

CALENDAR

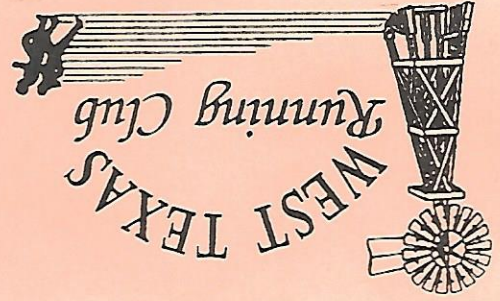
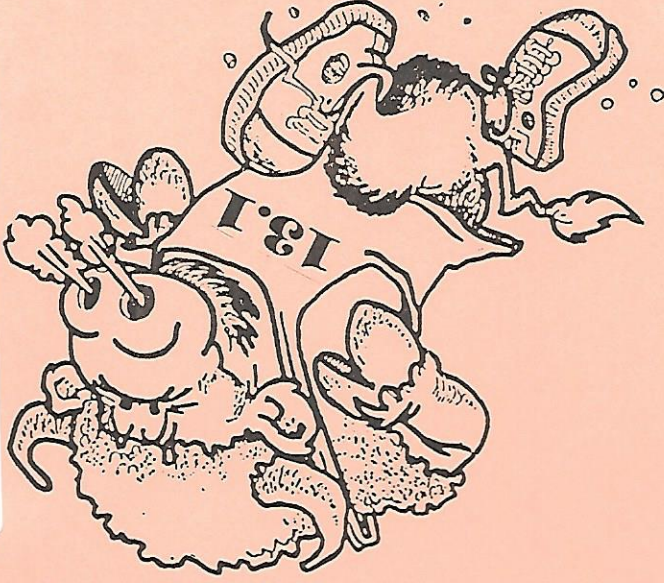
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- OCT. 29 **PUNKIN DAYS 5K:** Floydada, 8 A.M., Julianne Cornelius, Race Director, 983-2982 Entry forms available at 4808 50th
- NOV. 8 Monthly W.T.R.C. meeting, Jim Leser's, 5517 74th St.
- * NOV. 12 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 13 **SAN ANTONIO MARATHON:** 7 A.M., R.D. Elder, (210) 246-9652
- 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. 3 **JINGLE BELL RUN:** NAUTILESS 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)
- * 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, Wolfforth, 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
- * MAR. 11 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile Jim Wilhelm, Race Director, 747-0576 (w), 794-8421 (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. 8 **FLIGHT LINE RACES:** REESE AFB, 9 A.M., 2 Mile, 10K, and Half-Marathon, Ken McEachern, Race Director, 792-2639

** 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.

NOVEMBER 1994



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



W.T.R.C. NOVEMBER RACE

22nd Annual BUFFALO WALLOW RACES

November 12, 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:

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

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(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 November Business Meeting will be held at 5517 74th St.

RED RAIDER ROAD RACE RECAP

I have had a lot of positive feedback on this year's race, especially about the fast results and prompt awards ceremony. Also the ideal weather gave every one a big surprise.

One thing about being so fast with everything was that I failed to double check the results and failed to recognize Jubieanne Campbell's 20:18 5K time which gave her the age group record for 20 to 24 women. I omitted this from the awards ceremony and in the official results. My apologies to Jubieanne. With this funding, that made 8 new age records this year and 22 of the 38 have been revised in the last three years.

The only negative aspect of the race was our failure to start on time but this was because of trying to accommodate the late arrivals for registration.

George Rayhons got his feet wet with the event this year and will make us an excellent director for next year. The date for next year is tentatively set for October 21, 1995 which is about as late a date for it as I can remember. Some have asked "why do we have to start the race so early in the morning especially this late in the year?" There are two main reasons... We must be able to clear the streets before the homecoming parade arrives on some of the same area that we use and also the campus traffic really picks up by about 9 A.M. and even with police and corner marshalls it is very hard to provide protection for our runners.

George will need a lot of help during this coming year. First we need an Assistant Director to share the work and learn the ropes. Second, we need someone who can take charge of registration and thirdly, someone to be race course and equipment manager. Let's be quick to give George a call to give your commitment for next year. By the way, George is retired military who was in the ROTC program at TTU for awhile, then chose to make Lubbock home. He is an investment broker now with A.G. EDWARDS & SONS. His work number is 793-4703 and home is 796-5954.

Volunteers for this race include: Ron Key, Race Director, George Jury, David Higgins, Larry Reno, Tony Aleman, Joe and Eva Martinez, Jeffrey Jury, John Stalcup, Maurine Bray and Ken McEachern.

W.T.R.C. ANNUAL PREDICTED TIME 5K RUN October 8, 1994 MACKENZIE PARK

OVERALL AND AGE GROUP RESULTS

PLACE NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE
1 BRETT PEIKERT	LUBBOCK	1	M2029	27	M	17:22	5:35
2 JIM LESER	LUBBOCK	1	M4549	48	M	18:02	5:48
3 FRANK SUMPTER SR.	LAMESA	1	M4044	40	M	18:49	6:03
4 RANDY WOLCOTT	LUBBOCK	1	M3539	38	M	19:11	6:10
5 LAWRENCE NELSON	LUBBOCK	2	M2029	22	M	19:27	6:16
6 ROBERT GUAJARDO	LEVELLAND	1	M5054	51	M	19:47	6:22
7 AL GARDNER	LEVELLAND	2	M3539	38	M	19:48	6:22
8 SHANNON ANDERSON	LUBBOCK	3	M2029	23	M	19:54	6:24
9 RICHARD FISCHENICH	LUBBOCK	2	M4549	47	M	19:59	6:26
10 RICK SPERT	LUBBOCK	3	M3539	38	M	20:30	6:36
11 DENNIS BELL	LUBBOCK	1	M3034	33	M	20:57	6:45
12 FRANK GREEN	LUBBOCK	2	M5054	51	M	21:08	6:48
13 DAVE EDWARDS	LUBBOCK	4	M2029	25	M	21:11	6:49
14 KEITH YAKTUS	LUBBOCK	4	M3539	35	M	21:32	6:56
15 GEORGE RAYHONS	LUBBOCK	3	M4549	45	M	21:42	6:59
16 PATRICK WALSH	PLAINVIEW	5	M2029	27	M	22:18	7:11
17 KAREN HAGNER	LUBBOCK	1	F3539	35	F	22:19	7:11
18 LARRY BYRD	SHALLOWATER	3	M5054	53	M	22:54	7:22
19 BILL ROGER SR.	LEVELLAND	1	M5599	55	M	22:57	7:23
20 DAVID LIGHTNER	LUBBOCK	4	M4549	45	M	22:58	7:24
21 BOB BERNERO	LUBBOCK	4	M5054	52	M	23:24	7:32
22 GREG BROWN	LUBBOCK	2	M3034	30	M	23:48	7:40
23 RICHARD BRAY	LUBBOCK	5	M5054	50	M	23:50	7:40
24 TERESA GREER	LUBBOCK	1	F4044	43	F	24:10	7:47
25 JON OMDAHL	LUBBOCK	5	M4549	48	M	24:18	7:49
26 JENNA WOLCOTT	LUBBOCK	1	F3034	32	F	24:47	7:59
27 RONNIE NUGENT	LUBBOCK	6	M4549	47	M	25:12	8:07
28 JILL TALBOT	LUBBOCK	1	F2029	24	F	25:31	8:13
29 JOSIE ALEMAN	LUBBOCK	2	F4044	43	F	25:36	8:14
30 HELEN BARRON	LUBBOCK	2	F2029	26	F	25:48	8:18
31 MIKE KELLEY	SHALLOWATER	7	M4549	45	M	25:56	8:21
32 JERRY BROCK	LUBBOCK	2	M4044	41	M	26:33	8:33
33 VICKIE FISCHENICH	LUBBOCK	3	F2029	28	F	27:35	8:53
34 P.J. MITCHELL	LUBBOCK	1	F4599	49	F	28:40	9:14
35 FELIX ZUNIGA	LUBBOCK	8	M4549	49	M	28:40	9:14
36 ROGER MITCHELL	LUBBOCK	9	M4549	46	M	30:01	9:40
37 DEE PENA	CROSBYTON	2	M5599	57	M	34:26	11:05
38 AMANDA CASTRO	LUBBOCK	4	F2029	21	F	34:27	11:05

W.T.R.C. ANNUAL PREDICTED TIME 5K RUN
October 8, 1994 MACKENZIE PARK

RESULTS ACCORDING TO NEARNESS TO PREDICTED TIME
Table with columns: PLACE NAME, DIV, PLACE, AG, S, ACTUAL, PREDICT, DIF

* Female Prize Winners
+ Male Prize Winners

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

PTS MILES EVENTS
Table with columns: PTS, MILES, EVENTS, Name, Gender, Age

** = RACE DIRECTORS * = VOLUNTEER

LESER'S LINES

Greetings from your new President. I want to thank all of those that showed their support in selecting me to represent the WTRC. Ron Key has left some rather tall boots to fill. Ron has done a terrific job in directing club business for 7 years. While he has stepped out of the hot seat for a well deserved rest, Ron will continue on the Board as Immediate Past President. His role as advisor will be very much appreciated. Ron has done so much for the WTRC. We will honor him at the December Christmas social and annual meeting. Please be sure to attend this special event!

The other retiring officers and directors were recognized on page 2 of the previous newsletter. I would like to reiterate the thanks these former board members deserve for their serve to the club. Without the help of a few dedicated people, the WTRC would not be in the excellent shape it is in today. The Director assignments for this year are as follows: Membership and Social Director Maureen Bray, External Race Director Bill Harn, Newsletter Director George Jury, Internal Race Director James Livermore, Race Calendar Director Dwayne Oakeley and Equipment Director Larry Reno. Give thanks to these directors and the officers for agreeing to serve in these capacities.

Volunteerism is what keeps our club alive and functioning. Without volunteers we would not be able to have well organized races, certified courses, a means of keeping race time records, a newsletter, a race calendar, reliable functioning equipment and so forth. Most of all, we would not have all the friends, running mates and support that is readily available through the club. So, the next time someone asks for a little of your time to help with club business or to assist in putting on a race, don't hesitate to say yes! Don't just be a runner, be a full participating club member!

Last month I discussed the Pike's Peak Ascent and Marathon races held in August. I failed to recognize club member Mary Jo Rapini's fine effort in finishing the marathon in 8:19:45. Mary Jo had told me earlier in the year that she had run the Ascent in 1993 and was going to run the marathon in 1994. Somehow I lost track of her until reminded by her listing in the final race results booklet. Rumor has it that Mary Jo is training for a 100 mile race in Leadville, Colorado next year involving a donkey as a partner. You are one tough lady Mary Jo!

In case you missed it, New York City Marathon founder Fred Lebow succumbed to cancer on October 9, 1994 after gallantly fighting the disease for over 4 years. He was 62. He completed his marathon for the first time in 1992. The NYC Marathon, founded in 1970, grew from a small race involving 127 runners to the second largest marathon in the world. Only the London Marathon is bigger and it was patterned after the NYC Marathon. The five-borough marathon has become known as a "peoples marathon", popular with not only the elite runners but also the thousands of middle-of-the-pack runners that enter each year. The annual running of the NYC Marathon will continue to provide a fitting tribute to Fred. I know I'll be thinking of him as I watch the marathon on TV next month.

The WTRC constitution and by-laws are being revised. The Board of Directors will approve the final version to be submitted to the membership at the November Board meeting. Copies of the current and revised Constitution and By-laws will be made available for review at the November and December club races. If you need copies but can't make it to one of these races, just give me a call. I want you involved in club business. I want you to feel that this club is YOUR club. Membership approval will be sought at the December Social and Annual Meeting.

Another year is rapidly coming to an end. Just two more club races to go. The Challenge series has been successful I think in meeting it's objectives of encouraging volunteerism and participation in club races. Remember these objectives when evaluating this program. Did you know that the majority of race directors and volunteers come from the master's ranks (40 years young or older)? Where are all the twenty and thirty year old volunteers? We need you! If you are not helping at a race because of not knowing what to do, don't worry, everyone starts out that way. Remember that we are all running buddies--help is there for the asking. The challenge series is up for review again. Please contact one of your officers or directors and provide any suggestions that would improve program. The 1995 Challenge Series program will be approved at the November Board meeting. So time for input is short.

Looking for opportunities to run with someone? Some club members are still running Sunday mornings at 6:00 a.m. starting in McKenzie Park. There should be somebody there that runs your pace. Many runners are getting ready for the marathon season. I'm already running 20 or more miles in my Sunday long run getting ready for the Dallas White Rock Marathon in December. Several club members have also started running the Redline cross country course in Mae Simmons Park on Thursdays, starting sometime between 5:00 and 6:00 p.m. You'll probably see me out there most weeks. Hope to see you out on the road some time.

NEWS AND NOTES

AT THE RACES

At the Mayor's Half Marathon in Amarillo, September 17, Brett Paikert finished second to George Chavez's 1:15:49 with a 1:20:11, Marjory Stewart was first woman in 1:26:28, Don Sanderson won the 60+ division with 1:36:52 and Dennis Bell ran a 1:41:40.

That same day in Okalahoma City, Jeffrey Jury rode his bike in the "TIN BUTT" 12 hour endurance cycling event and covered 210 miles in 11 and a half hours.

At the DUKE CITY MARATHON RACES, September 11th, the following club members participated. (time, age group and overall places are listed) MARATHON: 30-34F, Chris Strathman, 3:32:46, 4th, 7th; 35-39, Randy Wolcott 3:23:39, 17th, 53rd; 65-69, Al Becken, 3:42:26, 1st, 92nd; 45-49, Richard Fischenich, 3:44:56, 19th, 102nd; 50-54, Richard Bray, 4:10:18, 112th, 187th. HALF-MARATHON: 45-49F, P.J. Mitchell, 1:55:13, 9th, 126th; 30-34F, Jenna Wolcott, 2:03:30, 43rd, 215th; 50-54, James Bone, 2:05:43, 33rd, 690th; 60-64, Hugh Haynes, 2:06:51, 9th, 705th; 45-49, Joe Martinez, 2:18:59, 125th, 801st; 50-54F, Eva Martinez, 2:18:56 7th, 354th; 50-54F, Maurine Bray, 2:55:56, 14th, 427th. In the 5K Quinn Smith was 9th overall and 3rd in the 30-34 with a 16:14 while his wife Mary was 8th AG and 33rd overall in 22:53.

Many world class runners ran at the El Paso INTERNATIONAL CLASSIC 15K, October 9th, where 1st place and \$3,000 was won by former SPC standout, Phillemon Hanneck. Our own Marjory Stewart was 10th overall female but won her AG with 58:36. An ailing Lolo Mercado was a short way back in 59:???. Other club members were Dwayne Oakeley at 1:09:14, Joe Martinez, 1:11:24, James Bone 1:19:??, and Eva Martinez was 3rd in her AG with 1:30:55.

At the LISD INVITATIONAL CROSS COUNTRY meet, Oct. 8th, Trey Jernigan, a sophomore, was third overall in the small school division with 16:32.7. In the large school-division, Jay Truitt, a junior, was 6th in 16:37.3 and John Rodriguez was 15th with 16:54.1. Bernice Nelson competed in the small school division and Tara Jernigan was 9th in the JV race which had nearly 400 runners.

CONSTITUTIONAL REVISION

A committee has been studying the constitution and by-laws for quite some time and have come up with some modifications to recommend to the membership. It would be very costly to mail a copy of both the old and the proposed documents to each member household; therefore, anyone who wants a copy should contact Jim Leser, 794-2474. The proposed changes will first be voted on at the November Board of Directors meeting, then submitted to a vote of the general membership at the annual December membership meeting.

THE CHALLENGE SERIES

Let there be any misunderstanding of this part of our club program, only those with an * by the name on the list will be eligible for awards at the December meeting. This means they have served as a Non-running volunteer at one of the 12 monthly club races. You cannot expect to be used unless you commit to the race director well ahead of race day.

Another volunteer opportunity will be for the JINGLE BELL RUN, the day before WHITE ROCK. We need seven or eight members to help at the finish line. Those going to Dallas could help and be on their way by 10 A.M. Please call Jon Omdahl, External race coordinator at 794-7823(N).

MEMBER NEWS

Our sympathy to Ron Key, who lost his mother September 12, 1994. While visiting his mother in Fort Worth while she had hip replacement surgery, Monday October 10th, James Livermore suffered a heart attack in the hospital and on October 12th had bypass surgery, replacing one artery which was 95% blocked. David Skelton's mother was hit by a car on her bicycle September 24th and is still in St. Mary Hospital with severe injuries. She had head injury, multiple fractures of a leg, a collapsed lung and is still paralyzed on the right side.

"SANCTIONED RACES"

In order to promote good quality races, it is the policy of the executive board to give our sanction only to races that are long standing or to organizations who pick an open date that does not conflict with either local or nearby races. We would encourage you to support the PUNKIN DAY'S 5K at Floydada on October 29th. This race is associated with a really fun, nationally known event and the start time is 10 A.M. Another organization refused to pick from three "open dates" and thus does not have our support. You can sign up late for the Punkin Days Race. Entry forms at 4808 50th.

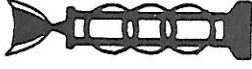
EDITOR'S NEWS

As most of you know, I ran my last race at Buffalo last November. I had a sore foot which later turned out to be a stress fracture and while trying to run through it, my gait was altered and I began having pain low in the left hip. After 5 months of no running, thinking that was enough "rest" to heal anything, I was finally diagnosed with a gluteotuberal bursitis. This painful inflammation kept the hamstring in a state of spasm. After a cortisone injection into the bursa and another week of rest I was able to begin running the first week of May. I was able to log 250 miles during the next 3 months and decided to try the Achilles Challenge 10K on July 23rd. Unfortunately the bursitis had flared up two days before the race and while attempting to maintain a 6:40 pace, the hamstring tightened up and a muscle tear was the result. Two more months of rest and I started back the first week of October with 3 four mile runs and the second week 4 four milers. The bursitis is still present and I run in fear of another hamstring tear.

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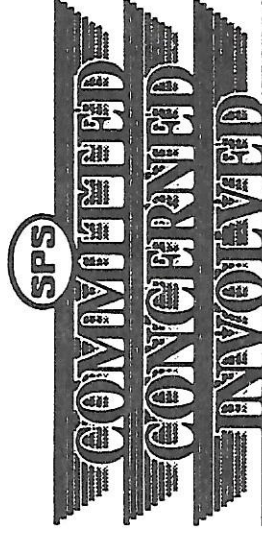


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UP TO THE SUMMIT
By Carlos Vigil

Up to the summit
with only guts and determination,
to the top of the mountain,
Pikes Peak our goal.

Fourteen thousand feet to the top,
we will do it one at a time.
Up to the summit,
thirteen point nine to go.

Uphill and downhill is the only way off.
Up to the summit is the only way we want to go.

Training and dreams have gotten us here,
ready and willing,
up to the summit - let's go!

Shuffling and following is a good way to start,
looking at ankles, tree roots, and rocks.
Switch back to switch back,
up to the summit we'll go.

Am determined to climb it,
Barr Camp, A-Frame, Tree Line and Zig-Zag.
Short of O2, more fuel to burn.
Dig deep from within,
only half way to go.

Turn around, stop at the top,
not for us - down from the summit we want to run.

Down from the summit only gets better,
faster and closer we get to our goal.
Joe, Jim and Jerry all sharing the thrill,
downhill slalom of Pikes Peak with no snow!

Maneuvering and side stepping free falling to
earth, down from the summit we come.

Endless downhill proves we can do it.
Nothing is better than climbing the mountain,
nothing to prove,
just wanted to do it,
up to the summit and back!

WEST TEXAS RUNNING CLUB'S
22nd ANNUAL BUFFALO WALLON
HALF MARATHON and 2 MILE RACES

THE MOST CHALLENGING HALF-MARATHON COURSE IN TEXAS
USA TRACK & FIELD Certified, #TX93078EM

EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, NOVEMBER 12, 1994
REGISTRATION: 8:00 to 8:45 A.M., On Site
RACE START: 9:00 A.M.
Please park in the church parking lot
for registration

WHERE: BUFFALO SPRINGS LAKE
East of Lubbock on FM 835 (50th Street) then South
on FM 1729' to entry gate.
An entry fee of \$1.00 per person is required to
enter BUFFALO SPRINGS LAKE PARK

COURSE: ASPHALT ROAD ALL THE WAY; THE TWO MILE COURSE IS
OUT and BACK, FLAT
THE HALF MARATHON IS A DOUBLE LOOP OF THE LAKE
WITH 3 CHALLENGING HILLS

AID STATIONS: AT 2.5, 5, 7, and 10 MILES
SPLITS AT 1, 5, and 10 MILES

AGE DIVISIONS:

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

WOMEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45 Plus

(Special 0-15 and 16-19 age groups in the 2 Mile)

AWARDS: A UNIQUE "Buffalo" MEDAL WILL BE AWARDED to at least
the first three finishers in THE AGE GROUP DIVISIONS
DESCRIBED ABOVE and up to 50% of each group

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

RACE DIRECTOR: GEORGE W. JURY, Office 792-3291
Home 792-1237 after 6 P.M.