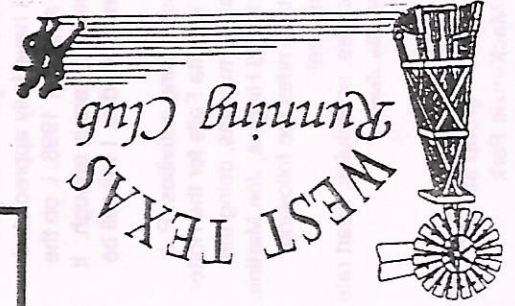


CALENDAR

October 1997


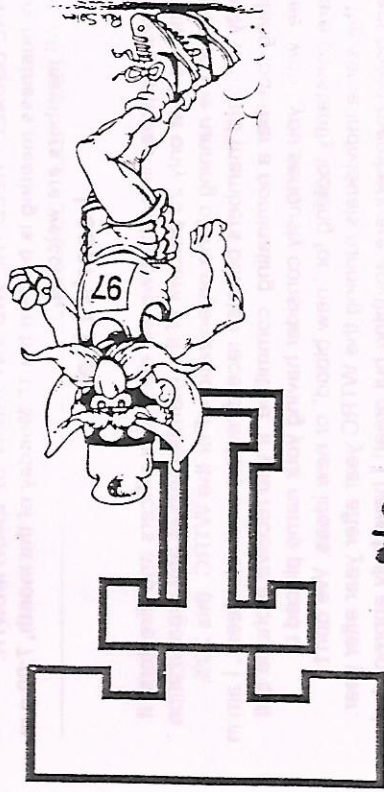
- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 6 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- OCT. 4 WHITE BUFFALO STAMPEDE: Snyder, 8am, 10K, FMI, 915-573-3558
- OCT. 4 RACE FOR THE CURE 5K: Amarillo, 8am, 806-359-4673
Lubbock, FMI, 765-5281
- * OCT. 11 RED RAIDER ROAD RACE: 5K and 10K, 8am, Lubbock, TTU, FMI call
George Jury, 792-3291(d), 792-1237(n)
- OCT. 18 RED RIBBON RUN: 5K & 2 Mile Run/Walk, 8:30am, BUDDY HOLLY PARK
FMI call Dwight Varnum, 742-1997 x305 (d), 798-0415 (n)
- OCT. 18 AIR POWER EXPO 97: Cannon AFB, Clovis, 10K/5K, 8am (MDT)
FMI call (505)762-4649 or 763-7949 (No race day Registration)
- OCT. 25 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- OCT. 25 PALO DURO TRAIL RUNS: 50 MILE/25 MILE, Contact Red Spicer,
806-353-3847
- OCT. 26 YMCA DISTANCE FESTIVAL: San Angelo, Half Marathon & 5K,
FMI, call Ed Whitcomb, (915) 944-0007 after 7pm
- * NOV. 8 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and
2 Mile, 9am, Ronald Key, Race Director, 741-4678, 794-5833
- NOV. 9 SAN ANTONIO MARATHON: FMI call 210-246-9652
- * NOV. 27 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile
and 2 Mile, Chris Lomgren, Race Director, 796-0685 (d)
- DEC. 6 TOYS FOR TOTS 5K: 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)
- * 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. 14 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 15 MOTOROLA MARATHON: Austin, FMI call (512)505-8304
- * MAR. 14 PRAIRIE DOG TOWN RUN: MacKenzie Park, Lubbock, 4 Miles, 9am
(Race Director needed)
- * APR. 11 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon,
Frank Goodman, Race Director, 797-3804(h), 866-4397(w)

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



WEST TEXAS
Running Club

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

RED RAIDER ROAD RACE
10K and 5K
Saturday, October 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

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

DIRECTORS

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 time is rapidly approaching when we will elect new officers and directors. It has been my experience that only 20 percent of the membership of any organization ever contributes toward the running of the organization. For the WTRC, this 20% would apply not only to board members but also race directors and volunteers. I am in the process of putting together a nominating committee. If you receive a phone call from this committee, won't you seriously consider having your name placed in nomination? We are constantly looking for "new blood" or new ideas. We don't necessarily need the same individuals running the WTRC year after year after year. Not that the present board members are anything but great! I have truly appreciated their dedicated efforts and hope that many will decide to run again for 1998. I, on the other hand, will not seek another term as your president. I think 3 years is enough. It is time for some of this "new blood" and maybe new directions. Besides, I will still be on the 1998 board as past president.

Recently, some of our members participated in some cross training activities. P.J. Mitchell, Bob Bernero, David Higgins and myself traveled to Wichita Falls for the Hotter N Hell bike rides. We had a great time and I even saw a PR by 17 minutes, doing the century in 4:44. Jim Dever from San Angelo was also there. David Higgins, Joe Martinez and Bob Bernero also participated in the Tour de Muleshoe bike rides the following week. Ask Bob how you can get injured by "high Fiving" someone!

I will be providing more articles this winter on training principles, schedules, heart rate monitor training, etc. Call me if you have specific suggestions. *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)

THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS

SEPTEMBER 13, 1997 Shallowater, Texas

10K OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE	
1	GEORGE ANDERSON	BROWNFIELD	TX	34	M	1	M3034	40:29	6:31	
2	RANDY WOLCOTT	LUBBOCK	TX	41	M	1	M4044	40:47	6:34	
3	CHRIS LONNGREN	LUBBOCK	TX	38	M	1	M3539	41:20	6:39	
4	JOHN TROMPLER	LUBBOCK	TX	50	M	1	M5054	42:14	6:48	
5	MIKE DAILEY	LUBBOCK	TX	46	M	1	M4549	43:18	6:58	
6	AL GARDNER	LEVELLAND	TX	41	M	2	M4044	43:37	7:01	
7	JEFF ANGLIN	LUBBOCK	TX	24	M	1	M2029	44:51	7:13	
8	FRANK GOODMAN	LUBBOCK	TX	50	M	2	M5054	45:45	7:22	
9	ROYCE JONES	CLOVIS	NM	55	M	1	M5559	45:56	7:24	
10	DAN FISHER	CLEBURNE	TX	44	M	3	M4044	46:28	7:29	
11	DAN TINNEY	LUBBOCK	TX	26	M	2	M2029	46:36	7:30	
12	STEVE VROOMAN	LUBBOCK	TX	29	M	3	M2029	46:58	7:34	
13	DAVID HIGGINS	LUBBOCK	TX	44	M	4	M4044	47:52	7:42	
14	HOWARD TRUJILLO	LUBBOCK	TX	39	M	2	M3539	48:36	7:49	
15	JEREMIAH GRAFF	LUBBOCK	TX	20	M	4	M2029	48:52	7:52	
16	CHAD GROSS	GARLAND	TX	20	M	5	M2029	48:53	7:52	
17	JAMES LIVERMORE	LUBBOCK	TX	50	M	3	M5054	49:04	7:54	
18	BILL ROGER	LEVELLAND	LUBBOCK	TX	58	M	2	M5559	49:10	7:55
19	WADE WILSON	LUBBOCK	TX	39	M	3	M3539	49:19	7:56	
20	SHIRLEY WIGLEY	LUBBOCK	TX	43	F	1	F4044	49:36	7:59	
21	STEPHEN MAXNER	LUBBOCK	TX	31	M	2	M3034	50:39	8:09	
22	RICHARD VERRONE	LUBBOCK	TX	30	M	3	M3034	50:39	8:09	
23	RON KEY	LUBBOCK	TX	54	M	4	M5054	51:26	8:17	
24	ROBERT WHITE	FT. HOOD	TX	19	M	1	M1619	51:28	8:17	
25	BRANDY TEMPLE	LUBBOCK	TX	25	F	1	F2029	51:53	8:21	
26	SHAWN BEAN	LUBBOCK	TX	36	M	4	M3539	51:55	8:21	
27	MARK TEMPLE	LUBBOCK	TX	34	M	4	M3034	52:02	8:23	
28	MICKEY DAVIS	LUBBOCK	TX	40	M	5	M4044	53:31	8:37	
29	SONIA BONE	LUBBOCK	TX	58	M	3	M5559	53:33	8:37	
30	SONIA AGUIRRE	LUBBOCK	TX	32	F	1	F3034	53:38	8:38	
31	ERIC BOYAR	LUBBOCK	TX	21	M	6	M2029	54:04	8:42	
32	ETA MAYER	LUBBOCK	TX	48	F	1	F4549	54:23	8:45	
33	MADELINE TAYLOR	LUBBOCK	TX	45	F	2	F4549	56:09	9:02	
34	MARSHA BENNETT	LUBBOCK	TX	34	F	2	F3034	57:26	9:15	
35	JEFF KEY	LUBBOCK	TX	34	M	5	M3034	1:02:15	10:01	
36	JENNA WOLCOTT	LUBBOCK	TX	35	F	1	F3539	1:03:28	10:13	
37	VICKI FISCHENICH	LUBBOCK	TX	31	F	3	F3034	1:03:28	10:13	

+ = New Members

VOLUNTEERS

The day dawned clear for the 9th Annual SHALLOWATER STAMPEDE. In fact, this was the best race conditions we've had for this race in the last few years. Also, this year brought us the highest attendance we've had for the stampe in several years, 89 finishers!

Thanks go out to all the volunteers. Helping out before, during and after the race were; Sheri Oakeley and sons Daren and Dustin, George Jury, Jim Leser, Bob Bernero, Tony Aleman, P.J. Mitchell, Frank Earny, Larry Byrd, Ron Hillis, Larry Burelsmith, Adam Andrews, Rusty Ladd, David Skelton, Richard Fischenich and Tom West.

T Shirts were sold by the senior parents from Shallowater High School to support their end of school Drug Free Party. These nice long sleeved shirts were available for a \$3 donation to the party.

Dwayne Oakeley

THE SHALLOWATER STAMPEDE

2 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 RENE GONZALEZ	LEVELL	TX	30	M	1	M3034	11:08	5:34
2 FRANK SUMPTER	LAMESSA	TX	43	M	1	M4044	11:24	5:42
3 JIMMY SAMARRON	LEVELL	TX	42	M	2	M4044	11:30	5:45
4 ROBERT FORTNEY	LUBBOCK	TX	44	M	3	M4044	12:12	6:06
5 JACKIE CANNON	AMARILLO	TX	41	M	4	M4044	12:33	6:14
6 MARK ALBUS	WHITEFACE	TX	40	M	5	M4044	13:07	6:34
7 RON HEWETT	LUBBOCK	TX	36	M	1	M3539	13:10	6:35
8 RUSSEL MARTIN	SHALLOWATER	TX	39	M	2	M3539	13:25	6:43
9 JIM HARRIS	HOBBS	NM	54	M	1	M5054	13:37	6:49
10 RONNIE PRIGG	LUBBOCK	TX	46	M	1	M4549	13:49	6:55
11 TODD WHALEN	FLOYDADA	TX	36	M	3	M3539	14:42	7:21
12 STEVE NIEMAN	SHALLOWATER	TX	42	M	6	M4044	14:53	7:27
13 RALPH WOLF	ABERNATHY	TX	60	M	1	M6099	15:10	7:35
14 SHELBY ELMORE	SHALLOWATER	TX	13	F	1	F1315	15:50	7:55
15 THOMAS WORD	LUBBOCK	TX	60	M	2	M6099	16:07	8:04
16 GLEN LOWE	LUBBOCK	TX	42	M	7	M4044	16:09	8:05
17 SHAWNA THOMAS	LUBBOCK	TX	13	F	2	F1315	16:20	8:11
18 BRENDA CAMPBELL	LUBBOCK	TX	38	F	1	F3539	16:22	8:11
19 ASHLEY YARBELL	SHALLOWATER	TX	12	F	1	F0112	16:51	8:26
20 ASHLEY CASTILLEJA	SHALLOWATER	TX	12	F	2	F0112	16:56	8:28
21 JOSIE ALEMAN	LUBBOCK	TX	46	F	1	F4549	17:46	8:53
22 DENISE ADAMS	SHALLOWATER	TX	30	F	1	F3034	18:10	9:05
23 BEN WOLCOTT	LUBBOCK	TX	11	M	1	M0112	19:02	9:31
24 HEATHER CANNON	AMARILLO	TX	11	F	3	F0112	19:49	9:55
25 MARY WOLCOTT	LUBBOCK	TX	20	F	1	F2029	19:56	9:58
26 BRETT LONGLEY	LUBBOCK	TX	9	M	2	M0112	19:56	9:58
27 IVAN APPLETON	LUBBOCK	TX	48	M	2	M4549	20:03	10:02
28 BRANDY BRUNSON	LUBBOCK	TX	11	F	4	F0112	21:36	10:48
29 SHELLY MARTIN	SHALLOWATER	TX	37	F	2	F3539	21:54	10:57
30 TAMMY HALBROOKS	SHALLOWATER	TX	37	F	3	F3539	21:55	10:58
31 JUSTIN HOUSER	LUBBOCK	TX	11	M	3	M0112	23:04	11:32
32 SUE HOUSER	LUBBOCK	TX	45	F	2	F4549	23:04	11:32

+ = New Members # = Clydesdale Winner

W.T.R.C. HISTORY

I have mentioned in several of the past issues about this being the 25th Anniversary of the club. I thought this time I'd mention those of our members who have maintained membership most of those years. I joined the club in late 1978 so I've been a member for 19 years. In going through the roster, the the following current members were already on board when I joined; Co-founder, Gene Adams and Jack Shropshire enlisted me. The other Co-founder, James Morris now is a complimentary member. Others are; Al Becken, Tom Bowser, Bobby Cunningham, Mike Greer, Hugh Haynes, James Livermore, Cliff McCurdy, Don Sanderson, John Trompler and Jerry Whitten. Youngsters running our races in 1979 were, "Little" Mike Greer and Roger Perez, and Tim Green, now regular members. College students running then that later became members were Bob Jackson and Quinn Smith. Don Kephart, Mike Kelley and Jim Wilhelm joined soon after me.

I ran my first Buffalo Wallow in 1979 when the temperature was 33 at the start and fell to 28 by the finish! In 1980, Don Kephart and I measured off the extra .109 miles so that we could say we'd done a half marathon. The course was officially changed to a half marathon in 1982.

The January race in those days was a 4 mile and a marathon in Palo Duro Canyon. In 1981 Bob Jackson was the winner in 2:32:47. Bobby Cunningham, 40, ran a 2:44:01, Don Sanderson, 51, ran a 3:18:36 followed closely by Tom Bowser, 53, in 3:18:42.

W.T.R.C. 1997 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS

MILES	PTS	EVTS	VOL	Age	Male (1-12)	Age	Male (40-44) (Cont.)	MILES	PTS	EVTS	VOL	
14	20	3	*	8	Ian Stewart	40	Mike Flores	24	27	4	*	
4	16	2		11	Justin Houser	42	Glen Lowe	15	25	4		
5	10	1		12	Cody Lass	42	Steve Nieman	13	23	3		
							42	Mark Wagron	15	20	2	
							43	Frank Sumpter	15	18	3	*
31.1	37	5	*	17	Joshua Salazar	40	Mickey Davis	29.2	18	5	*	
16	30	3		16	Travis Perez	43	Adam Andrews	31.4	16	6	*	
12	29	3		18	Jay Truitt	44	Rusty Ladd	29.6	15	4	*	
13	25	3		17	Chris Thomas	44	Damon Richards	11.2	10	2		
13	23	3		16	Matt Ladd	42	Kim Pearson	10	9	1		
3	1	1		17	Juan Jimenez	41	Weldon Koib	11	9	1		
35.1	0	4	*			44	Dan Fisher	6.2	8	1		
						42	Jim Thomas	2	8	1		
30	28	4	*	29	Tim Key	40	Mark Albus	2	6	1		
6	10	1		28	Bill Carpenter	43	Loren Phillips	10	5	1		
5	8	1		28	Jason Michaels	42	Barry Moss	11	5	1		
4	6	1		27	Jason Johnson	44	Robert Fortney	7	4	2		
5	6	1		25	Nick Hight	42	Mark Garland	4	1	1		
8	0	1	*				David Skelton	36.2	0	5	*	
							Age	Male (45-49)				
21.2	27	4		34	Mike Lass	48	Larry Burelsmith	45.6	42	7	*	
14.2	21	3		30	Richard Yerrone	45	Ken Jernigan	21	40	4		
12	18	2		31	Luis Nevarez	48	Mike Kelley	35.2	38	6	*	
11.2	14	2		31	Steve Maxner	46	Mike Dailey	26.2	36	4		
3	9	1		33	Robert Fino	48	Frank Earney	32.6	31	6	*	
3	7	1		34	Terry Baugh	45	Fred Weber	10	27	3		
5	0	1	*	31	Jesse Hilliard	48	Darrell Phillips	16.2	18	2		
						Age	Male (35-39)					
58.5	64	8		38	Chris Longren	46	Jim Wilhelm	20	18	3	*	
63.5	58	8	*	39	Tom West	46	Ronnie Prigg	2	10	1		
29.2	54	7		39	Russel Martin	49	Rodger Mitchell	13	10	2		
43.2	35	6	**	39	Chuck Johnson	48	David Mangold	4	9	1		
25	31	4		36	Jeffrey Jury	47	Averitt Lutz	3	9	1		
31.4	25	5		36	Shawn Bean	45	Rich Titus	5	9	1		
18	24	3		38	Dwight Varnum	47	David Lightner	5	9	1		
10.2	20	2		38	Bob Jackson	Age	Male (50-54)	63.5	0	8	*	
11	11	3		36	Todd Whalen	50	James Livermore	68.5	60	9	*	
2	10			36	Ron Hewett	53	Richard Bray	67.3	55	8	**	
2	10	1		39	Ed Dabrowski	50	Frank Goodinan	63.6	51	7	**	
6.2	9	1		39	Howard Trujillo	50	Jim Leser	50.3	50	6	*	
6.2	9	1		39	Ivan DeAnda	54	Robert Guajardo	21.2	49	5		
6.2	8	1		39	Rudy Wilson	50	John Trompler	39.4	48	6	*	
5	4	1		35	Rudy Hernandez	54	John Harris	20	48	6	*	
5	2	1		38	Tim Dodd	50	Richard Fischenich	64.3	46	7	**	
						Age	Male (40-44)	27.2	32	6	*	
45.6	74	8		41	Randy Wolcott	53	Ron Hillis	64.5	31	8	*	
69.7	57	8	**	41	Al Gardner	54	Ron Key	62.3	31	8	*	
33.1	48	5		39	Brent Tidwell	50	Ron Nugent	21	18	2		
62.6	44	9	**	44	David Higgins	54	Ron Lubowicz	2	9	1		
61.6	42	8	**	41	Dwayne Oakeley	51	Johnny Scott	15	9	3	*	
43.3	31	7	*	42	David Elder	53	Richard Lampe	8	9	2		
14.2	29	3		42	Jimmy Samaron	53	Raymond Brady	13.1	8	1		
13	29	4		41	Jackie Cannon	51	Joe Matlinez	15	7	2	*	
						53	Jerry Whitten	4	5	1	*	
							Ken McEachern	19.3	0	2	*	

W.T.R.C. 1997 CHALLENGE SERIES STANDINGS AFTER 8 EVENTS (Cont. Inued)

[Male]		[Male]	
MILES	PTS	EVTS	VOL
Age Male (55-59)			
58 Bill Roger	57.5	64	8 *
57 James Bone	50.4	50	8 *
56 Larry Byrd	52.5	37	7 *
54 Bob Bernero	59.5	32	9 *
56 Wallace Dean	13	25	3
56 Robert Broselow	9	17	2
55 Bo Minnis	2	10	1
58 Mike Greer	4	5	1
			**Race Dir.
Age Male (60-99)			
64 John Stalcup	28.2	59	6
60 Ralph Wolf	11	29	2
60 Jimmy Key	28	26	4 *
60 Thomas Word	2	9	1
Hugh Haynes	11	0	1 *
60 George Jury	68.5	0	9 *
			**Race Dir.

FEMALE

[Female]		[Female]	
MILES	PTS	EVTS	VOL
Age Female (1-12)			
8 Margarita Jimenez	22	28	5 *
11 Heather Cannon	4	18	2
10 Veronica Jimenez	28.1	9	4 *
Age Female (13-15)			
13 Hope Jimenez	24	59	6
15 Mary Lou Jimenez	31.1	36	6 *
13 Shawna Thomas	8	28	3
13 Krystie Lowe	9	16	2
14 Rendi Royal	2	10	1
Age Female (16-19)			
16 Tara Jernigan	17	40	4
Age Female (20-29)			
26 Michele Croak	8	20	2
26 Christie Hodge	9	16	2
Age Female (30-34)			
34 Marsha Bennett	52.5	56	7 *
33 Jill Williamson	42.1	40	4
32 Sonia Aguirre	15.2	30	3
32 Kimberly Wrightson	14.2	29	3
31 Vickie Fishenich	25.2	26	4 *
33 Molly Santese	19.1	9	2 *
30 Laurie Lopez	6	7	1
Age Female (35-39)			
35 Melanie McVey	22.2	49	5
38 Marjory Stewart	28	40	4
35 Jenna Wolcott	25.2	28	4 *
39 Michelle Jones	12.2	19	2
37 Gayle Blackmon-Hopk	20	0	1 **
Age Female (40-44)			
43 Shirley Wigley	51.6	80	8
44 Cheryl Weber	10	28	3
43 Pam Hillis	7	19	2
40 Jenny Ezel	4	9	1
Age Female (45-49)			
46 Josie Aleman	38	79	9 *
48 Elta Mayer	53.5	69	7
45 Sue Houser	13	25	4 *
48 Kathy Bloom	2	10	1
45 Madeleine Taylor	6.2	9	1
47 Theresa Marez	5	8	1
Teri Goodman	5	0	1 *
Age Female (50-99)			
51 P. J. Mitchell	64.5	10	8 **
Eva Martinez	10	0	1 *
Maurine Bray	16	0	2 *
Mary Harris	5	0	1 *
			**Race Dir.

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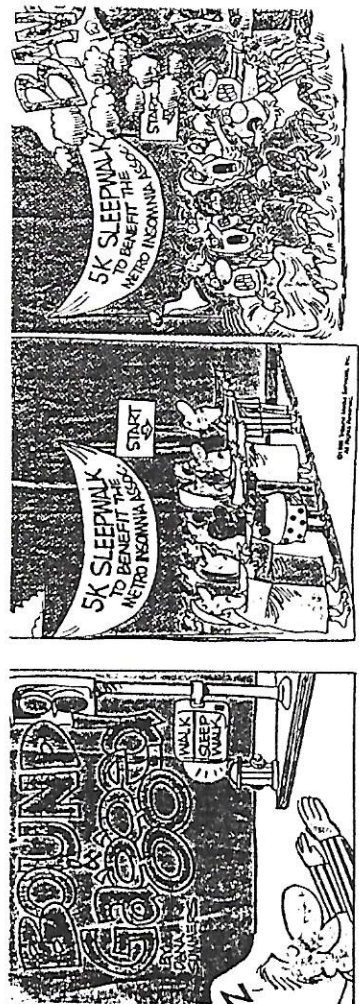
MEMBER NEWS

Tim Key qualified for the IRON MAN TRIATHLON in Hawaii, October 18th, at a Half Iron Man event in the northeast. Others getting to go are Robby Timberlake, as an official, and Mike Greer who will be going as a guest and to honeymoon with new bride, Marti Hobbs, a triathlete from Birmingham, AL, and former NCAA swimmer from the U. of Georgia. Mike has done 16 triathlons including two Half-Iron Man events in the past year.

Editor's injury update: As I have mentioned before, I have not run much in the past 4 years, due to various muscle ailments and bursitis, so I had to bicycle and go to the pool for deep water running and swimming. While riding the bike June 24th I was struck from behind by the tire of a trailer pulled behind a car that was driving on the shoulder of the highway. My lower left calf muscle and achilles tendon were severely bruised as well as the ankle sprained. The blow jerked me and the bike, while my feet were in the clips, up into the air, but I remained upright and coasted to a stop as one of my feet was wedged against the rear wheel. Well the pain and swelling of the left leg was pretty severe for about 2 weeks, and it was not until then that I noticed that my knees could not flex or extend without pain and a clicking sound. Also, I could not even walk fast without pain, much less jog or run! I had an acute pain in the left knee after stepping down off the tongue of the club trailer at the senior's road race on August 14th, and Dr. Randy Wolcott ordered an MRI which revealed a "radial tear of the posterior horn of the medial meniscus". An MRI on the right knee revealed the same problem and an Orthopedist, Dr. Nathan Wilson, was consulted who advised arthroscopic surgery and asked which one first. Since the right one was hurting the most, I selected it and he advised at least 2 weeks between the surgeries. I tried to talk him into doing both at the same time so the total recovery time would be shorter, but no such luck. The first surgery was Sept. 11th and as I write this 10 days later it is still pretty sore and stiff. The second knee will be done Oct. 2nd, and I expect to be back running some by December! The "scoping" revealed no severe damage other than the torn meniscus. I have never had a knee injury in my 19 years of serious running!

I just received my copy of the RRCA's quarterly newsletter and want to encourage each of you to look through it. You will always find something helpful. For example this issue has a whole page on preventing and treating blisters. This publication is supplied to WTRC members free as part of your membership.

ON THE LIGHTER SIDE
 The following supplied by Kim Pearson



16th ANNUAL RED RAIDER ROAD RACE UPDATE
October 11, 1997

COURSE: The course has been certified!

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: Remember..... 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 as "AGE GRADED".

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!

SCHOLARSHIP RECIPIENTS: Are Jill Aleman and Diane Ramirez, both W.T.R.C. members. Both of these will be helping out on race day as well as being recognized at the awards ceremony, so stay for the prize drawings and to congratulate these worthy students.

VOLUNTEERS: Several have stepped up including Rusty Ladd who has agreed to be Assistant Race Director. Also Ron Lubowicz, Jon Omdahl, Rhonda Kauk, Gayle Blackmon, Tony and Josie Aleman in addition to the originals, Dwayne Oakeley, Pat Jury, Ron Key, Randy Wolcott, P.J. Mitchell and Molly Santese. Sharon Maines has agreed to be the race announcer. 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. Call George to volunteer!

PARKING: Since the large parking lot west of the Student recreation center has been eliminated, and Main Street will be closed after 7am, club members should turn north on Hartford Ave. and park north of the greenhouses or take a right and park in the lots north or east of the service buildings.

RACE HISTORY: The inaugural race in 1982 was a 10K race only. For several years it used the same route as the Homecoming parade, down Broadway and back before a loop of the campus. Problems coordinating both city and Tech police for traffic control led to an on campus route. The first race was won by Bob Jackson, then a student at ENMU in 31:46, followed quickly by Henry Arellano of ITU and a former WTRC member in 31:49, and Quinn Smith also of ENMU, 2 second back. These were the 3 fastest times until the current record of 31:29 was set by Red Cloud in 1984 and Steve Cathcart's 31:38 in 1992. Age records still standing since 1982 are Veronica Cavazos' 38:48 female 19 & Under, and Bobby Cunningham's 34:52 for M40-44.

DRAW PRIZES: We will have some nice draw prizes for those who are pre-registered right after the awards ceremony. Included will be two Homecoming game tickets and two heart rate monitors. Several club members are either active in procuring or donating items for the drawing. These include: Rodger and P.J. Mitchell, James Bone, Chris Lonngren, Phillip Hoot, Randy Wolcott and Marjory Stewart.

ENTRIES: Over 50 forms have been received by Sept 22nd, which indicates a very good turnout. Club members!!!!.... Be sure to pre register so that there won't be too many signing up race day. Let's start on time!!!!

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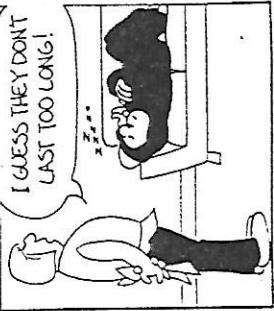
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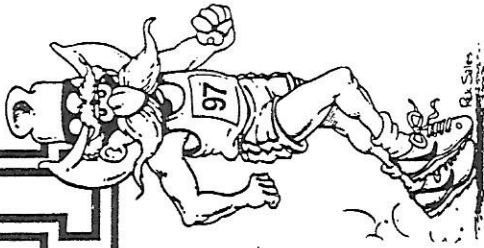


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The 16th Annual

RED RAIDER ROAD RACE



**Homecoming
Weekend
October 11, 1997
Texas Tech University
Lubbock, Texas**

A \$15 registration fee will be collected by the West Texas Running Club. A portion of this fee goes toward academic scholarships sponsored by the Texas Tech Ex-Students Association.

Race begins at the Student Recreation Center.

For more information, contact
George Jury at (806) 792-1237
or 792-1237 after 6 p.m.

5K AND 10K

SPONSORED BY:

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**WEST TEXAS RUNNING CLUB'S
16th ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
10K #TX97071ETM 5K #TX97070ETM
EVENT NUMBER 10 of the WTRC CHALLENGE SERIES**

WHEN: SATURDAY, October 11, 1997
RACE START; 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in
at Tech Ex Students Bldg. to Oct. 9th, \$15
(WTRC members pre register for \$12 to Oct. 9th)
Late Reg; Friday, Oct. 10th, University
Center, N. side, \$15 (everyone)
Raceday; 6:30 to 7:30 A.M. only, \$20

AGE DIVISIONS:

5K		10K	
MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 24	20 - 24
16 - 19	16 - 19	25 - 29	25 - 29
20 - 24	20 - 24	30 - 34	30 - 34
25 - 29	25 - 29	35 - 39	35 - 39
30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	55 - 59	
50 - 54	50 Plus	60 Plus	
55 - 59			
60 Plus			

AWARDS: 1st Place Male and Female as well as 1st
Master (Age Graded) each race receive a special
Plaque. 1st 3 in each Age Group receive medals
Clydesdales, 1st 3 male and female (Age Graded)
Long sleeved T Shirts to all entrants

RACE DIRECTOR: Dr. George W. Jury, 792-3291 (d)
792-1237 (n)