

CALENDAR

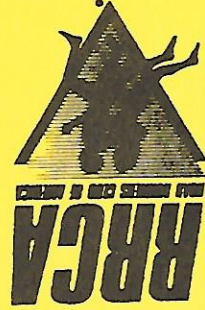
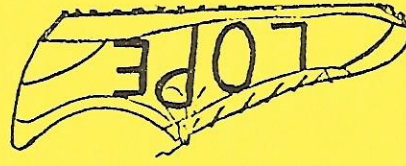
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- JUNE 7 **JOHNIE HARPER MEMORIAL RUN:** 5 Mile/2Mi., 8am, MACKENZIE PARK Race Director, P.J. Mitchell, 794-0135
- JUNE 7 **RUN IN THE SUN 8K:** 8am, San Angelo, Alan Borger, 915 653-3811
- JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 21 **SUMMER BUMMER:** Amarillo, 8am, 3 Mile, Karen Cooley, 354-0241
- JUNE 23 **JUNE/JULY W.T.R.C. Business Meeting,** 7pm, 5517 74th St., LBK
- JUNE 28 **RUN FOR THE GREEN:** 5K/10K RUNS, 5K Walk, 8am, BreedLove Dehydration Plant, MLK Blvd. & N Loop 289, FMI call 741-8700
- JUNE 29 **BUFFALO SPRINGS LAKE TRIATHLON:** Mike Greer, 796-8213
- JULY 4 **28th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- JULY 26 **OLD SETTLER'S 5K:** Hico, 8:30am, Sherill Johnson, 817-796-4785
- AUG. 9 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 794-0135
- AUG. 23 **FLOYD COUNTY FAIR 5K:** Lockney, 8:30am, Mike Lass, 652-1309
- SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- 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. 11 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, FMI call George Jury, 792-3291(d), 792-1237(n)
- OCT. 25 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 8 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, Ronald Key, Race Director, 747-4678, 794-5833
- NOV. 27 **W.T.R.C. TURKEY TROT:** Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Details Later
- 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)

June 1997



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



June W.T.R.C. RACE

Levelland, Texas
8am, Saturday June 14, 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
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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 on the Monday, June 23, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

I was encouraged to see several of our members take me up on my invitation in the April newsletter and travel to San Angelo to participate in the 1997 Strutters Duathlon. Weather was pleasant with race start temperatures in the low 50's and winds down from some of the rip roaring levels we've seen this spring. Five members participated in the short course (5K run/30k bike/5k run). Finishers were Kevin Lair, 1:32:11 (1st in age group); Damon Richards, 1:54:19; Fred Weber, 1:42:22 (3rd in age group); Frank Goodman, 1:57:52 (1st duathlon); Mike Greer, 1:50:23 (3rd in age group). Three members participated in the long course (10K run/60K bike/10K run). Finishers were Mike Lass, 4:12:57 (1st duathlon); Jim Leser, 3:23:11 (2nd in age group); and Richard Bray, 3:52:29. I thought we had good representation and the event went well. Jack Weiss always puts on a quality event.

I have heard rumors that Mike Greer will be putting on a duathlon in July in Buddy Holly Park using the original "It's so Easy Duathlon" course (2 mile run/10 mile bike/2 mile run). Keep your eyes peeled for any more on this race.

By the time you read this my family and I will be winging our way to Switzerland and the Powerman Duathlon World Championships in Zoffingen. This is what training is all about. See you on the roads next month. *Jim Leser*

WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays at 6:00 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

HORSESHOE BEND CANYON SPRING FROLIC RACES

2 Mile, 6 Mile and 11 Mile Road Races
Slaton, Texas May 10, 1997

ELEVEN MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	TIM KEY	LUBBOCK	TX	1	M2029	29	M	1:11:25	6:30
2	JIM LESER	LUBBOCK	TX	1	M5054	50	M	1:12:41	6:36
3	RANDY WOLCOTT	LUBBOCK	TX	1	M4044	41	M	1:15:29	6:52
4	CHRIS LONNGREN	LUBBOCK	TX	1	M3539	37	M	1:15:39	6:53
5	MARJORY STEWART	LUBBOCK	TX	1	F3539	38	F	1:16:50	6:59
6	WELDON KOLB	LUBBOCK	TX	2	M4044	41	M	1:18:40	7:09
7	TOM WEST	LUBBOCK	TX	2	M3539	39	M	1:18:48	7:10
8	RON LUBOWICZ	LUBBOCK	TX	2	M5054	54	M	1:19:15	7:12
9	JILL WILLIAMSON	LUBBOCK	TX	1	F3034	32	F	1:23:01	7:33
10	AL GARDNER	LUBBOCK	TX	3	M4044	40	M	1:23:52	7:37
11	FRANK GOODMAN	LUBBOCK	TX	3	M5054	50	M	1:23:53	7:38
12	MIKE DAILEY	LUBBOCK	TX	1	M4549	46	M	1:25:05	7:44
13	DAVID HIGGINS	LUBBOCK	TX	4	M4044	44	M	1:26:05	7:50
14	BOBBY SAIN	LUBBOCK	TX	1	M1315	15	M	1:27:00	7:55
15	JEFFREY JURY	AMARILLO	TX	3	M3539	36	M	1:27:31	7:57
16	CHRIS SCOTT	LUBBOCK	TX	1	M3034	32	M	1:28:43	8:04
17	RICHARD BRAY	LUBBOCK	TX	4	M5054	53	M	1:28:53	8:05
18	MARK WAGNON	LUBBOCK	TX	5	M4044	42	M	1:31:22	8:18
19	RON NUGENT	LUBBOCK	TX	2	M4549	49	M	1:31:27	8:19
20	JAMES LIVERMORE	LUBBOCK	TX	2	M4549	49	M	1:31:53	8:21
21	BARRY MOSS	LUBBOCK	TX	6	M4044	42	M	1:34:10	8:34
22	RON KEY	LUBBOCK	TX	1	M5054	53	M	1:34:39	8:36
23	JIMMIE KEY	LUBBOCK	TX	1	M5559	59	M	1:35:09	8:39
24	MICKEY DAVIS	LUBBOCK	TX	7	M4044	40	M	1:36:57	8:49
25	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	43	F	1:40:40	9:09
26	BILL BATES	LUBBOCK	TX	3	M4549	45	M	1:43:40	9:25
27	LESLIE VARDY	WOLFFORTH	TX	1	F1619	18	F	1:48:09	9:50
28	CATHY PADEN	LUBBOCK	TX	1	F2029	27	F	1:50:07	10:01
29	RUSTY LADD	LUBBOCK	TX	8	M4044	44	M	1:54:21	10:24
30	LARRY BURELSMITH	LUBBOCK	TX	4	M4549	47	M	1:55:40	10:31

RACE REPORT

Thanks to all the volunteers in helping to direct one of the best HORSESHOE BEND SPRING FROLICS ever. The weather was absolutely perfect for the excellent turnout with very good times. With the exception of a short delay in starting because of a train blocking the road in Slaton, things couldn't have gone better. This year I did remember to bring the medals and I was extremely generous in awarding medals to just about everyone... nice weather will do that to you.

I would like to recognize the following people for their contributions; George Jury for bringing out the trailer and working the registration and results along with Mike Flores, Arden Key and Maurine Bray. P.J. Mitchell, David Skelton and Maurine in the finish chute. Hugh Haynes for marking the course, arranging for the porta potties and monitoring the course. Working the many water stops were; Josie and Tony Alenen, Vicki Fischenich, Jenna Wolcott, Dwayne Oakeley, James Bone, Mike Flores again, and former club member, Chris Strathman and her children. Thanks also to Weldon Kolb for the finish line music, David Higgins for 2 way radios and to Sue Houser for helping with the awards after running the two mile. I hope I didn't forget to acknowledge anyone. If I did, I'm sorry and thank you for your help. I had many runners tell me how much they like this run and that they would be willing to help make it bigger and better next year. Sounds like a great idea...Let's see what happens!

Richard Fischenich

HORSESHOE BEND CANYON SPRING FROLIC RACES

SIX MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists race results for 32 participants including names like Brent Tidwell, Joshua Salazar, and Augustine Garcia.

TWO MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists race results for 20 participants including names like Jackie Cannon, Rendi Royal, and Fred Weber.

W.T.R.C. 1997 CHALLENGE SERIES STANDINGS AFTER 5 EVENTS MALE

Large table with columns: Age, Name, Miles, Pts, Evts, Vol. Lists standings for 60 male participants, including names like Ian Stewart, Justin Houser, and Travis Perez.

* = Age Group Record + = New Club Member x = Age Group and Overall Record

**W.T.R.C. 1997 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS
FEMALE**

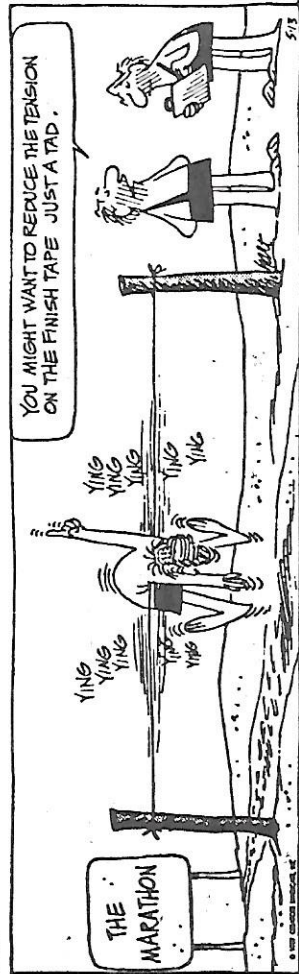
YTD TOTALS (Female)		YTD TOTALS (Female)	
MILES	PTS	MILES	PTS
12 Shawna Thomas	6	19	2
7 Margarita Jimenez	19	18	4*
11 Heather Cannon	2	10	1
Veronica Jimenez	25.1	0	3*
Age Female (13-15)			
13 Hope Jimenez	21	49	5
14 Mary Lou Jimenez	28.1	27	5*
15 Tara Jernigan	9	20	2
13 Krystle Lowe	9	16	2
14 Rendi Royal	2	10	1
Age Female (16-19)			
26 Michele Croak	8	20	2
26 Christe Hodge	4	8	1
Age Female (20-29)			
32 Jill Williamson	32.1	30	3
33 Kimberly Wrightson	14.2	29	3
33 Marsha Bennett	30.1	28	4*
31 Sonia Aguirre	4	10	1
Age Female (30-34)			
45 Josie Aleman	26	40	5*
47 Etta Mayer	26.1	29	3
48 Kathy Bloom	2	10	1
Age Female (50-99)			
51 P. J. Mitchell	32.1	10	4*
Maurine Bray	16	0	2*

THIS N THAT

Full details of the WTRC/TTU SCHOLARSHIP were presented in last months newsletter. The main change made since last year is that applicants must have already completed at least one semester at TTU and meet the GPA requirement. For applications, call Ronald Key at 747-4678.

Pre-Registration: We are not having as many sign up early for our club races as we had hoped, but for the FIRECRACKER RUN I certainly hope a large number will sign up early in order get the race started on time. Those who were there last year remember that over 100 showed up on race day and this puts a lot of pressure on the computer encoder to get all data correct as well as jeopardize the starting time. You can only imagine the pressure on the computer operator until you've done it yourself.

B.C.



**NEWS & NOTES
WOMEN RUNNING SMART**

Last months abduction and subsequent murder of a 12 year old Houston girl while she was out running alone has prompted me to publish the RRCA guidelines again on page 8. Coincidentally a column in the "Parade Magazine" on the same subject is worth bringing to your attention.

WOMEN RUNNER'S SAFETY

"More women than ever before are outdoors exercising--therefore, more women are being assaulted while doing this" so acknowledges Henley Gibble, Executive Director of the Road Runners Club of America. Consider these tips as part of your "warm up":

- >Run with a partner and in familiar areas. This means knowing the locations of pay phones, open stores and police precincts. And, carry change for the phone.
- >Be alert! To me, this precludes wearing a headset. Instead, look and listen to your surroundings.

>Don't wear flashy jewelry or anything else that's noticeably valuable. >Carry identification--or at least write your name, phone number and blood type on your running attire.

>Wear reflective material if you must run in the dark. >Carry a noisemaker. (GWJ's note--Pat has an "emergency whistle" like those sold in sports magazines for mountain hiking, etc. It's LOUD!) >Notify the police immediately if you notice anyone suspicious during your run.

Michael O'Shea, Ph.D, Founder and Chairman of Sports Training Institute offers these further tips: Pepper spray is now legal in every state (with some restrictions); carry it in case of dog attacks. Have a portable phone? Strap that on, too. If you're threatened--or, more likely, you sustain an injury--you can summon assistance without delay.

The bottom line: There is safety in numbers. Therefore, if you have to train after dark or in an unsafe neighborhood, join a group. To find one, contact a running club in your area.

WHO IS JOHNNIE HARPER?

I always called him "John", and I got to know him soon after I got involved in the WTRC in 1979. His family affectionately called him "Johnnie" I guess a lot like when my mother called me "Georgie" until I was old enough to insist on her dropping that moniker.

John was a farmer who lived in the city of Anton. He was one of those rare farmers who did most of the work himself and was active in the community as well, having served on the school board. John frequently missed races during those busy times of the year when crops took top priority.

The thing that I remember most about him was that he was a fast starter and usually ran the shorter distances at the races. By fast starter, I mean most of the time he was well ahead of most of us mid packers at the half and three quarter mark and it usually took me until one mile before I could draw even with him.

I don't know much about his personal training methods, whether he ran every day, how far etc., but I do know he enjoyed being around his fellow club members, and was always willing to lend a hand to anyone in need especially if it was mechanical in nature. James Livermore wrote a tribute to him in the November 1993 newsletter relating several of those incidents.

John Harper was the WTRC's version of Jim Fixx. He succumbed at age 58, to a massive heart attack that occurred the morning of September 29, 1993, while he was out for his morning run. I suspect that if there was any one thing we should learn from this, it is the fact that even if we are in excellent physical condition, if there is a genetic tendency for heart disease, colon, prostate or mammary cancer, we should take extra steps to seek good medical advice if not for our own good, for those who love us most.

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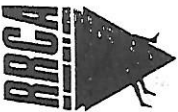
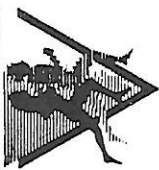


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RRCA
ROAD RUNNERS CLUB OF AMERICA



WOMEN RUNNING SMART

The Road Runners Club of America's

TIPS FOR RUNNING SAFETY

- 1 — Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
- 2 — Carry a quarter for a phone call.
- 3 — Run with a partner.
- 4 — Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- 5 — Run in familiar areas. In unfamiliar areas contact a local RRCA club or running store. Know where telephones are, or open businesses or stores. Alter your route pattern.
- 6 — Always stay alert. The more aware you are, the less vulnerable you are.
- 7 — Avoid unpopulated areas, deserted streets and overgrown trails. Especially avoid unit areas at night. Run clear of parked cars or bushes.
- 8 — Don't wear headsets. Use your ears to be aware of your surroundings.
- 9 — Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- 10 — Run against traffic so you can observe approaching automobiles.
- 11 — Wear reflective material if you must run before dawn or after dark.
- 12 — Use your intuition about a person or an area. React on your intuitions and avoid if you're unsure.
- 13 — Carry a whistle or other noisemaker.
- 14 — CALL POLICE IMMEDIATELY if something happens to you or someone else, or you notice anyone out of the ordinary.

FOR MORE INFORMATION CALL YOUR LOCAL RRCA CHAPTER.



The Road Runners Club of America is a national organization of over 450 clubs in 46 states. For more information write RRCA, 629 S. Washington Street, Alexandria 22314. Phone: (703) 836-0558.



2nd ANNUAL RANSOM CANYON RUN WITH A VIEW
TEN KILOMETER ROAD RACE
 RANSOM CANYON, TEXAS MAY 3, 1997 8:30 A.M.
CLUB MEMBER OVERALL RESULTS

PLACE NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PAGE
2 TOM WEST	1	M3539	39	M	LUBBOCK	TX	39:35	6:22
+ 4 NICKOLAS HIGHT	1	M2529	25	M	LUBBOCK	TX	44:51	7:13
5 RICHARD TITUS	2	M4044	44	M	LUBBOCK	TX	45:10	7:16
6 DWAYNE OAKELEY	3	M4044	40	M	LUBBOCK	TX	45:22	7:18
7 RICHARD BRAY	1	M5054	53	M	LUBBOCK	TX	45:45	7:22
8 RON NUGENT	2	M5054	50	M	LUBBOCK	TX	45:49	7:22
9 FRANK GOODMAN	3	M5054	50	M	LUBBOCK	TX	46:37	7:30
10 DAMON RICHARDS	4	M4044	44	M	LUBBOCK	TX	46:54	7:33
11 BOB BROSELOW	1	M5559	56	M	LUBBOCK	TX	50:59	8:12
13 LARRY BURELSMITH	1	M4549	47	M	LUBBOCK	TX	55:28	8:56
14 JOHN STALCUP	1	M6099	63	M	LUBBOCK	TX	55:39	8:57
16 MARSHA BENNETT	2	F3034	33	F	LUBBOCK	TX	1:01:58	9:58
18 ROBERT EARNEY	3	M4549	48	M	LUBBOCK	TX	1:05:40	10:34

5 KILOMETER ROAD RACE
CLUB MEMBER OVERALL RESULTS

PLACE NAME	DIV	PLACE	AG	S	TOWN	ST	TIME	PAGE
1 BRENT TIDWELL	1	M3539	39	M	LUBBOCK	TX	17:18	5:34
2 RANDY WOLCOTT	1	M4044	40	M	LUBBOCK	TX	19:01	6:07
4 AL GARDNER	2	M4044	40	M	LEVELLAND	TX	19:52	6:24
7 FRED WEBER	3	M4549	45	M	LUBBOCK	TX	21:18	6:51
8 RUSSEL MARTIN	3	M3539	39	M	SHALLOWATER	TX	21:29	6:55
9 DAVID HIGGINS	3	M4044	44	M	LUBBOCK	TX	21:31	6:56
10 RICHARD FISCHENICH	3	M4549	49	M	LUBBOCK	TX	22:01	7:05
12 DWIGHT VARNUM	4	M3539	38	M	LUBBOCK	TX	22:16	7:10
13 CHERYL WEBER	1	F4044	44	F	LUBBOCK	TX	23:18	7:30
16 DENNIS RAWLS	1	M0115	13	M	LUBBOCK	TX	24:15	7:48
17 TODD WHALEN	5	M3539	35	M	FLOYDADA	TX	24:40	7:56
19 JERRY WHITTEN	1	M5054	53	M	AMARILLO	TX	26:34	8:33
20 SHAWNA THOMAS	1	F0115	12	F	LUBBOCK	TX	27:35	8:53
22 NANCY SMITH	1	F2529	25	F	LUBBOCK	TX	29:13	9:24
25 TERI GOODMAN	1	F4549	47	F	LUBBOCK	TX	32:53	10:35
26 MARCIA HALL	2	F4044	41	F	LUBBOCK	TX	37:42	12:08

+ = New Club Member

STATE TRACK CHAMPIONS

Trey Jernigan won both the 1600m and 3200m runs in class 2A for the second year in a row with times of 4:26 and 9:38. The Jernigans now live at Hawley.

At the New Mexico state meet, Bob Jackson's daughter, Laci, just a sophomore, won the 1600m with a time of 5:15, which is the second fastest in the whole state this year. She also has a season best of 2:12 in the 800m, but ran the 800m leg of the winning 1600m medley relay in a time of 4:16 at the state meet helping the Hobbs girls win the team title.

ONES TO WATCH

Katherine Duncan, a sophomore from Roscoe won the 2A 800m with a time of 2:15 and the 3200m with a time of 10:59 which was second only to 5A champ Amani Terrell's 10:29. If she had been able to compete, she would have been in contention for the 400m and 1600m crowns as well, as she has had some of the states best times in those events as well.

Sophomore Tara Jernigan who made it to state in the 1600m, didn't crack the top 6, but should be a strong contender for the next two years.

Our "own" Travis Perez, a sophomore, had some really good times late in the season in the 3A 1600m (4:40) and 3200m (10:02) and should be a real contender for state honors next year.

WEST TEXAS RUNNING CLUB'S
18th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 14, 1997

REGISTRATION: 7:00 to 7:45 A.M., On Site
RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-1237 by 6pm, Friday the 13th, then pay fee race day

WHERE LEVELLAND HIGH SCHOOL, Levelland Texas

From Lubbock, take Highway 114 West, turn left on Alamo Road, east side of Levelland, drive south to the high school

COURSE: Flat, both Races out and back on City Streets

AID STATIONS: At least, every 2.5 Miles
 Splits at 1 Mile

AGE DIVISIONS: 10K

MEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 Plus

WOMEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus

(Special 0-9, 10-12, 13-15 & 16-19 age groups in the 2 Mile)

Clydesdales and Athena 0-35 and 36 and up

AWARDS: Medallions to at least the

first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group

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

RACE DIRECTOR: Al Gardner, 894-3538

ENTRY FORM

Celebration for the Green 5K & 10K Run, 5K Walk & Relay

Benefitting the *Independence Green Initiative* Program of the South Plains Food Bank

Saturday, June 28, 1997

BREEDLOVE DEHYDRATION PLANT
North Loop 289 & MLK Blvd.

Sponsored by:



Lubbock Bankers Association



Registration/Check-in	7:00am
5 km (5 person relay)	7:45am
5 km walk	7:55am
5 km/10 km run	8:00am

Entry Fees:

Students	\$10 ea.
Entrants over 18	\$12 ea.
Family	\$25 per family
Relay Teams	\$30 per team

Late registration - after June 21 - add \$5.00.
Please make checks payable to South Plains Food Bank. Family entries will receive 3 free t-shirts. Additional shirts may be purchased for \$10.00.

Pledges: Here is your opportunity to help raise money for this event by getting your friends and family to pledge a contribution for your running or walking efforts. Pledges **must be submitted with entry** and are payable to the South Plains Food Bank. See bottom form for more information. Teams and individuals with the greatest pledges will be honored at the evening event.

Race Course:

Start and finish for all events will be at the Breedlove Dehydration Plant on the east side of Martin Luther King Blvd., just north of Loop 289. The route for the relay and walk events will be completely closed to vehicular traffic. The 5 & 10 km races will take place on marked and marshaled portions of paved, public roads. Both events are sanctioned by the West Texas Running Club.

The Celebration for the Green 5K/10K Run/Walk is a new event created to raise awareness and funds for the South Plains Food Bank's premier program, the **Independence Green Initiative**. This innovative program is based on the adage "Give a man a fish and he eats for a day. Teach him to fish and he eats for a lifetime." This program was created to provide individuals and families the opportunity to grow and sell their own fresh produce - thus, empowering them to become self sufficient members of our community.

Registration & Packet Pick-up:

Please complete this entry form and return it with your entry fee to the South Plains Food Bank, 4612 Locust, Lubbock, TX 79404. This form may be copied for additional entries. One entry form per person except for Family and Team entries.

Race packets will be available for pick up on Friday, June 27th between 9am & 5pm at the Breedlove Dehydration Plant, North Loop 289 & MLK Blvd. Packets also may be picked up 6:30am - 7:30am on race day. For more information please (806) 741-8700.

Refreshments and Awards

Plan to enjoy post-race refreshments, prizes and awards following the completion of the races. Unique awards for running events will be given to the top 3 finishers in the following age categories for both male and female entrants: under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. All finishers are encouraged to return in the evening for the Celebration for the Green Harvest Buffet, auction and concert featuring Don Caldwell's Tribute to the Music of West Texas. For more information about the evening's events please call 763-3003.

CELEBRATION FOR THE GREEN 5K & 10K RACE ENTRY

Name _____

Address, City, Zip _____

Telephone _____

Event Entered:

5 km (5 person relay) Male Female

5 km walk

5 km run Age on race day _____

10 km run

Team/Family (name of team/family, total number of team/family members) _____

I would like to make a donation to the Independence Green Initiative Program for the amount of _____.

WAIVER - ALL ENTRANTS MUST READ AND SIGN BEFORE RACE

The South Plains Food Bank, 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 damages to or loss of property arising out of or attributed to indirectly, to participant in the 1997 Celebration for the Green Run. This indemnity shall extend to and shall be binding on their 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. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____

Signature of guardian (for minors) _____

28th ANNUAL FIRECRACKER RUNS

Mail \$5.00 WTRC members, \$6.00 non members, Children's 1 mile run \$1.00
Registration Make checks payable to the West Texas Running Club
thru July 2 Mail checks & entry forms to: George Jury 3 & 10 mile race start at 8 am.
5212 44th Street Kids 1 mile at 7:40 am at Terry
Lubbock, Texas 79414 County Park in Brownfield, Texas

Waiver - all entrants must read and sign

The West Texas Running Club, 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 for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 28th Annual Firecracker Runs. This indemnity shall extend to and shall be binding on their 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. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance ____ 1 mi. kids ____ 3 mi. ____ 10 mi.

City _____ State _____ Zip _____ Phone Number _____

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE

Mail \$5.00 WTRC members, \$6.00 non members
Registration Make checks payable to the West Texas Running Club
thru June 11 Mail checks & entry forms to: George Jury Race start at 8 am at Levelland
5212 44th Street High School, on Alamo Rd., off
Lubbock, Texas 79414 Hwy 114, east side of Levelland

Waiver - all entrants must read and sign

The West Texas Running Club, 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 for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 1997 Bobby Birdsong Memorial Levelland Lope. This indemnity shall extend to and shall be binding on their 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. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)

Name _____ Female _____ Athena (150 lbs or more)

Street Address _____ Race Distance ____ 2 mi. ____ 10K

City _____ State _____ Zip _____ Phone Number _____