

CALENDAR

- * Indicates **W.T.R.C.** Monthly Race and CHALLENGE SERIES EVENT
- * JULY 4 **27th ANNUAL FIRECRACKER RUN:** Brownfield, 8:00 am, 10 Mile and 3 Mile, Children's 1 Mile Run, Jim Leser, RD, 794-2474
- JULY 27 **OLD SETTLERS 5K:** Hico, 8:30 am, Sherrill Johnson, 817-796-4785
- JULY 20 Summer Social, Details later, Post cards to be mailed
- JULY 28 **COMANCHE WARRIOR TRIATHLON & 10K RUN:** Big Spring, (915)263-0211
- AUG. 4 **PRUDE RANCH RACES:** Ft. Davis, Half Marathon, 10K, 5K, call Thomas Schneider in Midland at 915-520-7421
- * AUG. 10 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am. P.J. Mitchell, Race Director, 794-0135
- AUG. 15 **SENIOR SPORTS 5K & 10K:** MACKENZIE PARK, 6 am, 767-2656
- SEPT 7 **HOST RUN FOR RECYCLE:** Hobbs, 1 Mi., 5 & 10K, (505) 392-3971
- * SEPT 14 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 21 **SUSAN G. KOMEN RACE FOR THE CURE:** TTU Campus, Men's 5K, 7:30am Women's 5K, 8:30, Women's walk, 8:45, Chip Gilmour, 792-1000
- SEPT 28 **TALKING TRASH 5K & 10K:** Canyon Lake 6, 8 am, Mark Wagnon, 792-1014(d), 791-0365(n)
- SEPT 29 **DUKE CITY MARATHON:** Albuquerque, also 5K & Half Marathon FMI, 505-890-1018
- * OCT. 5 **RED RAIDER ROAD RACE: 5K and 10K,** 8 am, Lubbock, TTU, Randy Wolcott, Race Director, 793-8869
- OCT. 12 Alzheimer's Benefit Run, Details Later
- OCT. 19 **ALLSUP'S ROAD RACES:** Clovis, 1 Mi., 5K, 10K, Half Marathon, Bob Pitcock, 505-769-2311
- OCT. 26 **PUNKIN DAYS 5K:** Floydada, 9 am, Julianne Cornelius, 983-2982
- * NOV. 9 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- NOV. 28 **W.T.R.C. TURKEY TROT:** Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Joe Martinez, Race Director, 794-7355
- DEC. 1 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- DEC. 7 **TOYS FOR TOTS RUN:** BUDDY HOLLY PARK, 9am, 5K & 1 Mi. Fun Run, FMI, Sat, Benavidez, 763-2853
- DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am Mike Kelley, Race Director, 798-0113

27th ANNUAL FIRECRACKER RUNS

Newsletter
P.O. Box 2921
Lubbock, Texas 79408



Thursday, July 4th, 1996
Late registration: 7:00-7:45 am
Races Start: Children's 1 mile - 7:40 am
3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
From Lubbock on Hwy. 62, go to the last stoplight, turn left on Buckley St. To Old Lamesa Rd., turn right just past the swimming pool.

July 1996

FIRECRACKER RUNS



WEST TEXAS RUNNING CLUB

OFFICERS

President - Jim Leser
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David Lightner
(H) 793-3484

Dwayne Oakeley
(H) 799-4473

Brent Tidwell
(H) 795-9537

Mark Wagnon
(H) 691-0365 (O) 792-1014

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting are held on the 1st Thursday of the month, 7:00 p.m. at 5517 74th Street. All members are welcome. There will not be a meeting in July.

LESER'S LINES

Last minute plea for volunteers. Three events are on the calendar over the next 10 days. These include the It's So Easy Duathlon on June 29th, the Buffalo Springs Lake Triathlon on June 30th, and the Firecracker Runs on July 4th. The first two are money making events for our club. Won't you help the WTRC stay in the black? The races on the 4th have been staged continuously for 26 years making this event the oldest continuous run road races in Texas. We need at least 10 volunteers for the Firecracker Runs, and the duathlon. We need 40 volunteers for the Triathlon. Please call to volunteer!

WTRC board changes. We have finally filled the membership director position recently vacated by Teresa Greer. Brent Tidwell actually came forward and volunteered without any major arm twisting. This is a very important director position as it is responsible for planning and putting on two socials (let's party!) and most importantly is responsible for developing new membership benefits and activities. We want to attract new members as well as keep our current members happy. While we are gaining new board member we are also losing our secretary. Bill Harn will be moving to North Carolina the end of July. Bill has been with the club for some time and has been quite active in providing much needed support when called upon. We wish Bill and his family all the success in his new position. We'll miss you.

LRCADA Dash Against Drugs was successful. We had a good turnout at the Lubbock Regional Council Against Drugs and Alcohol races on the Tech campus May 18th. I would have liked to see more participation though. This was my first attempt at running the computer for race number entry and race results. It went pretty smoothly thanks to George Jury's help. I want to thank all of you that came out and ran the races and all the volunteers who made the event possible. Volunteers included: Gayle Blackmon, P.J. Mitchell, Joe and Eva Martinez, James Bone, Jostie Aleman and my son Ben.

17th ANNUAL BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE 2 MILE and 10K ROAD RACES Levelland, Texas JUNE 8, 1996 8:00 A.M.

TEN KILOMETER OVERALL RESULTS

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	Perf
1	JEROME NYAKERAKA	LEVELLAND	M	2029	21	M	35:13	5:40	783
2	TIM GREEN	LUBBOCK	M	3034	30	M	35:39	5:44	773
3	HAWK HARRIS	HOBBS	M	1619	19	M	36:19	5:51	759
4	JIM LESER	LUBBOCK	M	4549	49	M	37:41	6:04	731
5	BRETT PEIKERT	LUBBOCK	M	2029	28	M	38:49	6:15	710
6	KEN JERNIGAN	SUNDOWN	M	4044	44	M	40:02	6:27	688
7	ALEX STEWART	LUBBOCK	M	4549	46	M	40:22	6:30	683
8	CHRIS LONNGREN	LUBBOCK	M	3539	37	M	40:46	6:34	676
9	MARJORY STEWART	LUBBOCK	F	3539	37	F	41:48	6:44	659
10	RANDY WOLCOTT	LUBBOCK	M	4044	40	M	42:07	6:47	654
11	ROBERT GUAJARDO	LEVELLAND	M	5054	53	M	42:38	6:52	646
12	LUIS NEVAREZ	LUBBOCK	M	3034	30	M	42:49	6:54	644
13	RICHARD FISCHENICH	LUBBOCK	M	4549	49	M	43:11	6:57	638
14	DAVID HIGGINS	LUBBOCK	M	4044	43	M	44:02	7:05	626
15	DAVID NOLES	LEVELLAND	M	3539	35	M	44:38	7:11	618
16	JOHN TROMPLER	LUBBOCK	M	4549	48	M	45:10	7:16	610
17	STEVE NIEMAN	SHALLOWATER	M	4044	41	M	45:32	7:20	605
18	DWAYNE OAKELEY	LUBBOCK	M	3539	39	M	45:42	7:21	603
19	DAVID LIGHTNER	LUBBOCK	M	4549	46	M	45:52	7:23	601
20	MARK WAGNON	LUBBOCK	M	4044	41	M	45:52	7:23	601
21	MICAH BLALOCK	LUBBOCK	M	3539	36	M	46:23	7:28	594
22	RON NUGENT	LUBBOCK	M	4549	49	M	46:34	7:30	592
23	CECILIO SANTANA	LOVINGTON	M	4044	41	M	46:38	7:30	591
24	CHUCK JOHNSON	LUBBOCK	M	3539	38	M	48:05	7:44	573
25	DAVID ELDER	LUBBOCK	M	4044	42	M	48:53	7:52	564
26	DON ROBERTS	SHALLOWATER	M	4044	41	M	49:01	7:53	562
27	BULLET BOB BERNERO	LUBBOCK	M	5054	54	M	50:36	8:09	545
28	RONALD KEY	LUBBOCK	M	5054	52	M	51:07	8:14	539
29	JAMES LIVERMORE	LUBBOCK	M	4549	48	M	54:47	8:49	503
30	RENEE WEST	BROWNFIELD	F	2029	27	F	54:50	8:50	503
31	MARSHA BENNETT	LUBBOCK	F	3034	32	F	55:34	8:57	496
32	ETA MAYER	LUBBOCK	F	4549	47	F	56:39	9:07	487
33	ADAM ANDREWS	LUBBOCK	M	4044	42	M	58:51	9:28	468
34	JENNA WOLCOTT	LUBBOCK	F	3034	34	F	1:00:15	9:42	457
35	VICKI FISCHENICH	LUBBOCK	F	3034	30	F	1:00:40	9:46	454

A TRIBUTE

The LEVELLAND LOPE was renamed in honor of Bobby Birdsong, an enthusiastic supporter of WTRC, after his untimely death from cancer. May 24, 1989 at age 49, Bobby served as race director for the LOPE when it first became the club's June race in 1980, through 1987, after which he had to give it up because of his illness. Bobby was a biology teacher at Levelland High School, and was survived by his wife Darline and children Shannon, Jerry and Stephanie. Ironically first year race director, Al Gardner had Jerry Birdsong in one of his classes at SPC, this year. It would be appropriate here to also remember Bill Roquer, himself recovering nicely from prostate cancer surgery last December, who served as race director from 1988 to 1995, and was on hand in a volunteer capacity again this year.

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

Table with columns: PLACE, NAME, TOWN, DIV, PLACE, AG, S, TIME, PACE, Perf. Lists race results for Bobby Birdsong Memorial Levelland Loppe.

RACE DIRECTOR'S REPORT

Thanks to the very mild 58 degree temperature at the start and calm wind we had another fine day for our monthly club race, this one being the 17th edition of the LEVELLAND LOPE in memory of Bobby Birdsong. We had a great turnout of runners and a great bunch of volunteers. I want to especially thank Buddy Hutto for remeasuring the course and to Bill Roger for his advise and help. Also Kelly Baggett for allowing use of the school restrooms and to many of my fellow SPC faculty and staff for giving of their free time to help out. A special word of thanks to George Jury for his advise and help with the equipment and the computer operations. He has been the first on the race site and the last to leave for many months. Other club members earning their Larry Byrd, Tony Aleman, James Bone, Jim Harris, Trey Jernigan, Larry Byrd, Joe Martinez and Eva Martinez, David Skelton, and Robby Timberlake who came out and turned the 2 millers before having to go to work. A special thanks to Robert Guajardo's wife for helping early and to my wife and children for helping with the fruit.

At Gardner

W.T.R.C. 1996 CHALLENGE SERIES STANDINGS AFTER 6 EVENTS

YTD. TOTALS MILES PTS:EV:VOL

Table of standings for W.T.R.C. 1996 Challenge Series, listing names, miles, points, and volume.

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Table of standings for W.T.R.C. 1996 Challenge Series, listing names, miles, points, and volume.

HEART RATE MONITORS - YOUR PERSONAL TRAINER

Ever want a personal trainer but didn't want to spend the money for a top notch coach or couldn't find one you liked? Are you the kind of athlete that likes to be self-coached but needs a little help, a little more objectivity? Do you lack the discipline to make yourself go hard on the hard days and easy on the recovery days? If you can answer yes to any of these questions then perhaps a heart rate (HR) monitor is just the ticket for you.

Over the next few issues of this newsletter I am going to try discuss the ins and outs of heart rate training for you. HR monitors are not toys or gadgets and they are not just for pros or triathletes. I think some of you will find that HR monitors are just the ticket to better training and better performance. There have been numerous articles on HR monitors in *Running Times*, *Runner's World*, *Runner Triathlete News*, and *Triathlete*; to mention a few. There are also good references in several books including those authored by Sally Edwards, Roy Benson and Philip Maffetone. I hope to synthesize the information in these sources and add my personal experiences as appropriate. Others in our club are also using HR monitors. I would like to hear from anyone that is using one, has used on and cast it aside, or anyone else that has questions. For those of you that become interested in purchasing a HR monitor, I do have some sources that are as cheap as it gets.

A HR Monitor is like any other new tool. It will take you time to become familiar with all of its functions and it will take time for you to reap the benefits of this training device. If you have been using a digital watch with lap counters, etc., then you can become proficient with a HR monitor.

To be benefited by the HR monitor in training, you will need to understand various things such as interval training, tempo runs, strength training, lactate thresholds, anaerobic thresholds, active rest, and aerobic base. You will also need to come to grips with terms such as maximum heart rate, aerobic threshold and target zones. All this sounds very complex but really isn't. By the end of the summer you all will be HR monitor experts.

Using a heart rate monitor can keep you from training too hard on recovery days or too easy when you should be working hard. Most folks seem to train at about the same effort level, too hard for recovery and too easy for any benefits toward getting faster. You do want to get faster don't you? If you aren't interested in getting faster or avoiding over training then HR training probably isn't for you. But read on---you might change your mind.

The first thing we must establish is your max heart rate. Everything else revolves around this one number. There are several formulas out there for calculating this including the very popular one of subtracting your age from 220 for men or 226 for women. This and other formulas I find to be very inaccurate. My max heart rate would calculate out to 171 but in reality it is 198. If I relied on the above mentioned formula I would be under training all of the time and would derive little benefit in my speed training. Having a high or low max heart rate is unimportant and is not a reflection of athletic ability or age. Mine is high and I am about to turn 50!

The best way to establish your personal max HR would be to run a 5K with a HR monitor on and add 5% to your HR for the last mile. You could also run 800 meter intervals with minimal recovery and take your HR after 6 repeats. Also realize that your max HR for cycling or swimming will not be the same as the one you get for running. They are usually several beats lower. Push yourself to the max for 15 or so minutes on your bike or swimming to establish these max HR if you cross train. My cycling max HR is 184. I just can not get my legs to push any harder even though I haven't maxed out my HR.

Next time I will discuss target zones, some speed training terminology as it applies to HR monitor training and some of the experiences (strange and otherwise) I have had the last six months since I started training with a HR monitor. *Jim Leizer*

DASH AGAINST DRUGS REGIONAL COUNCIL ON ALCOHOL AND DRUG ABUSE LUBBOCK May 18, 1996

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	TIM GREEN	30	M	1	M3039	LUBBOCK	TX	36:13	5:50
2	BRENT TIDWELL	38	M	2	M3039	LUBBOCK	TX	38:22	6:10
3	GARY SCHOVAJISA	50	M	1	M5099	MORTON	TX	39:53	6:25
4	MARJORY STEWART	37	F	1	F3039	LUBBOCK	TX	40:13	6:28
5	AL GARDNER	39	M	3	M3039	LEWELLAND	TX	41:44	6:43
6	VINCENT SURACE	31	M	4	M3039	AMARILLO	TX	42:37	6:51
7	TONY RAMOS I I I	20	M	1	M2029	LUBBOCK	TX	42:52	6:54
8	LUIS NEVAREZ	30	M	5	M3039	LUBBOCK	TX	42:57	6:55
9	JOHN TROMPLER	48	M	1	M4049	LUBBOCK	TX	43:04	6:56
10	EPI AGUIRRE	37	M	6	M3039	LUBBOCK	TX	43:12	6:57
11	MARK WAGNON	41	M	2	M4049	LUBBOCK	TX	44:54	7:14
12	DAVID HIGGINS	43	M	3	M4049	LUBBOCK	TX	45:47	7:22
13	DREW SPEIER	42	M	4	M4049	LUBBOCK	TX	46:00	7:24
14	STEVE WOHLRAB	40	M	5	M4049	LUBBOCK	TX	47:28	7:38
15	JOANNA ABBOTT	29	F	1	F2029	LUBBOCK	TX	47:39	7:40
16	DWAYNE OAKLEY	39	M	7	M3039	LUBBOCK	TX	48:18	7:46
17	SONIA AGUIRRE	30	F	2	F3039	LUBBOCK	TX	51:43	8:19
18	AL GAMBOA	29	M	2	M2029	LUBBOCK	TX	54:10	8:43
19	DAVID SCHROEDER	41	M	6	M4049	BORGER	TX	56:31	9:06
20	DENNIS RAWLS	12	M	1	M0119	LUBBOCK	TX	57:12	9:12
21	MARSHA BENNETT	32	F	3	F3039	LUBBOCK	TX	57:33	9:16
22	JERRY WHITTEN	52	M	2	M5099	AMARILLO	TX	1:05:19	10:31

AT THE RACES

At the Midland Run For The Arts, May 18th, Frank Sumpter was the overall winner in 17:28. Former member Lolo Mercado was 5th at 18:43, Christie Lammers 13th at 19:37, Cecilio Santana, 38th in 22:18, and Joe Naylor, 90th.

At the LONESTAR PAPER CHASE, club member Mike Flores served a second time as race director, then vacationed to Colorado where he ran The BOULDER BOLDER 10K in 39:16. Mike is a Chiropractor, now going to TTU medical school and has 3 children. The PAPER CHASE had a total of 266 finishers for the 4 races this year. In the marathon, Chris Scott ran a 4:35:49. Mark Bannister, Sr. had a 4:41:31 and Johnny Scott had a 5:52:08. In the Half-Marathon, Jeffrey Jury was 4th overall with a 1:27:39, Ivan Deanda, 7th in 1:29:33, Al Gardner, 17th in 1:36:54, Mark Bannister, Jr. 18th in 1:37:14, Steve Nieman, 30th in 1:45:21, Richard Bray, 47th in 1:54:35, and Russel Martin, 49th in 1:55:57. In the 10K, Sherill Johnson was 2nd female and 21th in 45:54, Royce Jones was 49th in 50:35 and Sherill's husband, Danny, was 53rd in 50:52. In the 2 Mile, Buddy Hutto was the overall winner in 11:27, Alex Stewart 4th in 12:16, Former member, David Lard, 6th in 12:24, Jackie Cannon, 9th in 12:39, Ian Stewart 29th in 15:28 and Maurine Bray ran a 26:42.

ACHILLES TRACK CLUB

I inadvertently failed to get all of Michelle Jones' telephone number in last month's article. It is 766-0286.

MOVED

Otto and Susan Spitz have moved to Fairfax, VA., near Washington, DC. with their 2 children where Otto has taken a job. Sue reports to Tracy Baugh that there are nice wooded running trails right near their home.

Bill Harn and his family will be leaving us August 1st to take a Professorship at Western Carolina University at Cullowhee, NC., near Asheville in the Smokey Mountains.

RUN FOR THE ARTS CREDITS

The WTRC wishes to express our sincere appreciation to the following sponsors and contributors for their support of the 15th RUN FOR THE ARTS. Corporate Sponsors: Pennindon-Bass & Associates, Norwest Bank, The Lubbock Avalanche/Journal, United Supermarkets, and KRIB Radio Environment and material donations: Quest Canvas, Safway Scaffolding, Greer Industries, Action Printing, Lubbock Communications, Inc., and John Hartsfield Automotive
Refreshments: Sam's Club, Sierra Water, Dole Fruit, and Sunkist Fruit
Door Prizes: Mountain Hideaway, South Plains Cycles, Runner's World Magazine, Hoot's Bagels, Athletic Supply and University Medical Ctr.

The club would also like to thank Bob Bernero for the Mile Marker signs he instigated and constructed, with the help of David Lightner and Joe Martinez.

FROM THE INTERNET

Bill Harn tells me that our Olympic trials winner Bob Kempainen, now has bilateral ilio tibial band syndrome near the knees and has had to give up his olympic training. This means that 4th place finisher, Steve Plasencia will move on to the team. That makes his 2 second margin over 5th place Marco Ochoa even more important. (More on 4th place in the next paragraph)

FROM RUNNER'S WORLD

Several articles in the June RW really appealed to me & if you don't get it you might want to find a copy. Jeff Galloway is now writing for them and if you have his books you probably don't need to read his articles. This one is on running faster as you get older by taking more days off and using cross training. Joe Henderson's Journal was on the merits of finishing fourth, which as we know seldom gets a mention by the news media. As we see from the previous paragraph, 4th place has paid off for Steve Plasencia. In the 1972 Olympic marathon, won by Frank Shorter, Kenny Moore was 4th and Jack Bachelor was 9th. In the "Flashback" feature Bachelor tells how he missed making the 10,000 meter team by finishing 4th and was running 4th in the marathon trials just behind Jeff Galloway, when Galloway, who had already made the team in the 10,000, slowed and let him take the 3rd spot. This story is a great testament to Galloway's character. Bachelor, by the way, is an entomologist at North Carolina State U. now, and our own "Bug Man", Jim Leser, has met him and even run with him at some of their professional meetings. Jack, 52, can no longer run because of bad knees.

JUNE BUSINESS MEETING SYNOPSIS

A representative of the ALZHEIMER'S ASSN. requested the club's help in staging a fundraising "Memory Walk/Run" 10K and 2 Mi. at Buddy Holly Park, Oct. 12, 1996. A motion to work the finish line and lend equipment passed. The final expenses for the RUN FOR THE ARTS were \$7,947, the lowest in many years. There is much doubt as to there being an Arts Festival in the spring and the club has asked them to confirm this by Sept. 1, 1996, so that we might plan an alternative spring race emphasizing a children's run. The WTRC has been notified by the Secretary of State that it's corporate charter has been reinstated. Mark Wagnon was commended for his work. Several scholarship applications have been received and since the 1996 RED RAIDER ROAD RACE promises to be financially successful, a motion was passed to increase the stipend to \$1,000 and offer 2 if the budget allows. Brent Tidwell was approved as the membership director.

Jim Leser emphasized the need for help with the duathlon/triathlon the weekend of June 29 and 30.

Michelle Jones reported on the Achilles Track club which is training each Thursday at 4:30 at the LCU track.

David Lightner, Equipment Director, reported that George Jury had built some shelves and donated the material for the storage shed and he and Bob Bernero had installed them.

There will be no July 800 meeting because of the 4th of July and the summer social is planned for July 20th.

Bill Harn, Secretary

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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)

TEXAS' OLDEST CONTINUOUS ROAD RACE
SINCE 1970
WEST TEXAS RUNNING CLUB'S ANNUAL FIRECRACKER RUNS
BROWNFIELD, TEXAS JULY 4th

COURSE RECORDS
10 MILE

	NAME	TOWN	AGE	TIME	YEAR
19 & Under	Kim Wrinkle	Big Spring	17	55:57	1975
20-29	Jorge Pacheco	Levelland	22	52:34 *	1990
30-34	Lolo Mercado	Lubbock	30	60:24	1990
35-39	Bob Jackson	Hobbs, NM	36	56:56	1995
40-44	Bobby Cunningham	Abernathy	44	58:07	1984
45-49	Frank Wright	New Orleans	45	68:37	1980
50-54	George Jury	Lubbock	50	63:28	1987
55-59	George Jury	Lubbock	55	68:54	1992
60 Plus	Don Sanderson	Tulia	63	76:30	1993

WOMEN

19 & Under	Cari Faver	Muleshoe	16	78:34	1995
20-29	Idalia Casiano	Lubbock	23	67:52	1991
30-34	Marjory Stewart	Lubbock	32	65:30 *	1991
35-39	Caylene Caddell	Lubbock	37	72:30	1989
40-44	Teresa Greer	Lubbock	44	83:06	1995
45-49	P. J. Mitchell	Lubbock	47	86:24	1993

3 MILE

	NAME	TOWN	AGE	TIME	YEAR
15 & Under	Carlos Ybarra	Lamesa	15	15:58	1978
16-19	Curtis Conaway	Lubbock	18	14:44	1979
20-29	Dennis Williams	Lubbock	29	14:23 *	1975
30-34	Steve Stallings	Stanton	30	15:02	1982
35-39	Quinn Smith	Grants, NM	35	15:56	1995
40-44	Bob Dunbar	Amarillo	44	16:44	1978
45-49	George Jury	Lubbock	49	17:47	1986
50-54	George Jury	Lubbock	52	17:45	1989
55-59	George Jury	Lubbock	56	19:03	1993
60 Plus	John Stalcup	Lubbock	60	22:57	1993

WOMEN

19 & Under	Debra Tinnell	Lubbock	18	20:10	1988
20-29	Isabel Navarro	Brownfield	21	18:21 *	1979
30-34	Isabel Torres	Brownfield	34	21:04	1992
35-39	Josie Aleman	Lubbock	36	22:25	1988
40-44	Sherrill Johnson	Hico	44	20:25	1994
45-49	Arlene Ragan	Midland	48	22:41	1984

West Texas Running Club
 proudly presents

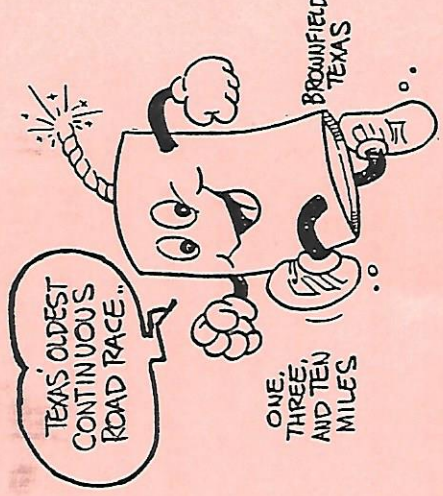
**27th ANNUAL
 FIRECRACKER RUNS**

Thursday, July 4th, 1996
 Late registration: 7:00-7:45 am
 Races Start: Children's 1 mile - 7:40 am
 3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
 From Lubbock on Hwy. 62, go to the last
 stoplight, turn left on Buckley St. To Old Lamesa Rd.,
 turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC members
 and \$6.00 for non-members. WTRC family maximum registration cost is \$10.00.

Special and unique commemorative medallions. Awards to the first 3 in each age group and
 to at least 50% of the contestants in each age group.



**FIRECRACKER
 RUN!**

3 Mile Run

Male	Female
9 & under*	9 & under*
10-12*	10-12*
13-15*	13-15*
16-19*	16-19*
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-plus	60-plus

10 Mile Run

Male	Female
19 and under	19 and under
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	55-59
60-plus	60-plus

* Special age groups for 3 mile race only.

Children's 1 mile run: grades pre-school through 7th, special commemorative medals for
 first place boy and girl in each grade. Finish ribbons for the remainder. Grade as of the
 Fall, 1996.

Contact: Race Director Jim Leser - (806) 746-6101 (day) or (806) 794-2474 (night) or
 George Jury - (806) 792-3291 (day) or (806) 792-1237 (night)

Promoting

**FITNESS
AND
RACEWALKING**

July 13 & 14, 1996

METHODIST HOSPITAL
LifeStyle Centre
Lubbock, Texas



WEST TEXAS WALKERS
3506 21st Street, Suite 506
Lubbock, Texas 79410

Welcome

Vishva Seallak

WEST TEXAS WALKERS
SUSAN G. KOMEN FOUNDATION



The WEST TEXAS WALKERS and the SUSAN G. KOMEN FOUNDATION "RACE FOR THE CURE" sponsors VIISHA SEDLAK to

Legendary Lubbock. Viisha is a seven-time member of the U. S. Track and Field Team, chair of the American Racewalk Association, and is an acclaimed international competitor and coach.

SCHEDULE

JULY 13
9:30 a.m.

*Introduction to Racewalking
Definition and Techniques
Box lunch will be served*

1:30 p.m.

*More Advanced Techniques
Nutritional Concepts*

7:00 p.m.

Dinner

METHODIST HOSPITAL

*Knippling Education/Conference Center
6th floor - West parking garage - 21st & Louisville Ave.
parking on levels 3 & 4*

Viisha will speak for racewalkers & friends.

JULY 14

1:30 p.m.

*Competitive Racewalking
Advanced Critiques*

Contact Bob Broselow, M.D., 806/ 795-9020 for information and reservations!!

See you there!

LOCATION

Methodist Hospital
LifeStyle Centre

Knoxville Ave. & 21st Street
top of the East parking garage
Lubbock, Texas

FEES

\$25 each session
\$70 weekend

LODGING

LUBBOCK INN
Restaurant and Bar
3901 19th Street
Lubbock, Texas
806/792-5181
800-545-8226

GUESTHOUSE INN
3815 21st Street
Lubbock, Texas
806/791-0433
800-284-1838

Both hotels are within a five minute walk of the LifeStyle Centre of Methodist Hospital.

When making reservations, tell the hotel you are attending a Methodist Hospital Foundation function.

REGISTER

Name _____
Address _____
Phone _____

Specify which clinics you will attend.

- July 13** - "Introduction to Racewalking" - \$25
- July 13** - "More Advanced Techniques Nutritional Concepts" - \$25
- July 14** - "Competitive Racewalking" - \$25
- All the above** - \$70

You may pay the day of the clinic ^{or}

Make check payable to:

Susan G. Komen Foundation

and send *registration & check* to:

Bob Broselow, M.D.
3506 21st Street, Suite 506
Lubbock, Texas 79410

