7
					4 James Livermore	42	6	52.3
					50-54			
					1 Robert Guajardo	80	9	40.5
					2 Bob Bernero	75	11	71.6
					3 James Bone	68	11	75.6
					4 Larry Byrd	65	8	60.4
					60+			
					1 John Stalcup	77	10	31.0
					2 Hugh Haynes	37	8	61.4
					3 Bob Smith	17	3	11.0
					35-39			
					1 Tara Jernigan	49	6	19.0
					2 Berniece Nelson	46	7	37.0
					20-29			
					1 Shirley Wigley	87	10	63.7
					2 Michelle Jones	56	8	47.6
					40-44			
					1 Brenda Martinez	26	4	30.1
					30-34			
					1 Josie Aleman	76	11	67.3
					2 Nancy Patton	46	8	48.2
					3 Theresa Marez	42	9	60.6
					45 Plus			
					* Marjory Stewart	105	12	72.8
					20	9	68.5	45 Plus
					2 Brenda Campbell	28	4	15.2
					1 P.J. Mitchell	50	8	59.4

THACKER'S THANKSGIVING DAY TURKEY TROT

TEN MILE RACE Overall Results

LUBBOCK, TEXAS NOVEMBER 25, 1993 9:00 AM

PLACE NAME	TOWN	ST	AG	S	DIV	DIV	10	PACE
1 JEFFREY JURY	LUBBOCK	TX	33	M	1	M3034	1:02:53	6:17
2 JIM LESER	LUBBOCK	TX	47	M	1	M4549	1:03:32	6:21
3 LOLO MERCADO	LUBBOCK	TX	33	M	2	M3034	1:04:20	6:26
4 CLIFFORD CHAMBERS	LUBBOCK	TX	28	M	1	M2029	1:08:17	6:50
5 JOSHUA N. AARON	LUBBOCK	TX	16	M	1	M1619	1:08:52	6:53
6 HERBERT PEREZ	BROWNFIELD	TX	33	M	3	M3034	1:09:04	6:54
7 ROGER LOPEZ	LUBBOCK	TX	37	M	1	M3539	1:09:05	6:55
8 JOHN WILSON	LUBBOCK	TX	26	M	2	M2029	1:09:27	6:57
9 RANDY WOLCOTT	LUBBOCK	TX	37	M	2	M3539	1:09:50	6:59
10 DAVID HIGGINS	LUBBOCK	TX	41	M	1	M4044	1:11:20	7:08
11 DENNIS BELL	LUBBOCK	TX	33	M	4	M3034	1:11:41	7:10
12 CARLOS VIGIL	AUSTIN	TX	45	M	2	M4549	1:12:23	7:14
13 DAVID DAVIS	SLATON	TX	33	M	5	M3034	1:14:54	7:29
14 JOHNNY GARZA	SLATON	TX	27	M	3	M2029	1:15:48	7:35
15 GONZALO RAMIREZ	LAMESA	TX	37	M	3	M3539	1:16:03	7:36
16 WENDELL WARMAN-ADAMS	LUBBOCK	TX	44	M	2	M4044	1:16:59	7:42
17 JERRY RAIGN	LEWISVILLE	TX	32	M	6	M3034	1:17:29	7:45
18 AL GROTZ	LUBBOCK	TX	44	M	3	M4044	1:17:39	7:46
19 BILL ROGER	LEVELLAND	TX	54	M	1	M5054	1:17:50	7:47
20 LARRY BYRD	SHALLOWATER	TX	52	M	2	M5054	1:18:40	7:52
21 JIM DEEVER	SAN ANGELO	TX	36	M	4	M3539	1:18:49	7:53
22 CHUCK JOHNSON	LUBBOCK	TX	36	M	5	M3539	1:18:54	7:53
23 JAMES LIVERMORE	LUBBOCK	TX	46	M	3	M4549	1:20:28	8:03
24 DWAYNE OAKELEY	LUBBOCK	TX	37	M	6	M3539	1:20:47	8:05
25 RICHARD BRAY	LUBBOCK	TX	49	M	4	M4549	1:22:13	8:13
26 JENNIFER MCGLENDON	LUBBOCK	TX	28	F	1	F2029	1:24:27	8:27
27 TERESA GREER	LUBBOCK	TX	42	F	1	F4044	1:24:31	8:27
28 JON OMDAHL	LUBBOCK	TX	47	M	5	M4549	1:25:04	8:30
29 CHARLES J. JACKSON	LUBBOCK	TX	37	M	7	M3539	1:26:42	8:40
30 MIKE GREER	LUBBOCK	TX	54	M	3	M5054	1:27:53	8:47
31 RON HILLIS	LUBBOCK	TX	50	M	4	M5054	1:28:09	8:49
32 GREGORY J. AARON	LUBBOCK	TX	44	M	4	M4044	1:29:29	8:57
33 P.J. MITCHELL	LUBBOCK	TX	48	F	1	F4599	1:31:18	9:08
34 JAMES BONE	LUBBOCK	TX	54	M	5	M5054	1:31:19	9:08
35 JENNA LONGLEY	LUBBOCK	TX	31	F	1	F3034	1:33:44	9:22
36 HUGH HAYNES	SLATON	TX	62	M	1	M6099	1:35:28	9:33
37 ROBERT RHODE	LUBBOCK	TX	49	M	6	M4549	1:41:59	10:12
38 JAN RAMIREZ	LAMESA	TX	38	F	1	F3539	1:44:15	10:26
39 KATHY RAIGN	LEWISVILLE	TX	31	F	2	F3034	1:45:55	10:36

THACKER'S THANKSGIVING DAY TURKEY TROT
TWO MILE RUN Overall Results
LUBBOCK, TEXAS NOVEMBER 25, 1993 9:00 AM

PLACE NAME	TOWN	ST	AG	S	DIV	DIV	2	PACE
1 JAY TRUITT	LOVINGTON	NM	15	M	1	M0115		10:55 5:28
2 BRETT PEIKERT	LUBBOCK	TX	26	M	1	M2029		11:15 5:38
3 MICHAEL JONES	LUBBOCK	TX	36	M	1	M3539		12:29 6:15
4 J. BRENT TIDWELL	LUBBOCK	TX	36	M	2	M3539		12:47 6:24
5 MIKE READ	O DONNELL	TX	32	M	1	M3034		13:30 6:45
6 JAY AANRUD	LUBBOCK	TX	25	M	2	M2029		13:48 6:54
7 JOEY THACKER	ROARING SPRING	TX	46	M	1	M4549		13:54 6:57
8 STEVEN PLUMHOFF	LUBBOCK	TX	23	M	3	M2029		14:04 7:02
9 KELLY PORTER	LUBBOCK	TX	23	F	1	F2029		14:05 7:03
10 LANCE RAUHOFF	LUBBOCK	TX	27	M	4	M2029		14:41 7:21
11 TOMMY DOEDERLEIN	LAMESA	TX	29	M	5	M2029		14:53 7:27
12 JOHN STALCUP	LUBBOCK	TX	60	M	1	M6099		14:54 7:27
13 JERRY WRIGHT	LUBBOCK	TX	55	M	1	M5559		14:57 7:29
14 JACLYN MORIN	BROWNFIELD	TX	14	F	1	F0115		15:37 7:49
15 TAMI WORD	LUBBOCK	TX	29	F	2	F2029		15:51 7:56
16 JOHN HOLLAND	LUBBOCK	TX	32	M	2	M3034		17:16 8:38
17 RICKY BURRESCIA	LUBBOCK	TX	40	M	1	M4044		17:22 8:41
18 KAY BROTHERTON	FLOYDADA	TX	32	F	1	F3034		17:23 8:42
19 TERESA LOVELESS	LUBBOCK	TX	35	F	1	F3539		17:26 8:43
20 KIM PORTER	PETERSBURG	TX	42	M	2	M4044		17:57 8:59
21 DELIA CASTILLO	LUBBOCK	TX	38	F	2	F3539		18:05 9:03
22 TRAVIS PEREZ	BROWNFIELD	TX	12	M	2	M0115		19:49 9:55
23 WILLIAM G. HOPKINS	LUBBOCK	TX	40	M	3	M4044		19:50 9:55
24 ZACH MORIN	BROWNFIELD	TX	12	M	3	M0115		19:52 9:56
25 GAYLE BLACKMON	LUBBOCK	TX	34	F	2	F3034		20:02 10:01
26 BECKY DOWNS	LUBBOCK	TX	28	F	3	F2029		20:02 10:01
27 BECKY OMDAHL	LUBBOCK	TX	47	F	1	F4599		20:14 10:07
28 STEPHANIE WEAVER	LUBBOCK	TX	26	F	4	F2029		29:31 14:46
29 GLORIA GUTIERREZ	LUBBOCK	TX	49	F	2	F4599		29:36 14:48

RACE DIRECTOR'S REPORT

On an extremely cold Thanksgiving day, 76 runners came out to run the first ever W.T.R.C. TURKEY TROT. THACKER'S JEWELRY sponsored the event by furnishing the T-Shirts and Loves Market at 82nd and Slide donated turkeys for the age division winners. A big round of thanks to these folks for their help. St. Joseph Church allowed us to use the gym for race day registration. The course was brand new, never used before and it appeared well received by the contestants. Not many stayed for the awards and drawing after the run because of the cold.

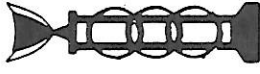
A lot of people helped with the race, namely, Joe and Eva Martinez, Pat and George Jury, Frank Haist, Tony and Josie Aleman, James Bone and P.J. Mitchell. George Jury laid out the course several weeks earlier.

At this time, it appears that we will have a net profit of \$650 for the club, not bad for the inaugural outing. Ron Key

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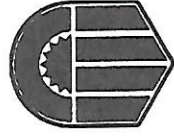
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4th ANNUAL ARTHRITIS FOUNDATION
JINGLE BELL RUN
5K RUN

December 4, 1993

PLACE NAME	DIV	DIV	AG	S	TOWN	ST	5	PACE
1 PETER RUIZ	M	M2029	25	M	LUBBOCK	TX	16:01	5:09
2 JAY TRUITT	M	M1315	15	M	LOVINGTON	NM	17:20	5:35
3 JOHN WILSON	M	M2029	26	M	LUBBOCK	TX	18:46	6:03
4 BILL HARN	M	M3539	39	M	LUBBOCK	TX	19:09	6:10
5 HERB PEREZ	M	M3034	33	M	BROWNFIELD	TX	20:02	6:27
6 BRANT FRYAR	M	M2029	22	M	LUBBOCK	TX	20:18	6:32
7 SHAY COKER	M	M2029	22	M	LUBBOCK	TX	20:23	6:34
8 MANDY MALOUF	F	F2029	20	F	LUBBOCK	TX	20:29	6:36
9 SAUL RODRIGUEZ	M	M2029	20	M	LUBBOCK	TX	20:34	6:37
10 JEFF SEARS	M	M1315	15	M	LOVINGTON	NM	20:59	6:45
11 SHANE GENTRY	M	M2029	20	M	LUBBOCK	TX	21:09	6:49
12 CAYLENE CADELLE	F	F4044	42	F	LUBBOCK	TX	21:20	6:52
13 JODIE RHONE	M	M3539	38	M	LUBBOCK	TX	21:30	6:55
14 JOE A. GOMEZ	M	M5054	50	M	LUBBOCK	TX	21:38	6:58
15 LESLEA VARDY	F	F1315	15	F	WOLFFORTH	TX	21:54	7:03
16 TOMMY PARRISH	M	M3539	36	M	LUBBOCK	TX	22:11	7:09
17 MARTIN HARMS	M	M5359	56	M	LUBBOCK	TX	22:26	7:13
18 ALAN BUSTER	M	M3034	31	M	LUBBOCK	TX	22:41	7:18
19 ROBERT FINO	M	M3034	30	M	LUBBOCK	TX	23:01	7:25
20 DOUG NAILMAN	M	M3034	31	M	LUBBOCK	TX	23:10	7:28
21 OTO SPITZ	M	M3539	36	M	LUBBOCK	TX	23:27	7:33
22 MATTHEW GALLEGOS	M	M3539	39	M	LUBBOCK	TX	23:33	7:35
23 CATHY ROJO	F	F2029	22	F	LUBBOCK	TX	23:40	7:37
24 KEITH YAKTUS	M	M3539	35	M	LUBBOCK	TX	23:44	7:38
25 PAUL LEE	M	M2029	27	M	IRAAN	TX	23:54	7:42
26 JOHN STALCUP	M	M6099	60	M	LUBBOCK	TX	23:55	7:42
27 DAVID ARMSTRONG	M	M3539	39	M	LUBBOCK	TX	24:01	7:44
28 STEVE IRELAND	M	M5054	52	M	LUBBOCK	TX	24:02	7:44
29 JAMIE CASTILLO	M	M2029	24	M	LUBBOCK	TX	24:04	7:45
30 DOUG REEVES	M	M1315	13	M	LUBBOCK	TX	24:04	7:45
31 JENNA LONGLEY	F	F3034	31	F	LUBBOCK	TX	24:06	7:46
32 MIKE HOPKINS	M	M2029	25	M	LUBBOCK	TX	24:23	7:51
33 JOY SPOTTS	F	F1315	15	F	LUBBOCK	TX	24:26	7:52
34 JESSE HERRERA	M	M2029	28	M	LUBBOCK	TX	24:55	8:01
35 LIZ BLACK	F	F2029	22	F	LUBBOCK	TX	25:01	8:03
36 EARNEST STANE	M	M3034	30	M	LUBBOCK	TX	25:53	8:20
37 BERNIECE NELSON	F	F1619	16	F	LUBBOCK	TX	25:54	8:20
38 JOSIE ALEMAN	F	F4044	42	F	LUBBOCK	TX	25:55	8:21
39 ANDRE MORALES	M	M2029	24	M	LUBBOCK	TX	26:10	8:25
40 PENNY SHOUSH	F	F2029	28	F	ROPESVILLE	TX	26:39	8:35
41 KENT FOLKNER	M	M2029	28	M	LUBBOCK	TX	26:42	8:36
42 PATRICK WAY	M	M3034	31	M	LUBBOCK	TX	27:23	8:49
43 KAREN MC COURT	M	F2029	20	F	LUBBOCK	TX	27:27	8:50
44 WILLIAM HOPKINS	M	M4044	40	M	LUBBOCK	TX	27:30	8:51
45 GARY MC GRADY	M	M2029	20	M	LUBBOCK	TX	27:51	8:58
46 GULSTAN DART	M	M2029	20	M	LUBBOCK	TX	27:54	8:59
47 TERRIE BOEK	F	F2029	25	F	LUBBOCK	TX	28:03	9:02
48 RICK DAY	M	M4044	40	M	LUBBOCK	TX	28:04	9:02
49 TODD HEARD	M	M1619	18	M	LUBBOCK	TX	28:15	9:06
50 SCOTT GATZKI	M	M2029	23	M	LUBBOCK	TX	28:31	9:11
51 SHARON DANCHAK	F	F3034	34	F	LUBBOCK	TX	28:41	9:14
52 SUSAN COLLINS	F	F3539	35	F	LUBBOCK	TX	29:00	9:20
53 STACY CONLEY	F	F2029	22	F	LUBBOCK	TX	29:04	9:21
54 CLARK BRITAIN	M	M2029	27	M	LUBBOCK	TX	29:13	9:24
55 REBECCA DAVIS	F	F2029	23	F	LUBBOCK	TX	29:33	9:31
56 D'ANNE ELLIOTT	F	F3034	30	F	LUBBOCK	TX	29:34	9:31
57 ROSA FUENTES	F	F4044	40	F	SHALLOWATER	TX	29:53	9:37
58 RICK LIPPS	M	M3539	36	M	LUBBOCK	TX	29:56	9:38
59 BECKY OMDAHL	F	F4599	47	F	LUBBOCK	TX	30:23	9:47
60 BO MINNIS	M	M5054	51	M	LUBBOCK	TX	30:30	9:49
61 GREG MC ALLISTER	M	M2029	26	M	LUBBOCK	TX	30:56	9:58
62 BRAD THORNTON	M	M3034	32	M	LUBBOCK	TX	31:21	10:06
63 BOB SMITH	M	M6099	73	M	LUBBOCK	TX	31:38	10:11
64 SHELLEY BROWNLEE	F	F2029	25	F	LUBBOCK	TX	31:43	10:13
65 DIANE NICHOLS	F	F4044	40	F	LUBBOCK	TX	31:43	10:13
66 DEBY NICHOLS	F	F4044	40	F	LUBBOCK	TX	31:43	10:13
67 RON WEBB	M	M4044	43	M	LUBBOCK	TX	31:43	10:13
68 TRACY BAUGH	M	F3034	31	F	LUBBOCK	TX	31:43	10:13
69 MOLLY SANTESE	F	F3034	30	F	LUBBOCK	TX	31:43	10:13
70 MARY BAIZA	F	F4599	49	F	LUBBOCK	TX	31:43	10:13
71 LINDA MELCHER	F	F4044	42	F	LUBBOCK	TX	31:43	10:13

4th ANNUAL ARTHRITIS FOUNDATION
JINGLE BELL RUN
TEN KILOMETER ROAD RACE

December 4, 1993

PLACE NAME	DIV	DIV	AG	S	TOWN	ST	10	PACE
1 DAVI SUMRELL	M	M3034	30	M	LUBBOCK	TX	36:07	5:49
2 R K MILLER	M	M4549	45	M	LUBBOCK	TX	38:10	6:09
3 LARRY KNAPP	M	M1315	15	M	LOVINGTON	NM	39:09	6:18
4 LAWRENCE NELSON	M	M2029	21	M	LUBBOCK	TX	40:58	6:36
5 TOM WEST	M	M3034	30	M	LUBBOCK	TX	41:26	6:40
6 RICK SYPERT	M	M3539	38	M	LUBBOCK	TX	41:28	6:40
7 ROGER LOPEZ JR	M	M3539	37	M	LUBBOCK	TX	41:38	6:42
8 JASON LEVINE	M	M2029	22	M	LUBBOCK	TX	42:17	6:48
9 DAVE HIGGINS	M	M4044	41	M	LUBBOCK	TX	42:49	6:53
10 CECILIO SANTANA	M	M3539	39	M	LOVINGTON	NM	42:55	6:54
11 DAVE KYLE	M	M4044	43	M	LUBBOCK	TX	43:44	7:02
12 BARNEY ADAMS	M	M4044	41	M	LUBBOCK	TX	43:53	7:04
13 AL GARDNER	M	M3539	37	M	LEVELLAND	TX	44:08	7:06
14 KORTIS STUBBLEFIELD	M	M3034	33	M	LUBBOCK	TX	45:08	7:16
15 KELLY PORTER	F	F2029	23	F	LUBBOCK	TX	45:26	7:19
16 ERIC VITOSH	M	M2029	25	M	LUBBOCK	TX	45:28	7:19
17 FRANK GOODMAN	M	M4549	47	M	LITTLEFIELD	TX	45:32	7:20
18 WENDELL WARMAN-ADAMS	M	M4044	44	M	LUBBOCK	TX	45:33	7:20
19 RICHARD FISCHENICH	M	M4549	46	M	LUBBOCK	TX	45:54	7:23
20 KAREN HAGNER	F	F3034	33	F	LUBBOCK	TX	46:21	7:28
21 JAY AANRUUD	M	M2029	25	M	LUBBOCK	TX	46:49	7:32
22 PRECILLA HOWARD	F	F1619	18	F	LUBBOCK	TX	47:11	7:36
23 RAYMOND SMITH	M	M3034	34	M	LUBBOCK	TX	47:26	7:38
24 LANCE PETERS	M	M3034	30	M	LUBBOCK	TX	47:44	7:41
25 LYNOLD ASKEW	M	M4549	47	M	LUBBOCK	TX	48:53	7:52
26 RAY DUNN	M	M4044	42	M	LUBBOCK	TX	49:11	7:55
27 DAVID LIGHTNER	M	M4044	44	M	LUBBOCK	TX	49:22	7:57
28 SYLVIA LEE	F	F3539	35	F	IRAAN	TX	50:08	8:04
29 JON OMDAHL	M	M4549	47	M	LUBBOCK	TX	50:15	8:05
30 RON HILLIS	M	M5054	50	M	LUBBOCK	TX	51:16	8:15
31 CHARLIE JACKSON	M	M3539	37	M	LUBBOCK	TX	51:26	8:17
32 AMY HUTCHINSON	F	F2029	22	F	LUBBOCK	TX	51:42	8:19
33 DENISE BRAY	F	F3034	32	F	LUBBOCK	TX	51:58	8:22
34 ELIZABETH GEORGE	F	F2029	25	F	AUSTIN	TX	52:07	8:23
35 SHIRLEY WIGLEY	F	F3539	39	F	LUBBOCK	TX	53:01	8:32
36 JEFF DAVIS	M	M3539	38	M	LUBBOCK	TX	54:31	8:46
37 BILL MATEJA	M	M3034	32	M	LUBBOCK	TX	54:40	8:48
38 KELLY VELA	M	F2029	27	F	LUBBOCK	TX	54:46	8:49
39 DICK BAKER	M	M4549	48	M	LUBBOCK	TX	55:49	8:59
40 BETH MOLL	F	F2029	25	F	LUBBOCK	TX	57:43	9:17
41 JENNIFER POOLE	F	F2029	25	F	MIDLAND	TX	58:00	9:22
42 WALTER JORDAN	M	F2029	25	F	LUBBOCK	TX	58:09	9:22
43 BRIAN JONES	M	M4044	44	M	LUBBOCK	TX	58:36	9:26
44 DIANE CARR	F	F3034	33	F	LUBBOCK	TX	58:36	9:26
45 RICKY BURRESCTIA	M	M4044	40	M	LUBBOCK	TX	58:46	9:27
46 ROY RAMOS	M	M3539	37	M	LUBBOCK	TX	59:39	9:36
47 TERESA LOVELESS	F	F3539	35	F	LUBBOCK	TX	1:00:20	9:43
48 MISTY PORTER	F	F2029	20	F	LUBBOCK	TX	1:00:22	9:43
49 TAMARA PARKER	F	F1619	19	F	LUBBOCK	TX	1:00:23	9:43
50 EVA TORILLION	F	F1619	19	F	LUBBOCK	TX	1:00:49	9:47
51 MELODIE MAC LEAN	F	F4599	48	F	LUBBOCK	TX	1:02:23	10:02

JINGLE BELL RUN VOLUNTEERS

Al Grotz acted as Race Director for the much larger than expected crowd of participants. Assisting at the finish line were: Joe and Eva Martinez, Larry Reno, David Preston and Tony Aleman. George Jury ran the computer, for scoring the race. Al's friend, Carolyn Miller stepped in to help out, also. We could have sure used some more help, as the large number of walkers and their confusion about the finish chutes created some nervous moments for the workers.

A FIRST PERSON REPORT

Dear WTRC Member:

If you had all of the feathers you could carry, could you carry ONE more? Good question I suppose, but what does that have to do with running? It has everything to do with doing more than we think we can do, or what we have perceived we can accomplish. During the past 42 years of athletic competition (football, track, handball, 200 road races, 25 marathons, 100 triathlons, 18 years of running (9 of it in triathlons), I thought I had carried all the feathers I could. Well, surprise! surprise!, the mind and body can do much more than we ever dreamed it could. Since I am not truly an endurance athlete, but simply an athlete trained to complete endurance events (if I fell out of an airplane, it would be at an 8 minute per mile pace), I am the best example I know of that if I can do it, anybody can.

To prove my point, in December, 1992 I decided to go for the extra feather by competing in an Ironman distance triathlon (2.4 mile swim, 112 mile bike, and 26.2 mile run). I had done all of the distances associated with this sport, but never the Ironman. After using the Texas Hill Country long course (1.5 mile swim, 48 mile bike, and 10 mile run), as a measurement for my conditioning in the plus 5 hour events, and finishing it in 5 hrs and 52 minutes, I proclaimed myself ready to attack the Great Floridian Ironman distance race. My choice of this race was decided on because of the time of year, cost, and location. No thought was given to whether it was a tough or easy course, since I figured ~~that~~ this distance is tough, no matter what (I was right). After consulting ~~with~~ some seasoned veterans of this distance I found that I must focus ~~on~~ following, in this order:

1. MIND: I had to condition my mind for ~~the~~ extreme distance, all of my training and races for 1993 were centered around this. My thoughts were continually on the ultimate distance that I would attempt on October 23, in Central Florida.
2. NUTRITION: to complete this event it was obvious I had to change my ole football mentality and take in food and liquid during the event.
3. TRAINING: while I did not go into mega mile training I did do some long swims (2.4 miles) and a couple of long runs, with nothing extra for the bike. I considered rest an important ingredient, since I had already done 13 triathlon events in 1993.

On the day of the event the weather was excellent, cloudy skies, no rain, but 20 mile an hour winds. We swam, with no wetsuits 1.1 mile into the wind, made a left hand turn for .2 miles, then headed home 1.1 miles. Due to the high winds and waves it made the swim very difficult, with many of us going off course and swimming up to 2.8 miles. Due to this condition there was some sea sickness after the completion of the swim, and upon entering the bike segment. For me the first 20 miles of the bike was hell, upset stomach and a generally bad feeling. And to think I had to go another 92 miles on the bike and then run 26.2 miles. The bike course had rolling/steep hills, and now the wind was gusting to 40 miles per hour. Without the mind conditioning I would have quit in the first 20

continued on page 14

MORE NEWS AND NOTES

AT THE RACES

Fourteen WTRC members ran the "ROCK" December 5th, with Brett Peikert leading the way with a great 2:36:25 effort to finish 21st overall. Following were: Jeffrey Jury, 2:57:59, Jim Leser, 3:12:33, Randy Wolcott, 3:14:11, Al Becken, 3:17:28 (1st, 65-69), David Davis, 3:29:06, Carlos Vigil, 3:31, Larry Byrd, 3:33:37, Bill Roger, 3:51:00, Jim Deaver, about 3:51, Richard Bray, 3:52, Ron Key, 3:58, Ken McEachern, 4:08, and Jimmy Key, 4:25.

P.J. and James Bone were in California the same day at the Folsom/Sacramento Marathon where P.J. ran a 4:06 and James ran a 4:49.

THIS AND THAT

The board of directors voted to redesign the "HORSESHOE BEND RACE" medal, and anyone who would like to offer a suggestion or outright do it, please call Jim Leser.

The club has recently acquired a video on "WOMEN RUNNING SAFE/SMART" which is available for loan by calling Ron Key.

We reported about Trey Jennigan's 9th place finish at the state 2A meet last month as a Freshman, but we have learned recently that 7th grader Tara went undefeated in Junior varsity competition this fall as well. Great job!

Jodie and Karen Rhone have moved to Montgomery, AL, where Karen found a job with her new Law degree. Best wishes!

A note of thanks/appreciation has been received from Tammy Aleman, the 1993 scholarship recipient.

Several of the caps given as awards at the "RED LINE" have defective lettering and will be replaced if any of you have them. Bring them to the next club race or meeting for an exchange.

THE ROAD RUNNERS CLUB of AMERICA (RRCA) and W.T.R.C.

Membership in the RRCA requires proof of insurance for club sanctioned events and club activities including races, fun runs, picnics and meetings. The only affordable insurance available is that made available through RRCA. Excluded under this coverage are activities involving bicycles, skate boards, baby joggers, roller or inline skates, multi-sport events, animals, radio headsets or field events. It does not include events where the club simply helps out or rents equipment. Creating separate divisions in club activities for any of the above exclusions will VOID the insurance coverage

miles, but I did continue and after spending over 8 hours on the bike (3 mechanical stops, 5 pit stops to ease the bladder) and making the time cut-off I entered to run segment. Positive mind conditioning got me to this point. When it would seem real bad and I would say, you have still got to run 26.2 miles after this, I would draw on all of the most positive running memories I could think of, i.e. my marathon PR of 3:35 at Houston, etc. My plea was that my mind would leave me alone and regardless I would complete this event. I can honestly say that I entered the run feeling very good and even refreshed. My butt was so thankful to get off of that bike it cheered me on during the first 13.1 miles of the run. Another mind conditioning tactic I used in the run was not to think of the 26.2 miles as a marathon, but as one of the disciplines required to finish the Ironman distance race. The other thing I did on this course, since it was a three loop around the lake course, was to look at it as a three loop run. Once I got around it 3 times I was finished. Many other competitors did the same. When you would run next to someone they would never refer to the miles they had completed, but they would refer to the lap or loop they were on. When it was all said and done I felt very good on the run, much to my surprise. My system for the run was to walk, drink and eat through each aid station, located every mile. I would then run to the next station and I did not vary from this during the entire run. It worked and did the finish line look great!! I ran hard and strong through the finish chute, WHAT A FEELING!! At the 22 mile mark I probably had the best feeling I have every had in my endurance competition life, because I felt so good and knew that I was going to achieve one of my major athletic goals.

The typical questions now come up: how did you place, what was your time, or that real question, did you win? I placed 9th of 13 in my age group (I was at the top of the age category in my age group and would have won the 55 year age group if I just been born prior to October 23). I spent over 2 hours in the swim and over 8 hours on the bike, with 30 minutes of transition, and a little over 5 hours on the run, for a total of 15 hours 59 minutes and 59 seconds(round it off to 16 hours). This beat the cutoff by 1.5 hours. DID I WIN? You bet I did! I completed something that day that very few 50 year olds have done and as far as I can tell I was ranked 9th in the world for the Ironman distance that day. But most importantly I was able to push my mind and body together to accomplish this athletic feat. The feeling that I had as I finished one half of the third loop around the lake, with the thought of it nearly being over, was the greatest I have ever had in over 42 years of competing in some form of sports. It went above the championship football teams I played on in Littlefield, the National Championship freshman sprint relay team I anchored at the University of Houston, five years of college football and the 12 years of Class A handball. This was it, THE ULTIMATE!

My new goal is to complete my second Ironman event in 1994 and improve my time by 1.5 hours. Anyone interested let me know. Many thanks to Robby Timberlake for his advice and encouragement.

Mike Greer
762-0895

WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE"
5 MILE RUN

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

WHEN: SATURDAY, JANUARY 8, 1994
REGISTRATION 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

WHERE: BUDDY HOLLY PARK, West end of park at gazebo, just off Loop 289 access road (Or west on Canyon Lake Road off Unversity Ave)

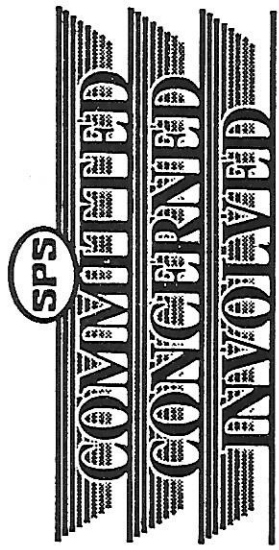
COURSE: 5 Miles; 2 plus loops of CANYON LAKE 1 & 2 Paved rolling terrain

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

AWARDS: Thermal travel mugs with WTRC Logo to the first three and up to 50% in the following Divisions

AGE DIVISIONS:
MEN 0-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & Over
WOMEN 0-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45 & Over

RACE DIRECTOR: Joe Post, 747-2820



Southwestern
Public Service Company