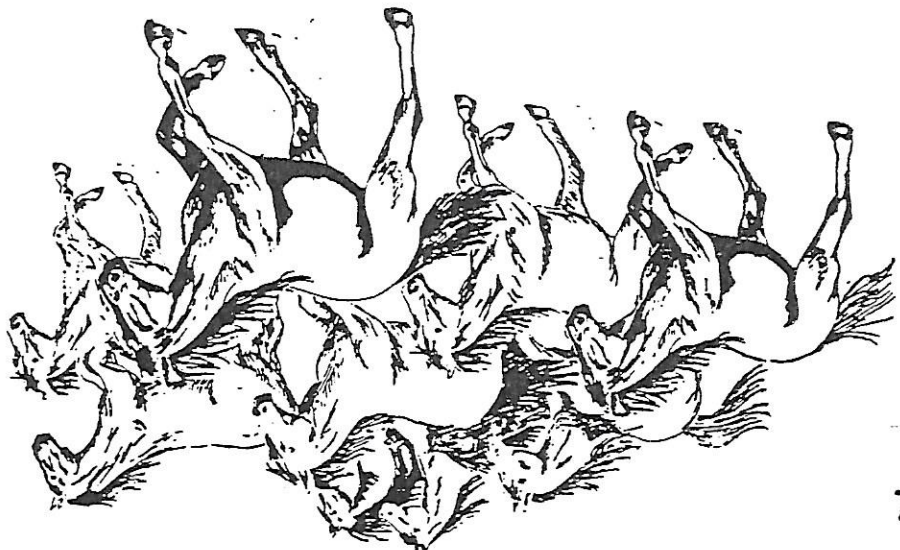


CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- SEPT 8 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- SEPT 6 MOST RUN FOR RECYCLE: Hobbs, 1 Mi., 5 & 10K, (505) 392-3971
- SEPT 6 HILCREST ZOO TROT: 10K/5K, Clovis, 8am, 505-769-9775
- * SEPT 13 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 20 MAYORS HALF MARATHON: Amarillo, 8am, FMI, 806-378-3036
- SEPT 20 RACE FOR THE CURE: Lubbock, FMI, Kathy Gilbreath, 788-4500
- SEPT 27 MEMORY RUN/WALK: Alzheimer's Benefit, BUDDY HOLLY PARK, 8am, 10K & 2 Mile Runs, FMI call Susan Reigel, 743-1799
- SEPT 28 DUKE CITY MARATHON: Albuquerque, also Half Marathon, 5K Run & 5K Walk, FMI call 505-890-1018
- OCT 4 RACE FOR THE CURE 5K: Amarillo, 8am, 806-359-4673
- * OCT. 11 RED RAIDER ROAD RACE: 5K and 10K, 8am, Lubbock, TTU, FMI call George Jury, 792-3291(d), 792-1237(n)
- OCT. 18 RED RIBBON RUN: 5K and 1 Mile, 8:30am, BUDDY HOLLY PARK, FMI call Dwight Varnum, 742-1997 x305 (d), 798-0415 (n)
- OCT. 25 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- OCT. 25 PALO DURO TRAIL RUNS: 50 MILE/25 MILE, Contact Red Spicer,
- * NOV. 8 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9am, Ronald Key, Race Director, 747-4678, 794-5833
- NOV. 9 SAN ANTONIO MARATHON: FMI call 210-246-9652
- * NOV. 27 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Chris Longren, 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)
- * 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)

- September 1997 -



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



SHALLOWATER STAMPEDE
10K and 2 MILE
Saturday, September 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

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

Well it finally happened. I had my first DNF at the Senior Sports Classic in the 5K/10K road races held in Mckenzie Park in the afternoon. Don't know what a DNF is? These three letters stand for: Did Not Finish. God knows I tried, but I just couldn't find the finish line. For those of you who ran the race---my hat is off to you. We ran under conditions that are unacceptable for a safe race. The temperature was 91° F and the relative humidity was 46%. I thought I had everything in hand until the 4 mile mark when the overpowering urge to walk overcame me. Never having walked in any race other than a marathon, I should have known there was a problem. Instead I decided to walk about 10-15 seconds every 1/4 mile. I wasn't feeling real good but still didn't recognize what was going on. The last thing I remember was going down that steep hill after the 5 mile mark on the way to Joyland and the finish line. The next thing I know I am in an EMS ambulance on the way to the hospital.

You guessed it. I had just become another victim to heat exhaustion/heat stroke. It was not a pleasant experience and the mild seizure I suffered while in Methodist ER was scary at best. I feel great now, although a little humbled by the experience and quite frankly apprehensive about running again under hot conditions. I want to thank all my friends for their help and concern during my ordeal. Thanks so much for stopping by the hospital and checking up on me. Also, please don't hold my bizarre behavior against me. No, I'm not usually that nasty. Heat exhaustion and heat stroke can do that to you. Honest! Want more info on heat related problems? Call me. *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 (DI) or 794-5833 (N)

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

10th Annual HOT DAM RUN NUMBER 8 OF THE WTRC CHALLENGE SERIES***** USA TRACK & FIELD CERTIFIED # TX93059ETM FIVE MILES OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PAGE
1	JAY TRUITT	LOVINGTON	NM	1	M1619	19	M	27:45	5:33
2	TREY JERNIGAN	BAIRD	TX	2	M1619	19	M	28:43	5:45
3	MIGUEL LIRA	BROWNFIELD	TX	3	M1619	16	M	28:44	5:45
4	KEN WOODY	MIDLAND	TX	1	M4044	40	M	29:47	5:57
5	ARTURO CARRASCO	LOVINGTON	NM	1	M3034	30	M	30:24	6:05
6	JIM LESER	LUBBOCK	TX	1	M5054	50	M	30:27	6:05
7	TOBY REEP	SUNDOWN	TX	4	M1619	18	M	30:57	6:11
8	BRENT TIDWELL	LUBBOCK	TX	2	M4044	40	M	31:39	6:19
9	TIM KEY	LUBBOCK	TX	1	M2029	29	M	31:39	6:20
10	KIRK KEAR	CANYON	TX	2	M3034	30	M	31:59	6:24
11	FRANK SUMPTER	LAMESA	TX	3	M4044	43	M	32:47	6:33
12	RANDY WOLCOTT	LUBBOCK	TX	4	M4044	41	M	32:56	6:35
13	JOHN TROMPLER	LUBBOCK	TX	2	M5054	50	M	33:16	6:39
14	JEFFREY JURY	AMARILLO	TX	1	M3539	36	M	33:24	6:41
15	DAVID STEADMAN	LUBBOCK	TX	2	M2029	28	M	33:25	6:41
16	GEORGE ANDERSON	BROWNFIELD	TX	3	M3034	34	M	33:34	6:43
17	KEN JERNIGAN	BAIRD	TX	1	M4549	45	M	33:54	6:47
18	JOSIE MARTINEZ	PETERSBURG	TX	1	F2029	20	F	33:55	6:47
19	JOYCE MARTINEZ	PETERSBURG	TX	2	F2029	20	F	34:10	6:50
20	JOEL NESMITH	SNYDER	TX	2	M3539	39	M	34:17	6:51
21	JOHN BLACKBURN	LUBBOCK	TX	3	M3539	38	M	34:33	6:55
22	TOM FORD	MESA	AZ	1	M5559	57	M	34:45	6:57
23	JACKIE CANNON	AMARILLO	TX	5	M4044	41	M	34:55	6:59
24	JASON MICHAELS	LUBBOCK	TX	3	M2029	28	M	35:00	7:00
25	RICHARD FISCHENICH	LUBBOCK	TX	3	M5054	50	M	35:16	7:03
26	BRAD HASLAM	LUBBOCK	TX	4	M3539	39	M	35:30	7:06
27	AL GARDNER	LEVELLAND	TX	6	M4044	41	M	35:31	7:06
28	STEVE VROOMAN	LUBBOCK	TX	4	M2029	29	M	35:45	7:09
29	NICK HIGHT	LUBBOCK	TX	5	M2029	25	M	35:52	7:10
30	KELBY MCCLELLAN	PAMPA	TX	5	M1619	17	M	35:56	7:11
31	RICH TITUS	LUBBOCK	TX	2	M4549	45	M	35:59	7:12
32	TARA JERNIGAN	BAIRD	TX	1	F1619	16	F	36:00	7:14
33	CULLEN SHAW	LUBBOCK	TX	1	M1315	15	M	36:09	7:14
34	RUSSEL MARTIN	SHALLOWATER	TX	5	M3539	39	M	36:42	7:20
35	FRANK GOODMAN	LUBBOCK	TX	4	M5054	50	M	36:56	7:23
36	WENDY SULLIVAN	COLORADO CITY	TX	1	F1315	15	F	37:00	7:24
37	ROBERT FORTNEY	LUBBOCK	TX	7	M4044	43	M	37:06	7:25
38	CHERISSE ROBITSON	LUBBOCK	TX	2	F1619	17	F	37:17	7:27
39	DWAYNE OAKELEY	LUBBOCK	TX	8	M4044	41	M	37:19	7:28
40	LOYD SCARROW	LUBBOCK	TX	4	M3034	30	M	37:23	7:29
41	DAN TINNEY	LUBBOCK	TX	6	M2029	25	M	37:29	7:30
42	MIKE DAILEY	LUBBOCK	TX	3	M4549	46	M	37:30	7:30
43	CRAIG LANGFORD	LUBBOCK	TX	6	M3539	36	M	37:46	7:33
44	CARLOS VIGIL	AUSTIN	TX	4	M4549	48	M	38:07	7:37
45	DENNIS SMITH	LAMESA	TX	7	M3539	37	M	38:10	7:38
46	RONNIE PRIGG	LUBBOCK	TX	5	M4549	46	M	38:21	7:40
47	DAMON RICHARDS	LUBBOCK	TX	9	M4044	44	M	38:24	7:41
48	JODI HENDERSON	LUBBOCK	TX	3	F1619	18	F	38:44	7:45
49	BRYAN PATRIDGE	LUBBOCK	TX	5	M3034	30	M	38:47	7:45
50	BOB BROSELOW	LUBBOCK	TX	2	M5559	56	M	38:48	7:46

* = New Age Group Record
+ = New Member

10th Annual HOT DAM RUN
FIVE MILES OVERALL RESULTS (Continued)

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
51	SHAWN BEAN	LUBBOCK	TX	8	M3539	36	M	38:51	7:46
52	LARRY BYRD	SHALLOWATER	TX	3	M5559	56	M	38:55	7:47
53	TIM DODD	LUBBOCK	TX	9	M3539	38	M	39:01	7:48
54	RICHARD BRAY	LUBBOCK	TX	5	M5054	53	M	39:06	7:49
55	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	43	F	39:11	7:50
56	KYLE MCCULLOUGH	PAMPA	TX	2	M1315	15	M	39:25	7:53
57	JIMMIE KEY	LUBBOCK	TX	1	M6099	60	M	39:27	7:53
58	DAVID HIGGINS	LUBBOCK	TX	10	M4044	44	M	39:31	7:54
59	LISA HODGE	DALLAS	TX	2	F4044	40	F	39:46	7:57
60	JAMES LIVERMORE	LUBBOCK	TX	6	M5054	50	M	39:54	7:59
61	RICHARD VERRONE	LUBBOCK	TX	7	M2029	29	M	39:58	8:00
62	LANCE MEDLIN	LUBBOCK	TX	8	M2029	21	M	40:00	8:00
63	HOWARD TRUJILLO	LUBBOCK	TX	10	M3539	39	M	40:07	8:01
64	CHUCK HODGE	DALLAS	TX	6	M4549	45	M	40:24	8:05
65	PAUL SINGLETERRY	LUBBOCK	TX	11	M3539	38	M	40:41	8:08
66	STEVE MAXNER	LUBBOCK	TX	6	M3034	31	M	41:08	8:14
67	BILL ROGER	LEVELLAND	TX	4	M5559	58	M	41:21	8:16
68	JEREMIAH GRAFF	LUBBOCK	TX	9	M2029	20	M	41:43	8:21
69	RODGER MITCHELL	LUBBOCK	TX	7	M4549	49	M	42:05	8:25
70	JOHN STALCUP	LUBBOCK	TX	2	M6099	64	M	42:19	8:28
71	BRIAN MAINES	LUBBOCK	TX	3	M1315	14	M	42:28	8:30
72	RON HILLIS	LUBBOCK	TX	7	M5054	53	M	42:30	8:30
73	RONNIE NUGENT	LUBBOCK	TX	8	M5054	50	M	42:41	8:32
74	KENNY MAINES	LUBBOCK	TX	11	M4044	43	M	42:51	8:34
75	CODY LASS	LOCKNEY	TX	1	M0112	12	M	43:00	8:36
76	LESLEA VARDY	WOLFFORTH	TX	4	F1619	19	F	43:05	8:37
77	TODD WHALEN	FLOYDADA	TX	12	M3539	36	M	43:19	8:40
78	GINNY TOON	LUBBOCK	TX	5	F1619	17	F	43:27	8:41
79	SONIA AGUIRRE	LUBBOCK	TX	1	F3034	32	F	43:53	8:47
80	CHRISTIE HODGE	LUBBOCK	TX	3	F2029	27	F	44:02	8:48
81	LARRY BURELSMITH	LUBBOCK	TX	8	M4549	48	M	44:50	8:58
82	BRENDA MCCULLOUGH	PAMPA	TX	2	F3034	34	F	44:57	8:59
83	DOUG TRIPLETT	LUBBOCK	TX	9	M4549	48	M	45:08	9:02
84	MINDY SULLIVAN	COLORADO CITY	TX	1	F0112	12	F	45:32	9:06
85	ETA MAYER	LUBBOCK	TX	1	F4549	48	F	45:41	9:08
86	MERRYL BARKER	FT. WORTH	TX	4	F2029	24	F	45:50	9:10
87	DARLA SCARROW	LUBBOCK	TX	5	F2029	29	F	47:32	9:30
88	FRANK EARNEY	LUBBOCK	TX	10	M4549	48	M	48:10	9:38
89	RICK LAMPE	LUBBOCK	TX	9	M5054	53	M	50:13	10:03
90	GARY SHIPP	LUBBOCK	TX	13	M3539	38	M	50:20	10:04
91	JOSIE ALEMAN	LUBBOCK	TX	2	F4549	46	F	50:40	10:08
92	CONNIE SULLIVAN	LUBBOCK	TX	1	F3539	39	F	50:50	10:10
93	TIFFANY SULLIVAN	LUBBOCK	TX	6	F1619	17	F	53:07	10:37
94	CHRISTY MAREZ	ABERNATHY	TX	6	F2029	23	F	53:29	10:42
95	THERESA MAREZ	ABERNATHY	TX	3	F4549	47	F	53:29	10:42
96	RICHARD COHEN	LUBBOCK	TX	7	M3034	33	M	54:17	10:51
97	VICKI FISCHENICH	LUBBOCK	TX	3	F3034	31	F	54:36	10:55
98	JENNA WOLCOTT	LUBBOCK	TX	2	F3539	35	F	54:40	10:56
99	MARY WOLCOTT	LUBBOCK	TX	7	F2029	20	F	54:41	10:56
100	ADAM ANDREWS	LUBBOCK	TX	12	M4044	43	M	1:00:04	12:01
101	JIM FORTE	LUBBOCK	TX	11	M4549	47	M	1:02:16	12:27
102	DEBRA FORTE	LUBBOCK	TX	3	F3539	39	F	1:02:17	12:27
103	SHARON DONALDSON	LUBBOCK	TX	3	F4044	42	F	1:12:35	14:31
104	JO ANN BROWN	LUBBOCK	TX	4	F4044	42	F	1:12:36	14:31

* = New Age Group Record
+ = New Member

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

Age	Male	Name	YTD TOTALS			YTD TOTALS		
			MILES	PTS	EVTS	MILES	PTS	EVTS
8	Male (1-12)	Ian Stewart	14	20	3	15	20	2
12	Male (13-15)	Cody Lass	5	10	1	12.2	20	2
11	Male (16-19)	Justin Houser	2	8	1	11	18	2
17	Male (20-29)	Joshua Salazar	31.1	37	5	25.2	16	5
16	Male (30-34)	Travis Perez	16	30	3	23.4	15	3
18	Male (35-39)	Jay Truitt	12	29	3	23	12	4
17	Male (40-44)	Trey Jernigan	13	25	3	11.2	10	2
17	Male (45-49)	Chris Thomas	13	23	3	10	9	1
16	Male (50-54)	Matt Ladd	3	1	1	11	9	1
17	Male (55-59)	Juan Jimenez	35.1	0	4	13	8	2
29	Male (60-64)	Tim Key	30	28	4	2	8	1
29	Male (65-69)	Richard Verrone	8	13	2	10	5	1
28	Male (70-74)	Bill Carpenter	6	10	1	11	5	1
28	Male (75-79)	Jason Michaels	5	8	1	5	4	1
25	Male (80-84)	Nick Hight	5	6	1	4	1	1
27	Male (85-89)	Jason Johnson	4	6	1	30	0	4
Brett Peikert	Male (90-94)		8	0	1	39.4	42	6
34	Male (95-99)	Mike Lass	21.2	27	4	21	40	4
31	Male (100-104)	Luis Nevarez	12	18	2	35.2	38	6
33	Male (105-109)	Robert Fino	3	9	1	26.4	31	5
34	Male (110-114)	Terry Baugh	3	7	1	10	27	3
31	Male (115-119)	Steve Maxner	5	5	1	20	26	3
31	Male (120-124)	Jesse Hilliard	5	0	1	20	18	3
39	Male (125-129)	Tom West	57.3	58	7	16.2	18	2
37	Male (130-134)	Chris Lonngren	52.3	54	7	13	10	2
38	Male (135-139)	Russel Martin	27.2	45	6	5	9	1
39	Male (140-144)	Chuck Johnson	43.2	35	6	5	9	1
36	Male (145-149)	Jeffrey Jury	25	31	4	3	9	1
38	Male (150-154)	Dwight Varnum	18	24	3	4	9	1
38	Male (155-159)	Bob Jackson	10.2	20	2	57.3	55	8
35	Male (160-164)	Shawn Bean	25.2	18	4	62.3	52	8
39	Male (165-169)	Ed Dabrowski	2	10	1	44.1	50	5
39	Male (170-174)	Ivan DeAnda	6.2	9	1	21.2	49	5
35	Male (175-179)	Rudy Hernandez	5	4	1	58.1	46	6
35	Male (180-184)	Todd Whalen	9	3	2	57.4	42	6
38	Male (185-189)	Tim Dodd	5	2	1	33.2	38	5
40	Male (190-194)	Randy Wolcott	39.4	64	7	18	38	5
39	Male (195-199)	Brent Tidwell	33.1	48	5	21	32	5
41	Male (200-204)	Al Gardner	63.5	48	7	58.3	31	8
41	Male (205-209)	Dwayne Oakeley	49.2	42	7	21	32	5
44	Male (210-214)	David Higgins	56.4	37	8	58.3	24	7
42	Male (215-219)	David Elder	43.3	31	7	21	18	2
40	Male (220-224)	Mike Flores	24	27	4	8	9	2
41	Male (225-229)	Jackie Cannon	11	22	3	15	9	3
41	Male (230-234)	Glen Lowe	13	21	3	2	9	1

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

Age Male (55-59)	YTD TOTALS (Male)			YTD TOTALS (Male)		
	MILES	PTS	VOL	MILES	PTS	VOL
58 Bill Roger	51.3	55	7 *	2	10	1
57 James Bone	44.2	42	8 *	4	5	1
56 Larry Byrd	46.3	37	6 *	28.2	59	6
54 Bob Bernero	53.3	32	8 *	28	26	4 *
56 Wallace Dean	13	25	3	11	0	1 *
59 Ralph Wolf	9	19	2	62.3	0	8 *
56 Robert Broselow	9	17	2	*Vol. **Race Dir.		

FEMALE

Age Female (1-12)	YTD TOTALS (Female)			YTD TOTALS (Female)			
	MILES	PTS	VOL	MILES	PTS	VOL	
8 Margarita Jimenez	22	28	5 *	22.2	49	5	
12 Shawna Thomas	6	19	2	28	40	4	
11 Heather Cannon	2	10	1	12.2	19	2	
10 Veronica Jimenez	29.1	9	4 *	19	18	3 *	
Age Female (13-15)				20	0	1 **	
13 Hope Jimenez	24	59	6	Age Female (35-39)			
15 Mary Lou Jimenez	31.1	36	6 *	35 Melanie McVey	45.4	70	7
13 Krystle Lowe	9	16	2	38 Marjory Stewart	10	28	3
14 Randi Royal	2	10	1	39 Michelle Jones	7	19	2
Age Female (16-19)				35 Jenna Walcott	11	16	3 *
16 Tara Jernigan	17	40	4	37 Gayle Blackmon-Hopk	4	9	1
Age Female (20-29)				Age Female (40-44)			
26 Michele Croak	8	20	2	43 Shirley Wigley	36	69	8 *
26 Christie Hodge	9	16	2	44 Cheryl Weber	47.3	59	6
Age Female (30-34)				48 Etta Mayer	2	10	1
33 Marsha Bennett	46.3	47	6 *	47 Theresa Marez	5	8	1
33 Jill Williamson	42.1	40	4	47 Tert Goodman	5	0	1 *
32 Kimberly Wightson	14.2	29	3	Age Female (50-99)			
31 Sonia Aguirre	9	20	2	51 P. J. Mitchell	58.3	10	7 **
31 Vickie Fischchenich	19	18	3 *	Mary Harris	5	0	1 *
30 Laurie Lopez	6	7	1	Maurine Bray	16	0	2 *
				Eva Matinez	10	0	1 *

HOT DAM 5 MILE RACE

Volunteers: P. J. Mitchell, James Bone, Chris Lonngren, Mike Lass, Ron Key, Jim Harris, Mary Harris, Bob Bernero, George Jury, David Elder, Jon Omdahl, David Skelton, and Teri Goodman.
 Race Times: Times posted after the race proved to be 5 seconds too slow. "Official times" listed in this newsletter are based on the chronomix tape times and a few select times. Apparently, Ye Olde editor was too quick on the "enter" button of the computer. This is why we have back up timers and why select times are important, especially in races for which we have event age group records.
 Records: Age group records were set by Ken Woody (M40-44) and Shirley Wigley (F40-44) with times of 29:47 and 39:11 respectively.

COURSE CERTIFICATION

The WTRC board voted to increase the number of courses USA T & F certified. As of now we have 4 distances certified, the Hot Dam 5 Mile, Buffalo Wallow Half Marathon, and the RED RAIDER 5K & 10K. (pending recertification)

**MEMBER CONTRIBUTION
SERVICE TO THE WTRC**

In a few short months, the club will be holding elections for the next calendar year. As I conclude two years as a board member, I thought it fitting to answer the age old question of "why should I serve?" I guess the primary reason I have devoted a considerable amount of time to club business is to simply repay a debt. The debt I'm referring to is all of the things the club has done for me since joining in 1991. When I use the term club, I'm talking about the membership. What a super bunch of folks. The following examples will help illustrate my point.

To the club member that labeled me "Bullet" and offered encouragement and friendship. A true Tracker!
 To the club member who had his continuous running record interrupted for major surgery and was back on the road in a minimum of time. Wild Bill's determination to fight adversity has been inspirational in my daily life.
 To the club member who trained with me for my first marathon and kept me focused and offered encouragement.
 To the club member who provided the impetus for me at the 13,000' level of Pikes Peak and to the 7 club members that were waiting at the finish line of that run.
 To the club member that remembered me with a marathon pin from Florida and a story from White Rock.
 To the club member that visited my Mom in the hospital and offered friendship to a lady in a strange place.
 The membership is the West Texas Running Club. I ask all of you to take a few moments and reflect on the friendships, support and conditioning that can be attributed through your involvement with the club. This coming election is very important to the success of the WTRC. Please call Jim Leser and have your name entered on the ballot.
 I plan on remaining active and helping those that have dedicated their time to the business of the club. Believe me, there is always a demand for volunteers...SEE YOU AT THE RACES.

Bob Bernero, Member

THE CHALLENGE SERIES

I need to make a correction about the requirements for award eligibility. The rules state that a member must have run in at least 3 races and volunteered at at least one race to qualify. After the "STAMPEDE" those that cannot meet the requirement will be dropped from the listing.

MESSAGE THERAPY

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

SENIOR CLASSIC VOLUNTEERS

Club members helping with the Road races and walk were, George Jury, Jon Omdahl, Gayle Blackmon, Kim Pearson, and Brent Tidwell. Club friends helping were Bob Rasa and Elizabeth Linder. There were 12 walkers and 14 runners completing the events.

STAMPEDE VOLUNTEERS NEEDED

Call Dwayne Oakeley to help Saturday, September 13th, and get your Challenge Series miles and * credited. 799-4473

16th ANNUAL RED RAIDER ROAD RACE UPDATE

October 11, 1997

Course: The permit was approved on appeal for the course as I had originally laid out. However!!!, some paving overlayment has been done on Main street and Akron. All measurements and distance locations are documented and some of the paper work to get the course USA T&F certified has been done but, but now several permanent metal spikes must be replaced which will require some re-measurement.

The course is a little more complicated, in that a loop will have to be made through the parking lot from Flint Ave. and south of the building and grounds and Print Tech buildings. The 5K runners will take a right on to Main, then to the same finish line we've used for years, while the 10K runners will take a left at Main to repeat the loop, but will approach the finish from the Flint and Main intersection. More course monitors are needed in order to keep everyone on the right path.

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

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

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

Volunteers: No new helpers have stepped up since last month. Someone to be Assistant Race Director who would be willing to act as Director for the next few years is ~~needed~~ needed.

Club members consenting to help so far are:

Registration; Pat Jury
Course Management; Dwayne Oakeley
Computer Results; Ron Key
Sponsors; Randy Wolcott
Draw Prizes; P. J. Mitchell
Course Map; Molly Santese

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

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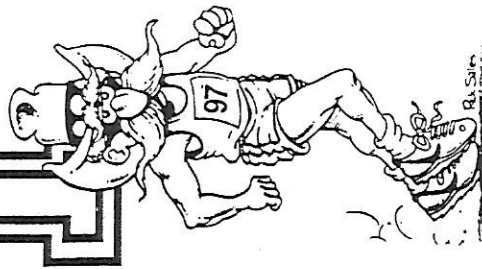


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The 16th Annual

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 Jurey at (806) 792-1237 or 792-1237 after 6 p.m.

5K AND 10K SPONSORED BY:

- Amco Service and Supply
- Cardinal's Sports Centers
- Lubbock National Bank
- Methodist Hospital
- St. Mary Hospital
- Slate National Bank
- Texas Tech Ex-Students Association
- Warm Springs South Plains Rehabilitation Center

WEST TEXAS RUNNING CLUB'S 9th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS



SHALLOWATER STAMPEDE

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 13, 1997

REGISTRATION; 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please fill out and return form or call George 6 to 7pm, Friday, Sept. 12th

RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT,

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

AGE DIVISIONS: 2 MILE

10K

MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 29	20 - 29
16 - 19	16 - 19	30 - 34	30 - 34
20 - 29	20 - 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			

AT LEAST 3 "Stampede" Medallion AWARDS WILL BE GIVEN IN EACH CATEGORY and up to 50 percent of each division will receive awards

Delicious ice cold soft drinks will be provided for runners and volunteers

RACE DIRECTOR: Dwayne Oakeley; 799-4473

SHALLOWATER STAMPEDE

Mail \$5.00 WTRC members, \$6.00 non members
Registration Make checks payable to the West Texas Running Club
thru September 10 Mail checks & entry forms to: George Jury Race start at 8 am at the
5212 44th Street Shallowater High School
Lubbock, Texas 79414 Shallowater, 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 1997 Shallowater Stampede. 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 _____