

CALENDAR

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

- SEPT 5 Monthly W.T.R.C. Business Meeting, 5517 74th St.
- 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, Wayne Oakeley, Race Director, 799-4473
- SEPT 21 SUSAN G. KOMEN RACE FOR THE CURE: TTU Campus, Coed 5K, 8:30am Chip Gilmour, 792-1000 or Kathy Gilbreath, 788-4500
- SEPT 29 DUKE CITY MARATHON: Albuquerque, also 5K & Half Marathon FMI, 505-890-1018 (Entry Forms available at George's)
- * OCT. 5 RED RAIDER ROAD RACE: 5K and 10K, 8:30am, Lubbock, TTU, Randy Wolcott, Race Director, 793-8869
- OCT. 12 MEMORY RUN/WALK: 10K Run/2 Mile walk, Alzheimer's Benefit Run, 9am, BUDDY HOLLY PARK, Susan Reigel, 743-1799
- 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, Sgt. Benavidez, 763-2853
- * DEC. 14 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am Mike Kelley, Race Director, 798-0113
- * JAN. 11 LOOP THE LAKE 5 MILE RUN: BUDDY HOLLY PARK, Lubbock, 10 am Richard Bray, Race Director, 792-2420(w), 792-2820(h)
- JAN. 12 HOUSTON METHODIST MARATHON: (713) 864-9305
- * FEB. 8 COTTON PATCH RUNS: FRENCH HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328
- FEB. 22 COWTOWN MARATHON & 10K: (817) 735-2033
- * MAR. 8 PRAIRIE DOG TOWN RUN: MACKENZIE PARK, Lubbock, 4 Miles, 9am, Chuck Johnson, Race Director, 743-5700(w), 797-0381(h)
- * APR. 12 FLIGHT LINE RACES: REESE AFB, 8am, 2 Mile, 10K, and Half Marathon, Mark Wagon, Race Director, 791-0365(h), 792-1014(w)
- * MAY 10 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 mile, Reese, Richard Fierabrack, Race Director, 709-2667(w), 709-2667(h)

- September 1990 -



Newsletter
P.O. Box 2921
Lubbock, Texas 79408



SHALLOWATER STAMPEDE 10K & 2 MI.
Saturday, Sept. 12, 1996, 8 A.M.

Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

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 - Gayle Blackmon-Hopkins
(H) 794-3632

Treasurer - David Higgins
(H) 744-8328 (O) 744-2626

Past President - Ron Key
(H) 794-5833 (O) 794-3300

DIRECTORS

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

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

David Lightner
(H) 793-3484

Dwayne Oakeley
(H) 799-4473

Brent Tidwell
(H) 795-9537

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

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

The WTRC monthly business meeting is held on the 1st Thursday of the month, 7:00 p.m. at 5517 74th Street. All members are welcome.

LESER'S LINES

Gayle Blackmon-Hopkins named new secretary during August board meeting. Gayle has stepped forward to fill the secretary position recently vacated by Bill Harn. The Board unanimously approved her appointment. Thanks, Gayle, for volunteering. Gayle has become very active in the club's activities, providing a role model I wish more members would follow. She has volunteered at many of our club races, assisted in the Buffalo Spring Triathlon and many other external races for charities. Gayle has also agreed to help George Jury with newsletter word processing and formatting.

There will be no heart rate monitoring article this month. I wanted Michele Jones' article on the Achilles Club to appear in this month's newsletter and limited space bumped me out. Next month I promise! By the way, my maximum heart rate is now 205. Previously I had thought it was 198 based on a 400 meter interval workout conducted 6 months ago. However, at the end of the Hot Dam Run I had pushed it up to loftier heights! I guess I have been loafing the last few months using a max HR that was 5% lower than it should have been. Remember, HR training is new to me too.

The race schedule is filling up fast as summer nears an end and cooler fall weather is approaching. Lots of opportunities for an old coot like me to get injured if I over do it. Sometimes I think I can get injured in my sleep. The Hot Dan Run was again a smashing success thanks to P.J. Mitchell, James Bone and all their helpers. Brent Tidwell also put together a great social following the race. Please become more involved with the club like these folks. We need more volunteers. Otherwise, just a select few (sometimes referred to as "the click") will run the club.

At the risk of sounding like I'm tooting my own horn, I did compete in the Evergreen Powerman Duathlon in Colorado last month and finished 2nd in my age group with a time of 5:48:11. This was a 2.5M run/56M bike/13.1M run. The bike course climbed over 3,500 feet to an elevation of 11,120 feet. The second run climbed up Evergreen Mtn.(1,000 feet) before returning to the finish line. I was awarded a qualifying slot in the world championship Powerman Duathlon to be held in Switzerland in June, 1997. This is much like the Ironman Triathlon held in Kona. You've got to qualify to be able to enter. Now if I can only scrape together the money. *flow 4ever*

THE 9th ANNUAL HOT DAM RUN TRACK & FIELD CERTIFIED # TX93059ETM FIVE MILES OVERALL RESULTS

AUGUST 10, 1996
Lubbock, Texas

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	PERF
1	CHRIS TRUITT	LOVINGTON	1	M2029	21	M	27:08	5:26	805
2	BOB JACKSON	HOBBS	1	M3539	37	M	27:20	5:28	799
3	TREY JERNIGAN	SUNDOWN	1	M1619	18	M	28:03	5:37	779
4	JAY TRUITT	LOVINGTON	2	M1619	18	M	28:32	5:42	766
5	JEFF SEARS	LOVINGTON	3	M1619	18	M	28:48	5:46	759
6	TIM GREEN	LUBBOCK	1	M3034	31	M	29:01	5:48	753
7	BRETT PEIKERT	LUBBOCK	2	M2029	28	M	30:14	6:03	723
8	JIM LESER	LUBBOCK	1	M4044	41	M	30:32	6:06	716
9	KEN MACINNES	LUBBOCK	1	M4044	41	M	30:41	6:08	712
10	TOBY REEP	MORTON	4	M1619	17	M	30:42	6:08	712
11	JOHN KIBET	LUBBOCK	3	M2029	20	M	30:46	6:09	710
12	JASON KNAPP	LUBBOCK	5	M1619	18	M	31:12	6:14	700
13	ROLAND DIAZ	LOVINGTON	6	M1619	17	M	31:37	6:19	691
14	MIKE FLORES	PLAINVIEW	2	M3539	39	M	31:46	6:21	688
15	MARK TEMPLE	LUBBOCK	2	M3034	33	M	31:47	6:21	687
16	MARJORY STEWART	LUBBOCK	1	F3539	37	F	32:51	6:34	665
17	JOSIE MARTINEZ	PETERSBURG	2	M4549	45	F	32:53	6:35	664
18	KEN JERNIGAN	SUNDOWN	7	M1619	16	M	32:58	6:36	664
19	CHRIS ZAMORA	HOBBS	3	M3539	39	M	33:01	6:36	662
20	RICK MARQUEZ	ANDREWS	4	M2029	27	M	33:05	6:37	660
21	MIKE FEATHERS	ANDREWS	8	M2029	27	M	33:08	6:38	659
22	CHRIS THOMAS	SAN ANGELO	2	M4044	40	M	33:31	6:42	652
23	RANDY WOLCOTT	LUBBOCK	5	M2029	29	M	33:37	6:43	650
24	DAVID CANNON	LUBBOCK	4	M5559	56	M	33:42	6:44	648
25	CHRIS LONNGREN	LUBBOCK	1	M6099	60	M	33:49	6:46	646
26	TOM FORD	SALADO	2	F1619	17	F	34:00	6:48	643
27	GEORGE W. JURY	LUBBOCK	5	M3539	38	M	34:04	6:49	641
28	ANGELA WELSH	TARZAN	3	M4044	40	M	34:09	6:50	640
29	JIM DEEVER	CHRISTOVAL	6	M3539	35	M	34:12	6:50	639
30	JACKIE CANNON	AMARILLO	6	M2029	25	M	34:28	6:54	634
31	JEFFERY JURY	CANYON	3	F1619	19	F	34:29	6:54	634
32	BILL SHEPHERD	LUBBOCK	7	M2029	20	M	34:39	6:56	631
33	JOYCE MARTINEZ	PETERSBURG	4	M4044	40	M	34:40	6:56	630
34	AL GARDNER	LEVELL	7	M3539	35	M	34:52	6:58	627
35	DAVID NOLES	LEVELL	1	M5054	53	M	35:01	7:00	624
36	ROBERT GUJARDO	LEVELL	7	M2029	20	M	35:06	7:01	622
37	TONY RAMOS	LUBBOCK	9	M1619	17	M	35:10	7:02	621
38	SEBASTIAN RAMOS	LUBBOCK	8	M2029	27	M	35:16	7:03	620
39	DAVID STEADMAN	LUBBOCK	3	M4549	49	M	35:17	7:03	619
40	JOHN TROMPLER	LUBBOCK	9	M2029	25	M	35:20	7:04	618
41	MARCUS O'CON	LUBBOCK	1	M1315	15	M	35:52	7:10	609
42	NOEL MJOLHUS	LUBBOCK	1	F1315	15	F	35:56	7:11	608
43	TARA JERNIGAN	SUNDOWN	5	M4044	40	M	35:57	7:11	608
44	DWAYNE OAKELEY	LUBBOCK	1	F0112	12	F	35:58	7:12	607
45	HOPE JIMENEZ	LAMESA	2	M6099	66	M	36:04	7:13	606
46	DON SANDERSON	TULIA	10	M1619	19	M	36:10	7:14	604
47	DAVID WALKER	LEVELL	4	M4549	49	M	36:19	7:14	604
48	JIM WALKER	LEVELL	3	M3034	31	M	36:31	7:18	598
49	DAVID DEVRIES	LUBBOCK	8	M3539	38	M	36:41	7:20	596
50	RUSSEL MARTIN	SHALLOWATER	9	M3539	35	M	36:42	7:20	595
51	CRAIG LANGFORD	LUBBOCK	6	M4044	44	M	36:48	7:22	594
52	DAVID HIGGINS	LUBBOCK	5	M4549	45	M	36:52	7:22	593
53	DAVID GREGORY	LUBBOCK	4	F1619	16	F	36:55	7:23	592
54	CHERISSE ROBINSON	LUBBOCK	1	F2029	22	F	37:13	7:27	587
55	LYNN MOSLEY	LUBBOCK							

HOT DAM RESULTS (Continued)

PLACE NAME	TOWN	DIV	PLACE	AG	S	TIME	PAGE	PERF
56 FRANK ORNELAS	BIG SPRING	7	M4044	42	M	37:31	7:30	582
57 JIM HARRIS	HOBBS	2	M5054	53	M	38:03	7:37	57
58 WENDY SULLIVAN	COLORADO CITY	2	F1315	15	F	38:03	7:37	574
59 RONNIE NUGENT	LUBBOCK	6	M4549	49	M	38:06	7:37	573
60 BILL ROGER	LEVELLAND	2	M5559	57	M	38:26	7:41	568
61 J. MARK WAGNON	LUBBOCK	8	M4044	41	M	38:52	7:46	562
62 LESLEA VARDY	WOLFORTH	5	F1619	18	F	39:07	7:49	561
63 DENNIS SMITH	LAMESA	10	M3539	36	M	39:15	7:51	557
64 RANDY BROWN	LUBBOCK	4	M3034	32	M	39:24	7:53	555
65 JODI HENDERSON	LUBBOCK	6	F1619	17	F	39:33	7:55	552
66 RONNIE PRIGG	LUBBOCK	7	M4549	45	M	39:45	7:57	550
67 MIKE DAILY	LUBBOCK	8	M4549	45	M	39:46	7:57	549
68 CHUCK JOHNSON	LUBBOCK	11	M3539	38	M	40:13	8:03	543
69 WADE WILSON	LUBBOCK	12	M3539	37	M	40:13	8:03	543
70 PENNY SHOUSH	LUBBOCK	1	F3034	30	F	40:19	8:04	542
71 RICHARD BRAY	LUBBOCK	3	M5054	52	M	40:47	8:09	536
72 C. ED WENTZ	LUBBOCK	13	M3539	39	M	40:55	8:11	534
73 RODGER MITCHELL	LUBBOCK	9	M4549	48	M	40:57	8:11	534
74 MATTHEW GALLEGOS	LUBBOCK	9	M4044	42	M	41:52	8:22	522
75 KEN MCACHERN	LUBBOCK	3	M5559	55	M	41:58	8:24	521
76 LANCE WOOD	LUBBOCK	10	M2029	23	M	42:11	8:26	518
77 JOSEPH ULANS	LUBBOCK	14	M3539	39	M	42:22	8:28	516
78 CHADD LOWE	LUBBOCK	11	M1619	16	M	42:36	8:31	513
79 JAMES LIVERMORE	LUBBOCK	10	M4549	48	M	42:39	8:32	512
80 MIKE CROW	LUBBOCK	11	M2029	28	M	43:13	8:39	506
81 KENNY MAINES	LUBBOCK	10	M4044	42	M	43:31	8:42	502
82 JOHN STALCUP	LUBBOCK	3	M6099	63	M	44:00	8:48	497
83 GINA MARTINEZ	LUBBOCK	2	F2029	20	F	44:28	8:54	491
84 GINNY TOON	LUBBOCK	7	F1619	16	F	44:49	8:58	488
85 ETTA MAYER	LUBBOCK	1	F4549	47	F	44:52	8:58	487
86 EVA MARTINEZ	LUBBOCK	1	F5099	52	F	45:08	9:02	484
87 RENEW WEST	BROWNFIELD	3	F2029	27	F	45:46	9:09	477
88 GLEN LOWE	LUBBOCK	11	M4044	41	M	46:40	9:20	468
89 EDWARD A. PALMER	LUBBOCK	12	M2029	27	M	46:56	9:23	466
90 JENNIFER DEVER	LUBBOCK	4	F2029	26	F	46:57	9:23	465
91 MARY LOU JIMENEZ	LAMESA	3	F1315	14	F	47:48	9:34	457
92 MARSHA BENNETT	LUBBOCK	2	F3034	33	F	48:14	9:39	453
93 RICK LAMPE	LUBBOCK	4	M5054	52	M	48:23	9:41	452
94 DIANE HENDERSON	LUBBOCK	5	F2029	26	F	48:58	9:48	446
95 KELLY MAHANEY	ROPEVILLE	6	F2029	28	F	49:02	9:48	446
96 JERRY HAYHURST	LUBBOCK	5	M5054	52	M	49:03	9:49	445
97 TRACI DORMAN	IRVING	7	F2029	28	F	50:20	10:04	434
98 SHEILA FIREMAN	LUBBOCK	7	F3539	37	F	50:41	10:08	431
99 VANCE HENDRIX	LUBBOCK	13	M2029	22	M	50:44	10:09	431
100 JIM LAW	LUBBOCK	4	M6099	69	M	50:52	10:10	430
101 THERESA MAREZ	ABERNATHY	2	F4549	46	F	51:39	10:20	423
102 MANON LANGFORD	LUBBOCK	3	F3034	32	F	52:16	10:27	418
103 BILL HOPKINS	LUBBOCK	12	M4044	43	M	52:37	10:31	415
104 MATTHEW ZHINE	FLAGSTAFF	5	M6099	73	M	52:52	10:34	413
105 GAYLE BLACKMON	LUBBOCK	3	F3539	37	F	53:38	10:44	407
106 BRIAN HENDERSON	LUBBOCK	14	M2029	27	M	54:16	10:51	403
107 NANCY SULLIVAN	COLORADO CITY	1	F4044	44	F	54:20	10:52	402
108 KRISTLE LOWE	LUBBOCK	4	F1315	13	F	58:02	11:36	376
109 STACY BLACKMON	LUBBOCK	8	F2029	25	F	1:01:45	12:21	354
110 LAURA ROCHA	LUBBOCK	4	F3034	33	F	1:07:59	13:36	321
111 JO ANN HOGAN	LUBBOCK	2	F4044	41	F	1:16:21	15:16	286
112 ELIZABETH BURDETT	LUBBOCK	4	F3539	38	F	1:16:21	15:16	286

* Age Group Records

W. T. R. C. 1996 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS

YTD TOTALS MILES PTS	YTD TOTALS MILES PTS
Age Male(6-12)	Age Male(40-44)
8 Ian Stewart	40 Randy Wolcott
11 Matt Vaughan	44 Ken Jernigan
Age Female(6-12)	42 Frank Sumpter, Sr.
11 Hope Jimenez	43 David Hignite
8 Margarita Jimenez	40 Jimmy Semaron
9 Veronica Jimenez	41 Bill Ham
11 Shawna Thomas	40 Jackie Cannon
Age Male(13-15)	42 J. Mark Wagnon
Age Female(13-15)	45.1 24
13 Tara Jernigan	40 Kenneth MacInnes
13 Kyrle Lowe	41 David Elder
14 Mary Lou Jimenez	43 Keith Reegar
Age Male(16-19)	42 Adam Andrews
19 Hawk Harris	42 Mark Pessa
17 Trey Jernigan	41 Steve Nieman
16 Chadd Lowe	40 Weldon Kob
17 Mike Sanford	40 Stacy Gill
17 Jay Trutt	43 Fred Weber
16 Juan Jimenez	43 Dan Brown
17 Chris Thomas	41 Matt Gallegos
16 Joshua Salazar	44 Jim Wilhain
16 Chris Zamora	David Hegetrom
Age Female(16-19)	David Skelton
16 Anne Plicheika	Age Female(40-44)
Age Male(20-29)	45 Josie Aleman
28 Tim Key	42 Shirley Whigley
26 Barry Henry	43 Cheryl Weber
Age Female(20-29)	40 Nancy Lowe
27 Renee West	42 Pam Huberty
24 Sydney Morris	Age Male(45-49)
28 Rose Hoove	49 Frank Goodman
23 Brandy Temple	48 John Trompler
25 Nicole Molina	49 Jim Leser
Age Male(30-34)	48 James Livemore
30 Tim Green	47 Mike Kelly
33 Mark Temple	49 Ron Nugent
32 Scott Hayward	48 Richard Fischenich
34 Craig Langford	46 David Lightner
30 Luis Navarro	45 Jim Forte
31 Chris Dillman	45 Bill Platt
30 Jesse Hillard	45 Tony Aleman
30 David Preston	Age Female(45-49)
Age Female(30-34)	48 Etta Meyer
32 Marsha Bennett	45 Teresa Greer
30 Vicky Fischenich	Age Male(50-54)
34 Jenna Wolcott	53 Robert Guajardo
30 Sonia Aguirre	50 Jim Harris
32 Manon Langford	54 Bob Bernero
30 Laura Hopper	51 Richard Bray
Age Male(35-39)	52 Johnny Scott
39 Mike Flores	52 Ron Hills
36 Chris Longren	51 Ron Key
39 Al Gardner	54 Bo Milnia
37 Bob Jackson	51 Rick Lampe
39 Dwayne Oakley	50 Joe Martinez
35 Jeffrey July	50 Jon Omdahl
35 Ivan DeAnda	Age Female(50-59)
36 Chuck Johnson	P J Mitchell
38 Ed Dabrowald	Eva Martinez
38 Brent Tidwell	Mary Harris
37 Russel Martin	Arden Key
38 Dwight Varnum	Age Male(55-59)
36 Charles Fritzell	56 Bill Roger
39 Scott Finnel	55 Larry Byrd
35 Danna Ball	55 Ken McEachern
Age Female(35-39)	56 Mike Starr
37 Marjory Stewart	56 Mike Greer
37 Betty Johnson	56 Jimmie Key
36 Cindy Pierce	59 George July
37 Dahlia Hood	58 Joe Naylor
36 Debbie Forte	56 James Bone
35 Ann Davis	Age Male(60-64)
	62 John Stalcup
	60 Don Sanderson
	62 Jacque Collier
	64 Hugh Haynes

* Vol. ** Race Dir.

Our deepest sympathy to Tom West and his family in the loss of his father. Jeffrey Jury has completed his classes and obtained teacher certification at WEST TEXAS A&M, and has taken a position with the Amarillo ISD, as a Science/Biology teacher at the Amarillo Area Center for Advanced Learning. (A magnet program)

Hope Jimenez placed 7th in the 1500M for 12 year olds at the National USA T&F Jr. Olympics in Houston recently with a time of 5:14.

Tim Green recently competed in 3 long distance events at the International Firefighter Olympics held in Edmonton, Alberta.

Betty Johnson, longtime club member and former City Secretary of Lubbock, has moved to Plano as director of the public library.

Bill Harn sent these last words: "Very best wishes to everyone in the WTRC! I take to North Carolina many wonderful memories from February 1989(the last Cottonpatch in Brownfield) through the '96 Firecracker Runs. It has been a privilege to be a part of the South Plains running community."

STUDENT ATHLETES

We recently learned that Jay Truitt graduated as Valedictorian of his high school class and has been awarded a full athletic/academic scholarship to ADAMS STATE UNIVERSITY. Chris Truitt is entering his 4th year there and has maintained a GPA of 4.0 in Pre-Med studies.

Lovington had races the 4th of July and Quinn Smith was the winner of the 2 mile in 9:53 followed by Jay in 9:57. Chris ran the 4 mile in 19:55.

NEWSLETTER INFORMATION

The deadline for newsletter content is the 15th of each month. If you wish to mail information, do so to: George Jury, 5212 44th, Lubbock TX 79414. Entry forms for sanctioned races will be inserted if 8.5 X 11 format only.

VOLUNTEERS NEEDED

Dwayne Oakeley needs help at the "STAMPEDE" Sept. 14th, so call him at 799-4473. Also as mentioned last month we need lots of help with the "RACE FOR THE CURE" September 21st. Please call Jon Omdahl at 794-7823. In case I don't get it in elsewhere, Randy Wolcott also needs lots of help on the RED RAIDER ROAD RACE, October 5th. Let's make this a big success either with your race entry or your help. Call Randy or Rhonda Frazier at 793-8869

HOT DAM RACE REPORT

Thanks to everyone who helped make the 1996 Hot Dam Run a success. We had 112 adult and 27 children runners. New age category records were set by Hope Jimenez, Josie Martinez, Bob Jackson, George Jury, and Don Sanderson. George now has the record in 3 age brackets. Congratulations to all who participated as runners or volunteers.

I am especially proud of the WTRC for dedicating this run to help abused and neglected Lubbock area children, served by the Child Advocacy Research and Education (C.A.R.E.) Center. The money raised with the special extra registration fee, together with many generous donations will enable us to contribute \$1600.00 to support this important underfunded effort. Although our club exists to support the sport of running, I'm happy to see us continuing a tradition of supporting our communities. Some of you may not know that the WTRC routinely waives rental fees for club equipment in fund-raiser runs, such as the upcoming Komen Foundation run in September and the Alzheimer's Run in October. We have also supported the South Plains Food Bank, the South Plains College Athletic Department and others in the past.

Again, I hope you'll join me in thanking everyone who helped with this run. James Bone continues to quietly do whatever needs to be done. Some of these volunteers were recruited minutes before the race began as last minute substitutes. I hope this list is complete: (See bottom of page 7)

THANKS

To George Jury, Jon Omdahl, Gayle Blackmon, Dennis Bell and Anson Thompson, one of Jon's cross country runners and an honor student at LHS, for helping put on the Senior Sports Classic Road Race, August 15th.

THE WTRC SUPPORTS INCLUSION

Have you seen runners with disabilities in various road races and thought "That's wonderful, but how can they do it?" Well, "they" can do it with training and conditioning, just like you, and the West Texas Running Club is on the cutting edge by supporting that opportunity by sponsoring the Lubbock Chapter of the **ACHILLES TRACK CLUB (ATC)**.

The ATC is the only program in the country designed to encourage all people with disabilities to participate in road running. Since 1983, it has literally changed the lives of hundreds of people in chapters around the country and the world. Several WTRC members have been active volunteers with the ATC, including P. J. Mitchell, James Bone, Randy Wolcott, Ronnie Nugent, Richard Fischenich, Richard Bray, and others.

Recently, the ATC was recognized by the LIFE Independent Living Center (a local social service organization supporting people with disabilities in the community), with the highly prestigious ADA Champion Award. The award recognized the ATC for its efforts in providing opportunities for people with disabilities to participate in inclusive activities, and mirrors the American with Disabilities Act, which is the civil rights act mandated to provide equal rights for people with disabilities. The WTRC is to be applauded for its support of this effort through the conviction of the value of all people, well before any pressure could be applied through the law.

People with any kind of physical disability are eligible: blindness, stroke, cerebral palsy, arthritis, epilepsy, amputation, multiple sclerosis, polio, heart disease, obesity and many others are represented. Some runners use crutches or prostheses; some use wheelchairs; 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 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, among other added opportunities. Persons with disabilities, who are interested in joining the

WTRC/Achilles Track Club, or persons interested in volunteering may call: Michelle Jones, 766-0286 (day)

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

HOT DAM REPORT(continued from page 6)

Ron Key, Hawk Harris, Mary Harris, Jill Blackstock, Julia Blackstock, Jamie Blackstock, Bob Bernero, Mike Greer, Bruce Lokey, Josie Aleman, David Skelton, Sheila Fireman, Kenny and Sharon Maines, Jon Omdahl, James Leser, David Eider, Barbara, David, Phillip and Valerie Pike, Cre Henderson, Jennifer (Vance Hendrix's friend), Barbara Camp Law, Diane Campean, Angela King, Donna King, Frances Sowder, Resanne Platt, Marge Hopper, Sue Cannon and George Jury. King, Also, please join me in thanking our generous sponsors including:

Methodist Hospital, Premier Travel, Dr. David Gregory, Dr. Randy Wolcott, Hoot's Bagels, American State Bank, Mountain Hideaway, Essential Home Health, Gary and Sheila Fireman, Richard Cohea, Leslie Jordan, Inc., Kenny and Sharon Maines, Madison and Frances Sowder, Anderson Brothers, Janssen, Fleming Company, High Plains Laminating, Malouf's, Donnie Allison, Children's Hospital at UMC, South Plains Cycles, University Medical Center, and anonymous.

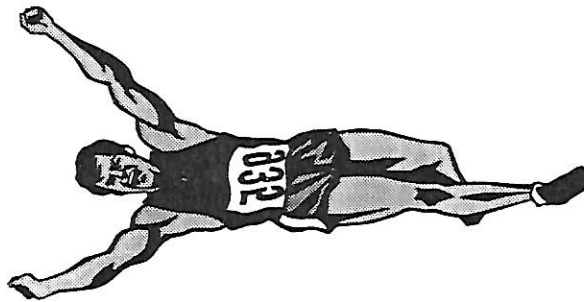
BUSINESS MEETING HIGHLIGHTS (June and August)

- 1) Sanctioned the Alzheimer's Assn. "Memory Run/Walk" October 12th.
- 2) Bob Bernero reported that the final expenses for staging the RFA were \$7,947.83. We have given the Festival leaders a deadline of Sept. 1st to inform us of the status of the 1997 Arts Festival.
- 3) Corporate charter has been reinstated, thanks to work by Mark Wagnon.
- 4) 5 Scholarship applications received so far. The board voted to increase the stipend to \$1,000 and award 2 if funds were available this year.
- 5) More specific rules are to be added to the monthly Race Director's guidelines.
- 6) Rhonda Frazier gave a report on the upcoming Red Raider race Oct. 5th.

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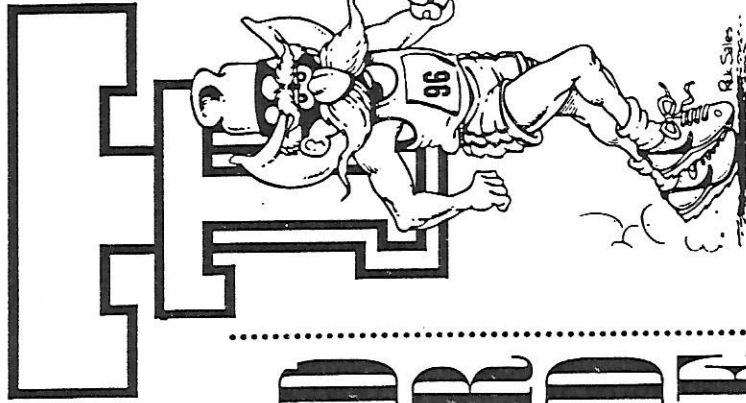
W.T.R.C. LSD TRAINING RUNS

Are held Saturdays at 7 A.M. and
Sundays at 6:30 A.M., meeting at the
Outdoor Center in MACKENZIE PARK

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

The 15th Annual

RAIDER ROAD RACE

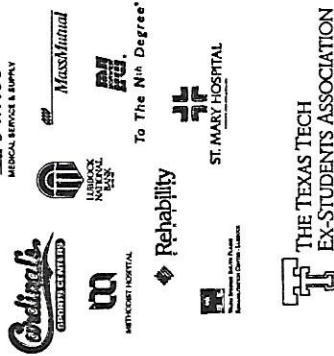


Homecoming Weekend
October 5, 1996
Texas Tech University
Lubbock, Texas

A \$12 registration fee will be collected by the West Texas Running Club. A portion of this fee goes toward academic scholarships sponsored by the Texas Tech Ex-Students Loyalty Fund.

Race begins at the Student Recreation Center. For more information, contact Randy Wolcott at (806) 793-8869

5k and 10k sponsored by:



Dr. Randy Wolcott will need a lot of help staging the race this year, so please give Randy or Rhonda Frazier a call at the number above. Those of you run a half or full marathon at Albuquerque, Sept. 28, should be too depleted to run this one 6 days later. so VOLUNTEER !!!!!

WEST TEXAS RUNNING CLUB'S 8th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS



SHALLOWATER STAMPEDE

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 14, 1996
REGISTRATION; 7:00 to 7:45 A.M., RACE DAY
RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT,
Precisely measured course, eligible for
certification

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

AGE DIVISIONS:

2 MILE		10K	
MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 29	20 - 29
16 - 19	16 - 19	30 - 34	30 - 34
20 - 29	20 - 29	35 - 39	35 - 39
30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	55 - 59	
50 - 54	50 Plus	60 Plus	
55 - 59			

AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50
percent of each division will receive awards

Delicious ice cold soft drinks will be provided for
runners and volunteers

RACE DIRECTOR: Dwayne Oakeley; 799-4473

RED RAIDER ROAD RACE



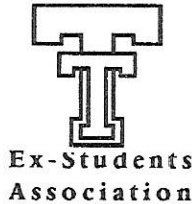
**5K & 10K
ROAD RACE**

**RUN THE TEXAS TECH
CAMPUS AS PART OF TECH S
HOMECOMING WEEKEND !
OCTOBER 5, 1996**

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AWARDED
TO ALL
REGISTRANTS.**

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WEST TEXAS RUNNING CLUB /
COURSE TAC CERTIFIED**

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**WEST TEXAS
RUNNING CLUB**



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REHABILITATION CENTER - LUBBOCK

BENEFITING THE TEXAS TECH / WEST TEXAS RUNNING CLUB SCHOLARSHIP FUND

**RED RAIDER ROAD RACE
TEXAS TECH EX-STUDENTS ASSOCIATION
BOX 45001
LUBBOCK, TX 79409-5001**

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PERMIT 408

15TH ANNUAL RED RAIDER ROAD RACE

DATE: Saturday, October 5, 1996 **STARTING TIME:** 5K & 10K 8:30 a.m.

REGISTRATION: (Now, Until October 3, 1996) 5K & 10K - \$12.00* entry fee payable to the West Texas Running Club.

*Please add \$2.00 if you want a XXL t-shirt.

WALK IN REGISTRATION: 8-12 & 1-5 Weekdays at the Ex-Students Association building

LATE REGISTRATION & PACKET PICK-UP: \$15.00 - Friday, October 4, 8:00 a.m. - 8:00 p.m. University Center Lobby.

RACE DAY REGISTRATION & PACKET PICK-UP: \$20.00 Saturday, October 5, 6:30 a.m. - 8:00 a.m. Only!

CLASSES FOR 5K & 10K:

MEN: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over; *

WOMEN: 19 & under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over; *

*RRCA rules prohibit Bicycles, Skates, Baby joggers / strollers, Dogs & Headphones

SPECIAL 5K DIVISIONS: 15 and under; 16-19; Clydesdales: Men 190 lbs. +, Women 150 lbs.+

START/FINISH: Student Rec Center **AID STATIONS:** At 2 & 5 mile mark. **SPLIT TIMES:** At every mile marker

COURSE: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A Map of the course will be included at registration.

AWARDS: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (Age Graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class.

AWARDS CEREMONY: Presentation at 10:30 a.m. at the Student Rec Center.

PRIZE DRAWINGS: Pre-registrants only. Must be present to win.

CORPORATE SPONSORS: ST. MARY OF THE PLAINS HOSPITAL & CARDINAL S SPORTS CENTERS

PLEASE MAKE CHECKS PAYABLE TO THE WEST TEXAS RUNNING CLUB

For more info call: The Ex-Students Association at 742-3641 or Randy Wolcott at (806)793-8869

Detach and return to: RED RAIDER ROAD RACE / Texas Tech Ex-Students Association / Box 45001 / Lubbock, TX 79409-5001

LAST NAME										FIRST NAME					MI	AGE as of 10/21/95		M	F
ADDRESS															M	L	XL	XXL	
CITY										STATE		ZIP CODE			T-SHIRT SIZE (ADULT) ADD \$2.00 FOR XXL Make Checks Payable to: WEST TEXAS RUNNING CLUB				
AREA CODE			DAYTIME PHONE NUMBER				5K		10K		CLYDESDALE		5K		FOR OFFICIAL USE ONLY				
ENTERED EVENT (CHECK ONE)																			

WARNING: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, the employees, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race -5K/10K Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant

Signature of Guardian (minors)