

CALENDAR

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

- * 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. 14 W.T.R.C. Business Meeting, 7pm, 5517 74th St., Lubbock
- JAN. 12 **HOUSTON METHODIST MARATHON:** (713) 864-9305
- JAN. 25 **POLAR BEAR RUN:** 5K Run, 1Mile Run/Walk, 9:45am, TTU Campus
Benefitting Habitat for Humanity, Charles Elliot, 792-1866
- * FEB. 8 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328
- FEB. 16 **MOTOROLA AUSTIN MARATHON:** SASE to Box 684587, Austin TX 778768
- FEB. 22 **ROAD WARRIOR CROSS COUNTRY:** Hobbs, NM, 10am(MST), 5K, \$8
Registration on site, Bob Jackson, (505)392-1555
- 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. 5 **Blindness Prevention Run, Details Later**
- APR. 6 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- * APR. 12 **FLIGHT LINE RACES:** REESE AFB, 8am, 2 Mile, 10K, and Half
Marathon, Frank Goodman, R. Director, 797-3804(h), 866-4397(w)
- APR. 13 **MARATHON OF GREAT SW:** Abilene, Box 3137, Abilene, TX 79604
- APR. 19 **THE RACE FOR KIDS:** Details Later
- MAY 3 **SPRING SWING RUN:** Lake Ransom Canyon, 1 Mi. Kid's, 8am,
5K & 10K, 8:30am, Ron Key, Race Director 794-5833
- * MAY 10 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2
Mile Races, Richard Fischenich, RD, 792-2696(w), 792-0662(m)
- * MAY 17 **DASH AGAINST DRUGS:** Location and details later
- * JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am
10K and 2 Mile, Al Gardner, Race Director, 894-3538
- * JULY 4 **28th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3
Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- * AUG. 9 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Child-
ren's Run) 8:00 am, P.J. Mitchell, Race Director, 794-0135
- * SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater
High School, Dwayne Oakeley, Race Director, 799-4473
- * OCT. 11 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, Randy
Wolcott, Race Director, 793-8869

January 1997



Season Greetings
and
Best Wishes for a
Happy, Prosperous and fit
New Year.



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



January W.T.R.C. RACE
LOOP THE LAKE 5 MILE RUN
10am, Saturday January 11, 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 next WTRC monthly business meeting will be held Tuesday, January 14th, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

The end of the 1996 running season is near at hand. I hope everyone has had a successful year and have met most of your goals set at the beginning of 1996. Hopefully, most of you have stayed injury free. I think as you get older, and certainly more competitive, your chances of becoming injured greatly increase. Part of this is because of the greater amount of stress and lack of recovery associated with the latter and a decrease in flexibility associated with the former. I think many of us fit both of these situations. With 1997 at hand I am going to make a serious effort to include more stretching and more strength training into my program. I also intend to put more fun in my running--not take it quite as serious every time I'm out on the road. Won't you join me in setting goals such as these?

I'd like to personally thank all of my Board members, all the race volunteers, and all of you that helped in some way during the year in making 1996 another successful year. As president, you all make me and the club look good. I'd especially like to thank David Lightner for his service as a director this year. You will be missed. I would also like to again thank P.J. Mitchell and James Bone for keeping the club's store open during our many events. Please consider helping them next year. This is counted as volunteer credit toward the challenge series. And thanks again to George Jury and Ron Key for all the times they have manned the registration table and handled the computer during the many races.

Last but not least I want to wish everyone a happy Christmas and a prosperous new year! Thanks for being a member of the club. *Jim Leser*

WEST TEXAS RUNNING CLUB'S RED LINE FOUR MILE CROSS COUNTRY RUN DECEMBER 14, 1996 LUBBOCK, TEXAS

OVERALL RESULTS

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	Perf
1	JACKSON MAKENE	LEVELLAND	23	M	1	M2029	21:00	5:15	820
2	BOB JACKSON	HOBBS	38	M	1	M3539	21:52	5:28	787
3	HAWK HARRIS	HOBBS	20	M	2	M2029	24:06	6:02	714
4	JOSH SALAZAR	LAMESA	17	M	1	M1619	24:25	6:06	705
5	TODD MANN	LUBBOCK	31	M	1	M3034	24:36	6:09	700
6	FABIAN GUTIERREZ	HOBBS	16	M	2	M1619	24:40	6:10	698
7	CHRIS THOMAS	LUBBOCK	17	M	3	M1619	25:09	6:17	684
8	JIM LESER	LUBBOCK	50	M	1	M5054	25:14	6:19	682
9	BRENT TIDWELL	LUBBOCK	39	M	2	M3539	25:17	6:19	681
10	CHRIS STANFIELD	HOBBS	18	M	4	M1619	25:53	6:28	665
11	BRANDON MCDANIEL	HOBBS	17	M	5	M1619	26:45	6:41	643
12	CHRIS LONNGREN	LUBBOCK	37	M	3	M3539	26:48	6:42	642
13	MIKE FLORES	LUBBOCK	40	M	1	M4044	27:36	6:54	624
14	CHRIS ZAMORA	HOBBS	17	M	6	M1619	27:37	6:54	623
15	MARK GUILLEN	BIG SPRING	31	M	2	M3034	27:45	6:56	620
16	AL GARDNER	LEVELLAND	40	M	2	M4044	27:45	6:56	620
17	JOHN TROMPLER	LUBBOCK	49	M	1	M4549	27:57	6:59	616
18	RICK SYPERT	LUBBOCK	41	M	3	M4044	27:57	6:59	616
19	ZAC HERNANDEZ	HOBBS	15	M	1	M1315	28:14	7:04	610
20	JASON JOHNSON	LUBBOCK	27	M	3	M2029	28:15	7:04	609
21	RANDY WOLCOTT	LUBBOCK	40	M	4	M4044	28:25	7:06	606
22	RONNIE PRIGG	LUBBOCK	45	M	2	M4549	29:38	7:25	581
23	STEVE NIEMAN	SHALLOWATER	42	M	5	M4044	30:01	7:30	573
24	MARK VETETO	HOBBS	42	M	6	M4044	30:03	7:31	573
25	HOPE JIMENEZ	LAMESA	12	F	1	F0112	30:08	7:32	571
26	JIM HARRIS	HOBBS	54	M	2	M5054	30:18	7:35	568
27	JEFFREY JURY	AMARRILO	36	M	4	M3539	30:20	7:35	567
28	DAVID HIGGINS	LUBBOCK	44	M	7	M4044	30:28	7:37	565
29	MICHEAL BOX	HOBBS	15	M	2	M1315	30:39	7:40	562
30	FRED WEBER	LUBBOCK	45	M	3	M4549	30:45	7:41	560
31	CHERISSE ROBINSON	LUBBOCK	16	F	1	F1619	30:59	7:45	556
32	RICHARD BRAY	LUBBOCK	52	M	3	M5054	31:11	7:48	552
33	RONNIE NUGENT	LUBBOCK	50	M	4	M5054	31:16	7:49	550
34	DON SANDERSON	TULIA	67	M	1	M6099	31:25	7:51	548
35	JIM FORTE	LUBBOCK	46	M	4	M4549	31:34	7:54	545
36	CHADD LOWE	LUBBOCK	16	M	7	M1619	31:57	7:59	539
37	JAMES LIVERMORE	LUBBOCK	49	M	5	M4549	32:03	8:01	537
38	JOE MARTINEZ	LUBBOCK	51	M	5	M5054	33:05	8:16	520
39	BILL ROGER SR.	LEVELLAND	57	M	1	M5559	33:08	8:17	519
40	DAVID ELDER	LUBBOCK	42	M	8	M4044	33:26	8:22	515
41	MARY LOU JIMENEZ	LAMESA	14	F	1	F1315	33:42	8:26	511
42	MICKEY DAVIS	LUBBOCK	39	M	5	M3539	33:47	8:27	509
43	ANDRES SUSTIC	ODESSA	44	M	9	M4044	33:58	8:30	507
44	RON KEY	LUBBOCK	53	M	6	M5054	34:06	8:32	505
45	RODGER MITCHELL	LUBBOCK	48	M	6	M4549	34:16	8:34	502
46	MIKE GREER	LUBBOCK	57	M	2	M5559	35:03	8:46	491
47	BRIAN MEGA	LUBBOCK	34	M	3	M3034	35:58	9:00	479
48	RALPH WOLF	ABERNATHY	59	M	3	M5559	36:34	9:09	471
49	MIKE KELLEY	LUBBOCK	47	M	7	M4549	37:56	9:29	454
50	IAN STEWART	LUBBOCK	8	M	1	M0112	38:31	9:38	447
51	JOSIE ALEMAN	LUBBOCK	45	F	1	F4549	38:37	9:39	446
52	MARGARITA JIMENEZ	LAMESA	7	F	2	F0112	38:50	9:43	443
53	COLIN WOLFRAP	LUBBOCK	6	M	2	M0112	39:31	9:58	435

RED LINE FOUR MILE CROSS COUNTRY RUN

Overall Results, continued

PLACE NAME	TOWN	AG S	DIV	PLACE	TIME	PACE	Perf
54 MARSHA BENNETT	LUBBOCK	33	F	1	F3034	39:47	9:57 433
55 ADAM ANDREWS	LUBBOCK	41	M	10	M4044	40:03	10:01 430
56 BEN WOLCOTT	LUBBOCK	11	M	3	M0112	41:44	10:26 412
57 WALLACE DEAN	AMARILLO	56	M	4	M5559	43:05	10:46 399
58 VERONICA JIMENEZ	LAMESA	10	F	3	F0112	43:49	10:57 393
59 JOEY LONGLEY	LUBBOCK	14	M	3	M1315	49:50	12:28 345
60 BAILEY ROSE	WHITEFACE	6	F	4	F0112	1:01:06	15:17 282
61 GLEN LOWE	LUBBOCK	41	M	11	M4044	1:01:07	15:17 282

RACE REPORT

When Mike Kelley passed me the Redline Race Director's baton, after his 10 years of developing the WTRC's only cross country event, I didn't immediately appreciate one of the great benefits of the task. The Redline course is ideally set up for spectatorship and I thoroughly enjoyed the excitement and drama of watching you all race by.

I'd like to extend thanks to the excellent volunteers of the day and commend them for the successful outcome. I appreciate the commitment of David Skelton who will continue to co-direct Redline next year. Helping were George Jury, Frank Goodman, David Higgins, Tony Aleman, Etta Mayer, Alex Stewart, James Bone, P. J. Mitchell, Cheryl Weber, Juan Jimenez, Dwayne Oakeley, Cherry Mega and Belinda Rose.

The race was led from start to finish by Jackson Makene of Tanzania, a 2nd year South Plains College runner who finished 9th at his national championships this year. Jackson averaged 5:15/mile for the tough 4 mile route. Respectably close to Jackson was another Jackson--Bob Jackson of Hobbs, NM. Hope Jimenez led the female field and continues to improve both her pace and tactics.

The race was sponsored by Revolution Health Strategies, donors of the 2 Cardiosport 2001 Heart Rate Monitors.

We enjoyed the company of a number of out of town participants on an exceptionally mild December 14th for Lubbock and in all there were 61 finishers, the highest on record.

CONGRATULATIONS

The Rick Sypersts had a new baby girl born November 22, 1996.

WHITE ROCK MARATHON

Among the first 600 finishers were former member, Mark Morris of Whitehouse, who was 23rd with a time of 2:48:43. He is the son of Coach James Morris. In 70th place was Tim Key with a 2:59:00 and in 106th place was Ken Jernigan with a 3:07:01

PRE REGISTRATION

Once again we are offering pre registration for the LOOP THE LAKE RUN at the same fee as walk up registration, but without the waiting in line. You may also register by phone by 6pm the day before for this race and pay your fee when you pick up your number. Call George at 792-3291 (day) or 792-1237 (night).

W.T.R.C. 1996 CHALLENGE SERIES
FINAL STANDINGS

YTD TOTALS		YTD TOTALS		YTD TOTALS	
PTS	MILES	EVNTS	PTS	MILES	EVNTS
49	27.0	7*	81	84.9	10**
6 - 12 MALE					
Ian Stewart					
6 - 12 FEMALE					
Hope Jimenez					
Margarita Jimenez					
Veronica Jimenez					
13 - 15 FEMALE					
Mary Lou Jimenez					
Krystie Lowe					
16 - 19 MALE					
Hawk Harris					
Chadd Lowe					
Trey Jernigan					
Juan Jimenez					
Joshua Salazar					
20 - 29 MALE					
Tim Key					
30 - 34 MALE					
Chris Dillman					
Jesse Hilliard					
30 - 34 FEMALE					
Marsha Bennett					
Vicky Fischenich					
Jenna Wolcott					
Molly Santese					
35 - 39 MALE					
Mike Flores					
Chris Longren					
Al Gardner					
Dwayne Oakeley					
Jeffrey Jury					
Brent Tidwell					
Chuck Johnson					
Ed Dabrowski					
Mickey Davis					
35 - 39 FEMALE					
Marjory Stewart					
Betty Johnson					
Gayle Blackmon					
40 - 44 FEMALE					
Jostie Aleman					
Nancy Lowe					
Cheryl Weber					
40 - 44 MALE					
Randy Wolcott					
David Higgins					
Frank Sumpter, Sr.					
Bill Harn					
Glen Lowe					
J. Mark Wagnon					
David Elder					
Fred Weber					
Adam Andrews					
Jim Wilhelm					
David Skelton					
David Hagstrom					
45 - 49 MALE					
Frank Goodman					
John Trompler					
James Livermore					
Jim Leser					
Ron Nugent					
Richard Fischenich					
David Lightner					
Tony Aleman					
45 - 49					
Etta Mayer					
50 - 54 MALE					
Jim Harris					
Robert Guajardo					
Richard Bray					
Bob Bernero					
Ron Key					
Rick Lampe					
Joe Martinez					
Bo Minnis					
Jon Omdahl					
50 - 99 FEMALE					
P. J. Mitchell					
Eva Martinez					
Maurine Bray					
Mary Harris					
Arden Key					
55 - 59 MALE					
Bill Roger					
Larry Byrd					
Ken McEachern					
Mike Greer					
George Jury					
James Bone					
60 - 99 MALE					
John Stalcup					
Paul Haines					

** = RACE DIRECTORS * = VOLUNTEER

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
LUBBOCK, TEXAS NOVEMBER 28, 1996 9:00 AM

TEN MILE *** OVERALL RESULTS ***

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 JACKSON MAKENE	LEVELLAND	TX	23	M	1	M2029	52:07	5:13
2 ANDREW SMITH	LUBBOCK	TX	24	M	2	M2029	58:34	5:51
3 LOLO MERCADO	EL PASO	TX	36	M	1	M3539	1:01:41	6:10
4 JAMES BODDY	LUBBOCK	TX	27	M	3	M2029	1:02:26	6:15
5 JAMES LESER	LUBBOCK	TX	50	M	1	M5054	1:03:57	6:24
6 TIM KEY	LUBBOCK	TX	29	M	4	M2029	1:04:36	6:28
7 BRENT TIDWELL	LUBBOCK	TX	39	M	2	M3539	1:04:42	6:28
8 AUGUSTINE GARCIA	LUBBOCK	TX	18	M	1	M1619	1:04:46	6:29
9 ROBERT LUNA	LUBBOCK	TX	17	M	2	M1619	1:05:00	6:30
10 ALEX STEWART	LUBBOCK	TX	46	M	1	M4549	1:06:45	6:41
11 JOHN TROMPLER	LUBBOCK	TX	49	M	2	M4549	1:07:48	6:47
12 CHRIS LONNGREN	LUBBOCK	TX	37	M	3	M3539	1:10:29	7:03
13 AL GARDNER	LEVELLAND	TX	40	M	1	M4044	1:10:39	7:04
14 TOM WEST	LUBBOCK	UT	34	M	4	M3539	1:11:33	7:09
15 WAYNE LARSEN	OREM	TX	49	M	1	M3034	1:11:35	7:10
16 RICHARD FISCHENICH	LUBBOCK	TX	44	M	3	M4549	1:12:18	7:14
17 DWAYNE OAKELEY	LUBBOCK	TX	40	M	2	M4044	1:15:16	7:32
18 JIM DEEVER	CHRISTOVAL	TX	39	M	5	M3539	1:15:17	7:32
19 TRAVIS PEREZ	BROWNFIELD	TX	15	M	1	M0115	1:15:49	7:35
20 JILL WILLIAMSON	LUBBOCK	TX	32	F	1	F3034	1:16:24	7:38
21 DAVID HIGGINS	LUBBOCK	TX	44	M	3	M4044	1:16:52	7:41
22 BILL ROGER SR	LEVELLAND	TX	57	M	1	M5559	1:17:36	7:46
23 RICHARD BRAY	LUBBOCK	TX	52	M	2	M5054	1:18:06	7:49
24 LARRY BYRD	LUBBOCK	TX	55	M	2	M5559	1:18:47	7:53
25 CHUCK JOHNSON	LUBBOCK	TX	39	M	6	M3539	1:18:55	7:54
26 DAVID GREGORY	LUBBOCK	TX	45	M	4	M4549	1:20:34	8:03
27 OLAN MOONE	LUBBOCK	TX	49	M	5	M4549	1:22:20	8:14
28 HOPE JIMENEZ	LAMESA	TX	12	F	1	F0115	1:22:28	8:15
29 JON OMDAHL	LUBBOCK	TX	50	M	3	M5054	1:26:27	8:39
30 MARK GARLAND	LUBBOCK	TX	43	M	4	M4044	1:26:27	8:39
31 ANDRES SUSTIC	ODESSA	TX	44	M	5	M4044	1:27:44	8:46
32 MIKE GREER	LUBBOCK	TX	57	M	3	M5559	1:32:05	9:13
33 KELVIN MISIURSKI	LUBBOCK	TX	30	M	2	M3034	1:35:05	9:31
34 VICTORINA FISCHENICH	LUBBOCK	TX	31	F	2	F3034	1:36:28	9:39
35 MOLLY SANTESE	LUBBOCK	TX	33	F	3	F3034	1:38:03	9:48
36 MARSHA BENNETT	LUBBOCK	TX	33	F	4	F3034	1:38:37	9:52
37 MIKE BELLECI	AMARILLO	TX	28	M	5	M2029	1:40:47	10:05
38 ETTA MAYER	LUBBOCK	TX	47	F	1	F4549	1:44:06	10:25
39 HUGH HAYNES	SLATON	TX	65	M	1	M6099	1:44:15	10:26
40 BUDDY BOWRUN	ANTON	TX	11	M	2	M0115	2:18:04	13:48

RACE REPORT

Many thanks to club member, Chris Lonngren of SCHLOTZKY'S for his sponsorship of this race. Helping race director, Joe Martinez have a successful race day were wife and daughter, Eva and Debbie, Ron and Arden key, Gayle Blackmon-Hopkins, George Jury, James Bone, Bob Bernero, Mark Wagon, Tony and Josie Aleman, Jerry and Ben Wright, and Ron Lubowicz.

From out of town were old timers, Lolo Mercado and Cliff McCurdy, who although unable to run because of injury, watched his 11 year old daughter, Carrie, run the two mile.

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
TWO MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
1 JOSHUA SALAZAR	LAMESA	TX	17	M	1	M1619	11:06	5:33
2 TODD REEP	SUNDOWN	TX	18	M	2	M1619	11:21	5:41
3 TODD MANN	LUBBOCK	TX	31	M	1	M3034	11:36	5:48
4 CHRIS BURKE	LUBBOCK	TX	17	M	3	M1619	12:26	6:13
5 GABE VALDEZ	EL PASO	TX	15	M	1	M1315	12:39	6:20
6 JASON JOHNSON	LUBBOCK	TX	27	M	1	M2029	12:55	6:28
7 BILL RITCHIE	LEVELLAND	TX	47	M	1	M4549	13:24	6:42
8 MIKE VALDEZ	EL PASO	TX	42	M	1	M4044	14:19	7:10
9 FRANK GOODMAN	LUBBOCK	TX	50	M	1	M5054	14:23	7:12
10 FRANK GREEN	ABERNATHY	TX	54	M	2	M5054	14:43	7:22
11 IAN STEWART	LUBBOCK	TX	8	M	1	M0112	15:40	7:50
12 BILL MOREMAN	ARLINGTON	TX	49	M	2	M4549	15:47	7:54
13 KATY MURPHY-LUBOWICZ	LUBBOCK	TX	12	F	1	F0112	15:50	7:55
14 CARRIE MCCURDY	SANGER	TX	11	F	2	F0112	16:14	8:07
15 MELISSA BLEDSOE	PLANO	TX	37	F	1	F3539	16:35	8:18
16 JOHN STALCUP	LUBBOCK	TX	63	M	1	M6099	16:44	8:22
17 RON HILLIS	LUBBOCK	TX	53	M	3	M5054	17:12	8:36
18 JILL ALEMAN	LUBBOCK	TX	19	F	1	F1619	17:36	8:48
19 KENNETH HIRES	ODESSA	TX	33	M	2	M3034	17:38	8:49
20 WILLIAM HOPKINS	LUBBOCK	TX	43	M	2	M4044	17:43	8:52
21 ADAM STALCUP	LUBBOCK	TX	13	M	2	M1315	18:08	9:04
22 PAM HILLIS	LUBBOCK	TX	42	F	1	F4044	18:08	9:04
23 BOBBY TEMPLETON	CORPUS CHRISTI	TX	29	M	2	M2029	18:11	9:06
24 MARGARITA JIMENEZ	LAMESA	TX	7	F	3	F0112	18:22	9:11
25 THERESA MAREZ	ABERNATHY	TX	47	F	1	F4549	18:26	9:13
26 RICHARD LAMPE	LUBBOCK	TX	52	M	4	M5054	18:57	9:29
27 CHUCK LAMPE	DALLAS	TX	27	M	3	M2029	18:57	9:29
28 ROBERT BROSELOW	LUBBOCK	TX	56	M	1	M5559	19:41	9:51
29 PETE STASIDELIS	LUBBOCK	TX	40	M	3	M4044	20:20	10:10
30 NANCY SMITH	LUBBOCK	TX	25	F	1	F2029	20:23	10:12
31 RONNY PUCKETT	LUBBOCK	TX	35	M	1	M3539	21:15	10:38
32 JOHN MARK STEPHENS	LUBBOCK	TX	33	M	3	M3034	21:53	10:57
33 BECKY OMDAHL	LUBBOCK	TX	50	F	1	F5099	24:16	12:08
34 JUSTIN HOUSER	LUBBOCK	TX	11	M	2	M0112	24:41	12:21
35 SUE HOUSER	LUBBOCK	TX	44	F	2	F4044	24:42	12:21
36 DORIS STALCUP	LUBBOCK	TX	61	F	2	F5099	25:02	12:31
37 TERI GOODMAN	LUBBOCK	TX	47	F	2	F4549	25:04	12:32
38 LAURIE LOPEZ	PECOS	TX	29	F	2	F2029	27:35	13:48
39 CHRIS MERKLE	LUBBOCK	TX	24	M	4	M2029	31:16	15:38
40 ISABEL MERKLE	LUBBOCK	TX	39	F	2	F3539	31:17	15:39

MASTERS

LUBBOCK SWIM CLUB

Competitive & Triathlete Swimmers

Open to Men and Women

Call Trey Hayes at 749-SWIM

MEMBER CONTRIBUTION

"The feathers story....continued!"

Dear WTRC members:

In 1993 I was given the opportunity to report to your readership concerning the completion of my first Ironman distance triathlon. At the conclusion and in my report I ask, "If you had all of the feathers you could carry, could you carry one more?"

For some reason the over 15 hours spent in this event prompted this question, who knows why? Well after that race and then "the" Ironman in Kona, I found that some way you can carry that extra feather. I will try hard not to make this into a travel log, and I would like for you to share with me the message I am trying to send.

In my approach to the Great Floridian Ironman distance race I felt as well prepared as I could be and felt that the 14.5 hours finish goal was realistic, since I had improved one half-Ironman distance race by over 48 minutes from 1995. So, feeling great on race morning and completing the 2.4 mile swim in 1:52 hours, I was on my way to a great day. The 112 mile bike ride was a combination of wind, heat, hills, humidity, and sun. The first 30 miles was extremely tough and took its toll on most racers. Still I felt great and cruised in with a 7 hr 28 min time, after only 2 pit stops. After separating my prostate gland from the seat, I started the run (a 12 minute transition was way too long and I must improve that) of 26.2 miles. The first 5 miles had the same features as described in the bike, then we did just 3 loops around the lake (each loop just over 7 miles) and then to the finish line. As my legs had gone dead at the 10 mile mark of the run I finally cruised across the finish line with my watch showing 15hrs 59min 59sec, the official clock said 16hrs 00min 15sec. My splits were 1:52:49 swim (trans 7:11min), 7:28:21 bike (trans 12:11 min), 6:19:43 run. Even though this was off my goal, it still felt great to complete my third Ironman, but what really got me was the fact that my watch time and the official clock time was identical in 1993 and 1996. Now for some big time name dropping, while on a short slow run with "the" Scott Tinley, a few weeks ago in California, I told him this story. He said that in all his years of doing these things he had never heard of such a repeat. So, to get some type of philosophical conclusion from this you will have to put your noggin to work. For me it said, WOW! you were slow (but sure) in '93 and you are still slow, OR you are three years older but have maintained the same speed OR you are older but still feel great OR you did finish third in your age group, so be proud of that plaque OR.....(off in to the sun set with whatever!!! Life is GREAT!!!)

In conclusion, my thanks to 1996: for the WTRC volunteers helping make Buffalo Springs Lake Triathlon another successful event, my good health and strength, being named Outstanding Male Athlete, UMC Senior Sports Classic, wonderful children and grandchildren (nine with the tenth on the way) truly outstanding employees who make my companies successful, being able to walk up to the starting line and then crossing the finish line, and my Creator who made it all possible.

See you at the starting line!!!!!!

Mike Greer

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W.T.R.C. LSD TRAINING RUNS

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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)

**"LOOP THE LAKE 5 MILE RUN"
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE**

EVENT RECORDS (Since 1992)

MEN				
AGE	NAME	TOWN	AGE	TIME
0-12	Matthew Vaughn	Midland	10	54:04
13-15	Jay Truitt	Lovington	15	29:43
16-19	Chris Truitt	Lovington	18	28:59
20-29	Adolfo Carrillo	Levelland	23	26:26 *
30-34	David Sumrell	Lubbock	30	28:04
35-39	Bill Harn	Lubbock	38	30:11
40-44	Ken Jernigan	Sundown	40	31:21
45-49	Jim Leser	Lubbock	46	30:48
50-54	Glenn Herzog	San Antonio	50	33:37
55-59	George W. Jury	Lubbock	55	30:59
60+	Don Sanderson	Tulia	65	34:40

WOMEN				
AGE	NAME	TOWN	AGE	TIME
0-12	Hope Jimenez	Lamesa	10	38:46
13-15	Angela Welsh	Tarzan	15	34:32
16-19	Precilla Howard	Lubbock	19	35:06
20-29	Brenda Martinez	Lubbock	25	43:14
30-34	Marjory Stewart	Lubbock	34	31:15
35-39	Marjory Stewart	Lubbock	35	30:40 *
40-44	Teresa Greer	Lubbock	44	39:47
45-49	P.J. Mitchell	Lubbock	47	41:47
50+				

*** OVERALL COURSE RECORDS**

1997 CHALLENGE SERIES

One change to the series for this next year will be the addition of "Clydesdale" and "Athena" divisions for you heavier competitors. If anyone has additional suggestions, call Marjory Stewart at 792-1085.

The entire rules for the series will be in the February newsletter.

ADVERTISING

For the price of \$25 per month, the club will rent a space in the newsletter 1.5 by 5 inches, similar to those on page 9 and the one on page 7. Print ready art work must be provided by the 15th of the month for the following month.

JANUARY W.T.R.C. BUSINESS MEETING

will be Tuesday January 14th, because of conflicts & holiday

**WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE"
5 MILE RUN**

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

WHEN: SATURDAY, JANUARY 11, 1997

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

WHERE: **BUDDY HOLLY PARK**, Party House just west on Canyon Lake Road off Unversity Ave.

COURSE: 5 Miles; 2 plus loops of CANYON LAKE 1 & 2
Paved rolling terrain

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

AWARDS: Awards to at least the first three and up to 50% in the following 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 & Over

RACE DIRECTOR: Richard Bray, 792-2420(d),
792-2820(n)

(Volunteers needed, please call Richard above)
PRE-REGISTRATION: Mail in form with regular fees or call George to register by phone, then pay race day

MEMBERSHIP RENEWAL TIME

It's membership renewal time and to make this process easy for you, we have renewal forms inserted again in this newsletter. Please be prompt in submitting your forms as this will assure continuity of your newsletter. Remember each family member must have a form and sign the waiver on the back. At \$10.00, our membership fee is a bargain compared to other running clubs. Each additional family for which the extra \$2 is paid is eligible for the member race entry fee and the Challenge Series. A maximum family entry fee is \$10 for our monthly race when the extra \$2 is paid