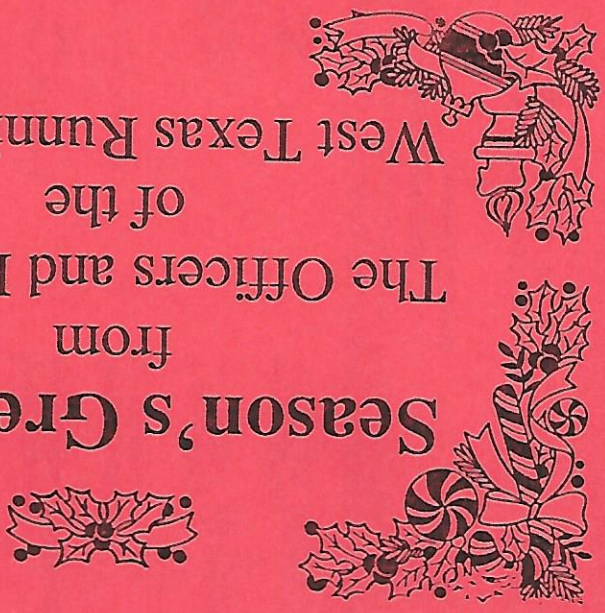


CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- DEC. 1 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- DEC. 6 **TOYS FOR TOTS 5K:** Lubbock, 9 am, Armed Forces Reserve Center, 27 and Regis St., Ron Hillis, Race Director, 797-0303
- DEC. 7 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- DEC. 12 Club Winter Social: Pot-Luck supper, club provides meat, etc. Bailey's Bookstore, 4835 50th Street, 6:30 pm
- * DEC. 13 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am Marjory Stewart, Race Director, 792-1085(n)
- * JAN. 10 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 am Richard Bray, Race Director, 792-2420(w), 792-2820(h)
- JAN. 18 **HOUSTON METHODIST MARATHON:** FMI call (713) 957-3453
- FEB. 1 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 14 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 7 **POLAR BEAR RUN:** Details Later
- FEB. 15 **MOTOROLA MARATHON:** Austin, FMI call (512)505-8304
- * MAR. 14 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- APR. 4 **MARATHON of the GREAT SW:** Abilene, FMI, call, (915) 677-8144
- * APR. 11 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 M, 10K, Half Marathon, Frank Goodman, Race Director, 797-3804(h), 866-4397(w)
- APR. 18 **THE RACE FOR KIDS 5K:** Tentative, Details Later
- APR. 26 **MEDSCM MARATHON:** San Antonio, FMI, call, (210) 221-3185
- * MAY 9 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 792-1011 x4690
- MAY 23 **LONE STAR PAPER CHASE:** Amarillo, FMI call (806) 345-3451
- * JUNE 13 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 28 **BSL TRIATHLON:**
- * JULY 4 **29th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- * AUG. 8 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 794-0135
- * SEPT 12 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- * OCT. 10 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793

December 1997

Season's Greetings
from
The Officers and Directors
of the
West Texas Running Club



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414
DECEMBER 1997



December W.T.R.C. Race
RED LINE CROSS COUNTRY 4 MILE
10am, Saturday, December 13, 1997
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) 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

The officers and directors of the West Texas Running Club would like to wish you a Merry Christmas and many holiday cheers. Make sure you mark your calendar for the Christmas social and be sure you are at the Loop the Lakes run on January 10th when the Challenge Series recognition will be awarded (66 mile club and age group awards). If you can't run that day, come out anyway and help Richard Bray with his race as a volunteer. We promise to have a short ceremony and provide plenty of snacks for those that tend to get a little hungry as the noon hour approaches. What refreshments will be available will be a pleasant surprise. *Jim Leser*

WEST TEXAS RUNNING CLUB CHRISTMAS SOCIAL

DON'T FORGET THE CLUB'S CHRISTMAS SOCIAL ON DECEMBER 12TH, 1997 6:30 P.M. AT BAILEY'S BOOK STORE, 4835 50TH STREET. THIS WILL BE A FUN TIME FOR ALL. THERE WILL BE NO CLUB BUSINESS CONDUCTED AND THE CHALLENGE SERIES AWARDS WILL BE PRESENTED FOLLOWING THE LOOP THE LAKES RACE IN JANUARY. PLEASE RSVP BY DECEMBER 5TH TO JIM LESER AT 794-2474

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

The 25th ANNUAL BUFFALO WALLOW RACES

NOVEMBER 8, 1997

BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
* 1	RICARDO GONZALEZ	PLAINVIEW	TX	19	M	1	M1619	1:17:34	5:55
2	TIM KEY	LUBBOCK	TX	30	M	1	M3034	1:20:13	6:07
3	JAMES LESER	LUBBOCK	TX	51	M	1	M5054	1:29:15	6:48
4	JOHN TROMPLER	LUBBOCK	TX	50	M	2	M5054	1:30:41	6:55
5	RANDY WOLCOTT	LUBBOCK	TX	41	M	1	M4044	1:34:39	7:13
6	CHRIS LONNGREN	LUBBOCK	TX	38	M	1	M3539	1:35:56	7:19
7	TOM WEST	LUBBOCK	TX	40	M	2	M4044	1:36:31	7:22
8	CULLEN SHAW	LUBBOCK	TX	15	M	1	M1315	1:36:52	7:23
* 9	MARJORY STEWART	LUBBOCK	TX	35	F	1	F3539	1:37:15	7:25
10	NICK HIGHT	LUBBOCK	TX	25	M	1	M2029	1:38:02	7:29
11	AL GARDNER	LEVELLAND	TX	41	M	3	M4044	1:39:18	7:34
12	RICHARD FISCHENICH	LUBBOCK	TX	50	M	3	M5054	1:41:11	7:43
13	STEPHEN COUCH	LUBBOCK	TX	17	M	2	M1619	1:41:43	7:46
14	TODD MANN	LUBBOCK	TX	31	M	2	M3034	1:42:31	7:49
+ 15	CHRIS BUENROSTRO	LUBBOCK	TX	16	M	3	M1619	1:43:13	7:52
16	ELI ZABETH REEDY	LEVELLAND	TX	18	F	1	F1619	1:43:25	7:53
17	SHAWN BEAN	LUBBOCK	TX	36	M	2	M3539	1:44:54	8:00
18	JASON MICHAELS	LUBBOCK	TX	29	M	2	M2029	1:46:04	8:05
19	DAMON RICHARDS	LUBBOCK	TX	44	M	4	M4044	1:46:10	8:06
20	CHRIS SCOTT	LUBBOCK	TX	33	M	3	M3034	1:48:49	8:18
21	CHRAIG LANGFORD	LUBBOCK	TX	36	M	3	M3539	1:49:21	8:20
22	DAVID HIGGINS	LUBBOCK	TX	44	M	5	M4044	1:50:02	8:24
23	FRANK GOODMAN	LUBBOCK	TX	51	M	4	M5054	1:50:38	8:26
24	RICHARD BRAY	LUBBOCK	TX	53	M	5	M5054	1:50:53	8:27
25	MARK PESSA	LUBBOCK	TX	43	M	6	M4044	1:50:59	8:28
26	JAMES LIVERMORE	LUBBOCK	TX	50	M	6	M5054	1:52:14	8:34
27	STEVE NIEMAN	SHALLOWATER	TX	43	M	7	M4044	1:52:24	8:34
+ 28	QUINTEN TIBBETTS	LIBERAL	KS	15	M	2	M1315	1:54:40	8:45
29	BRANDY TEMPLE	LUBBOCK	TX	25	F	1	F2029	1:54:41	8:45
30	JAMES BONE	LUBBOCK	TX	58	M	1	M5559	1:55:46	8:50
* 31	CLIFFORD CLICK	AMARILLO	TX	63	M	1	M6099	1:57:35	8:58
32	JIMMIE KEY	LUBBOCK	TX	60	M	2	M6099	1:59:15	9:06
33	CHRISTIE HODGE	LUBBOCK	TX	27	F	2	F2029	1:59:42	9:08
34	SONIA AGUIRRE	LUBBOCK	TX	32	F	1	F3034	2:00:07	9:10
+ 35	DEWAYNE TIBBETTS	LIBERAL	KS	38	M	4	M3539	2:00:30	9:12
36	MIKE GREER	LUBBOCK	TX	58	M	2	M5559	2:03:38	9:26
37	HEATHER STERNENBERG	CANYON	TX	26	F	3	F2029	2:04:05	9:28
38	ROB HIGHT	LUBBOCK	TX	32	M	4	M3034	2:05:20	9:34
39	MELANIE MCVEY	LEVELLAND	TX	36	F	2	F3539	2:05:59	9:37
+ 40	MARTI GREER	LUBBOCK	TX	39	F	3	F3539	2:06:55	9:41
41	BARBARA ESTMENT	LUBBOCK	TX	34	F	2	F3034	2:07:10	9:42
42	MICHELE CROAK	LUBBOCK	TX	25	F	4	F2029	2:07:11	9:42
43	KATHRYN HILL	LUBBOCK	TX	48	F	1	F4549	2:07:21	9:43
44	ETTA MAYER	LUBBOCK	TX	54	M	7	M5054	2:08:47	9:49
45	RAYMOND BRADY	LUBBOCK	TX	26	M	5	M3034	2:08:59	9:50
46	DAN TINNEY	LUBBOCK	TX	33	M	5	M3034	2:09:29	9:53
47	MIKE HIGHT	AMARILLO	TX	48	M	1	M4549	2:11:50	10:03
48	LARRY BURELSMITH	LUBBOCK	TX	22	F	6	F2029	2:12:18	10:06
49	JONI BELLAH	LUBBOCK	TX	48	M	6	M4549	2:12:49	10:08
50	DOUG TRIPLETT	LUBBOCK	TX	45	M	3	M4549	2:12:51	10:08
51	RUSTY LADD	LUBBOCK	TX	45	M	3	F3034	2:13:33	10:11
52	MARSHA BENNETT	LUBBOCK	TX	34	F	3	F3034	2:13:33	10:11
53	JIM WILHELM	LUBBOCK	TX	47	M	4	M4549	2:15:34	10:20
54	TOM PARKER	SLATON	TX	66	M	3	M6099	2:17:18	10:28
55	HOM HAYNES	LUBBOCK	TX	40	M	8	M4044	2:20:13	10:42
56	WALLACE DEAN	AMARILLO	TX	57	M	3	M5559	2:24:24	11:01

* = New Age Group Records + = New Members

The 25th ANNUAL BUFFALO WALLOW RACES
2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	BRENT TIDWELL	LUBBOCK	TX	40	M	1	M4044	11:10	5:35
2	FRANK SUMPTER, SR.	LAMESA	TX	43	M	2	M4044	11:42	5:51
3	MIKE FLORES	AMARILLO	TX	41	M	3	M4044	12:07	6:04
4	CHRIS WRIGHT	LUBBOCK	TX	15	M	1	M1315	12:24	6:12
5	NATE WILSON	LUBBOCK	TX	42	M	4	M4044	12:42	6:21
6	DWAYNE OAKELEY	LUBBOCK	TX	41	M	1	M3539	12:56	6:28
7	XAVIER RODRIGUEZ	PLAINVIEW	TX	39	M	1	M4549	13:34	6:47
8	RONNIE PRIGG	LUBBOCK	TX	46	M	1	M5559	13:46	6:53
9	JIM HARRIS	HOBBS	NM	55	M	1	M0112	14:28	7:14
10	MATT HEINEMANN	LUBBOCK	TX	11	M	1	M0112	14:28	7:14
11	RALPH WOLF	ABERNATHY	TX	60	M	1	M6099	14:45	7:23
12	JOE POST	LUBBOCK	TX	48	M	2	M4549	15:09	7:35
13	CHADD LOWE	LUBBOCK	TX	17	M	1	M1619	15:38	7:49
14	RON HILLIS	LUBBOCK	TX	53	M	1	M5054	15:50	7:55
15	SHAWNA THOMAS	LUBBOCK	TX	13	F	1	F1315	16:01	8:01
16	GLEN LOWE	LUBBOCK	TX	42	M	6	M4044	16:05	8:03
17	BILL OATES	LUBBOCK	TX	55	M	2	M5559	16:13	8:07
18	BOB BERNERO	LUBBOCK	TX	55	M	3	M5559	16:19	8:10
19	JOHN SIKES	AMARILLO	TX	70	M	2	M6099	16:26	8:13
20	MIKE KELLEY	LUBBOCK	TX	48	M	3	M4549	17:01	8:31
21	JEWELL DAVIS	LUBBOCK	TX	42	M	7	M4044	17:25	8:43
22	CATHY BARTLEY	HASKELL	TX	48	F	1	F4549	17:28	8:44
23	SHANNON DAVIS	LUBBOCK	TX	41	F	1	F4044	17:39	8:50
24	BECKY MILLER	LUBBOCK	TX	35	F	1	F3539	17:49	8:55
25	DERICK TIBBETTS	LIBERAL	KS	13	M	2	M1315	17:58	8:59
26	JULIE CRIBBS	WHITEFACE	TX	39	F	2	F3539	18:02	9:01
27	ANGIE CROCKER	LUBBOCK	TX	31	F	1	F3034	18:27	9:14
28	JOHNNY SCOTT	LUBBOCK	TX	54	M	2	M5054	18:34	9:17
29	ASHLEY NORTON	EULA	TX	11	F	1	F0112	19:49	9:55
30	80 MINNIS	LUBBOCK	TX	55	M	4	M5559	20:25	10:13
31	CHERIE JENKINS	LUBBOCK	TX	47	F	2	F4549	21:42	10:51
32	JONATHAN MITCHELL	LUBBOCK	TX	7	M	2	M0112	26:34	13:17
33	ROSS MITCHELL	LUBBOCK	TX	10	M	3	M0112	26:34	13:17
34	CAROLYN RICE	LUBBOCK	TX	56	F	1	F5099	28:47	14:24
35	TINA MOORHEAD	LUBBOCK	TX	46	F	3	F4549	28:48	14:24

* = New Age Group Record + = New Members

RACE DIRECTOR'S REPORT

What a beautiful day November 8, 1997 was, the day 105 people enjoyed the balmy weather in race history to either help stage the 25th running of the BUFFALO WALLOW, or run it. We had the largest number of entrants and 91 finishers in the last twelve years of attendance records. The weather was perfect, cool, clear and calm at the start, warming to shirt sleeve temperature at the end! It appeared that all the runners had a good race. A great big THANK YOU is due SOUTHWESTERN BELL YELLOW PAGES for sponsoring the race and enabling the WTRC to give a quality T-shirt and an affordable race to all who entered. Many thanks to Tom West for arranging the design for the shirt, with reprint permission from the Dirk West estate. Also, extremely note worthy, something really pleasant happened. I have been active in the West Texas Running club for more than 12 years. I have been the race director for many races over the years, including the "Run for the Arts", "Red Raider Road Race", many other external races and many internal club races too numerous to mention here. I needed eleven people to stage this race, and during the process of preparing for race day, I only had to ask one person to volunteer to work the race. That is a really great blessing to a race director, and a BIG THANKS to all the volunteers! Those folks are Tony Aleman, Joe Martinez, Sue Houser, Justin Houser, Fred Weber, Cheryl Weber, George Jurey, Mitchell Dye, Shirley Wigley, Arden Key, Linda Capshaw, Ida Sumpter, David Skelton, and Mike Kelley. They all made the 25th Annual Buffalo Wallow the big success that it was.

W. T. R. C. 1997 CHALLENGE SERIES
STANDINGS AFTER 11 EVENTS
MALE

November 8, 1997		YTD TOTALS (Male)		YTD TOTALS (Male)	
Age	Name	MILES	PTS	MILES	PTS
Age Male (1-12)	8 Ian Stewart	20.2	20	64.9	59
	11 Justin Houser	17.1	16	37.2	46
Age Male (16-19)	17 Joshua Salazar	31.1	37	32.4	45
	17 Chris Thomas	16.1	33	21	40
	16 Travis Perez	16	30	38.8	37
	18 Jay Truitt	12	29	26.2	35
	18 Trey Jernigan	13	25	7.1	29
	17 Juan Jimenez	35.1	0	33.1	25
Age Male (20-29)	25 Nick Hight	24.3	26	48.9	23
	30 Tim Key	43.1	38	16.1	13
Age Male (30-34)	34 Mike Lass	27.4	29	83	0
	30 Richard Verrone	14.2	21		
Age Male (35-39)	38 Chris Lonngren	74.7	84	66.5	70
	39 Russel Martin	35.4	61	51	8
	39 Chuck Johnson	43.2	35	86.6	69
	36 Shawn Bean	44.5	34	82.9	67
	36 Jeffrey Jurey	25	31	81.6	65
	36 Dwight Varnum	18	24	83.6	64
	36 Todd Whalen	14.1	17	52.5	57
Age Male (40-44)	41 Randy Wolcott	64.9	94	32.3	49
	40 Tom West	82.8	75	21.2	9
	41 Al Gardner	89	73	34.3	7
	40 Brent Tidwell	38.2	67	25.5	0
	44 David Higgins	81.9	53	69.7	69
	41 Dwayne Oakeley	69.8	53	25.1	67
	41 Mike Flores	32.2	44	57.5	64
	43 Frank Sumpter	20.1	37	67.7	47
	41 Jackie Cannon	16.1	36	52.5	37
	42 David Elder	43.3	31	26.1	33
	42 Glen Lowe	17	30	15.2	27
	42 Jimmy Samaron	14.2	29	7.1	24
	42 Steve Nieman	26.1	27	58	8
	40 Mickey Davis	29.2	18	55	64
	44 Damon Richards	24.3	17	67.7	47
	43 Adam Andrews	31.4	16	52.5	37
	44 Robert Fortney	10.1	12	26.1	33
	David Skelton	55.5	0	15.2	27
				55	80
Age Male (60-99)	64 John Stalcup	34.4	59	7.1	24
	60 Ralph Wolf	16.1	49	34.4	59
	60 Jimmy Key	47.3	45	25.1	67
	66 Hugh Haynes	30.3	15	57.5	64
	60 George Jurey	94	0	67.7	47

*Vol **Race Dir

W.T.R.C. 1997 CHALLENGE SERIES STANDINGS AFTER 11 EVENTS FEMALE

Age	Female	MILES	PTS	EVTS	VOL	MILES	PTS	EVTS	VOL
8	Margarita Jimenez	25.1	38	6	*	64.7	80	9	*
11	Heather Cannon	7.1	25	3		26.2	38	5	*
10	Veronica Jimenez	34.3	9	5	*	10.1	26	3	
Age Female (13-15)									
13	Hope Jimenez	24	59	6		66.6	79	8	
13	Shawna Thomas	10	38	4		44.2	79	10	*
15	Mary Lou Jimenez	31.1	36	6	*	26.1	25	5	*
13	Krystle Low	12.1	26	3		67.6	20	9	**
Age Female (16-19)									
16	Tara Jernigan	17	40	4		*Vol **Race Dir			
Age Female (20-29)									
27	Michele Croak	21.1	27	3					
27	Christie Hodge	22.1	25	3					
Age Female (30-34)									
34	Marsha Bennett	65.6	64	8	*				
32	Sonia Aguirre	28.3	40	4					
33	Jill Williamson	42.1	40	4					
31	Vickie Fischenich	28.3	30	5	*				
32	Kimberly Wrightson	14.2	29	3					
Age Female (35-39)									
36	Melanie McVey	35.3	58	6					
38	Marjory Stewart	41.1	50	5					
35	Jenna Wolcott	28.3	36	5	*				

W.T.R.C. MEMBER NEWS

At the State Cross Country meet, Wendy Sullivan was 2nd in the 3A race by one second behind the winner, and Tara Jernigan of Baird was 2nd in 1A, only 6 seconds back of the winner who was Miranda Cornelius of Wellman. Area runners who were winners were Ryan Cruz of Shallowater in 2A and Katherine Duncan of Roscoe, the 2A girls champ.

Congratulations to Coach Darrell Price for his 8th NAIA X-C victory in a row, and to Coach James Morris for his 2nd NJCAA X-C win in a row.

***** MISSING! *****

One of the club's 100 split watches is missing, if anyone has this, please return it to Frank Goodman or any other club official.



"BEST BUNS IN TOWN"

WE CAN HANDLE ALL CATERING NEEDS-OFFICE MEETINGS, HOLIDAY PARTIES, ETC.
Call CHRIS LONNGREN at 796-0685

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793-1233 744-3803 793-5542 792-3396

MENTION THIS AD FOR THE WTRC SPECIAL DOZEN FREE COOKIES WITH CATERING OF \$50 OR MORE

The W.T.R.C./LIBRARY CONNECTION

Listed below are several titles that have been added to the Lubbock City-County Library, Mahon Building, 1306 9th Street, thanks to a gift from the West Texas Running Club. Library cards are available at no charge to all Lubbock County residents. Club members who reside outside the county can obtain these titles and others by placing an Interlibrary Loan request at their local public library.

RUN FAST: HOW TO TRAIN FOR A 5K OR 10K RACE
by Hal Higdon

LORE OF RUNNING
by Tim Noakes

KEEP ON RUNNING: THE SCIENCE OF TRAINING AND PERFORMANCE
by Eric Newsome, Tony Leech & Glenda Duestor

GALLOWAY'S BOOK ON RUNNING
by Jeff Galloway

BILL RODGER'S LIFETIME RUNNING PLAN
by Bill Rodgers with Scott Douglas

THE SMART RUNNER'S HANDBOOK, 2nd Ed.
by Matt Greenwald

MARATHON: THE ULTIMATE TRAINING & RACING GUIDE
by Hal Higdon

BETTER TRAINING FOR DISTANCE RUNNERS 2nd Ed.
by David E. Martin & Peter N. Coe

FITNESS RUNNING
by Richard L. Brown

RUNNING WITH THE LEGENDS
by Michael Sandrock

HILLS, HAWGS & HO CHI MINH: MORE TALES OF A WAYWARD RUNNER
by Don Karogong

TRAINING FOR YOUNG DISTANCE RUNNERS
by Laurence S. Greene & Russell R. Pate

BILL RODGERS and PRISCILLA WELCH ON MASTERS RUNNING
by Bill Rodgers & Priscilla Welch

MIDDLE DISTANCE RUNNING
by Cliff Temple

THE NEW COMPETITIVE RUNNER'S HANDBOOK
by Bob Glover & Pete Schuder

JOAN SAMUELSON'S, RUNNING FOR WOMEN
by Joan Bennett Samuelson & Gloria Auerbuch

RUNNER'S WORLD COMPLETE BOOK OF RUNNING
by Amby Burfoot

PRE
by Tom Jordan

THE RUNNER'S BOOK OF TRAINING SECRETS
by Ken Sparks & Dave Kuenlis

If there are additional running book titles that you would like to see in the library, please call Brent Tidwell at 795-0391.

October 18, 1997
RED RIBBON RUN
 Lubbock, Texas

5K OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 BRENT TIDWELL	LUBBOCK	TX	40	M	1	M4044	18:23	5:55
2 JOHN TROMPLER	LUBBOCK	TX	50	M	1	M5054	19:45	6:21
3 AL GARDNER	LEVELLAND	TX	41	M	2	M4044	19:58	6:26
4 DWAYNE OAKELEY	LUBBOCK	TX	41	M	3	M4044	21:01	6:46
5 SHAWN BEAN	LUBBOCK	TX	36	M	1	M3539	21:59	7:05
6 STEVE NIEMAN	SHALLOWATER	TX	42	M	4	M4044	23:12	7:28
7 RALPH WOLF	ABERNATHY	TX	60	M	1	M6064	24:17	7:49
8 MELANIE MCVEY	LEVELLAND	TX	36	F	1	F3539	24:25	7:52
9 JAMES BONE	LUBBOCK	TX	58	M	1	M5559	24:37	7:55
10 SONIA AGUIRRE	LUBBOCK	TX	32	F	1	F3034	24:38	7:56
11 LOWELL ANDERSON	LUBBOCK	TX	39	M	2	M3539	24:58	8:02
12 SHAWNA THOMAS	LUBBOCK	TX	13	F	1	F1114	25:46	8:18
13 SHANNON DAVIS	LUBBOCK	TX	41	F	1	F4044	27:46	8:56
14 ROBERT EARNEY	LUBBOCK	TX	48	M	1	M4549	27:49	8:57
15 JEWELL DAVIS	LUBBOCK	TX	42	M	5	M4044	28:05	9:02
16 JOSIE ALEMAN	LUBBOCK	TX	46	F	1	F4549	29:19	9:26
17 TONI WILLIAMS	LUBBOCK	TX	33	F	2	F3034	32:13	10:22
18 MICHELLE BLUITT	LUBBOCK	TX	26	F	1	F2529	32:13	10:22

Helping Dwight Varnum put on this race were; Bob Bernero, P.J. Mitchell, Frank Goodman, Gayle Blackmon-Hopkins, Jim Leser and David Higgins.

W. T. R. C. NEWS

Mike and Lisa Flores announce the birth of a daughter, Madison Renee, August 29, 1997. She is their 4th child. Mike is now in his 3rd year of medical school at the Amarillo campus. Mike sent along the following comments.

"Those who have met our kids will enjoy this information. Our oldest, Kristin (9) has brown hair and brown eyes. Our son, Justin (6) has blonde hair and blue eyes. Shelby, daughter (3) has reddish brown hair and green eyes. Madison has black hair and dark eyes that haven't really changed to a color yet. At any rate, we now have one child with each of the major hair colors, so we will probably stop here."

Ron Key mentioned in his BUFFALO WALLOW report that we had a record number of finishers. We had 93 who started, but 2 dropped out of the Half Marathon along the way. Adam Andrews was one of those and he made it to 10 miles before calling it a day. We had 5 new age group records established and probably the most notable are those by a couple of Amarillo men. John Sikes set a new 70+ standard in the Two Mile, with a time of 16:26 and Clifford Click, 63, ran a 1:57:35 to lower the 60-64 standard by 4 minutes. He has recovered pretty well from heart surgery!

Ballots for election of officers will be inserted in this newsletter, one for each paid member. No additional ballots will be issued. Please mark and return the ballot before the Dec. 12th meeting as the count will be made then and new officers take effect in January.

Challenge Series awards will be given at a meeting in January, date and time to be determined.

Betty Hoffman (formerly Betty Johnson) has now moved from Plano to Salt Lake City, and comments that she still likes to hear about what is going on with W.T.R.C.

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REDLINE CROSS COUNTRY
4 MILE
EVENT RECORDS (Since 1986)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Trey Jernigan	Sundown	12	26:08	1990
13-15	Larry Knapp	Lovington	15	24:36	1993
16-19	Frank Sumpter, Jr.	Lamesa	18	22:31	1992
20-29	Jackson Makene	Levelland	22	21:00	1996 *
30-34	Mark Manley	Whitharral	30	22:50	1990
35-39	Bob Jackson	Hobbs, NM	38	21:52	1996
40-44	Bob Finn	Big Spring	40	23:21	1994
45-49	Robert Guajardo	Levelland	48	24:04	1990
50-54	George W. Jury	Lubbock	51	25:12	1987
55-59	George W. Jury	Lubbock	55	25:59	1991
60-64	Don Sanderson	Tulia	64	29:47	1993
65+	Don Sanderson	Tulia	67	31:25	1996

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	30:08	1996
13-15	Christina Vasquez	Lubbock	15	26:47	1989 *
16-19	Amanda Castro	Lubbock	17	30:33	1989
20-29	Sue Houle	Lubbock	28	27:17	1989
30-34	April Stein	Lubbock	31	31:10	1989
35-39	Caylene Caddell	Lubbock	35	28:12	1986
40-44	Ann Gordhamer	Lubbock	42	33:20	1986
45-49	P.J. Mitchell	Lubbock	48	34:25	1992
50+	Eva Martinez	Lubbock	50	37:49	1994

* OVERALL COURSE RECORDS

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WEST TEXAS RUNNING CLUB'S
RED LINE FOUR MILE CROSS COUNTRY RUN

Final event of the 1997 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, DECEMBER 13, 1997

REGISTRATION: 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. and MARTIN LUTHER KING AVE. Register in parking lot at the bottom of the hill by the football field. Enter at top of hill by the school

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
OTHERS = \$ 6.00

PRE REGISTRATION AVAILABLE: To prevent waiting to sign up race day, send in form or call George at 792-3291 or 792-1237 before 7pm, Friday, December 12th

AWARDS: Will be given to the first Three or up to 50% of the participants in the Divisions

AGE DIVISIONS:

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

WOMEN

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

RACE DIRECTOR: Marjory Stewart, 792-1085

***** CHALLENGE SERIES FINALE *****

The REDLINE RUN will be the last opportunity for W.T.R.C. Members to volunteer and remain eligible for the Challenge Series awards to be presented at the Awards meeting in January, including a 100% cotton long-sleeved T-Shirt to those attaining 66 Mile Club designation. Call Marjory to volunteer at the number above. The Race Director needs to know who can be counted on at least a week in advance.