

CALENDAR

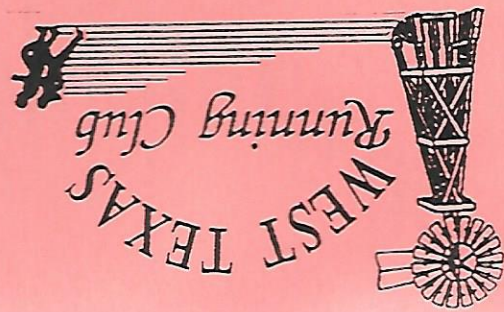
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- AUG. 4 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- * AUG. 9 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00am, P.J. Mitchell, Race Director, 794-0135
- AUG. 23 **FLOYD COUNTY FAIR 5K:** Lockney, 8:30am, Mike Lass, 652-1309
- SEPT 6 **HOT RUN FOR RECYCLE:** Hobbs, 1 Mi., 5 & 10K, (505) 392-3971
- SEPT 6 **HILCREST ZOO TROT:** 10K/5K, Clovis, 8am, 505-769-9775
- * SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- SEPT 20 **MAYORS HALF MARATHON:** Amarillo, 8am, FMI, 806-378-3036
- SEPT 27 **MEMORY RUN/WALK:** Alzheimer's Benefit, BUDDY HOLLY PARK, 8am, 5K Run, FMI call Bob Bernero, 793-1667
- SEPT 28 **DUKE CITY MARATHON:** Albuquerque, also Half Marathon, 5K Run & 5K Walk, FMI call 505-890-1018
- OCT 4 **RACE FOR THE CURE 5K:** Amarillo, 8am, 806-359-4673
- * OCT. 11 **RED RAIDER ROAD RACE:** 5K and 10K, 8am, Lubbock, TTU, FMI call George Jury, 792-3291(d), 792-1237(n)
- OCT. 18 **RED RIBBON RUN:** 5K and 1 Mile, 8:30am, BUDDY HOLLY PARK, FMI call Dwight Varnum, 742-1997 x305 (d), 798-0415 (n)
- OCT. 25 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- OCT. 25 **PALO DURO TRAIL RUNS:** 50 MILE/25 MILE, Contact Red Spicer,
- * NOV. 8 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9am, Ronald Key, Race Director, 747-4678, 794-5833
- NOV. 9 **SAN ANTONIO MARATHON:**
- * NOV. 27 **W.T.R.C. TURKEY TROT:** Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Chris Lonngren, Race Director, 796-0685 (d)
- DEC. 7 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- * DEC. 13 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)
- * JAN. 10 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 am
- JAN. 18 **HOUSTON METHODIST MARATHON:** FMI call (713) 957-3453
- * FEB. 14 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,

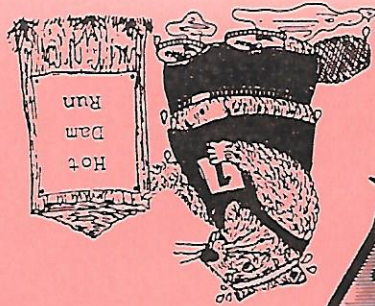
August 1997

USA Track & Field Certified
8 A.M., August 9, 1997
Details Inside Back Cover

5 miles



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
AUGUST 1997



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) 747-4678

DIRECTORS

Bob Bernero
(H) 793-1667

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

Frank Goodman
(H) 797-3804 (O) 866-4397

Dwayne Oakeley
(H) 799-4473

Brent Tidwell
(H) 795-0391 (O) 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 Monday of the month, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

It's kudos time again. The 1997 Buffalo Springs Lake Triathlon was again a success with approximately 800 triathletes competing—including some of our own club members as individuals and relay team members. Mike Greer is to be commended for putting on such a good, high profile event. But the real reason the event works is because of the large group of dedicated volunteers.

I tried getting individuals to step forward as team leaders for specific aid stations and was successful on all but two of the 7 stations. Team leaders were Dan Maines, P. J. Mitchell, Dwayne Oakeley, Jeff Key and George Jury. Unfortunately as always, I probably have left someone off and at press time I did not have the names of volunteers for Jeff Key's aid station. A listing of volunteers follows: Kim Pearson; Vicki (Bray's office), John, Ann and Laura Trompler; Bill Roger; Etta Mayer and daughter; Marsha Bennett; Mark Wagnon; Donna Griffiths; Susan and Lauren Cooper (plus 2 friends); Karen and Anna Lisa; Amy Zachary; Larry Byrd; Bob Bernero; James Bone; Vicki Fischenich; Angela King; Jenna Wolcott; Jeremy Meier; Sheri and Dustin Oakeley; Sonia Aguire; Elizabeth Linder; James Livermore; Rhonda Kauk; Bob Rasa; and Mike Kelley. Special thanks go to Bill Roger for stepping in at the last minute to run aid station 2. Also, one can never say enough about the volunteer efforts of Bob Bernero. In spite of extra work obligations and moving complications, Bob seems to be everywhere—never saying no to calls for help. Many thanks Bob!!! Jim Leser

WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays: 1st group at 6:00 a.m., 2nd group at 6:30 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park
For more information call Ron Key at 794-3300 (D) or 794-5833 (N)

WTRC HOTLINE - (806) 792-3293 FOR LOCAL RUNNING EVENT UPDATES

"TEXAS' Oldest Continuous Road Race"
THE FIRECRACKER RUN
Three Mile and Ten Mile Road Races
Brownfield, Texas July 4, 1997

3 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 STEVEN SPOONEMORE	PLAINVIEW	TX	19	M	1	M1619	16:14	5:25
2 JOSHUA SALAZAR	LAMESA	TX	17	M	2	M1619	16:30	5:30
3 JESSE WILLIAMS	RANTOUL	IL	19	M	3	M1619	17:11	5:44
4 CHRIS THOMAS	LUBBOCK	TX	18	M	4	M1619	17:28	5:49
5 TREY JERNIGAN	HAWLEY	TX	19	M	5	M1619	17:47	5:56
6 TOBY REEP	SUNDOWN	TX	18	M	6	M1619	17:53	5:58
7 THOMAS GARCIA	BROWNFIELD	TX	17	M	7	M1619	18:46	6:15
8 GEORGE ANDERSON	BROWNFIELD	TX	33	M	1	M3034	18:48	6:16
9 JASON ROBERTSON	PLAINS	TX	18	M	8	M1619	19:13	6:24
10 CY CRIBBS	WHITEFACE	TX	14	M	1	M1315	19:18	6:26
11 BOB TRENCHARD	KERMIT	TX	51	M	1	M5054	19:22	6:27
12 HOPE JIMENEZ	LAMESA	TX	13	F	1	F1315	19:27	6:29
13 ROBERT GUJARDO	LEVELLAND	TX	54	M	2	M5054	19:31	6:30
14 ANSON THOMPSON	LUBBOCK	TX	18	M	9	M1619	19:45	6:35
15 KEN JERNIGAN	HAWLEY	TX	45	M	1	M4549	19:49	6:36
16 JASON MICHAELS	LUBBOCK	TX	28	M	1	M2029	20:05	6:42
17 JOEL NESMITH	SNYDER	TX	39	M	1	M3539	20:24	6:48
18 BEN THOMAS	WHITEFACE	TX	14	M	2	M1315	20:39	6:53
19 AVERITT LIDZY	LUBBOCK	TX	47	M	2	M4549	20:50	6:57
20 TARA JERNIGAN	HAWLEY	TX	16	F	1	F1619	20:57	6:59
21 MATT LADD	LUBBOCK	TX	16	M	10	M1619	21:06	7:02
22 JOHN THOMAS	LUBBOCK	TX	16	M	11	M1619	21:10	7:03
23 RUSSEL MARTIN	SHALLOWATER	TX	39	M	2	M3539	21:13	7:04
24 DAVID HIGGINS	LUBBOCK	TX	43	M	1	M4044	21:31	7:10
25 MARY LOU JIMENEZ	LAMESA	TX	15	F	2	F1315	21:58	7:19
26 ADELBERTO RODRIGUEZ	SUNDOWN	TX	15	M	3	M1315	22:09	7:23
27 ROBERT FINO	LUBBOCK	TX	33	M	2	M3034	22:10	7:23
28 RANDY WOLCOTT	LUBBOCK	TX	41	M	2	M4044	22:14	7:25
29 PHILLIP MALONE	WOLFFORTH	TX	12	M	1	M0112	22:24	7:28
30 TIM DODD	LUBBOCK	TX	38	M	3	M3539	22:25	7:28
31 TOMMY ARGUIJO	WHITEFACE	TX	13	M	4	M1315	22:25	7:28
32 PAUL THOMAS	LUBBOCK	TX	16	M	12	M1619	22:33	7:31
33 MICKY DAVIS	LUBBOCK	TX	40	M	3	M4044	23:15	7:45
34 LESLIE VARDY	WOLFFORTH	TX	19	F	2	F1619	23:53	7:58
35 JAMES BONE	LUBBOCK	TX	57	M	1	M5559	24:01	8:00
36 MELANIE McVEY	LEVELLAND	TX	35	F	1	F3539	24:07	8:02
37 JAY PADDAK	FORT COLLINS	CO	15	M	5	M1315	24:13	8:04
38 RICHARD VERRONE	LUBBOCK	TX	29	M	2	M2029	24:22	8:07
39 STEVE MAXNER	LUBBOCK	TX	31	M	3	M3034	24:22	8:07
40 CRAIG CORNETT	BROWNFIELD	TX	39	M	4	M3539	24:25	8:08
41 LARRY BURELSMITH	LUBBOCK	TX	48	M	3	M4549	24:38	8:13
42 PAT COOKE	LUBBOCK	TX	41	M	4	M4044	25:11	8:24
43 RON HILLIS	LUBBOCK	TX	53	M	3	M5054	25:23	8:28
44 MARGARITA JIMENEZ	LAMESA	TX	8	F	1	F0112	25:40	8:33
45 JENNA WOLCOTT	LUBBOCK	TX	35	F	2	F3539	26:02	8:41
46 BLAKE MANKIN	DALLAS	TX	7	M	2	M0112	27:01	9:00
47 TERRY BAUGH	LUBBOCK	TX	34	M	4	M3034	27:49	9:16
48 VICKIE FISCHENICH	LUBBOCK	TX	31	F	1	F3034	28:07	9:22
49 RICHARD LAMPE	LUBBOCK	TX	53	M	4	M5054	28:29	9:30
50 VERONICA JIMENEZ	LAMESA	TX	10	F	2	F0112	28:38	9:33
51 ROBERT EARNEY	LUBBOCK	TX	48	M	4	M4549	28:49	9:36
52 JOSIE ALEMAN	LUBBOCK	TX	15	M	1	F4549	28:50	9:37
53 CHRIS TREVINO	LUBBOCK	TX	15	M	6	M1315	28:51	9:37
54 PAM HILLIS	LUBBOCK	TX	43	F	1	F4044	29:02	9:41
55 GARY SHIPP	LUBBOCK	TX	38	M	5	M3539	29:19	9:46
56 LAURA PADDAK	FORT COLLINS	CO	17	F	3	F1619	29:38	9:53
57 MICHAEL PADDAK	FORT COLLINS	CO	49	M	5	M4549	30:00	10:00
58 BARBARA PADDAK	FORT COLLINS	CO	49	F	2	F4549	30:01	10:00
59 DWIGHT HANKIN	DALLAS	TX	35	M	6	M3539	30:27	10:09
60 MATTHEW ZHINE	FLAGSTAFF	AZ	74	M	1	M6099	30:39	10:13
61 DON HUNT	LUBBOCK	TX	63	M	2	M6099	32:48	10:56
62 MARY ANNE NUNEZ	LUBBOCK	TX	34	F	2	F3034	33:58	11:19

* = New Age Group Record
+ = New Members

THE FIRECRACKER RUNS July 4, 1997 Brownfield, Texas 10 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists race participants and their performance metrics.

FIRECRACKER RUN RACE REPORT

The 28th running of the FIRECRACKER RUN was a great success. Ninety six runners completed in the 3 and 10 mile runs and 21 children participated in the 1 mile children's run. Race day weather was cool and overcast making it ideal for running. A big thank you to all the race volunteers and others who worked to make this year's July 4th race fun and successful. I appreciate all of your hard work and support. I would especially like to thank Jackie Moss, Brownfield's Chamber of Commerce Director and all the chamber and drug treatment center volunteers who worked the water stops and turn around points. Plans for next year's race are being made. If you have ideas and suggestions or would like to volunteer, give me a call.

Gayle Blackmon-Hopkins Race Director

EDITORS NOTES

Club members helping out were; George Jury, Ron Key, Joe and Eva Martinez, Tony Aleman, David Skelton, J.R. Jimenez, Bob Bernero, Tim Key, Ron Nugent and P.J. Mitchell. Jim Leser and Bob Bernero assisted with pre race planning. Others helping race day were Jean Leser, Arden Key, Pat Jury and Etta Mayer's son.

The most notable performance was 13 year old Hope Jimenez's smashing of the 3 mile female 19 and under record by 43 seconds, so now we have a legitimate 15 and under record and will make the 16-19 record a target for her in three years. Congratulations Hope!

Completing his 17th 10 Miler in a row, was Jim Wilhelm, who was interveiwed by The AJ's Ray Glass in an article about the FIRECRACKER RUNS.

W.T.R.C. 1997 CHALLENGE SERIES MALE STANDINGS AFTER 7 EVENTS

Table with columns: MILES, PTS, EVTS, VOL. Lists male standings for various distances and events, including names like Jim Thomas, Loren Phillips, Barry Moss, etc.

*Vol **Race Dir

**W.T.R.C. 1997 CHALLENGE SERIES
STANDINGS AFTER 7 EVENTS**

FEMALE

Age	Female	MILES	PTS	EVTS	VOL	MILES	PTS	EVTS	VOL
8	Margarita Jimenez	22	28	5	*	22.2	49	5	
12	Shawna Thomas	6	19	2		28	40	4	
11	Heather Cannon	2	10	1		12.2	19	2	
10	Veronica Jimenez	28	1	9	4*	14	9	2*	
Age	Female (13-15)					20	0	1**	
13	Hope Jimenez	24	59	6		40.4	60	6	
15	Mary Lou Jimenez	31	1	36	6*	10	28	3	
13	Krystle Lowe	9	16	2		7	19	2	
14	Rendi Royal	2	10	1		11	16	3*	
Age	Female (16-19)					4	9	1	
16	Tara Jernigan	12	30	3					
Age	Female (20-29)								
26	Michele Croak	8	20	2		31	60	7*	
26	Christie Hodge	4	8	1		42.3	49	5	
Age	Female (30-34)					2	10	1	
33	Marisha Bennett	46	3	47	6*	48.3	10	6*	
33	Jill Williamson	42	1	40	4	10	0	1*	
32	Kimberly Wrightson	14	2	29	3	16	0	2*	
31	Vickie Fischenich	4	10	1					
31	Sonia Aguirre	4	10	1					
33	Molly Santese	19	1	9	2*				
30	Laurie Lopez	6	7	1					

*Vol **Race Dir

**FIRECRACKER
ONE MILE CHILDREN'S RUN**

BOYS

Overall Winner, Andy Malone, Wolfforth, 3rd Grade, 7:42

Pre School:
 1) David McVey, Levelland, 8:52,
 2) J.C. Garza, Lubbock, 9:02,
 3) Bryson Wright, Lubbock, 9:06
 4) Austin Mankin, Dallas, 10:30
 5) Brian Baugh, Lubbock

3rd Grade:
 1) Andy Malone, Wolfforth, 7:42
 2) Greyson Holt, Brownfield, 7:58

4th Grade:
 1) Carlos Garza, Levelland, 12:19
 2) Bryan Davis, Lubbock, 12:19

5th Grade:
 1) Christopher Dodd, Lubbock, 8:43

7th Grade:
 1) Saul Garza, Levelland, 8:42

GIRLS

Overall Winner, Martha Rodriguez, Sundown, 7th Grade, 7:51

Pre School:
 1) Emily Mankin, Dallas, 9:20
 2) Taylor Holt, Brownfield, 11:47
 3) Kori Holt, Brownfield, 12:46

1st Grade:
 1) Tamra Jernigan, Hawley, 10:07

2nd Grade:
 1) Meridith Wise, Brownfield, 9:11
 2) Tori Teel, Lubbock, 11:03

5th Grade:
 1) Ashley Teel, Lubbock, 8:23
 2) Ashley Perez, Brownfield, 9:18

6th Grade:
 1) Anna McVey, Levelland, 9:27

7th Grade:
 1) Martha Rodriguez, Sundown, 7:51
 2) Jessica Davis, Lubbock, 8:37

SENIOR SPORTS 5K & 10K

We have over 30 members who are over 50 and thus eligible for these road races to be held in MacKenzie Park August 14th at 6pm. If you haven't gotten an entry form, call 767-2710. We need about 3 or 4 other club members to help time and keep these "old folks" in line. If you can help, call George Jury.

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SUPPLEMENT TO AUGUST 1997 W.T.R.C. NEWSLETTER

16th ANNUAL RED RAIDER ROAD RACE UPDATE

October 11, 1997

Course: Because of the closure of Hartford Avenue between 18th St. and Main, a new course has been laid out and is pending approval of the grounds use committee. All measurements and distance locations are documented and some of the paper work to get the course USA T&F certified has been done but, one of the committee has requested reversal of the route, which would require remeasurement. A decision will be made on June 21st.

Sponsors: CARDINAL'S SPORTS CENTERS, LUBBOCK NATIONAL BANK, STATE NATIONAL BANK, AMCO MEDICAL SUPPLY, WARM SPRINGS REHAB., ST. MARY OF THE PLAINS HOSPITAL and METHODIST HOSPITAL are committed to support the event.

Entry fees: The registration fees have been set at \$15 for early registration through Friday October 10th, and \$20 on race day. W.T.R.C. members may pre register for \$12, but must pay the \$15 and \$20 fee if registering on Friday and Saturday. Anyone wishing to make an additional donation for the scholarship fund may simply enclose additional money with the registration slip.

Awards Changes: Clydesdale/Athena divisions will be set up for both 5K and 10K races and awards will be made to the first three on an "AGE GRADED" basis.

Scholarship Fund: W.T.R.C. members can be very proud of our accomplishments in accumulating over \$20,000 over the past 8 years that we have been conducting the race. Isn't this enough reason to get involved either as a registered participant or as a volunteer!

Volunteers: Someone to be Assistant Race Director who would be willing to act as Director for the next few years is desperately needed.

- Club members consenting to help so far are:
- Registration; Pat Jury
- Course Management; Dwayne Oakeley
- Computer Results; Ron Key
- Sponsors; Randy Wolcott
- Draw Prizes; P.J. Mitchell
- Course Map; Molly Santese

Volunteers are needed for Friday daytime late registration, Saturday early A.M. registration and packet pick up, Finish line help, Split timers, and a bike rider for race leader.

SUPPLEMENT TO AUGUST 1997 W.T.R.C. NEWSLETTER

HOT DAM HIGHLIGHTS

As of July 21st, there have been 40 pre registered applicants for the HOT DAM 5 MILLER, so to assure getting one of the T Shirts, you must send in the registration form quickly. It looks like we may have record attendance.

There will be many nice draw prizes for after the race.

In addition to what was mentioned elsewhere in the newsletter about the club history and the traditional 5 Miler in August, this race has taken on a special "occasion" in that we have used it to raise funds for some worthy project, whereas our usual monthly races are designed to break even financially but yet provide runners a chance to socialize, have an accurate distance to measure themselves against the clock, and have a generous supply of age group awards and post race refreshments.

This year's "HOT DAM" will once again benefit the CHILD ADVOCACY RESEARCH and EDUCATION CENTER at TTU. The generous sponsors listed on the form are deeply appreciated.

Several club members have made additional anonymous donations for the cause.

SUMMER SOCIAL

As I go to the printer today with this issue, a definite format has not been selected for our summer social to be held immediately following the "HOT DAM RUN".

We will probably have access to the covered pavillion across MLK Blvd. from the race site, where we can have a Pancake Brunch and other refreshments and enjoy some of our own members talents.

If some of you non running spouses would like to help with this, please give Brent Tidwell a call at 795-0365 (n) or 795-9537 (d)

MESSAGE THERAPY

Jennifer Mosqueda, R.M.T. and Craig Oliver, R.M.T. will be providing complimentary 5 to 10 minute leg massages after the August 9th and September 13th club races. Interested runners will need to provide a towel to lie on while receiving massage. Services will be provided until 11 A.M. A sign-up sheet will be required and participants will be taken in that order.

1997 ZOFINGEN POWERMAN

First Person Report (or how I spent my summer vacation)

athletes in this event spoke German. There were only 35 of us from the good old USA.

Race day was dreary--with clouds, cool temperatures and on-again, off-again drizzle starting in the middle of the bike segment. Temperatures dropped from 59 at the start of the race to near 40 toward the end. Didn't they move this race to June to avoid a repeat of the last two year's weather pattern? Oh well--good running weather but lousy biking conditions.

So here I am, waiting for the bell, ten minutes after the elite men had taken off and 52 minutes after the elite women had departed. You see, this is a handicap race, where the first to finish gets a \$10,000 bonus. But money is the furthest thing from my mind. I'm looking at the hill we're standing on wondering why on earth they would start a race with the first run (two 2.75 mile loops) negotiating a one mile hill (about 10% grade) right from the get go.

I take off cautiously about mid pack and find that the 1 mile paved hill turns off into the forest and becomes a trail, at least until we return to town. I wave at my family as I complete the first loop, maintaining control and holding back somewhat. Actually I feel pretty good as I head into the transition area which is a converted high school stadium. My time is around the 35 minute mark I had targeted. I change into my cycling clothes--even changing my shorts in front of everyone. No, I wasn't naked, actually had on speedos underneath. They will disqualify you for public nudity.

I had a great transition and sped off on my bike to complete a three loop, 93 mile course. We drove the bike course of previous day and discovered three pretty challenging hills (read 9 hills because of the repeat loops).

I had been warned by a Swiss foreign exchange student attending our To supplement page "D"

It was hard to believe. I was standing at the starting line of the ITU Long Distance Duathlon World Championships, half way around the world in the small town of Zofingen, Switzerland, waiting for the gun (actually cow bell) to go off to start the race. This duathlon is billed as duathlon's equivalent to the Kona Ironman Triathlon. Was this a dream or a nightmare?

It all started almost a year ago in Evergreen, Colorado where I decided to combine the family vacation with a duathlon. This was my first try at a longer distance event--at least longer than a marathon. The altitude and mountains almost killed me but I did manage to finish and even pass 4 in my age group in the last 3 miles to claim second place.

A month later I got a call from the race director indicating I had captured a qualifying slot for the 1997 Powerman, if I wanted to compete. Was I going? You bet! After all, I might never get another chance and these once-in-a-lifetime opportunities don't pop up every day.

Fast forwarding back to Switzerland. My family all went (wife, two kids and even my mother-in-law). We arrived in Switzerland 4 days before the event--enough time for a little pre-race sightseeing. We rented a van and stayed in a little hotel in Wynau, about 20 minutes from the race. I soon found out that English was not used much in the rural areas. German ruled! Luckily I latched on to two duathletes from Holland who were quite fluent in several languages including mine.

The expo was great and I bought a lot of stuff. I picked up my race packet, which included a computer timing chip on an ankle band. Also attended the mandatory pre-race meeting for athletes. Thank goodness there was a session in English. You have to understand, 2/3rds of the

cameramen on BMW motorcycles. I could have reached out and touched her if it wouldn't have meant falling over.

Did I tell you it started raining and drizzling about this time? Well it did and let me assure you that wet feet and 40 degree weather don't mix! I didn't tell you about the third hill either. It actually wasn't bad at all. Long, but I was able to stay seated without going into oxygen debt. Lots of crowds and I guess people were getting cold because they started these bonfires. Would you believe I resorted to weaving over next to these fires to get some warmth?

Anyway, I finished the bike course close to my targeted time but had a little trouble in the transition. I was a little stiff for all those hours in the saddle. An official actually came up and tied my shoes for me. I got out on the first leg of the 2nd run, which was a 20 km on trails through the wooded hills behind Zofingen. My biking shot my running legs and it was all I could do to complete the event. I had to walk up all the hills and through every aid station. But I did run everywhere else. Elite's also walked some of the steeper hills I am told. The most discouraging moment was coming back after the 1st leg, in sight of the finish line, knowing I still had 10 km to go. This too was finished and soon I entered the crowded stadium and approached the finish line. I "high fived" a number of kids and turned to see my image on the biggest big screen TV I have ever seen. I saw my family as I crossed the line, to be greeted by the race director and President of the Powerman.

Would I ever go back to do this event again? You bet I would. What would I do different? More hill running off the bike and better gearing for the hills on the bike course. My time was 9:14, a little slower than planned but what the heck, I came to experience the event, not conquer it. I'm just glad it didn't conquer me!

After a couple of more days touring Switzerland and Germany, my family flew to England for another 9 days touring England, Scotland and Wales before returning home. *Jim Leser*

Horseshoe Bend races that west Texas Hills were really quite flat. Yea, right! Spiral Staircase is challenging isn't it? And after all, didn't the percent grades I pulled off the web page indicate only a 9.9% grade maximum on the second hill? So what if some of the hills were over 3 miles long. I was tough. I had trained in the canyons. I was ready!

Ready or not, up the first hill I went. Not too bad--about 1.5 miles long with only a little out-of saddle time. Second hill--another story! This was a killer. Would you believe staying out of the saddle for over a mile straight? I'm talking barely keeping the cranks going. This hill may have averaged 10% but I can assure you it approached 18% the final 500 yards! I needed a 23 or maybe even a 26 cog instead of the flatlander 21 I had in my cassette.

The decent was breathtaking. Forty to 50 mph is not a speed to be taken lightly, at least for a runner turned neophyte cyclist. One thing I learned, these Europeans were no slouches when it came to cycling. They blew my socks off!

The few moments I had to look around provided great vistas of the countryside. This was wooded hills, hay pastures and cows (with bells around their necks). Tiny towns and narrow roads (a paved turnrow would be wider) were the rule. Did I tell you that the roads were open to traffic?

The crowds were fantastic! Around 50,000 turned out to brave the rainy weather. They were on the hills, in the towns, at the sharp curves, just like you see on the Tour de France. One thing I never did figure out though was they often chanted Hopp, Hopp! What the hell does that mean? I told one run course marshal I was "hopping" as fast as I could. They didn't even crack a smile.

While going up that middle killer hill on the second loop I almost fell off my bike when a helicopter popped out of no where like a gunshot and showered me with dandelion seed. I soon found out that the eventual elite woman winner (Natascha Badmann) was passing me with her entourage of

A SPECIAL YEAR 25th ANNIVERSARY

Although this was the 28th year for the "FIRECRACKER RUNS", The WEST TEXAS RUNNING CLUB was not formed until after the July 4, 1972 race, by Coach James Morris, now of South Plains College, and Gene Adams. The first "official" club race was a 5 miler held in Brownfield in August until 1983. There were a few years when there was no specific August "Club" race until 1988 when the "HOT DAM 5 MILER" was established with Joe Post as the first director. So this is the 10th anniversary of this race. Later, the BUFFALO WALLOW RACES will celebrate the 25th Anniversary.

CONGRATULATIONS and ADIEU

Tim and Dawn Green are parents of a second child, a boy born July 1st.

Chuck Johnson, a member since 1989 and race director for the PRAIRIE DOG RUN the past 3 years, will be changing jobs after a merger of Gould's Pump companies and moving to Denver.

BSL TRIATHLON RESULTS

Tim Key led club members with a 26th place, 4:29:47, followed by; Will Carpenter, 131, 5:03:37, Robby Timberlake, 323, 5:55:55, Nick Hight, 403, 6:27:04, Richard Bray, 412, 6:32:31, Stephen Buckley, 420, 6:34:34, Damon Richards, 421, 6:34:36, Randy Wolcott, 434, 6:42:31, Jimmie Key, 440, 6:48:04, and Richard Fischenich, 460, 7:06:11.

In the sprint event, Mike Lass was 54th in 1:29:22, Mike Daily, 61st, 1:33:55, Alix Buckley, 70th, 1:37:22, and Laura Hopper, 79th, in 1:44:34.

WTRC/TTU SCHOLARSHIP

The deadline for applications to Chairman, Ron Key is August 1st.

ULTRA RUNNING

Sure, it's humbling to snail past a gray haired, well even a little bit pudgy, lady who looks like she should be whipping up a batch of chocolate chip cookies somewhere. It's mile marker 46 and after nine plus hours of running, you ask yourself "how the heck did she stay ahead of me all this time?" You, my friend, have entered the world of ultra-marathoning. (Are you hearing the theme from the "Twilight Zone"? I am.) Well, now you will soon have the opportunity to participate in one of the prettier ultras around and you won't have to travel very far. The Palo Duro 25 and 50 Miler is always the last weekend in October. (Plenty of time to train if you start now.)

Red Spicer is race director, and yes, the name is appropriate. He's a crusty old dude who used to have a head full of red hair that has now migrated south into a large moustache. Very friendly though and puts on a good run. The Parks Department has named part of the trail after Spicer, and he must have run it a lot because he knows every bump on it. How do I know that? Well, I saw the computer bar graph at the pre-race pasta dinner and it had every bump plotted. The conclusion of the graph was that there are 16,000 feet of elevation change over the 50 mile course. "Impossible", I said to myself, changed to "most probable" at the finish line. (That's the same amount as a run up and down the Barr Trail to the top of Pikes Peak.)

Palo Duro in late October is beautiful, cool mornings and pleasant days. I camped at the start/finish line where showers are available. The finish line also turns into a BBQ for the runners and families and lasts til dark. The race is small enough (usually around 100 runners) that it has a real friendly atmosphere to it.

If you're getting a little bored running races on pavement all the time, maybe it's time to try an ultra. This trail will be mind distracting as it is rolling hills through yucca and mesquite and other vegetation I have no idea what is. The course is a 25 mile out and back with the 50 milers going out twice (of course). I would personally like to encourage the runners to which the marathons have become "routine" to try a 50 miler. If you're finishing the marathons and find yourself running again a few days later, then it's time to kick it up. Your body's ready--it's just your brain that needs convincing. When you step up to the starting line for your first 50 miler, you'll wonder if you've finally gone insane. Well, yes, you have, but do it anyway.

If you would like more information or an application, call me, Weldon Kolb at 863-2773.

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**THE "HOT DAM RUN" 5 MILE
WEST TEXAS RUNNING CLUB'S
ANNUAL AUGUST RACE
EVENT RECORDS (Since 1988)**

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Jay Winfrey	Sundown	11	39:43	1990
13-15	Trey Jennigan	Sundown	15	30:27	1993
16-19	Chris Truitt	Lovington	19	27:09	1994
20-29	James Bungei	Lubbock	22	24:13 *	1991
30-34	Wilson Kigen	Plainveiw	30	26:38	1988
35-39	Bob Jackson	Hobbs	37	27:20	1996
40-44	Frank Sumpster, Sr.	Lamesa	40	30:26	1994
45-49	Jim Leser	Lubbock	46	29:55	1993
50-54	George W. Jury	Lubbock	53	30:18	1989
55-59	George W. Jury	Lubbock	55	31:37	1991
60-64	George W. Jury	Lubbock	60	34:00	1996
65+	Don Sanderson	Tulia	66	36:04	1996

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	35:58	1996
13-15	Christina Vasquez	Lubbock	15	34:37	1989
16-19	Josie Martinez	Petersburg	19	32:53	1996
20-29	Rosa Ibarra	Plainview	22	30:08 *	1993
30-34	Marjory Stewart	Lubbock	32	30:12	1991
35-39	Marjory Stewart	Lubbock	35	30:30	1994
40-44	Teresa Greer	Lubbock	43	40:04	1994
45-49	P.J. Mitchell	Lubbock	49	41:08	1994
50+	P.J. Mitchell	Lubbock	50	40:55	1995

*** OVERALL COURSE RECORDS**

A NOTE FROM MARILYN HARPER

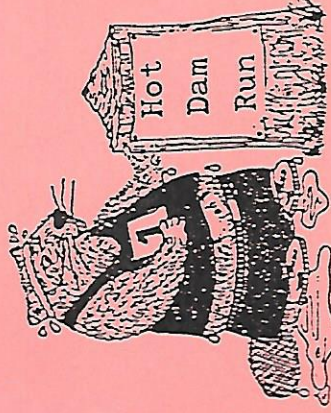
Thank you to all of the WEST TEXAS RUNNING CLUB members who gave 110% effort in making the "JOHNIE HARPER MEMORIAL RUN" a great success!

An additional thanks goes out to all of the special folks who organized, participated, volunteered, attended or just sent their well wishes our way.

This tribute will remain a highlight in our hearts as we'll continue to celebrate our memories. God bless you one and all for allowing us to make new memories of our husband, dad and granddad by honoring him with this memorial tribute.

Sincerely, The Harner Family

**WEST TEXAS RUNNING CLUB'S
10th ANNUAL "HOT DAM RUN"
5 MILES**



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WHEN: SATURDAY, AUGUST 9, 1997

PRE-REGISTRATION by mail til AUGUST 7, 1997
REGISTRATION; 7:00 A.M.to 7:45 on RACE DAY
RACE START;

5 MILE; 8 A.M.

Children's 1 Mile; 8:05 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA

(near waterfall on Canyon Lake 6) East of MLK Blvd. at E. 22nd Street, LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO SHORT STEEP HILLS, SEVERAL SMALLER HILLS

ENTRY FEE: WTRC MEMBERS \$8; NON-MEMBERS \$12

T SHIRTS For the First 100 Entries

Children \$4 (Includes T-Shirt)

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49; 50-54; 55-59; 60+

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34;
35-39; 40-44; 45-49 and 50+

AWARDS: Medallions will be awarded to the first three and up to 50 percent in each of the age groups above

RACE DIRECTOR: P.J. Mitchell at 794-0135

FREE FOOD

T-SHIRTS



AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 -

WOMEN: 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-99

Clydesdales and Athena 0-35 and 36 and up.

DOOR PRIZES



Martin Luther King Jr. Memorial Area
(MLK Blvd. and Canyon Lakes Drive by the water fall)
Proceeds will benefit the C.A.R.E. Center
Texas Tech Health Sciences Center

5 MILE RUN
8:00 A.M.

AUGUST 9, 1997

12 AND UNDER
1 MILE 8:05 A.M.
CHILDREN'S RUN

Name: _____ () M () F Age as of 8/10/96 _____

Address: _____ City: _____ State: _____ Zip: _____

Day Phone:(_____) _____ Night Phone:(_____) _____ T-Shirt Size: M L XL

EVENT: 5 Mile _____ 1Mile _____ Athena _____ Clydesdale _____

Race Director: P.J. Mitchell, 794-0135 or James Bone, 792-8390

MAIL PRE-REGISTRATION MUST BE RECEIVED NO LATER THAN AUGUST 4, 1997
The first 100 registered participants will receive T-shirts.

Race Fees: _____ Make checks payable to: West Texas Running Club

WTRC Members: \$8.00 Paid _____

Nonmembers: \$12.00 Paid _____

Children (Under 12): \$4.00 Paid _____

Donations: _____ Paid _____ (tax deductible)

Total Paid: \$ _____

Mail To: P.J. Mitchell - HOT DAM RUN

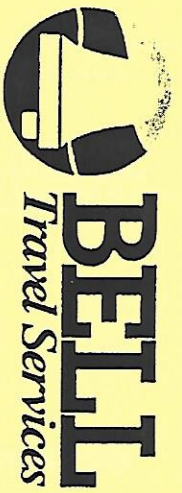
P.O. BOX 2921

Lubbock, TX 79408

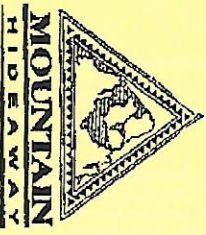
WAIVER STATEMENT-ENTRY NOT VALID IF NOT SIGNED: In consideration of the acceptance of my entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in these events, or while I am on the premises of these events; and I hereby release and hold harmless any sponsors, promoters, or other persons, or entities associated with these events, including the West Texas Running Club, or their agents or employees, or otherwise. I attest and verify that I am physically fit and have sufficiently trained for competition in these events. For insurance purposes, baby strollers, roller blades and walkman-type radios will not be permitted. I have read the forgoing and certify my agreement by my signature below.

Signature: _____ Date: _____

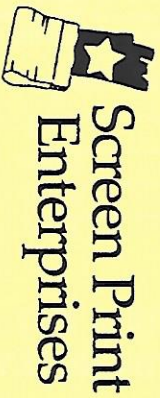
Parent/Guardian Signature (if under 18 years of age): _____



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