

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- 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 10K RUN, BUDDY HOLLY PARK, Details next month
- APRIL 16 MARATHON OF THE GREAT SOUTHWEST: Abilene, 1-915-677-8144
- APRIL 23 RACE FOR KIDS 5K: Open 5K, Memorial Circle, TTU Campus, MarJory Stewart, Race Director, 792-1085 or 742-3013
Also school age one mile and 5 x 1K Relay
- 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, FMI contact Jim Leser, 794-2474
- 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
- MAY 31 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
- SEPT 24 RED RAIDER ROAD RACE: TTU Campus, 10K and 5K Certified, 8 A.M. David Preston, Race Director, 791-0157
- OCT. 8 PREDICTED TIME 5K: MACKENZIE SPATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0237 (D) 793-2825 (N)
- NOV. 12 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 24 W.T.R.C. TURKEY TROT: GUADALUPE PARK, 1st & AVE. "P", 9 A.M., 10 MILE & 2 MILE, \$12, Ron Key, Race Director, 792-9280 (n)
- DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

March 1994



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



March W.T.R.C. Race
PRAIRIE DOG TOWN 4 MILE
March 12, 1994; 9 A.M.
Details Inside Back Cover

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
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 THERESA MAREZ
 O 765-2925 H 1-298-2075
TREASURER
 BARNEY ADAMS
 O 798-2790 H 793-5058

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 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

The board of directors approved the rules for the 1994 CHALLENGE SERIES at the February meeting. As I pointed out last month, this program is designed solely to promote club member's willingness 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.

THE CHANGES FOR 1994 ARE AS FOLLOWS:

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

A category to denote personal improvement during the year

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

A COMPLETE COPY OF THE RULES IS PRINTED ON PAGE 6 OF THIS NEWSLETTER

1994 COTTON PATCH RUN 4 MILE

OVERALL RESULTS

PLACE NAME	DIV	DIV	AGE	S	4M	PACE	PerF
1 JAY TRUITT	1	M0119	16	M	23:28	5:52	733
2 DAVID BLANCO	1	M2029	21	M	24:44	6:11	696
3 FRANK SUMPTER SR	1	M4044	40	M	24:57	6:14	690
4 RANDY WOLCOTT	1	M3539	37	M	24:58	6:15	689
5 BILL HARN	2	M3539	39	M	25:31	6:23	675
6 LAWRENCE NELSON	2	M2029	21	M	26:12	6:33	657
7 ROBERT RUSSELL	1	M5054	52	M	28:13	7:03	610
8 DAVID HIGGINS	2	M4044	41	M	28:30	7:08	604
9 KELLY PORTER	1	F2029	23	F	28:58	7:15	594
10 KEITH YAKTUS	3	M3539	35	M	29:27	7:22	584
11 MARTIN HARMS	1	M5559	56	M	30:06	7:32	572
12 TARA JERNIGAN	1	F0119	12	F	30:56	7:44	556
13 DENISE BRAY	1	F3034	32	F	31:08	7:47	553
14 ROGER STARK	4	M3539	37	M	31:19	7:50	550
15 FRANK COOKE	5	M3539	37	M	31:43	7:56	543
16 JOHN STALCUP	1	M6099	60	M	31:59	8:00	538
17 DIANE LAYMAN	2	F3034	32	F	33:50	8:28	509
18 GREG BROWN	3	M2029	29	M	33:54	8:29	508
19 JOSIE ALEMAN	1	F4044	42	F	34:58	8:45	492
20 HELEN BARRON	2	F2029	25	F	35:07	8:47	490
21 ADAM ANDREWS	3	M4044	40	M	35:37	8:54	483
22 RICK LAMPE	1	M4549	49	M	35:54	8:59	479
23 MICHAEL JONES	4	M4044	44	M	35:58	9:00	479
24 EVA MARTINEZ	1	F4599	49	F	36:08	9:02	476
25 JOE MARTINEZ	2	M4549	48	M	36:09	9:02	476
26 TRAVIS PEREZ	2	M0119	12	M	37:47	9:27	456
27 CLAY PEARCE	1	M3034	31	M	40:14	10:04	428
28 BO MINNIS	2	M5054	51	M	40:51	10:13	421
29 KATE MAGRI	3	F2029	26	F	41:11	10:18	418
30 MICHELLE JONES	1	F3539	35	F	44:24	11:06	388
31 BOB SMITH	2	M6099	73	M	45:05	11:16	382
32 NICK ANTONIELLO	3	M0119	10	M	48:44	12:11	353
33 NANCY PATTON	2	F4044	44	F	48:49	12:12	353

PERFORMANCE FACTOR

In the results listing above, the far right column, designated "PerF", is the numerical rating of the runner's time compared to the world's best time for this distance. This disregards age or sex of the participants, but this figure can be used to evaluate individual accomplishments, for our new "MOST IMPROVED RUNNER" awards in the challenge series. These numbers will be averaged at the end of the year and compared against each member's beginning average at the start of the year.

1994 COTTON PATCH RUN
8 MILE
OVERALL RESULTS

PLACE	NAME	DIV	DIV	AGE	S	8M	PACE	Perf
1	LOLO MERCADO	1	M3034	34	M	50:02	6:15	722
2	MARJORY STEWART	1	F3539	35	F	50:37	6:20	713
3	PAUL WILSON	1	M4044	40	M	51:06	6:23	707
4	JIM LESER	1	M4549	47	M	51:55	6:29	696
5	JOE MENDEZ	1	M0119	19	M	53:05	6:38	680
6	JOHNNY GARZA	1	M2029	27	M	53:54	6:44	670
7	TREY JERNIGAN	2	M0119	16	M	55:09	6:54	655
8	KEN JERNIGAN	2	M4044	42	M	55:16	6:55	653
9	ROGER LOPEZ JR	1	M3539	37	M	56:57	7:07	634
10	RICK SYPERT	2	M3539	38	M	58:32	7:19	617
11	RICHARD FISCHENICH	2	M4549	46	M	58:39	7:20	616
12	BILL ROGER	1	M5054	54	M	58:53	7:22	613
13	DWAYNE OAKLEY	3	M3539	37	M	58:59	7:22	612
14	DON SANDERSON	1	M6099	64	M	59:18	7:25	609
15	RONNIE NUGENT	3	M4549	47	M	59:49	7:29	604
16	VIC KEYES	4	M4549	47	M	1:00:06	7:31	601
17	DAVID KYLE	3	M4044	43	M	1:01:42	7:43	585
18	AL GROTZ	4	M4044	44	M	1:02:26	7:48	578
19	FRANK GOODMAN	5	M4549	47	M	1:02:54	7:52	574
20	CHUCK JOHNSON	4	M3539	36	M	1:03:15	7:54	571
21	JIM DEAVER	5	M3539	36	M	1:03:33	7:57	568
22	LARRY BYRD	2	M5054	52	M	1:03:44	7:58	567
23	RICHARD BRAY	6	M4549	49	M	1:04:05	8:01	563
24	DAVID LIGHTNER	5	M4044	44	M	1:05:02	8:08	555
25	DAVE ARMSTRONG	6	M3539	39	M	1:05:19	8:10	553
26	JIM WILHELM	6	M4044	43	M	1:05:25	8:11	552
27	WAYNE IVEY	2	M2029	24	M	1:05:52	8:14	548
28	JAMES LIVERMORE	7	M4549	46	M	1:06:45	8:21	541
29	KEN MCEACHERN	3	M5054	53	M	1:06:56	8:22	539
30	JON OMDAHL	8	M4549	48	M	1:07:18	8:25	537
31	TERESA GREER	1	F4044	43	F	1:07:51	8:29	532
32	BOB BERNERO	4	M5054	51	M	1:09:31	8:41	519
33	CHARLIE JACKSON	7	M3539	37	M	1:09:54	8:44	517
34	MIKE KELLEY	9	M4549	45	M	1:10:30	8:49	512
35	MICKEY DAVIS	8	M3539	37	M	1:10:32	8:49	512
36	JAMES BONE	5	M5054	54	M	1:13:53	9:14	489
37	JENNA LONGLEY	1	F3034	32	F	1:15:54	9:29	476
38	RICKY BURRESZIA	7	M4044	40	M	1:17:37	9:42	465

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

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
18	13.0	2	KEN JERNIGAN	19	13.0	2
10	5.0	1	DAVID KYLE	17	13.0	2
10	4.0	1	DAVID HIGHTNER	17	9.0	2
9	21.0	2**	DAVID LIGHTNER	12	13.0	2
7	5.0	1	FRANK SUMPTER SR	10	9.0	2*
6	5.0	1	PAUL WILSON	10	8.0	1
			ADAM ANDREWS	8	4.0	1
			LARRY RENO	7	13.0	2*
			AL GROTZ	7	8.0	1
			MICHAEL JONES	7	4.0	1
			JIM WILHELM	5	13.0	2*
			MATTHEW GALLEGOS	5	5.0	1
			RICKY BURRESZIA	4	8.0	1
			MARK GARLAND	3	5.0	1
			JOE POST	3	5.0	1
			DAVID RODRIGUEZ	0	18.0	2**
			TONY ALEMAN	0	5.0	1*
				0	5.0	1*

PTS.	MILES	EVT.	45 - 49 MALE	PTS.	MILES	EVT.
15	13.0	2	RONNY NUGENT	16	13.0	2
4	13.0	2	RICHARD BRAY	15	13.0	2
4	13.0	2	JIM LESER	10	8.0	1
0	5.0	1	RICK LAMPE	10	4.0	1
0	5.0	1	JOE MARTINEZ	9	9.0	2
			RICHARD FISCHENICH	9	8.0	1
			BENTLEY GYNN	9	5.0	1
			MIKE KELLEY	6	13.0	2
			FRANK GOODMAN	6	8.0	1
			ROGER MITCHELL	6	5.0	1
			JAMES LIVERMORE	4	8.0	1
			JON OMDAHL	3	13.0	2*

PTS.	MILES	EVT.	0 - 19 FEMALE	PTS.	MILES	EVT.
17	13.0	2	LARRY BYRD	10	4.0	1
17	9.0	2	ROBERT RUSSELL	0	5.0	1*
16	13.0	2	BILL ROGER			
13	13.0	2	KEN MCEACHERN			
11	9.0	2	W.G. BO MINNIS			
10	13.0	2	JAMES BONE			
10	13.0	2*	ROBERT GUAJARDO			
10	13.0	2	BOB BERNERO			
9	5.0	1	JOE GOMEZ			
9	5.0	1	DON KEY			

PTS.	MILES	EVT.	20 - 29 FEMALE	PTS.	MILES	EVT.
20	13.0	2	JACOUE KILLPATRICK	10	5.0	1
18	9.0	2	KELLY PORTER	10	4.0	1
9	5.0	1	HELEN BORRON	9	4.0	1
9	5.0	1	KATE MAGRI	8	4.0	1

PTS.	MILES	EVT.	35 - 39 FEMALE	PTS.	MILES	EVT.
10	5.0	1	MARJORY STEWART	20	13.0	2
10	4.0	1	MICHELLE JONES	10	9.0	2*
9	5.0	1				
9	5.0	1	60 - 99 MALE			
0	13.0	2*	DON SANDERSON	20	13.0	2
			JOHN STALCUP	19	9.0	2
			BOB SMITH	9	4.0	1

PTS.	MILES	EVT.	30 - 34 FEMALE	PTS.	MILES	EVT.
10	13.0	2*	P.J. MITCHELL	20	9.0	2
19	9.0	2	EVA MARTINEZ	10	8.0	1

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

 FLIGHT LINE VOLUNTEERS NEEDED
 A larger than usual amount of help will be needed at RAFB for the April 9th race. If you can work, please call Race Director, Ken McEachern 792-2639

1994 CHALLENGE SERIES RULES

**** The West Texas Running Club's 1994 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 1994, as a 12 month series of races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in the calendar of each newsletter, and each month's designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will recognize non running volunteers and provide awards for the most improved runners over the 12 month period. All members desiring to participate in the 1994 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement.

The 1994 Challenge Series features these categories:

1. 66 Mile Club ** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races.
2. MILEAGE AWARD *** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. PARTICIPATION AWARD *** An award will be presented to the male and female members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. VOLUNTEER OF THE YEAR ** Three awards will be given to those Non Runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. MOST IMPROVED RUNNER AWARD ** A point score for each club member will be kept and averaged after each race on the runners race time as compared to the world's best for the particular distance. Club member's starting point will be calculated from the 1993 race results and will require a minimum of 3 races to enter and one must participate in 8 of the 12 events in the current year to be eligible for awards. The names of the top 10 will be published each quarter in the newsletter.
6. VICTOR'S RANKINGS *** Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include: MALE AGE GROUPS; 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 Plus
FEMALE AGE GROUPS; 0-19, 20-29, 30-34, 35-39, 40-44, and 45 Plus

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.

C. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. The number of awards to be given in each division will be determined at a future date after consideration of the number of Challenge Series participants.

Awards will be presented at a year end membership meeting.

D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

NEWS AND NOTES COTTON PATCH RACE REPORT

Thanks to the help of several great volunteers, my first stint at Race Directing went very well. The competitors, on the other hand, had a little more difficulty...as cold temperature (35 degree) and a stiff wind (33-41 mph) producing a bitter wind chill of 3 degrees hampered their running. Thirty eight 8 milers and thirty three 4 milers braved these conditions with Lolo Mercado, 50:02, and Marjory Stewart, 50:37, winning the eight mile. Marjory was also 2nd overall. Jay Truitt, 23:28, and Kelly Porter, 28:58, were the overall 4 mile winners.

Many thanks to volunteers: Ron Key, George Jury, Larry Reno, Joe Post, Robert Guajardo, David Preston, and P. J. Mitchell. Also, thanks to P. J. and Michelle Jones for manning the "shirt table". Thanks also to Jim Leser for helping distribute awards, and a very special thanks from all of those present to Bill Roger, Jr. for coming out and opening up the school. This made awards and post race mingling much more pleasant. I also would like to thank Josie Aleman who produced the nice labels for the awards.

Jeffrey Jury

AT THE RACES

Club members who ran the HOUSTON-TENNECO MARATHON Jan. 16th, were: Weldon Kolb, 3:36:12, Bill Roger, Sr., 3:38:47, Carlos Vigil, 3:44:10, Jim Deaver, 3:48:29, John Floyd, 3:51:53 and Richard Bray, 3:57:31.

At the LAS VEGAS MARATHON, Jim Leser turned in a 3:14 while Richard Bray and Richard Fischenich used it as a long training run and posted 3:55. Fischenich is coming back from knee surgery last fall. Both the later hope to run Boston qualifying times at either COWTOWN or AUSTIN MOTOROLA, February 26 and March 6th respectively.

OFFSPRING

Brett and Jana Peikert are the proud parents of a boy, born January 30th and named Timothy James. Peter Dotray also became a father in January. Another proud father must be Ronnie Nugent, whose son Michael is playing a big part in Coronado High's successful basketball season.

RED RAIDER ROAD RACE

At last the date has been set for TEXAS TECH UNIVERSITY Homecoming, which determines when the RED RAIDER ROAD RACE will be held. The date is Saturday, September 24, 1994 and the Raiders will host the SMU Mustangs. Race Director, David Preston is busy laying the groundwork for the race and will need lots of help as the event approaches. Major sponsors who have committed support are CARDINAL'S SPORTS, and FIRST NATIONAL BANK.

LESER'S LINES

PIKES PEAK OR BUST! PART II

So far seven brave souls have expressed an interest in participating in the Pikes Peak or Bust! trip we have planned in August. The training pamphlet I have assured me that anyone that can run a marathon will finish the Pikes Peak Marathon providing they do a little training and don't have a major problem with altitude sickness. If you want the experience but not the distance, try the 13.4 mile Ascent on Saturday. It would be great if we had a group for each race with each group providing support for the other during their nonracing day. This may be the ultimate challenge you've been looking for.

The following is some basic advice pulled from my pamphlet on the races: Don't push too hard in the first few miles. The steepest sections are the switchbacks from mile 1.2 to about 3 miles, and the last 3 miles to the top. The ability to shift from a short-stride running to a long-stride walk is very important. Most of you will walk the steepest sections. Mile splits are irrelevant. Do what feels comfortable. My goal is to do the ascent in 3-3.5 hours and the descent in 1.5-2 hours. Another mistake made is not drinking enough. Dehydration will enhance your chances of getting altitude sickness.

If you are unfamiliar with altitude sickness you could mistake it for "hitting the wall". Remember there is 1/3 the oxygen at the summit as there is at sea level. Rest will not solve this "dying" problem. Only coming down off the mountain will alleviate the symptoms. You will need to haul some stuff. I'm going to wear a fanny pack that has small pockets and a holster for a single water bottle. I will carry some high energy bars, gloves, light nylon jacket for rain and/or wind protection (weather is unpredictable and can turn ugly in a hurry), maybe a polypro long-sleeved shirt, some money. You might also want light wind pants and a change of socks for the turn-around. It all depends on your comfort needs and how much you want to carry.

Once you start the race there are only two bailout points--the top and bottom. Make sure you are prepared! The most important factors when preparing for Pikes Peak are aerobic fitness, muscle fitness, endurance, altitude training, strategy and technique. Obviously we will not have the opportunity to train on the trail or at high elevation. Standard marathon training, hill workouts, and bicycling will take care of most fitness needs. I will be providing the techniques in a training program next month. And finally I will discuss race strategy for all levels of runners. The course for the Ascent stays open for 6 1/2 hours while the marathon finish stays open for 10 hours. More than enough time for us mere mortals!

I have received the race application forms. We'll probably need a get-together sometime to discuss our plans. Let me know what you think. My home number is 806-794-2474. Jim Leser.

INTERNAL VICE-PRESIDENT PROFILE

I never would have believed I'd become a runner when I lived at the foot of the famous heartbreak hill on the Boston Marathon course at age 11. I thought those guys were crazy! In 1990, as age and an expanding waistline caught up with me, I took up walking and cut my calories 1800/day. I still thought running was bad for you. After 6 months of 20 miles/week walking I had lost 45 pounds! Running only became a part of my fitness program when walking could no longer elevate my heart rate enough. Soon after that I was hooked. I joined the WTBC and ran the Cotton Patch 8 miler in 1991 as my first race.

That's how it all started--I've been running ever since. I was born in Boston but have lived in the southwest since 1957. Received my BS and MS degrees in biology from UNLV and my Ph.D. in entomology from U of A in Tucson. We moved to Lubbock in 1976 when Texas A&M employed me as an Extension Entomologist working primarily with cotton. Jeanne and I have been married for over 25 years and have two sons. My other interests include backpacking and flyfishing. I am heavily involved in the Boy Scout program.

Running has provided a means of staying fit and staying active. It certainly reinforces my self esteem. As it turns out I am very competitive--not so much against other runners but with myself. I'm often pushing the pace and miles. The result--nagging injuries and training setbacks. The WTRC has been good for me. The club certainly provided a means to test one's training but it also has given support and many new friends. Running can be a solitary sport but the social aspects greatly improve the experience. The Sunday LSD's and breakfast are the highlight of my week. I've run 4 marathons so far with a 3:12 PR in Dallas last December. I should be able to break the 3:00 barrier sooner or later. Most of my training takes place over by Preston Smith Elementary or on the roads between McKenzie Park and the last of the Canyon Lakes. I average about 55 miles/week when not training for a marathon with two speed days, one hill run, a long run, two moderate distance recovery days and one rest day. I've got big narrow feet so run in New Balance shoes. Since marathon training mileage appears to increase my injuries, I like all kinds of races--the more variety the better--even marathons! I might even try duathlons or triathlons. All I know is that running makes me feel good. JFL.

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Please be advised of the following restrictions for W.T.R.C. race participants.

NOTICE

WEST TEXAS RUNNING CLUB ROAD RUNNERS CLUB OF AMERICA

Our insurance prohibits baby joggers, animals, and radio headsets participating in our events.

What is Included?

Coverage includes all RRCA sanctioned events and club activities including races, fun runs, picnics, meetings, expos, club meetings. Also included are track races (which are not part of a track and field meet) and club interval training sessions. Wheelchair divisions in foot races are also covered.

What is Excluded?

Excluded are activities involving bicycles, skateboards, baby joggers, roller skates 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 their clock or equipment. **The events must be club managed and directed.** This coverage cannot be sold by a club to another group. It is for **RRCA CLUB EVENTS** only. Creating separate divisions in club events for bicycles, skateboards, baby joggers or strollers, roller skates or inline skates, animals or radio headsets will void insurance coverage for your event.

WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN RUN

EVENT # 3

Of the 1994 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 12, 1994
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
on Canyon Lake Drive, just
off Broadway, North

COURSE: Rolling Terrain, Asphalt
Out and Back

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

AWARDS: Unique "Prairie Dog" Medals will be given to the first 3 in the following Divisions and up to 50 percent of the participants in each group

AGE DIVISIONS:

MEN 0-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59 and 60 Plus

WOMEN 0-15; 16-19; 20-29; 30-34; 35-39; 40-44;
and 45 Plus

RACE DIRECTOR: Jim Wilhelm Office 747-0576

Home 794-8421

PAST RACE AWARDS

The "LOOP THE LAKE" insulated mugs which arrived too late for race day presentation are available to the winners if you will call Joe Post at 747-2820. Those are: Richard Bray, Jim Deaver, Mike Flores, Al Gardner, Joe Lopez, Bently Gwyn, Bill Harn, David Higgins, Brett Peikert, David Sumrell and S. Wigley.

