

# CALENDAR

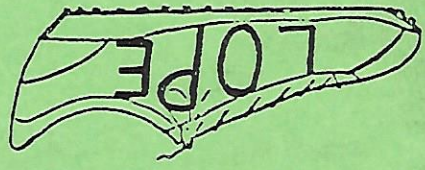
\* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- JUNE 1 **24th ANNUAL RUN IN THE SUN:** San Angelo, 8K, FMI, 915-659-1400
- JUNE 1 **HEALTH HIKE:** 8am, LUBBOCK LAKE LANDMARK SHP, see page 13
- JUNE 6 **W.T.R.C. Business Meeting,** 7 P.M., 5517 74th St., Lubbock
- \* JUNE 8 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8 am, 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 29 **IT'S SO EASY DUATHLON:** BUFFALO SPRINGS LAKE, 8am, 5K RUN, Duathlon, 5K Run, 30K Bike, 5K Run: Kevin Lair, 748-1616
- JUNE 30 **BUFFALO SPRINGS LAKE TRIATHLON:** Mike Greer, 796-8213
- \* 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 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 pm, 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. 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, Sgt. Benavidez, 763-2853
- DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am

June 1990



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



LEVELLAND LOPE  
Levelland, Texas  
June 8, 1996 8 A.M.  
Details Inside Back Cover

# WEST TEXAS RUNNING CLUB OFFICERS DIRECTORS

President - Jim Leser

(H) 794-2474 (O) 746-6101

Internal Vice-President - Marjory Stewart

(H) 792-1085 (O) 743-2153

External Vice-President - Jon Omdahl

(H) 794-7823 (O) 766-0600

Secretary - Bill Harn

(H) 784-0806 (O) 742-3908

Treasurer - David Higgins

(H) 744-8328 (O) 744-2626

Past President - Ronald Key

(H) 794-5833 (O) 794-3300

Bob Bernero

(H) 793-1667 (O) 742-3310

George W. Jury

(H) 792-1237 (O) 792-3291

David Lightner

(H) 793-3484

Dwayne Oakeley

(H) 799-4473

Mark Wagnon

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

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

The WTRC Monthly Business Meetings are held on the first Thursday of the month, 7:00 p.m. at 5517 74th St.

## RED RAIDER ROAD RACE UPDATE

October 5, 1996

Race Director, Randy Wolcott has enlisted several new sponsors/supporters, for this year's race insuring a successful event. In addition to our most faithful sponsor, CARDINAL'S, ST. MARY HOSPITAL, LUBBOCK NATIONAL BANK, NORWEST BANK, WARM SPRINGS REHABILITATION, and REHABILITATION have committed to financial support. Two other large sponsors are probable.

Randy now needs early commitment from club members for the various jobs to be done before, during and after the race, so call him at 793-8869.

## IT'S SO EASY DUATHLON

Saturday, June 29, 1996

W.T.R.C. will be providing registration and finish line support for the 5K run and the duathlon which will be held at BUFFALO SPRINGS LAKE. The 5K run and Duathlon are to be run at the same time so we will need at least 10 people to man the finish lines and results. Perhaps some of the multi-sports competitors might help with the run? If so call George Jury at 792-3291(d) or 792-1237(n).

## BUFFALO SPRINGS LAKE TRIATHALON

Sunday, June 30, 1996

W.T.R.C. will once again provide water stop/aid support for this growing event this year. We need almost twice as many people as we had last year so if you haven't had the pleasant experience of working with many of your fellow members to provide this important service, please call Jim Leser at 746-6101(d) or 794-2474(n). Jim has more to say about this on page 6.

## HORSESHOE BEND CANYON SPRING FROLIC

Slaton, Texas May 11, 1996

### 11 MILE OVERALL RESULTS

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	PerF
1	CORNELIUS PUJOLET	LUBBOCK	1	M2029	23	M	1:08:32	6:14	741
2	TIM KEY	LUBBOCK	2	M2029	28	M	1:09:39	6:20	729
3	JEFFREY JURY	CANYON	1	M3539	35	M	1:11:23	6:29	711
4	CHRIS LONNGREN	LUBBOCK	2	M3539	36	M	1:16:37	6:58	662
5	WELDON KOLB	LUBBOCK	1	M4044	40	M	1:18:03	7:06	650
6	RANDY WOLCOTT	LUBBOCK	2	M4044	40	M	1:18:38	7:09	645
7	AL GARDNER	LEVELLAND	3	M3539	39	M	1:18:54	7:10	643
8	TOM WEST	LUBBOCK	4	M3539	38	M	1:20:18	7:18	632
9	JON STROTHER	LUBBOCK	3	M2029	27	M	1:22:32	7:30	615
10	FRANK GOODMAN	LUBBOCK	1	M4549	49	M	1:24:10	7:39	603
11	MARK WAGNON	LUBBOCK	3	M4044	41	M	1:24:17	7:40	602
12	MARK PESSA	LUBBOCK	4	M4044	42	M	1:25:37	7:47	593
13	AUGUSTINE GARCIA	LUBBOCK	1	M1619	17	M	1:26:47	7:53	585
14	CHRIS THOMAS	LUBBOCK	2	M1619	17	M	1:27:07	7:55	583
15	LARRY BYRD	LUBBOCK	1	M5559	55	M	1:28:42	8:04	572
16	RICHARD BRAY	LUBBOCK	1	M5054	52	M	1:32:01	8:22	552
17	BARRY MOSS	LUBBOCK	5	M4044	41	M	1:33:29	8:30	543
18	KEN MCEACHERN	LUBBOCK	2	M5559	55	M	1:33:36	8:31	542
19	JOHN STALCUP	LUBBOCK	1	M6099	63	M	1:34:34	8:36	537
20	RON KEY	LUBBOCK	2	M5054	52	M	1:34:52	8:37	535
21	BOB BERNERO	LUBBOCK	3	M5054	54	M	1:36:37	8:47	525
22	MICKEY DAVIS	LUBBOCK	5	M3539	39	M	1:36:51	8:48	524
23	JAMES LIVERMORE	LUBBOCK	2	M4549	49	M	1:43:32	9:25	490
24	ETTA MAYER	LUBBOCK	1	F4549	47	F	1:52:18	10:13	452

## RACE DIRECTOR'S REPORT

Saturday, May 11, was one of the nicest days we could have requested for the 24th running of the Horseshoe Bend Canyon Spring Frolic Runs. It was slightly overcast with very little wind. We had a very good turn out with Drew Spaier of Channel 28 coverage on the six and ten o'clock news.

Every year I am reminded of the tremendous effort it takes to direct these races. Therefore, I want to thank all of the volunteers for helping me put this race together. Richard Bray for recruiting volunteers and printing new flyers with color maps, David Higgins for providing radios, George Jury, Maurine Bray, David Lightner and Arden Key for helping in the trailer, James Bone, P. J. Mitchell, David Skelton, Ida Sumpter and Dwayne Oakeley for helping at the finish line, Tony Aleman for keeping people on the course at the Midway Gin, Dwayne Oakeley for turning the two milers at the one mile marker, Hugh Haynes for marking the course and arranging for the porta potties, Vicki Fischenich and family, Jenna Wolcott and family, Eva and Joe Martinez, Hugh Haynes, Bob Jetland, Phillip Conatser, Gagan and Manisha Toor for helping at the water stations. A special thanks to South Plains Biomedical Services, Inc. for providing the oranges and bagels. I hope that I didn't forget to acknowledge anyone for their help. If I forgot to mention your name, I apologize and thank you for helping!

Richard Fischenich

## EDITOR'S NOTES

We had 5 age group records set in the 6 and 2 mile as noted on page 4. The weather was very similar to that in 1989 when 7 of the existing records were set. That year saw a lot of fast times in the 11 mile including a close race between Rodney Hendrix and Tim Green. Tim's 1:01:03 is still the second fastest time. As you can see, the calm and relatively cool weather can surely affect the performances. The one hour earlier start certainly helped also.

HORSESHOE BEND CANYON SPRING FROLIC SIX MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, DIV, PLACE, AG, S, TIME, PACE, Perf. Lists race results for 21 participants including names like Tim Green, Hawk Harris, Jimmy Samarron, etc.

TWO MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, DIV, PLACE, AG, S, TIME, PACE, Perf. Lists race results for 32 participants including names like Frank Sumpter, Joshua Salazar, Mike Sanford, etc.

W.T.R.C. 1996 CHALLENGE SERIES STANDINGS AFTER 5 EVENTS

Large table showing standings for 100+ participants. Columns include Name, Age, YTD TOTALS (MILES, PTB, BEVTOL, YTD TOTALS). Lists names like Bill Ham, Matt Vaughan, Hope Jimenez, etc.

## NEWS AND INFORMATION LESER'S LINES

MANY VOLUNTEERS NEEDED AGAIN Several races are coming up next month in close proximity to each other that are going to need your help if we are to succeed. Our membership came through in shining colors for the Run for the Arts and I'm hoping to see you out there again. The first event is Kevin Lair's, it's So Easy Duathlon on June 29th. We are being paid to manage the finish line and the timing. Give George Jury a call if you can help on this one (especially those of you that will be competing the next day in the triathlon). The following day will be Mike Greer's Buffalo Springs Lake Triathlon. This is an Ironman qualifier and Mike is expecting as many as 600 triathletes. We are being paid \$750.00 to man the 7 water stations on the course. This is a lot of work but this is a good fee for our club and it does give us exposure to athletes from across the country. I am in charge again this year and will need 40 volunteers. The last event is the Firecracker Runs on July 4th. I am again the race director for this event in Brownfield with George Jury doing director duties on race day so that I may attempt to break my age group record for the 10 miler before the big 50 is upon me. You will be getting a call from someone on the telephone committee asking for your help. Please support the club and say yes!

100th BOSTON, A FINAL COMMENT This was the second time I had run this course but never in my wildest imagination was I prepared for the sight of 40,000 runners and 1.5 million spectators! Memories of this marathon will last a lifetime and will bring a smile to my face every time I think about it. The weather had us worried a bit but the skies opened up on race day and served up beautiful running conditions. I believe all our runners had a good time. This was the first marathon I had ever run for fun. I ran most of the distance with Brent Tidwell, carrying a disposable camera in a fanny pack and "high fiving" all the kids along the course. What a rush the spectators provided. The BAA is to be commended on an excellent job putting on the race. The only complaint I had was the baggage pickup system they used--it took too long. I had a good visit with my older sister and hope to return in 2000 and run it again with my brother-in-law.

### SUMMARY OF THE MONTHLY BOARD OF DIRECTORS MEETING, WTRC, MAY 2, 1996

A vacancy exists on the Board of Directors. Each directorship is associated with a particular aspect of the club's operations; the vacant position is Membership Director. The new director will be responsible for maintaining the club's membership database (computer), promoting membership, and organizing two social events per year.

Kevin Lair, Race Director for the duathlon to be held at Buffalo Springs Lake, June 29, has asked the WTRC to provide timing services for the event. The board has agreed to provide the requested services. Members interested in volunteering should contact George Jury.

Marjory Stewart suggested changing the route of the 6 mile race at the upcoming Horseshoe Bend Spring Frolic in order to eliminate a severely steep downhill section. In further discussion, a recommendation was made to change the course of the 2 mile race in order to avoid water that is commonly across the road near the 1 mile turnaround. These recommendations were to be forwarded to the Race Director.

Bob Bernero reported on the Run for the Arts. 58 club members ran in the races, 36 members and/or families volunteered to help stage the event. The race enjoyed outstanding support from the Lubbock Police, Civic Center staff, and the Parks & Recreation Department.

Jon Omdahl reported on the Kids Races that were held in conjunction with the Run for the Arts. There has been some discussion within the Arts Festival planning committee of moving the festival to a February or mid-summer weekend. However, due to the success of this year's Kids Races, the WTRC Board recommended staging the Kids Races during Spring, 1997, even if the Arts Festival shifts to a winter or summer time frame.

Bob Bernero was commended for serving as Race Director for both of the club's two largest events (Red Raider Road Race & Run for the Arts) within a span of 7 months.

## RUN FOR THE ARTS RACE DIRECTOR REPORT

During the January business meeting of the West Texas Running Club, Jim Leser announced that the Lubbock Arts Council wanted the club to direct this year's run. Among the concerns expressed by the board was the short preparation time to conduct a quality event. How will the club membership respond to the call for volunteers? Is there sufficient time to publicize the Kid's Race? Can simple logistics for such an event be adequate with limited planning?

During the ensuing discussion, it was decided that the WTRC could meet the challenge because of the tremendous resources available within the club. Club members Ron Key, George Jury, Jon Omdahl, Jim Leser and P. J. Mitchell and yours truly proceeded to prepare for a race on April 20th.

Initial concerns were soon answered. Club members began volunteering to fill positions vital for the success of the run. Jon and Becky Omdahl spent many hours getting the word out to the schools. Their efforts resulted in over five hundred kids and their parents participating. The city and community provided outstanding support in the police services, Civic Center activities and sponsors.

As the sun rose on April 20th, 6th Street was alive with activity. The wind was calm and 460 kids began forming for the start of their one mile run. Volunteers at the finish line and on the course stood by as Jon Omdahl started the three heats of the kids' races.

Afterwards, 162 runners and walkers departed the start line for the 15K/2 mile races, led by bicyclists Joe Martinez and Richard Bray. Other than a flat tire on Joe's bike, all went according to plan.

In closing, I would like to express my sincere appreciation to the following individuals for a job well done.

Jim Leser, Asst. Race Director/Coordinator & finish line, P. J. Mitchell, Contributions and store manager, Ron Key, Registration Chairman & results, George Jury, Course manager, 5 mile split caller & results report, Jon and Becky Omdahl, Children's race, James Bone, Store operator and fruit procurement, Fruit table: Jill and Jamie Blackstock and Josiah Trevino. Joe Martinez, Mile marker const. and lead bicycle, David Lightner, Mile marker const., Fri Regist. & Asst. to announcer, Mike Greer, announcer, Mark Wagnon, Contract prep., Friday Regist., Arden Key, Friday & race day regist., Chris Longren & Pat Jury, Fri. Regist., Jeanne Leser, Race day regist., Finish Line. Also at the finish line: Brent Tidwell, Bruce Lokey, Eva Martinez, Randy Wolcott, Michelle Jones, Chris Stratman & David Skelton. Richard Bray, lead bicycle, Dwayne Oakeley, course equipment, Weldon Kolb, course set up, 1 Mi. & 10K split caller & equipment, Ken McEachern, course marshal and spotter. Course marshalls were: Tony & Josie Aleman, Mike Flores, David Hagstrom, Melissa McCloud & Richard Fischel with the radio report from the turnaround. At water stop # 1 were: Jimmy Key, Hugh Haynes, Ray Haiduk, Tracy Baugh & Dahlia Hood. At water stop #2 were: Nancy, Chadd, Krystie, Glen Lowe's mother & Betty Johnson, Frank Goodman was the 5K split caller, & Dustin Oakeley was the official photographer.

Please forgive me if I have forgotten anyone. Thanks again for a super job. Hope to see you next year.

Bob Bernero, Race Director

We will recognize our contributors and sponsors in next month's newsletter

# WTRC/TTU Scholarship

## NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is for \$300 per semester for two semesters.

The scholarship selection committee consists of Ronald Key, Chairman, Betty Johnson, Kevin Lair, Sam Ayers, and a representative of the TTU Ex-Students Association (Pat Jury).

## RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- 2) Must have letter of recommendation by a W.T.R.C. Member

- 3) Applicants will submit a standardized form approved by the selection committee
- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls
- 5) Recipient must have an equivalent GPA of 2.5 and maintain that GPA during the scholarship period
- 6) Major Area of study can be any
- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

## WEIGHTED CRITERIA:

Extra Curricular Activities  
School Activities  
Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Jim Leser, W.T.R.C. Scholarship  
5517 74th St.

Lubbock, Texas 79424

Deadline, 8-15-96

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.

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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)

**RUNNING AND THE DISABLED**

The Lubbock Achilles Track Club sponsored by the West Texas Running Club and The New York Road Runners Club is the only program in the country, since 1983, that is designed to encourage all people with disabilities to participate in road running.

People with any kind of physical disability are eligible. Some runners use crutches or prostheses, some are experienced athletes and others are trying exercise for the first time. Some will eventually realize the "impossible" dream of running a 26 mile marathon; others will be proud to walk a block or a mile. No previous athletic experience is necessary, just a desire to improve fitness with regular training.

Workouts are held every week regardless of weather, and are designed for all levels of ability. All members are accompanied by a coach or volunteer. Workouts consist of warmup and stretching exercises, an outdoor walk or run with coaching, pulse monitoring if appropriate, speedwork for the advanced and individual training advice.

The West Texas Running Club/Achilles Track Club's basic approach is mainstreaming; members are encouraged to join the West Texas Running Club and to participate in races for the able bodied. Membership is free, and includes races, coaching, workouts, and team tee shirts. By joining the WTRC, members will also receive a monthly newsletter.

Persons with disabilities, who are interested in joining the WTRC/Achilles Track Club or persons interested in volunteering, may call: Michelle Jones 766-286 (day)

Normally scheduled workouts are Thursdays at 4:30 p.m. at the Lubbock Christian University outdoor track.

**FITNESS AND RACEWALKING**

The weekend of July 13, 1986, the West Texas Walkers, in conjunction with the Susan G. Komen "Race for the Cure", will sponsor the visit of Viisha Sedlak to "Legendary Lubbock". Viisha is a seven-time member of the U. S. Track and Field Team, and is chair of the American Racewalk Association, and is an acclaimed international competitor and coach.

The schedule is as follows: Saturday A. M. Introduction to Racewalking, Definition and Techniques; Saturday P. M. "More Advanced Techniques and Nutritional Concepts"; and Sunday afternoon, "Competitive Racewalking and Advanced Critiques"

The seminars will be held at the Lifestyles Center, Methodist Hospital, Lubbock, and the fees are \$25.00 for each session or \$70.00 for all three.

For more information and reservations, contact Dr. Bob Broselow, 795-9020.

**EDITOR'S NOTE**

We had at least one irate walker at the Run for the Arts who was unhappy that we did not have a separate "walk" event. In the past when our club was in charge, we did have separate scoring for walkers, but the lack of lead time this year prevented us from having a separate event. A true walking competition must include qualified judges at various points on the course as well as the usual finish line scoring protocol. Needless to say, this would greatly increase the manpower needed to stage an event. If the "walking community" desires competitive events, I believe that our club is more than willing to provide the course, timing and scoring expertise, but we would have to have plenty of help from the walking club.

**VOLUNTEERS NEEDED FOR NEXT 2 CLUB RACES**

Al Gardner needs help with the "LOPE" June 8th, so please call him at 894-3538 (you can direct dial now). Jim Leser needs a lot of help with the "FIRECRACKER RUN" July 4th in Brownfield, so please call 794-2474 to help.

**THE RACE FOR KIDS 5K  
BENEFITTING THE CHILD DEVELOPMENT RESEARCH CENTER  
College of Human Sciences, TTU  
Saturday, April 27, 1986**

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	MARTIN LEODGARD	31	M	1	M3034	LUBBOCK	TX	16:13	5:13
2	FRANK SUMPTER SR.	42	M	1	MMAST	LAMESA	TX	17:47	5:43
3	KEN MACGINNES	41	M	1	M4044	LUBBOCK	TX	18:14	5:52
4	DAVID PRICE	32	M	2	M3034	AMARILLO	TX	18:37	6:00
5	MARK BANNISTER, JR	15	M	1	M1519	TUCUMCARI	NM	18:44	6:02
6	MIKE FLORES	39	M	1	M3539	LUBBOCK	TX	19:20	6:13
7	MARK TEMPLE	33	M	3	M3034	LUBBOCK	TX	19:24	6:15
8	KAREN COOLEY	36	F	1	F3539	AMARILLO	TX	19:25	6:15
9	BRAD BRETZ	26	M	1	M2029	LUBBOCK	TX	19:25	6:15
10	SCOT HAYWARD	32	M	4	M3034	LUBBOCK	TX	19:27	6:16
11	BRIAN WILLIAMS	16	M	2	M1519	LUBBOCK	TX	19:37	6:19
12	RON BROWN	15	M	3	M1519	LUBBOCK	TX	19:42	6:20
13	RANDY WOLCOTT	39	M	2	M3539	LUBBOCK	TX	19:45	6:21
14	TONY RAMOS	20	M	2	M2029	LUBBOCK	TX	19:45	6:21
15	ROBERT FOJTASEK	28	M	3	M2029	LUBBOCK	TX	19:54	6:24
16	BRITT CONKLIN	20	M	4	M2029	LUBBOCK	TX	19:57	6:25
17	AL GARDNER	39	M	3	M3539	LEVELLAND	TX	20:04	6:28
18	BUDDIE FULGHAM	18	M	4	M1519	LUBBOCK	TX	20:09	6:29
19	BRYAN VALDEZ	18	M	5	M1519	LUBBOCK	TX	20:10	6:29
20	DENNIS BELL	35	M	4	M3539	LUBBOCK	TX	20:22	6:33
21	RUSSEL MARTIN	38	M	5	M3539	SHALLOWATER	TX	20:50	6:42
22	DAVID HIGGINS	43	M	2	M4044	LUBBOCK	TX	20:50	6:42
23	RYAN BAILEY	29	M	5	M2029	LUBBOCK	TX	21:31	6:56
24	RON NUGENT	49	M	1	M4549	LUBBOCK	TX	21:31	6:56
25	STEVE NIEMAN	41	M	3	M4044	SHALLOWATER	TX	21:48	7:01
26	JUAN JIMENEZ	16	M	6	M1519	LAMESA	TX	22:14	7:09
27	HOPE JIMENEZ	12	F	1	F1214	LAMESA	TX	22:22	7:12
28	JASON JENKINS	19	M	7	M1519	LUBBOCK	TX	22:48	7:20
29	BARRETT THAXTON	21	M	6	M2029	LUBBOCK	TX	22:48	7:20
30	DENNIS RAWLS	12	M	1	M1214	LUBBOCK	TX	22:52	7:22
31	MARY LOU JIMENEZ	14	F	2	F1214	LAMESA	TX	22:56	7:23
32	MARK CASKEY	35	M	6	M3539	MIDLAND	TX	23:03	7:25
33	CHRISTOPHER TREVINO	14	M	2	M1214	LUBBOCK	TX	23:18	7:30
34	STEVE BUCKEY	38	M	7	M3539	LUBBOCK	TX	23:19	7:30
35	STEVE WOHLRAB	40	M	4	M4044	LUBBOCK	TX	23:20	7:31
36	CHUCK JOHNSON	38	M	8	M3539	LUBBOCK	TX	23:27	7:33
37	PENNY SHOUSH	30	F	1	F3034	ROPEVILLE	TX	23:34	7:35
38	BOB BAILEY	37	M	9	M3539	LUBBOCK	TX	24:12	7:47
39	MARK BANNISTER	43	M	5	M4044	TUCUMCARI	NM	24:16	7:49
40	JESSE HILLIARD	30	M	5	M3034	LUBBOCK	TX	24:18	7:49
41	RICHARD BRAY	52	M	1	M5054	LUBBOCK	TX	24:25	7:52
42	SCOTT HATCHETT	19	M	8	M1519	LUBBOCK	TX	24:42	7:57
43	JESSE DELAROSA	20	M	7	M2029	LUBBOCK	TX	25:00	8:03
44	DOUG BIRDSALL	48	M	2	M4549	LUBBOCK	TX	25:06	8:05
45	LESJA LATIGO	21	F	1	F2029	LUBBOCK	TX	25:17	8:08
46	CHRIS BLAZEK	20	M	8	M2029	LUBBOCK	TX	25:18	8:09
47	MELISSA WOFFORD	20	F	2	F2029	LUBBOCK	TX	25:27	8:11
48	MATT NEAVES	21	M	9	M2029	LUBBOCK	TX	25:41	8:16
49	TERI OLSON	23	F	3	F2029	LUBBOCK	TX	25:44	8:17
50	BRANDY TEMPLE	24	F	4	F2029	LUBBOCK	TX	25:48	8:18
51	KRISTI VILLARREAL	21	F	5	F2029	LUBBOCK	TX	25:57	8:21
52	ROD STUART	20	M	10	M2029	LUBBOCK	TX	26:00	8:22
53	GUY CAMPBELL	25	M	11	M2029	NEW DEAL	TX	26:16	8:27
54	DAN BROWN	44	M	6	M4044	LUBBOCK	TX	26:24	8:30
55	KAY LYNNE BAILEY	19	F	1	F1519	LUBBOCK	TX	26:36	8:34
56	JON CLARK	23	M	12	M2029	LUBBOCK	TX	27:03	8:42

1st ANNUAL RANSOM CANYON SPRING SWING RUN  
TEN KILOMETER ROAD RACE OVERALL RESULTS  
RANSOM CANYON, TEXAS  
MAY 4, 1996

PLACE	NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PAGE
1	CORNELIUS PUTULET	M2024	23	M	LUBBOCK	TX		36:19	5:51
2	KEN MACINNES	M4044	41	M	LUBBOCK	TX		38:29	6:12
3	IVAN DeANDA	M3539	38	M	LOVINGTON	TX		39:51	6:25
4	CHRIS THOMAS	M1619	17	M	LUBBOCK	TX		40:20	6:29
5	TONY RAMOS III	M2024	20	M	LUBBOCK	TX		42:00	6:46
6	MARK TEMPLE	M3034	33	M	LUBBOCK	TX		42:10	6:47
7	TOM WEST	M3539	38	M	LUBBOCK	TX		42:59	6:55
8	MARCIE LYMAN	F2024	22	F	LUBBOCK	TX		44:13	7:07
9	LYNN MOSELEY	F2024	22	F	LUBBOCK	TX		44:33	7:10
10	SYDNEY MORRIS	F2529	25	F	LUBBOCK	TX		44:34	7:10
11	DAVID HIGGINS	M4044	43	M	LUBBOCK	TX		45:01	7:15
12	JOHN TROMPLER	M4549	48	M	LUBBOCK	TX		45:38	7:21
13	MICAH BLALCOCK	M3539	36	M	LUBBOCK	TX		47:46	7:41
14	DWAYNE OAKELEY	M3539	39	M	LUBBOCK	TX		49:13	7:55
15	VICKI BEARD	F3034	31	F	LUBBOCK	TX		49:55	8:02
16	RICHARD BRAY	M5054	52	M	LUBBOCK	TX		50:20	8:06
17	CHUCK JOHNSON	M3539	38	M	LUBBOCK	TX		50:45	8:10
18	JOHN STALCUP	M6099	62	M	LUBBOCK	TX		51:53	8:21
19	MIKE KELLEY	M4549	47	M	LUBBOCK	TX		53:28	8:36
20	GARY PAYNE	M4044	44	M	LUBBOCK	TX		53:35	8:37
21	SHIRLEY WIGLEY	F4044	42	F	LUBBOCK	TX		56:30	9:06
22	JOANNA ABBOTT	F2529	29	F	LUBBOCK	TX		57:11	9:12
23	H. RENEE FARRINGTON	F2529	27	F	BROWNFIELD	TX		57:44	9:17
24	SAMANTHA SHUBIN	F1619	16	F	RANSOM CANYON	TX		58:27	9:24
25	ROBERT RHODE	M5054	52	M	LUBBOCK	TX		58:53	9:29
26	GRAHAM FLETCHER	M4549	45	M	RANSOM CANYON	TX		59:43	9:37
27	ROBERTA THOMPSON	F4044	42	F	LUBBOCK	TX		1:01:57	10:01
28	MARSHA BENNETT	F3034	32	F	LUBBOCK	TX		1:02:17	10:01
29	ROSE HOEVE	F2529	28	F	RANSOM CANYON	TX		1:08:21	11:00
30	ANA BRETAS	F			LUBBOCK	TX		1:13:16	11:47
31	MARALYN BUTLER	F4549	45	F	RANSOM CANYON	TX		1:14:05	11:55
32	DEBBIE GERMAN	F3034	30	F	WILSON	TX		1:21:45	13:09
33	GREGORY HOEVE	M3034	31	M	RANSOM CANYON	TX		1:22:11	13:14
34	BETTY CLAMPITT	F4549	47	F	LUBBOCK	TX		1:22:19	13:15
35	POLLY DEWITT	F3539	38	F	RANSOM CANYON	TX		1:32:21	14:52
36	IRENE ROPAS	F3539	35	F	RANSOM CANYON	TX		1:32:22	14:52
37	CANDACE FLETCHER	F5099	50	F	RANSOM CANYON	TX		1:35:44	15:24
38	ALAN BUTLER	M4044	41	M	LUBBOCK	TX		1:35:45	15:25
39	ERIKA HOEVE	F5099	61	F	RANSOM CANYON	TX		1:39:38	16:02
40	JENNIFER HOEVE	F3539	35	F	ALAMOGORDO	NM		1:39:39	16:02

NATIONAL TRAILS DAY  
JUNE 1, 1996

In association with the TTU/UMC, The LUBBOCK LAKE LANDMARK State Historical Park will host a HEALTH HIKE/HEALTH CHECK on June 1st at the park. Hikers may choose 1, 2, 3 or 4 mile trails and for a fee of \$5, the 1st 100 adults receive a National Trails Day medalion, suitable for mounting on a hiking stick. Children under 6 are free. It is a non competitive event.

CONGRATULATIONS  
Chris and Liz Lonngren are the new parents of a boy, Nathan James, born April 24, 1996.

CHALLENGE SERIES  
If you have questions regarding the Challenge Series, Please call Mark Wagnon at 791-0365. As a general rule we have not added new members to the listing if they began participation after the 4th month.

THE RACE FOR KIDS 5K  
OVERALL RESULTS (Continued)

23	F	F2029	MULESHOE	TX	27:10	8:45
36	F	F3539	LUBBOCK	TX	27:18	8:47
44	F	1	FMAS	TX	27:33	8:52
10	M	1	M0111	TX	27:36	8:53
19	F	2	F1519	TX	27:39	8:54
34	F	2	F3034	TX	27:56	8:59
18	M	3	F1519	TX	28:02	9:01
19	F	9	M1519	TX	28:25	9:09
46	M	3	M4549	TX	29:12	9:24
41	M	7	M4044	TX	29:38	9:32
23	F	7	F2029	TX	29:38	9:32
19	F	4	F1519	TX	29:38	9:32
22	F	8	F2029	TX	29:39	9:33
13	M	3	M1214	TX	29:42	9:34
20	F	9	F2029	TX	29:45	9:35
37	F	3	F3539	TX	29:56	9:38
18	F	5	F1519	TX	29:57	9:38
20	M	13	M2029	TX	30:13	9:44
25	F	10	F2029	TX	30:13	9:44
22	F	11	F2029	TX	30:14	9:44
22	F	12	F2029	TX	30:15	9:44
23	F	13	F2029	TX	30:36	9:51
21	F	14	F2029	TX	30:38	9:52
23	F	15	F2029	TX	30:39	9:52
21	F	16	F2029	TX	30:39	9:52
21	F	17	F2029	TX	30:40	9:52
49	F	1	F4549	TX	30:41	9:53
22	F	18	F2029	TX	31:22	10:06
45	F	2	F4549	TX	31:34	10:10
30	M	6	M3034	TX	31:36	10:10
20	F	19	F2029	TX	31:49	10:14
19	F	6	F1519	TX	32:14	10:22
20	F	20	F2029	TX	32:17	10:23
22	M	14	M2029	TX	32:33	10:29
28	F	21	F2029	TX	32:34	10:29
47	F	3	F4549	TX	32:38	10:30
24	F	22	F2029	TX	32:38	10:30
19	F	7	F1519	TX	33:44	10:51
23	M	15	M2029	TX	34:06	10:59
22	F	23	F2029	TX	34:07	10:59
32	M	7	M3034	TX	34:31	11:07
25	M	16	M2029	TX	34:39	11:09
19	F	8	F1519	TX	35:40	11:29
20	F	24	F2029	TX	38:11	12:17
21	F	25	F2029	TX	38:11	12:17
21	F	26	F2029	TX	39:48	12:49
21	F	27	F2029	TX	39:49	12:49
20	F	28	F2029	TX	39:49	12:49
20	F	29	F2029	TX	39:50	12:49
21	F	30	F2029	TX	41:07	13:14
51	M	2	M5054	DALLAS	41:08	13:14
22	F	31	F2029	LUBBOCK	41:12	13:16
21	F	32	F2029	LUBBOCK	41:12	13:16
21	F	33	F2029	LUBBOCK	41:14	13:16
21	F	34	F2029	LUBBOCK	41:14	13:16
54	M	3	M5054	LUBBOCK	41:15	13:17
55	F	1	F5099	LUBBOCK		

NO TIME  
" "  
" "  
Club members helping Marjory with this race were; Jon Omdahl, Tony Aleman, Bob Bernero, Jim Leser, Brett Pelkert, Mark Wagnon, Dennis Bell and George Jury.

1st ANNUAL RANSOM CANYON SPRING SWING RUN

PLACE NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PACE
1 BRENT TIDWELL	M	3539	38	M	LUBBOCK	TX	18:31	5:58
2 DAVID PRESTON	M	3034	30	M	LUBBOCK	TX	19:32	6:17
3 RON LUBOWICZ	M	5054	53	M	LUBBOCK	TX	19:45	6:21
4 AL GARDNER	M	3539	39	M	LEVELLAND	TX	19:51	6:23
5 RON BROWN	M	0115	15	M	LUBBOCK	TX	20:04	6:28
6 JACKIE CANNON	M	4044	40	M	AMARILLO	TX	20:07	6:28
7 RUSSEL MARTIN	M	3539	38	M	SHALLOWATER	TX	20:41	6:39
8 STEVE NIEMAN	M	4044	41	M	SHALLOWATER	TX	21:13	6:50
9 J. MARK WAGNON	M	4044	41	M	LUBBOCK	TX	21:27	6:54
10 FRED WEBER	M	4044	44	M	LUBBOCK	TX	22:15	7:10
11 ANNIE MCCORMICK	F	2024	20	F	LUBBOCK	TX	22:21	7:12
12 DONALD ROBERTS	M	4044	41	M	LUBBOCK	TX	22:43	7:19
13 STEVE WOHLRAB	M	4044	40	M	LUBBOCK	TX	22:53	7:22
14 RACHAEL SHIRLEY	F	0115	15	F	LUBBOCK	TX	22:58	7:24
15 DAVID ELDER	M	4044	42	M	LUBBOCK	TX	23:16	7:29
16 BOB BAILEY	M	3539	37	M	LUBBOCK	TX	23:28	7:33
17 JESSE HILLIARD	M	3034	30	M	LUBBOCK	TX	23:40	7:37
18 MARTIN HARMS	M	5559	58	M	RANSOM CANYON	TX	23:44	7:38
19 DREW SPELER	M	4044	42	M	LUBBOCK	TX	23:52	7:41
20 DENNIS RAWLS	M	0115	12	M	LUBBOCK	TX	23:59	7:43
21 LISA GREGORY	F	2024	24	F	LUBBOCK	TX	25:33	8:13
22 MICHELLE LYMAN	F	2024	23	F	LUBBOCK	TX	26:14	8:27
23 DUSTIN MOUSER	M	0115	13	M	RANSOM CANYON	TX	27:16	8:47
24 JUDY FLEMING	F	3034	31	F	LUBBOCK	TX	28:25	9:09
25 TAINYA RANDOLPH	F	3034	32	F	RANSOM CANYON	TX	28:25	9:09
26 PATRICK RANDOLPH	M	3539	36	M	RANSOM CANYON	TX	28:27	9:09
27 TOM AIRHART	M	3034	30	M	RANSOM CANYON	TX	29:24	9:28
28 DAVID HARMON	M	4549	49	M	RANSOM CANYON	TX	29:56	9:38
29 JOE SCHMIDT	M	3034	32	M	LUBBOCK	TX	33:38	10:50
30 BILL GREEN	M	5054	54	M	LUBBOCK	TX	34:43	11:10
31 ARCHIE SOUTER	M	6099	60	M	RANSOM CANYON	TX	39:20	12:40
32 KODY GOULD	M	0115	11	M	LUBBOCK	TX	40:09	12:55
33 KIMBERLY KAUFMANN	F	3034	33	F	LUBBOCK	TX	40:40	13:05
34 ROYAN MCCLESKEY	F	3539	38	F	LUBBOCK	TX	40:41	13:06
35 BARBARA AIRHART	F	3034	31	F	RANSOM CANYON	TX	46:40	15:01
36 CINDY SCHMIDT	F	3034	30	F	LUBBOCK	TX	46:41	15:02
37 JILL KEATING	F	3034	30	F	LUBBOCK	TX	47:18	15:13
38 DOROTHY CONGER	F	5099	54	F	RANSOM CANYON	TX	47:30	15:17
39 ELIZABETH LINDER	F	3539	36	F	SLATON	TX	48:30	15:37

Ronald Key served as race director, registration and results coordinator with the able assistance of his wife Arden, Jim Leser, Jon Omdahl, Joe Martinez, and Bob Bernero.

STATE CHAMPION \*\*\*\*\* Trey Jernigan

Club member, Trey Jernigan, a Junior at Sundown, won both the state 2A titles in the 1600 and 3200 meter runs with season best times of 4:26 and 9:40 after winning regional with times of 4:40 and 9:59.

Freshman Tara Jernigan was third in the regional 1600 at 5:46 and 5th in the 3200 with 12:31. Mike Sanford of Frenship was 3rd in the 4A regional with a 4:38, and Leslea Vardy was 6th in the 3200 with 12:18.

Former member, Angela Welsh of Grady, qualified for state in the 2-1A regional with 2nd in the 1600 at 5:50 and the 3200 with 11:56. At the state meet, she was 8th at 6:08 for 1600 and the 3200 results were not listed. Jay Truitt was 7th in the NM 3200, with a time of 10:20, run in very high temperature and winds. He ran a 2 flat 800M for his medley relay team which finished 3rd.

Senior at Monterey, Leigh Daniel, burst on the LDR scene this year and ran a season best 11:16 to capture 3rd at the 5A state meet.



BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

17th ANNUAL W.T.R.C. JUNE RACE

EVENT # 6 of the W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY JUNE 8, 1996

REGISTRATION: 7:00 to 7:45 A.M.

RACE START:

10 K and 2 MILE : 8:00 A.M.

WHERE: LEVELLAND HIGH SCHOOL, LEVELLAND, TX

FROM LUBBOCK, HIWAY 114 WEST, TURN LEFT ON ALAMO ROAD, EAST SIDE OF LEVELLAND

COURSE: FLAT; 10 K, Out and Back  
2 MILE, Out and Back

ENTRY FEES: \$ 5.00 W.T.R.C. MEMBERS--

\$ 6.00 NON-MEMBERS

AWARDS: Medallions to the first 3 finishers in each age group, and up to 50% in each Division

AGE DIVISIONS FOR 10 K :

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

WOMEN: 19 & UNDER; 20-29; 30-34; 35-39;  
40-44; 45-49; 50 Plus

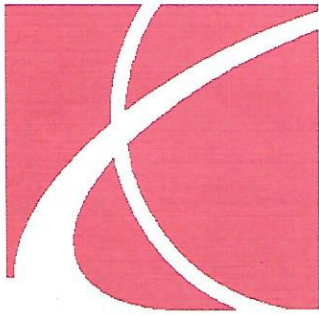
SPECIAL 9 & UNDER; 10 to 12; 13 to 15; 16 to 19

AGE GROUPS in the 2 mile RACE

RACE DIRECTOR: Al Gardner, LEVELLAND;

894-3538





TM

# SATURN

TM

## SATURN OF LUBBOCK

**It's So Easy Duathlon/5K Run**  
**5K - 30K - 5K**  
**Saturday**  
**June 29, 1996**  
**Time 8 A.M.**  
**Lubbock, Texas**



For more information contact: Kevin Lair  
 P.O. Box 591, Lubbock, TX 79408  
 (806) 748-1616



**It's So Easy Duathlon**  
 P.O. Box 591  
 Lubbock, Texas 79408

PLACE  
 STAMP  
 HERE

TO:

### When & Where

June 29, 1996  
 Duathlon/Run starts at 8:00 a.m. sharp  
 Start & Finish at course location:  
 Buffalo Springs Lake  
 5 miles southeast of Lubbock, Texas  
 East 50th St. at FM Road 835

### Course Description

**DISTANCE:** 5K Run / 30K Bike / 5K Run  
**RUN:** Out and Back  
**BIKE:** Challenging Out and Back  
**5K RUN:** Same course as Duathlon

**SANCTIONED:** Tri-Fed USA sanctioned event.  
 National Championship Qualifier.

### Age Groups (male & female)

15 - 19	30 - 34	45 - 49	60 - 64
20 - 24	35 - 39	50 - 54	65 - 69
25 - 29	40 - 44	55 - 59	70 +

**TEAMS:** All Male, All Female, Mixed (two member teams)  
 Clydesdale Division: Men 200 +  
 Women 140 +

### Awards & Prizes

All entrants will receive a custom designed T-Shirt.  
 Awards will be presented to the top 3 individual finishers in each age group, top Male and Female Masters (over 40), and to the top 3 teams. (No duplication of awards).

### Registration Fees

Before June 24	After June 24
\$30.00	Individuals \$40.00
\$50.00	Teams \$60.00

\$5.00 Discount if you or your spouse participate in the Buffalo Springs Lake Triathlon.  
 (Race Day Registration for Run only: 6:30-7:30. No refunds, no transfers)  
 Make checks payable to: It's So Easy Duathlon.  
 Mail to: P.O. Box 591, Lubbock, TX 79408

### Tri-Fed Membership Required

This is a Tri-Fed sanctioned event. An annual Tri-Fed membership or the purchase of a one-day event permit of \$5.00 per individual is mandatory. Tri-Fed membership forms will be available at race registration. Tri-Fed rules will apply.

### Late Registration/Package Pickup

June 28, 1996, 2:00 p.m. to 8:00 p.m.  
 Saturn of Lubbock, 3301 South Loop 289  
 (S. Loop & Indiana - 797-3407)  
 Packet Pickup available at transition area on race day 6:30-7:30 a.m.

\* (No Race Day Registration for Duathlon)

### Race Hotel Accomodations

The Villa Inn is the official race hotel. For out-of-towners, they will provide a special rate of \$35.00 for up to 4 people in a room. Call Villa Inn direct at (800) 448-0073 and ask for the Duathlon rate. Reserve early.



### Entry Confirmation

A complete packet of maps, rules, directions, time tables, etc. will be mailed to confirmed entries.

# It's So Easy Duathlon/ 5K Run

- - Official Entry Form - -
- Entry Fee must accompany completed entry form.
- Make check or money order payable to: It's So Easy Duathlon.  
 Mail to: P.O. Box 591  
 Lubbock, Texas 79408

Please type or print legibly

Last Name \_\_\_\_\_ First \_\_\_\_\_ MI \_\_\_\_\_

TriFed # (Duathletes only) \_\_\_\_\_

Male / Female \_\_\_\_\_ Birthdate (mo / day / year) \_\_\_\_\_ Age on race day \_\_\_\_\_

St. Address or P.O. Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Area Code \_\_\_\_\_ Home Phone \_\_\_\_\_

Area Code \_\_\_\_\_ Work Phone \_\_\_\_\_

In case of Emergency Contact \_\_\_\_\_

Emergency Phone \_\_\_\_\_

T-Shirt size M, L, XL \_\_\_\_\_

\* Waiver release form will be signed at packet pickup/registration.

Division \_\_\_\_\_

Age group Age \_\_\_\_\_  M  F

Clydesdale

Team Team name \_\_\_\_\_

5K Run  Male  Female  Mixed

Run \$10.00 \$14.00



**ZEBRA CONSTRUCTION**  
**GMAC** FINANCIAL SERVICES  
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