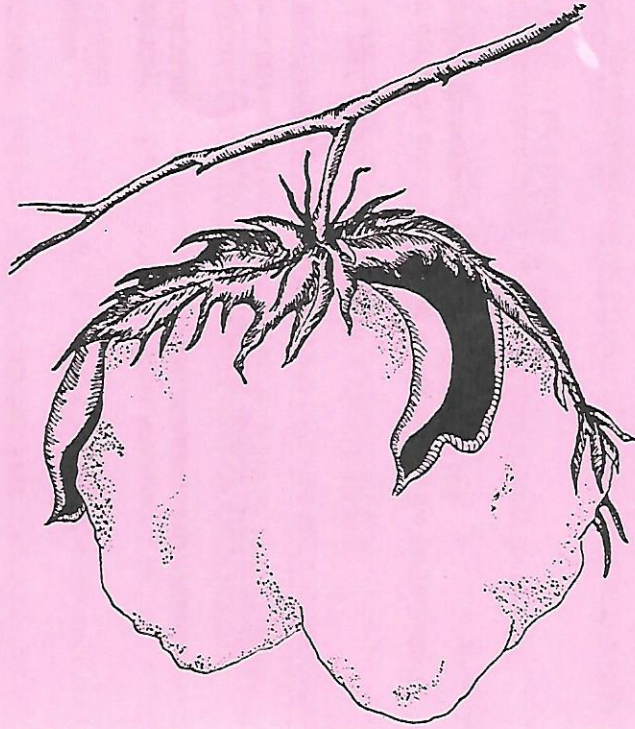


CALENDAR

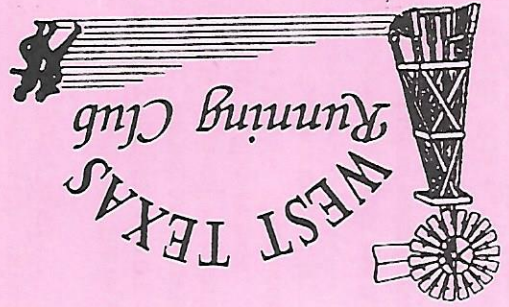
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- FEB. 1 **MULTI-SPORT CLUB MEETING**, 7 P.M., Lifestyles Center at Methodist Hospital, call Jeffrey Jury, FMI, 765-8104
- * FEB. 10 **COTTON PATCH RUN: FRENSHIP HIGH**, Wolfforth, 9 A.M., 4 & 8 Miles, David Higgins, Race Director, (w)744-2626, (h)744-8328
- FEB. 18 **AUSTIN MOTOROLA MARATHON**: Austin, 1-512-478-4608
- FEB. 24 **COWTOWN MARATHON & 10K**: Fort Worth, 1-817-735-2033
- * MAR. 9 **PRAIRIE DOG TOWN RUN: MACKENZIE PARK**, Lubbock, 4 Mile, 9 A.M. Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- MAR. 24 **CAPITAL 10,000**: Austin, FMI, call 1-512-445-3598
- MAR. 30 **MARATHON OF THE GREAT SOUTHWEST**: Abilene, FMI, 1-915-677-8144
- * APR. 13 **FLIGHT LINE RACES: REESE AFB**, 8 A.M., 2 Mile, 10K, and Half Marathon, Mark Wagnon, Race Director, 791-0365
- APR. 15 **100th BOSTON MARATHON**
- APR. 20 **RUN FOR THE ARTS**: Lubbock, 15K & 2 Mile, Details Later
- APR. 27 **THE RACE FOR KIDS**: Open 5K and Children's 1 Mile, 8 A.M. Memorial Circle, TTU Campus, Marjory Stewart, RD, 792-1085(n)
- * MAY 11 **HORSESHOE BEND SPRING FROLIC**: 8 A.M., N. of Slaton, 11, 6 & 2 Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- * JUNE 8 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE**: Levelland, 8 A.M., 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- * JULY 4 **27th ANNUAL FIRECRACKER RUN**: Brownfield, 8:00 A.M., 10 Mile and 3 Mile, Children's 1 Mile Run, Jim Leser, RD, 794-2474
- * AUG. 10 **HOT DAM 5 MILE**: Canyon Lake 6, Lubbock, 23rd and MLK Blvd. 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- * SEPT 14 **SHALLOWATER STAMPEDE**: 10K and 2 Mile, 8:00 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- OCT. 5 **RED RAIDER ROAD RACE**: Lubbock, TTU, Details Later

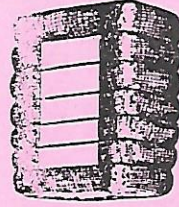
- February 1996 -



THE COTTON PATCH RUN
FRENSHIP HIGH SCHOOL, Wolfforth
February 10, 1996; 9 A.M.
See Details Inside Back Cover



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
FEBRUARY 1996



WEST TEXAS RUNNING CLUB

OFFICERS

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Internal Vice-President - Marjory Stewart
(H) 792-1085 (O) 743-2153

External Vice-President - Jon Omdahl
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(H) 744-8328 (O) 744-2626

Past President - Ronald Key
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David Lightner
(H) 793-3484

Dwayne Oakeley
(H) 799-4473

Mark Wagnon
(H) 791-0365 (O) 792-1014

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

The WTRC Feb. Business Meeting will be held at 5517 74th St. on Feb 1st, 1996 at 7:00 pm

ALL THE NEWS SQUEEZED IN A SMALL SPACE

Until further notice the monthly meetings will be held on the 1st Thursday of the month to accommodate the needs of the officers. (February 1st)

Dr. Randall Wolcott has accepted the duties of Race Director for the RED RAIDER ROAD RACE to be held October 5, 1996.

The W.T.R.C. has contracted with the LUBBOCK ARTS ALLIANCE to stage the RUN FOR THE ARTS, April 20, 1996. Bob Bernero has agreed to be race director and Jim Leser will be assistant. Several others have agreed to man some of the various committees. Call Bob if you'd like to help rebuild this race to it's former status.

Several minor changes were made in the Challenge Series for 1996. The regular October club race was eliminated and the RED RAIDER ROAD RACE will take it's place as a Challenge Series event, even if it occurs in September. We will once again try to get the most improved runner category cranked up, as Mark Wagnon will be enlisting the help of his wife to set this and the Challenge Series up on Lotus. Also we have expanded the younger age groups to 12 and Under, 13 to 15 and 16 to 19. Those under 12 years of age must participate in the shorter races when more than one distance is offered.

As a matter of general policy and according to guidelines from RRCA and the AMERICAN PEDIATRIC ASSOCIATION will no longer allow children under 6 years of age to compete in races longer than 2 miles.

We must remind our race participants that it is against RRCA rules to wear headphones during the race. Violations will disqualify the runner from race results and awards. We will publish the RRCA guidelines again soon.

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

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	Per F
1	JAY TRUITT	LOVINGTON	1	M1619	17	M	28:29	5:42	767
2	TREY JERNIGAN	SUNDOWN	2	M1619	17	M	29:13	5:51	748
3	CORNELIUS PUIULET	LUBBOCK	1	M2029	23	M	29:25	5:53	743
4	HAWK HARRIS	HOBBES	3	M1619	19	M	29:34	5:55	739
5	BRENT TIDWELL	LUBBOCK	1	M3539	38	M	30:17	6:03	722
6	TIM KEY	LUBBOCK	2	M2029	28	M	30:26	6:05	718
7	JEFFREY JURY	LUBBOCK	2	M3539	35	M	30:50	6:10	709
8	MONTE WELLS	AMARILLO	1	M3034	34	M	30:56	6:11	706
9	JASON WILLIAMS	LUBBOCK	4	M1619	19	M	31:22	6:16	697
10	MIKE SAINFORD	WOLFFORTH	5	M1619	17	M	31:25	6:17	695
11	CHRIS THOMAS	LUBBOCK	6	M1619	16	M	31:39	6:20	688
12	CHARLES FRIZZELL	HOBBES	3	M3539	36	M	31:46	6:21	688
13	KEN JERNIGAN	SUNDOWN	1	M4044	44	M	31:51	6:22	686
14	IVAN DeANDA	LOVINGTON	4	M3539	38	M	31:55	6:23	685
15	CLIFF CHAMBERS	LUBBOCK	2	M3034	30	M	32:11	6:26	679
16	MARJORY STEWART	LUBBOCK	1	F3539	37	F	32:20	6:28	676
17	MIKE FLORES	LUBBOCK	5	M3539	39	M	32:26	6:29	674
18	JIMMY SAMARRON	LEVELLAND	2	M4044	40	M	32:44	6:33	668
19	CHRIS LONIGREN	LUBBOCK	6	M3539	36	M	32:51	6:34	665
20	KAREN COOLEY	AMARILLO	2	F3539	36	F	32:54	6:35	664
21	RANDY WOLCOTT	LUBBOCK	7	M3539	39	M	32:59	6:36	662
22	BILL HARN	LUBBOCK	3	M4044	41	M	33:11	6:38	658
23	JACKIE CANNON	AMARILLO	4	M4044	40	M	33:18	6:40	656
24	AL GARDNER	LEVELLAND	8	M3539	39	M	33:18	6:40	656
25	ROBERT GUAJARDO	LEVELLAND	1	M5094	53	M	34:35	6:55	632
26	DWAYNE OAKELEY	LUBBOCK	9	M3539	39	M	35:04	7:01	623
27	NICK TURNER	WOLFFORTH	7	M1619	17	M	35:13	7:03	620
28	DAVID PRESTON	LUBBOCK	3	M3034	30	M	35:39	7:08	613
29	DENNIS BELL	LUBBOCK	10	M3539	35	M	35:52	7:10	609
30	DAVID HIGGINS	LUBBOCK	5	M4044	43	M	35:54	7:11	609
31	MARK WAGNON	LUBBOCK	6	M4044	41	M	36:22	7:16	601
32	JOE GOMEZ	LUBBOCK	2	M5054	52	M	36:46	7:21	594
33	STEVE NIEMAN	SHALLOWATER	7	M4044	41	M	36:51	7:22	593
34	SYDNEY MORRIS	LUBBOCK	1	F2029	24	F	36:58	7:24	591
35	JIM HARRIS	HOBBES	3	M5054	52	M	37:02	7:25	590
36	CHADD LOWE	LUBBOCK	1	M0115	15	M	37:04	7:25	589
37	TARA JERNIGAN	SUNDOWN	1	F0115	14	F	38:09	7:38	573
38	LARRY BYRD	SHALLOWATER	4	M5054	54	M	38:40	7:44	565
39	FRANK GOODMAN	LUBBOCK	1	M4549	49	M	38:41	7:45	564
40	SHELBY CARTER	LUBBOCK	1	F1619	18	F	38:43	7:45	564
41	DAN COHEN	LUBBOCK	3	M2029	26	M	38:50	7:46	563
42	RUSSELL MARTIN	SHALLOWATER	11	M3539	37	M	38:54	7:47	562
43	HOPE JIMENEZ	LAMESA	2	F0115	11	F	39:15	7:51	557
44	JOE MARTINEZ	LUBBOCK	5	M5054	50	M	39:16	7:51	556
45	JOHN SCOTT	LUBBOCK	4	M2029	23	M	39:54	7:59	548
46	JON OMDAHL	LUBBOCK	6	M5054	50	M	40:19	8:04	542
47	KEVIN RODERICK	LUBBOCK	5	M2029	25	M	40:48	8:10	536
48	JOSEPH ULANS	LUBBOCK	12	M3539	39	M	41:00	8:12	533
49	HENRY SAMARRON	LEVELLAND	6	M2029	23	M	41:03	8:13	532
50	BOB BERNERO	LUBBOCK	7	M5054	53	M	41:14	8:15	530
51	BARRY HENRY	LUBBOCK	7	M2029	26	M	41:30	8:18	527
52	BILL ROGER	LEVELLAND	1	M5559	56	M	41:31	8:18	526
53	P. J. MITCHELL	LUBBOCK	1	F5099	50	F	41:41	8:20	524
54	SONIA AGUIRRE	LUBBOCK	1	F3034	30	F	41:43	8:21	524
55	MIKE GREER	LUBBOCK	2	M5559	57	M	42:05	8:25	519
56	JOHN STALCUP	LUBBOCK	1	M6099	62	M	42:18	8:28	517
57	ED BRANDEL	LUBBOCK	8	M4044	40	M	42:23	8:29	516

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

(Continued)

58 DAN BROWN	LUBBOCK	9 M4D44	43 M	512
59 SHIRLEY WIGLEY	LUBBOCK	1 F4Q44	42 F	42:42 8:32
60 ETTA MAYER	LUBBOCK	1 F4549	46 F	43:07 8:37
61 BETTY JOHNSON	LUBBOCK	3 F3539	37 F	43:27 8:41
62 GLEN LOWE	LUBBOCK	10 M4D44	40 M	43:32 8:42
63 MATT GALLEGOS	LUBBOCK	11 M4Q44	41 M	43:53 8:47
64 JOHNNY SCOTT	LUBBOCK	8 M5Q54	52 M	44:01 8:48
65 JAMES LIVERMORE	LUBBOCK	2 M4549	48 M	44:20 8:52
66 MIKE KELLEY	LUBBOCK	3 M4549	47 M	44:52 8:58
67 JUAN JIMENEZ	LAMESA	2 M0115	15 M	44:54 8:59
68 JOE NAYLOR	ODESSA	3 M5559	58 M	45:01 9:00
69 DON ROBERTS	SHALLOWATER	12 M4Q44	41 M	45:22 9:04
70 DAHLIA HOOD	LUBBOCK	4 F3539	37 F	45:37 9:07
71 MIKE STARR	LUBBOCK	4 M5559	55 M	46:21 9:16
72 JENNA WOLCOTT	LUBBOCK	2 F3Q34	34 F	46:21 9:16
73 JEREMY JEFFERY	LUBBOCK	8 M2Q29	22 M	46:30 9:18
74 JOSIE ALEMAN	LUBBOCK	2 F4Q44	41 F	47:00 9:24
75 DAVID ELDER	LUBBOCK	13 M4D44	41 M	47:03 9:25
76 MARY LOU JIMENEZ	LAMESA	3 F0115	13 F	47:14 9:27
77 RICK LAMPE	LUBBOCK	9 M5Q54	51 M	49:14 9:51
78 KRISTLE LOWE	LUBBOCK	4 F0115	12 F	50:35 10:07
79 ADAM ANDREWS	LUBBOCK	14 M4Q44	41 M	51:15 10:15
80 WALLACE DEAN	AMARILLO	5 M5559	55 M	51:43 10:21
81 MARGARITA JIMENEZ	LAMESA	5 F0115	6 F	52:16 10:27
82 ANN DAVIS	WOLFFORTH	5 F3539	38 F	54:53 10:59
83 BO MINNIS	LUBBOCK	10 M5Q54	53 M	54:55 10:59
				58:29 11:42

* NEW AGE GROUP RECORDS

RACE DIRECTOR'S REPORT

Another beautiful, sunny day for our annual Loop The Lake Run. It was slightly warmer than last year, with the temperature in the mid 50's. We had a total of 84 registrants, exceeding last year's count by 3. The major complaint was that the start was too late and as a result we may have lost a few participants.

My hat goes off to Bill Roger who was with us despite his recent surgery, and to top it off, he placed first in his age division.

Overall male winner was Jay Truitt, for the second year in a row, and he set a new 16-19 record with 28:29. Marjory Stewart was once again female champ with a 32:20, but was challenged by Karen Cooley, of Amarillo who ran a 32:54. Two others set new age group standards as noted in the overall listing, as newcomer Sydney Morris lowered the F20-29 standard to 36:58 and P.J. Mitchell ran faster than her 45-49 time to bag the F50 Plus record.

I wish to thank the volunteers, Ed Dabrowski, David Hagstrom, Tony Aleman, Jesse Hilliard, Jim Leser, Maurine Bray, George Jury, Marsha Bennett, David Skelton, Chris Dillman, Ron Nugent, Mickey Davis, Eva Martinez, Veronica Jimenez and Ian Stewart for their excellent assistance in the production of this race.
Richard Bray

EDITOR'S FOOTNOTES

I want to apologize to anyone who was inconvenienced by my mistake of posting the wrong time on the calendar which did not match the race flyer inside the back cover. This race has had a 10 A.M. start since it's inception. The officers voted unanimously to keep the January race start time at 10 A.M. and to move the December REDLINE to 10 A.M. as well, as the evidence by way of total attendance is that more out of towners can attend and because of the usually bitter cold at this deepest part of winter earlier in the morning.

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W.T.R.C. LSD TRAINING RUNS

Are held Saturdays at 7 A.M. and Sundays at 6 A.M., meeting at the Outdoor Center in MACKENZIE PARK

For information, call Ron Key at 794-3300(d) or 794-5833(n)

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

WHEN: SATURDAY, FEBRUARY 10, 1996
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: WOLFPORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to Loop 193, proceed to intersection with highway 179, turn right across RR tracks, north to FRENSHIP HIGH SCHOOL and turn left

COURSE: ASPHALT ROAD, 4 Mile; 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 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+

WOMEN 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+ (6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 744-2626(d), 744-8328(n)

We will have access to the High School cafeteria and indoor bathrooms for registration and the awards ceremony.

Volunteers are needed, please call David at one of the phone numbers above.

MEMBERSHIP RENEWAL

Renewal forms have been inserted once again in this newsletter, for those who have not yet renewed. Please be prompt in in returning your forms and be sure to check your area of interest as to how you can help the club.

The mailing address label on the cover will indicate if you are paid up through 12-31-96. If for some reason your label is not correct, please call Ronald Key, Roster Chairman, at 794-3300, who will look into it.

1996 CHALLENGE SERIES RULES

**** The West Texas Running Club's 1996 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 1996, 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 again 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 1996 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1996 Challenge Series features these categories:

- 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.
- 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. Age group winners will be excluded.
- 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.
- VOLUNTEER OF THE YEAR** ** Up to 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.
- MOST IMPROVED RUNNER AWARD** ** A point score for each club member will be kept and averaged after each race on the runner's race time as compared to the world's best for the particular distance. Club member's starting point will be calculated from the 1994 & 1995 race results and will require a minimum of 3 races to enter and one must participate in 7 of the 12 events, after qualifying, including at least one volunteer time, in the current year to be eligible for awards. The names of the top 10 will be published each quarter in the newsletter. The first three receive an award regardless of other awards won.
- 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:** 0-12, 13-15, 16-19, 20-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59 and 60 Plus
 - FEMALE AGE GROUPS:** 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus (Those less than 12 must run in the shortest races offered)
 - 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. (Except those under 12 years of age must run in the shortest race)
 - 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