

# CALENDAR

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

- APR. 4 **MARATHON of the GREAT SW:** Abilene, FMI, call, (915) 677-8144
- APR. 7 **W.T.R.C. Business Meeting,** 7pm, 5517 74th, Lubbock
- \* APR. 11 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 Mi, 10K, Half Marathon, Frank Goodman, Race Director, 797-3804(h), 637-0203(w)
- APR. 18 **THE RACE FOR KIDS 5K:** TTU Campus, Open 5K 8am, Children's 1 Mile, 8:45am, Marjory Stewart, Race Director, 792-1085
- APR. 25 **RIM TO RIM RELAY:** Palo Duro Canyon, SH 207 N. of Silvertown, 9am, 2 x 9 Mile legs or one Bike leg of 20 Miles, Bill Ross, (806) 467-0456
- APR. 26 **MEDCOM MARATHON:** San Antonio, FMI, call, (210) 221-3185
- \* MAY 9 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 792-1011 x4690
- MAY 16 **RUN FOR THE ARTS 5K:** Midland, Mike Leach, (915)688-1658
- MAY 23 **LONE STAR PAPER CHASE:** Amarillo, FMI call (806) 345-3451
- \* JUNE 13 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 28 **BSL TRIATHLON:** Half Ironman, IRONMAN Qualifier, Mike Greer, 796-8213
- \* JULY 4 **29th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- AUG. 2 **PRUDE RANCH RACES:**
- \* AUG. 8 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- \* SEPT 12 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 26 **RACE FOR THE CURE 5K:** TTU Campus, Betsy Jones, 797-6471
- \* OCT. 10 **RED RAIDER ROAD RACE: 5K and 10K,** 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793
- OCT. 31 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 7 **TOYS FOR TOTS 5K:** Lubbock, 9am, Armed Forces Reserve Center 1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- \* NOV. 14 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, Ronald Key, Race Director, 747-4678, 794-5833
- \* NOV. 26 **W.T.R.C. TURKEY TROT:** Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Chris Longren, Race Director, 796-0685
- DEC. 6 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- \* DEC. 12 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)

April 1998



APRIL 1998

Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414



April W.T.R.C. Races  
FLIGHT LINE RACES  
HALF MARATHON, 10K & 2 MILES  
9am, Saturday, April 11, 1998  
Details Inside Back Cover



# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Jim Leser  
(H) 794-2474 (O) 746-6101

Internal Vice-President - Tim Key  
(H) 796-1824

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

## DIRECTORS

Newsletter Director - George Jury  
(H) 792-1237 (O) 792-3291

External Race Director - Chris Lonngren  
(H) 791-1774

Equipment Director - Jimmie Key  
(H) 795-7637

Race Calendar Director - Dwayne Oakeley  
(H) 799-4473

Membership Director - John Trompler  
(H) 794-1359

Internal Race Director - Vacant

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.  
The WTRC monthly business meeting is on Monday, April 6, 7:00 p.m. at  
5517 74th Street. All members are welcome.

## Leser's Lines

## THIS AND THAT

What happened at the last Board meeting? There was further discussion on club singlets but the issue was shelved until further input could be obtained from the membership as to color and material. The Special Olympics Track and Field events are scheduled for April 17-18. We donated \$2300.00 in support of these events and as such have certain rights and privileges. We are listed as a presenting sponsor and have speaking privileges at the opening and closing ceremonies; have sole rights to one event where we can award the medals, ribbons and hugs; can display our club banner; can distribute materials that promote our club; and can volunteer to help during the events. I will be out of town that weekend but we do need several club members to represent us at this important function where we show our community involvement. Please call me and volunteer.

We still have several 66 mile T-shirt awardees that have not exchanged their 1998 shirts for the correct 1997 shirt. Please call Tim Key for an exchange. We discussed membership incentives which might include discounts for multiple year memberships. There was some discussion of increasing membership dues next year. I indicated that we needed to develop a budget to see if we really needed to do this. David Higgins has 2 months to develop this with his committee. I see no reason to increase dues unless we really need to. Our account balance remained unchanged from last month at about \$5000.00. We do need to maintain a higher balance than you might think because of the possibility of some of our expensive computer and timing equipment needing repair or replacement. We will be setting a minimum balance for our account which can not be violated without full Board approval and only in an emergency. **Continued on page 7.**

## WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays: 1<sup>st</sup> group at 6:00 a.m., 2<sup>nd</sup> 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 (ID) or 794-5833 (N)

## WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN USA T&F CERTIFIED, # 97108ETM MARCH 14, 1998 LUBBOCK, TEXAS

### OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	HAFFIS BANIRE	LUBBOCK	TX	26	M	1	M2029	22:28	5:37
2	HAWK HARRIS	HOBBS	NM	21	M	2	M2029	23:30	5:53
3	BRENT TIDWELL	LUBBOCK	TX	40	M	1	M4044	23:51	5:58
*	JIM LESER	LUBBOCK	TX	51	M	1	M5054	24:01	6:00
5	CHRIS THOMAS	LUBBOCK	TX	18	M	1	M1619	25:36	6:24
6	MARJORY STEWART	LUBBOCK	TX	38	F	1	F3539	26:18	6:35
7	CHRIS LONNGREN	LUBBOCK	TX	38	M	1	M3539	26:22	6:36
8	DAVID DAILEY	LUBBOCK	TX	16	M	2	M1619	26:41	6:40
9	RANDY WOLCOTT	LUBBOCK	TX	41	M	2	M4044	26:53	6:43
10	AL GARDNER	LEVELLAND	TX	42	M	3	M4044	26:55	6:44
11	RICK SYPERT	LUBBOCK	TX	42	M	4	M4044	27:04	6:46
12	ROBERT GUJARDO	LEVELLAND	TX	55	M	1	M5559	27:09	6:47
13	STEVE SILVEY	ABILENE	TX	31	M	1	M3034	27:14	6:49
14	MIKE DAILEY	LUBBOCK	TX	46	M	1	M4549	27:26	6:52
15	LYNN MOSELEY	LUBBOCK	TX	24	F	3	M2029	27:29	6:52
16	DAVID STEADMAN	LUBBOCK	TX	28	M	3	M2029	27:35	6:54
17	TIM ST. ONGE	LUBBOCK	TX	26	M	4	M2029	27:49	6:57
18	BEN WRIGHT	LUBBOCK	TX	14	M	1	M1315	28:37	7:09
19	HOPE JIMENEZ	LAMESA	TX	14	F	1	F1315	28:49	7:12
20	DWIGHT VARNUM	LUBBOCK	TX	38	M	2	M3539	29:02	7:16
21	DWAYNE OAKELEY	LUBBOCK	TX	41	M	5	M4044	29:06	7:17
22	DAVID HIGGINS	LUBBOCK	TX	44	M	6	M4044	29:45	7:26
23	JOEY THACKER	ROARING SPRINGS	TX	50	M	2	M5054	29:58	7:30
24	RICHARD VERRONE	LUBBOCK	TX	30	M	2	M3034	30:00	7:30
25	SHIRLEY WIGLEY	LUBBOCK	TX	44	F	1	F4044	30:01	7:30
26	MARK TEMPLE	LUBBOCK	TX	35	M	3	M3539	30:08	7:32
27	MIKE KOZUB	LUBBOCK	TX	34	M	3	M3034	30:11	7:33
28	RONNIE PRIGG	LUBBOCK	TX	47	M	2	M4549	31:06	7:47
29	MIKE LASS	LOCKNEY	TX	35	M	4	M3539	31:14	7:49
30	MELANIE MCVEY	LEVELLAND	TX	36	F	2	F3539	31:22	7:51
31	JIMMIE KEY	LUBBOCK	TX	60	M	1	M6099	31:28	7:52
32	BOB BROSELOW	LUBBOCK	TX	57	M	2	M5559	31:38	7:55
33	BRANDY TEMPLE	LUBBOCK	TX	25	F	2	F2029	32:20	8:05
34	CHRIS WRIGHT	LUBBOCK	TX	15	M	2	M1315	32:57	8:14
35	CASSANDRA RIVAS	LEVELLAND	TX	25	F	3	F2029	33:12	8:18
36	JAMES BONE	LUBBOCK	TX	58	M	3	M5559	33:17	8:19
37	MIKE GREER	LUBBOCK	TX	59	M	4	M5559	33:35	8:24
38	MONTE LASS	LOCKNEY	TX	11	M	1	M0112	33:46	8:27
39	BOB BERNERO	LUBBOCK	TX	55	M	5	M5559	33:47	8:27
40	RICHARD BRAY	LUBBOCK	TX	53	M	3	M5054	33:55	8:29
41	ETTA MAYER	LUBBOCK	TX	48	F	1	F4549	33:57	8:29
42	RICHARD THOMAS	LUBBOCK	TX	41	M	7	M4044	34:39	8:40
43	MERRYL BARKER	LUBBOCK	TX	25	F	4	F2029	34:41	8:40
44	GREG HUBBARD	MIDLAND	TX	27	M	5	M2029	34:45	8:41
45	MARTI GREER	LUBBOCK	TX	39	F	3	F3539	34:50	8:43
46	CANDI AMADOR	GALVESTON	TX	39	F	4	F3539	35:08	8:47
47	BRIAN PIERCE	LUBBOCK	TX	28	M	6	M2029	35:31	8:53
48	KYLE GAYLER	LUBBOCK	TX	31	M	4	M3034	35:31	8:53
49	RYDER RICHARDS	LUBBOCK	TX	20	M	7	M2029	36:10	9:03
50	LACY RICHARDS	LUBBOCK	TX	18	F	1	F1619	36:11	9:03



WEST TEXAS RUNNING CLUB'S  
 PRAIRIE DOG TOWN 4 MILE RUN  
 USA T&F CERTIFIED, # 97108ETM  
 MARCH 14, 1998 LUBBOCK, TEXAS

OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
#	51 MARSHA BENNETT	LUBBOCK	TX	34	F	1	F3034	36:40	9:10
	52 RON NUGENT	LUBBOCK	TX	51	M	4	M5054	37:00	9:15
	53 SHAWNA THOMAS	LUBBOCK	TX	13	F	2	F1315	37:06	9:17
	54 TAHNEE ELLIOT	LUBBOCK	TX	21	F	5	F2029	37:13	9:18
	55 CHAD ELLIOT	LUBBOCK	TX	22	M	8	M2029	37:14	9:19
	56 ADAM ANDREWS	LUBBOCK	TX	44	M	8	M4044	37:36	9:24
	57 JOSIE ALEMAN	LUBBOCK	TX	46	F	2	F4549	38:18	9:35
	58 KENNETH KINZENBOW	LUBBOCK	TX	9	M	2	M0112	38:50	9:43
	59 FRANK EARNEY	LUBBOCK	TX	49	M	3	M4549	39:20	9:50
#	60 RICK LAMPE	LUBBOCK	TX	53	M	5	M5054	39:22	9:51
	61 AFTAB AHMED	LUBBOCK	TX	40	M	9	M4044	39:35	9:54
	62 MADELEINE TAYLOR	LUBBOCK	TX	46	F	3	F4549	39:44	9:56
+	63 CHRISTY MAREZ	ABERNATHY	TX	24	F	6	F2029	40:47	10:12
	64 NOLA RICHARDS	LUBBOCK	TX	44	F	2	F4044	41:50	10:28
	65 DAMON RICHARDS	LUBBOCK	TX	44	M	10	M4044	41:51	10:28
	66 MARGARITA JIMENEZ	LAMESA	TX	8	F	1	F0112	42:05	10:31
	67 MELANIE GAYLOR	LUBBOCK	TX	31	F	2	F3034	42:18	10:35
	68 THERESA MAREZ	ABERNATHY	TX	48	F	4	F4549	43:57	10:59
	69 BO MINNIS	LUBBOCK	TX	56	M	6	M5559	44:34	11:09

\* = New Age Group Records + = New Members # = Clydesdale Winners

RACE DIRECTOR'S REPORT

It was the 15th annual Prairie Dog Run. It was my first experience as a race director. The prospect of coordinating "Prairie Dog" made me nervous, as I gradually learned all that it takes to make an event like this happen. It came together, finally, thanks to the assistance I received from a wonderful group of volunteers. Many thanks to George Jury, Tony Aleman, Teresa Ditley, Jim and Mary Harris, Margaret Jimenez, Tim Key, Bill Piatt, Joe Post, David Skelton, Ann Trompler, and Jim Wilhelm. Thanks also go to Sierra Water, James Bone and Fleming Foods, and to those runners who expressed a willingness to volunteer if I came up short on help. Obviously, that did not happen.

It was a very good day for running. Only a brisk southerly breeze kept the conditions from being excellent. Carrying the day were Haffis Banire and Marjory Stewart, each overall winners in their respective divisions. Congratulations also to second and third overall winners, Lynn Mosely and Hope Jimenez, as well as Hawk Harris and Brent Tidwell. Winners in the Clydesdale divisions were Mike Lass, Ron Nugent and Rick Lampe. New course records were set in two age groups. Shirley Wigley bettered her own record from last year, and Jim Leser broke the 50-54 age group set by George Jury in 1990. There were many other outstanding performances among the 69 finishers. Thanks to each of you for making this race a success.

John Trompler

W.R.T.C. 1998 CHALLENGE SERIES  
 STANDING AFTER 3 EVENTS

MALE

0 - 12 MALE	13 - 15 MALE	16 - 19 MALE	20 - 29 MALE	30 - 34 MALE	35 - 39 MALE	40 - 44 MALE	45 - 49 MALE	50 - 54 MALE	55 - 59 MALE	60 - 69 MALE
Mike Lass Kenneth Kinzenbaw Ian Stewart	Chris Wright Cody Lass Tommy Arguilo Ben Wright Cullen Shaw Dennis Rawls	Chris Thomas Ryan Cruz David Ditley Chris Buenostro	Hawk Harris Tim St. Onge Glen Fokliktha David Steadman Demetri Ingram Ryder Richards	Richard Verrone Tim Key William Trippe Rodney Hendrix Steve Sivey Jesse Hilliard	Mike Lass Chris Lonngren Bob Jackson Russel Martin Shawn Bean Dwight Varnum	Randy Wolcott Al Gardner Brent Tidwell Dwayne Oakeley Adam Andrews David Higgins Frank Sumpler Mark Pessa Mickey Davis Mark Albus Richard Thomas David Skelton Jim Wilhelm	Frank Eamey Joe Post Larry Burelsmith Mike Kelley Bill Platt Ken Jerrigan Rich Titus Ronnie Prigg Fred Weber Doug Tripiet Tony Aleman	Jim Leser John Trompler Richard Bray James Livermore Ronnie Nugent Joey Thacker Richard Fischenich Frank Goodman Rick Lampe Joe Martinez	James Bone Jim Harris Bob Bernero Bill Roger Robert Guajardo Bill Oates Robert Broselow Larry Bird Mike Greer Bo Minnis	Jimmie Key John Stalcup George Jury
PTS 25 28 9	29 18 10 10 9 8	20 10 9 7	27 21 9 8 7 4	25 20 19 15 10 0	23 20 10 10 9	28 24 20 15 11 10 8 7 5 4	28 16 15 13 11 10 10 9 8 4 0	20 19 17 15 18 9 8 7 6 0	23 19 18 10 9 8 7 5	20 9 5 0
MILES 13 13 4	17 9 4 4 5 5	8 5 4 5	13 17 5 4 5 4	17 17 9 13 4 8	17 8 8 4 5 4	17 13 12 13 25 9 8 13 5 4	17 17 13 8 4 4 4 5 9	9 21 22 9 2 4 5 4 4 8	17 17 13 13 4 4 13 4 13	17 17 17 17 17 17 17 17 17 17
EVENTS 3 3 1	3 2 1 1 1 1	2 1 1 1	3 3 1 1 1 1	3 3 2 2 1 1	3 3 3 3 3 2	3 3 3 3 3 3 3 3 3 3	3 3 3 3 3 3 3 3 3 3	3 3 3 3 3 3 3 3 3 3	3 3 3 3 3 3 3 3 3 3	3 3 3 3 3 3 3 3 3 3
YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS	YTD TOTALS

\*\* = RACE DIRECTOR  
 \* = VOLUNTEER



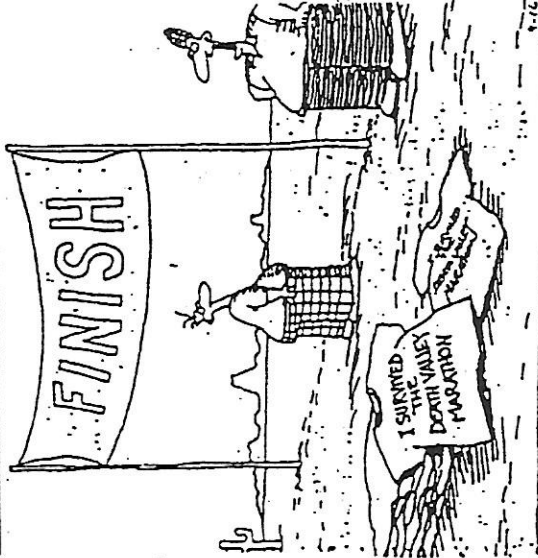
W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 3 EVENTS

FEMALE

YTD TOTALS		YTD TOTALS		YTD TOTALS	
PTS	MILES	EVENTS	PTS	MILES	EVENTS
<b>0 - 12 FEMALE</b>					
Margarita Jimenez	30	3	30	17	3
<b>13 - 16 FEMALE</b>					
Hope Jimenez	30	3	28	13	3
Mary Lou Jimenez	9	1	9	4	1
Shawna Thomas	9	1	8	4	1
<b>18 - 19 FEMALE</b>					
Stephanie Alvarez	10	1	30	17	3
Tara Jernigan	10	1	9	4	1
Lacy Richards	10	1	9	4	1
Wendy Sullivan	9	1	9	4	1
<b>20 - 29 FEMALE</b>					
Cassandra Rivas	18	2	29	13	3
Brandy Temple	9	1	20	12	2
Tahnee Elliot	8	1	9	13	2*
Christy Marez	8	1	8	4	1
	5	1	7	4	1
	5	1	0	4	1*
<b>30 - 34 FEMALE</b>					
Marsha Bennett	20	3*	10	4	1
Laura Hopper	10	1	0	5	1*
Sonia Aguirre	10	1	0	8	1*
Vicki Fischentich	9	1	0	4	1*
Molly Santese	0	1*	0	4	1*

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

IN THE BLEACHERS



"Well, it's been two days and no sign of anyone. Looks like we're going to take a bath on those T-shirts again this year."

Continued from page 2. The Board once again approved an expenditure of up to \$200.00 to fund the purchase of running books for the library. At John Trompler's suggestion, we will place these in branch libraries. We also discussed funding a running magazine subscription for the branch libraries.

Shane Cunningham Memorial. Many of you longtime members know Bobby Cunningham—a remarkable runner some years back who holds many of our club's age group records. He recently started racing again after a several year absence, although he has retained his membership over the years. Bobby suffered the tragic loss of his son, Shane, in February. Several of our club members attended his funeral. Shane left behind a wife and two children. Your Board voted to support the Cortni and Cooper Love Fund with a monetary gift. Please keep Bobby and Shane's family in your prayers.

Club singlets. After the Prairie Dog Run on Saturday, I decided to make an executive decision and go ahead with the purchase of club singlets just like the ones that were awarded to the Challenge Series winners. I did this in the interest of time. I did receive some more input but believe that time is of the essence. I've wanted club singlets for a long time and Marjory Stewart's initiative on the Challenge Series has got the ball rolling. Maybe they can be available at the next race. I intend for them to be sold at cost.

Lost sheep. There are many members that have failed to renew their membership for 1998. Where are you? Some of you have moved away from the area and maybe some of you are burned out or injured. If you know of such a person, please encourage them to rejoin. Speaking of injured members, we probably have many on this list that just disappear from sight while trying to recover. We need to provide support to these runners, help them on the recovery road, encourage them to remain an active part of the club by volunteering. P. J. Mitchell has been struggling with an injury for quite some time now. Give her a call of support. Joe Martinez had knee surgery last year and still can not run. He has been cycling recently and has committed to doing the Strutter's Duathlon in San Angelo on a relay team with Bob Bernero. Good for you Joel Gayle Blackmon-Hopkins is still out after surgery over a year ago. And while you see Marjory Stewart at the races, she is still injured and certainly not back to 100%. Please give these and others that I did not mention your support. We all have been injured at one time or another and need the propping up of friends.

WTRC Board changes. Randy Wolcott, our internal race director, formally resigned last month citing a heavier workload than he had anticipated. Any suggestions for a replacement would be appreciated. Pat Jury will be maintaining the Challenge Series results on an Excel spreadsheet in the absence of an internal race director. Thanks Pat! I want to reiterate my position for next year. I will not be serving as your president in 1999. If a suitable replacement is not forthcoming then the position will be vacant. Four years is enough. I have other things I would like to do, some of which does involve the club. My life has become very busy since 1995 with all the problems associated with the boll weevil, once it invaded the High Plains in 1994.

Another Duathlon. I was the sole representative from our area at the recent Blue Norther Duathlon held in Segin. While Lubbock suffered through horizontally driven snow, all I had to contend with was 40 mph winds. Believe me, it is a challenge to ride a bike into winds like this. I was able to place 14<sup>th</sup> overall out of 104 participants and 1<sup>st</sup> in my age group. This is my second win for the year! A bunch of us are going to San Angelo for the Strutter's Duathlon. Won't you join us? It is a lot of fun.

Buffalo Springs Triathlon. This triathlon is rapidly approaching on June 28<sup>th</sup>. Several of our members will participate and many more will volunteer to help man the aid stations on the run course. I am the coordinator of these aid stations and need you to volunteer. It will require at least 42 volunteers to accomplish our task. Race organizers are expecting over 1000 participants as this is not only an Ironman qualifier but also a qualifier for the World's Long Course Championship Triathlon. Please call me!

3<sup>rd</sup> Annual Lectureship Series On Child Abuse. This event is scheduled for March 27<sup>th</sup> and is partially funded by money raised by P. J. Mitchell's Hot Dam Run. *from Loretta*



## CLUB MEMBER NEWS

### SYMPATHY

The club wishes to express our deepest sympathy to Bobby and Missy Cunningham for the loss of their son Shane. Shane was active in the club as a teenager in the late 70's and early 80's. He is also survived by his wife Jonna and children, Cooper and Cortni. He also has a brother, Scott of Littlefield.

### CONGRATULATIONS

To new club member Demetri Ingram and his wife on the birth of a son February 25, 1998.

### AI THE RACES

Since last month I have learned of two other members who completed the AUSTIN MOTOROLA MARATHON in a time of 3:59:25, as they paced San Angelo Road Lizards President, Mike Fite, to a successful goal in his first Marathon. Carlos Vigil now lives in Houston and Jim Deaver at Christoval.

At the WHITE SANDS MISSILE RANGE DUATHLON, White Sands, NM, Feb. 21st, Tim St. Onge was 4th in his 25-29 AG with a 1:10:50, Fred Weber was 2nd in his 45-49 AG with a 1:15:50, and Cheryl Weber was 2nd overall and 1st in her 45-49 AG with a 1:21:48. This was a 5K run and 30K bike event.

### RACE HELP WANTED

The next 3 events require more help than most of our races. The triple event races such as FLIGHT LINE and HORSESHOE BEND are spread out a long way and require more water stops and monitors, and THE RACE FOR KIDS 5K needs a lot of help keeping the kids' 1 mile race going well. Remember, club members, perhaps you could bring a spouse or friend out to help at some of these. Please call the race directors listed below for these events.

FLIGHT LINE RACES, April 11, Frank Goodman, 797-3804

THE RACE FOR KIDS, April 18, Marjory Stewart, 792-1085

HORSESHOE BEND, May 9, Vicki Fischenich, 792-0662

### RED RAIDER ROAD RACE

Race Director, Rusty Ladd is at work on this year's race scheduled for October 10, 1998. Dr. Randy Wolcott is once again helping with sponsors. Rusty is in need of: An Assistant Race Director, Course Manager, Volunteer Coordinator and Registration Chairman in addition to many other workers. Please call him at 784-0793.

### RIM TO RIM RELAY

Mike Flores has sent information about this challenging event April 25, to be held in the beautiful Palo Duro Canyon along State Highway 207 north of Silverton. This is a 2 person relay, male, female, mixed or a run/bike team. Each leg is 9 miles. The first runner starts at the south rim and runs to the north rim where the 2nd team member is tagged and runs back to the south rim. The biker of the run/bike team rides from the north rim 5.5 miles past the south rim and back for a total of 20 miles.

For entry form & information, call Bill Ross, (806) 467-0456 (n).

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FAX 806-796-2454 • TOLL FREE 1-800-658-2092

### BEGINNING RUNNING

How many times have you been asked by someone, "How can I get started running?" Now you can give that person some sound advice by telling them to get the inexpensive book described below. In fact it would be a good idea to clip this information and carry it with you so you can share it. Another idea is to buy a couple of copies and loan them out to those interested.

### BEGINNING TO RUN:

Beginning Runners Guide by Hal Higdon, Copyright (c) 1997 by Hal Higdon Communications, all rights reserved. Autographed copies of this book are available for \$5.00 (includes shipping and handling) from Roadrunner Press, P.O. Box 1034, Michigan City, IN 46361-1034.



# A CHANGE OF PACE

BY JIM LESER

How many of you travel out of town during the year? Probably more than once. Do you ever try to find a race to compete in while traveling? If not--try it, you'll like it! This may be just the change in pace you are needing or looking for.

Now our club puts on a terrific series of races--as good or better than any other club in the U.S. And competing on the same course can be a plus, i.e., intimate knowledge of the course, able to compare times from year to year, keeping up with course or event PRs, especially as you move to different age groups, competing against the same individuals each time, and of course--seeing many old friends at least once-a-month. And our races are generally quite inexpensive.

But there are many pluses for competing in races outside the area: opportunity to make new out-of-town friends and see them at least on a yearly basis if you return to the new race, running against new people with unknown abilities, running a new course with different scenery, not worrying about how well you will do compared to last time (there wasn't a last time!), and experiencing an event conducted by a different organization.

Several of you already travel out and about to run a marathon or two each year. But what about the shorter races? I for one am all in favor of trying new races, especially as I continue running into my 9<sup>th</sup> year. So far I have concentrated on marathons and now duathlons, but other running events will soon follow.

Will running races out of town take me away from our own club races and thereby hurt attendance? Yes, I will miss some of our local races but so far my travels still allow me to run 8-10 of our races. I believe that if we are offering a series of quality events, we should continue to attract a large

## WEST TEXAS RUNNING CLUB'S 12th ANNUAL FLIGHT LINE RACES HALF MARATHON, 10K and 2 MILE RACES

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, April 11, 1998

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 before 7pm, Friday the 10th, then pay fee race day



**WHERE:** REESE AIR FORCE BASE

Picnic Grounds  
West of Lubbock on  
19th or 4th Street

**COURSE:** ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

**AID STATIONS:** Every 2.5 Miles

Splits at 1 Mile

**AGE DIVISIONS:** Half Marathon

**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 0-12, 13-15 & 16-19 age groups in the 2 Mile)  
(0-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena 0-35 and 36 and up

**AWARDS:** Custom Designed "Pilots Wing" 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:** Frank Goodman, 637-0203(d)  
797-3804 (h)

enough field of runners each month. I also believe that we need to be supporting other area club's races and providing information on their races, even if they conflict with our races. Besides, clubs as far away as in San Antonio are already doing this and even advertising our races!

We can all benefit from open disclosure. It is the right of the runner to make the choice of which event he or she wants to compete in. Our club's responsibility is to let our membership know what is available. After all, not every one subscribes to one or more running magazines or has access to the internet. Accordingly, I am providing a partial listing below of events scheduled outside the Lubbock area for the next 2 months that I am aware of and will include an updated listing each month:

**April**

04 GSL Trail Run 9M, 9AM, Palo Duro Park, David Lard: 806-354-1908

04 Marathon of the Great Southwest, Abilene, 915-677-8144

11 Race for Life 5K & 10K, 8:30AM, Ellwood Park, Jim: 806-373-5663

18 Sprint Triathlon, WTAMU/Canyon, Life Services :806-656-2335

18 YMCA Strutters Duathlon, San Angelo, Ironhead Race Productions: 915-655-9106(d), 817-355-1279(n)

25 Flim-to-Rlm Relay Claude-Silverton Hwy, Wynn: 806-354-8361

26 Medcom Marathon, San Antonio, 210-221-3185

**May**

02 YMCA 8K, Medical Center, Amarillo, YMCA: 806-374-4651

16 Run for the Arts, Midland, Mike Leach: 915-688-1658

23 Lone Star Paper Chase, Amarillo 7AM, Mar & 1/2 Mar, 8AM, 10K & 2M, Jo Bagwell: 806-345-3451

25 Bolder Boulder, Colorado, 10K, 303-444-RACE



## About the CDRC

The Child Development Research Center, founded in 1931, is operated by the Department of Human Development and Family Studies in the College of Human Sciences, to provide a model developmentally appropriate early childhood program for children from birth to six years of age, including those with special needs. The center also serves as a practicum, lab, and research site for undergraduate and graduate students and faculty interested in issues and careers related to young children. While preference is given to employees of Texas Tech University, the center is open to anyone who would like to apply.

The Race for Kids began in 1992 as a fund raiser for the Child Development Research Center Outdoor Learning Environment Project, a cooperative project between the College of Human Sciences and the College of Architecture to design and build a developmentally appropriate handicap accessible play environment for children from birth to six year of age. This model playground has received local, state, regional, and national attention. While the Race for Kids has expanded during the last six years to include other beneficiaries and sponsors, part of the proceeds from the race still support the Outdoor Learning Environment and help to subsidize the tuition of children with special needs.

### Children's Advocacy Center

Each year, hundreds of children in Lubbock County are referred to authorities for investigation of child abuse and neglect. In our current system, children are transported to various locations for multiple interviews causing further trauma to the child.

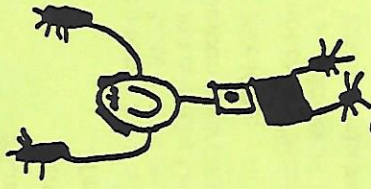
The Children's Advocacy Center of Lubbock County, Inc. provides a central location for the provision of services for child victims of physical and sexual abuse. The Center uses a team approach that combines the skills of Children's Protective Services, Lubbock Police Department, Lubbock County Sheriff's Office and the C.A.R.E. Center at Texas Tech University Health Sciences Center.

#### The Center Includes:

- a child-friendly environment where children can feel safe and comfortable
- an interview room where one interview will be conducted and video-taped
- medical equipment and professionals for providing exams
- a resource library for children, parents and professionals
- an emergency supply room for children removed (or at risk of removal) from their homes
- Center personnel and volunteers to provide community education through speaking engagements and seminars
- coordination of weekly case reviews and support partner agencies in their investigations

## Race Judicata 5km & Elementary Mile

# THE RACE



# FOR KIDS

#### Brought to you by:

- Child Development Research Center
- Health & Fitness Legal Assn.
- West Texas Running Club
- Lubbock Young Lawyers Assn.
- Student Bar Association

#### Benefiting:

- Child Development Research Center
- Children's Advocacy Center

#### Thank You, Sponsors!!

- Southwestern Bell Yellow Pages
- Microage Computers
- Thacker Jewelry
- Laser Port
- Law Office of Damon Richards
- Texas Tech Law Review

Saturday, April 18, 1998

Memorial Circle

TEXAS TECH UNIVERSITY

- Registration 7:00 a.m.
- 5 Km Road Race 8:00 a.m.
- Elementary Mile 8:45 a.m.
- Team Relay Walk/Run 10:00 a.m.
- Pancake Breakfast 9:00 a.m.
- Awards 10:30 a.m.

#### Special Events

- Free T-shirt for all entrants in the 5 Km run, and for children in all events.
- Clown, face painting
- Post Race Pancake Breakfast \$3 per person

#### Special Guests:

- Raider Red
- Trick Ropers
- Exciting Prize Drawings

#### SPECIAL PRIZE:

- A computer will be awarded to the school with the most participants!!!!



**Race for Kids**  
**Saturday, April 18, 1998**  
**Texas Tech University Engineering Key**

**REGISTRATION**

**Entry Fees:**

5 Km Road Race - \$12

Elementary Mile - \$7

Team Relay - \$30

Registration forms for the Elementary Mile have been sent to schools. School entries must be submitted by a representative teacher to Jon & Becky Omdahl, 5504 77th, Lubbock. If there are any question regarding registration, please call Marjory Stewart at 792-1085.

**PLEASE** notice that those registering on the day of the race will be charged an additional \$2 per entry.

**Make checks payable to: The Race for Kids**

**Mail 5km & Relay entries, postmarked by 4-14-98, to:**

**Texas Tech University**  
**Child Development Research Center**  
**P.O. Box 41162**

**Lubbock, TX 79409-1162**  
**(or bring by Human Sciences Room 159)**

**DESCRIPTION OF EVENTS**

◆ **5 Km Race Judicata**

A 3.1 mile run, open to runners and fitness walkers of all ages, with custom designed sterling silver medals for top 3 male and female finishers in all age divisions ( under 12, 12 -19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-60, 60+ ) as well as merchandise prizes for overall winners. Route: Starting and finishing on Engineering Key, with one loop of campus.

◆ **Elementary Mile**

A one mile event for children in grades K-6 with awards for 1st, 2nd, and 3rd place boys and girls in each grade level. Free T-shirts for all participants. Medals awarded to every finisher.

◆ **Team Relay Run/Walk**

Open to EVERYONE - walk, run, or push a stroller. Teams of five must include one child (12 or under). Free T-shirts for all children. Ribbons awarded to all children. Course: Ten laps around Engineering Key. Laps can be divided between team participants in any way.

◆ **A computer will be awarded to the school with the most participants!!!**

\*Teams without five people can have members run more than once.  
©Those entered in the Mile or 5K may participate on a relay team at no

**Entry Form**

(Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Race Category: **(Check only one per form)**

5 Km     Relay     Elementary Mile    Grade: \_\_\_\_\_

CASH     CHECK # \_\_\_\_\_

**\*Note:** Every team member must complete an entry form and sign the waiver. Please submit all team member entry forms in the same envelope.

**Waiver:**

In consideration of your accepting this entry, as a voluntary participant, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors and administrators, waive and release any and all rights and claims I may have against the West Texas Running Club, Marjory Stewart, race director and their representatives, successors and assigns for any and all injuries suffered by me in this event. In consideration for being allowed to participate, I hereby agree to assume full responsibility for my safety and the safety of my property and I agree to release, indemnify, and hold harmless Texas Tech University, its Board of Regents, officers, agents, and employees, the Texas Tech Health and Fitness Legal Society, the Child Development Research Center, and the College of Human Sciences, its officers and agents, from any and all liability for personal injury including death or for damage to property that may occur to myself or to others as a result of my participation in this event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. I further agree to assume responsibility for my minor age child(ren) in my care and/or if they are participating on a team with an adult other than myself. I am aware of the potential risks involved in an athletic event of this nature, and I have no known medical condition which might put me at risk of harm if I walk/run the race I am entering. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings of any other record of this event for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The office race director reserves the right to reject any entry.

\_\_\_\_\_  
Signature of Entrant

\_\_\_\_\_  
Signature of Parent or Guardian if under 18 years of age

I would like to make an additional donation of \$ \_\_\_\_\_ to the CDRC Outdoor Learning Environment.

I would like to make an additional donation of \$ \_\_\_\_\_ to the Children's Advocacy Center.



# Flight Line Races

Mail  
Registration  
thru Apr 9

Telephone registration  
by 7 p.m. Apr 10  
792-1237

\$5.00 WTRC members, \$6.00 non members  
Make checks payable to the West Texas Running Club  
Mail checks & entry forms to:

George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race starts at 8:00 a.m.  
at the Reese Center

**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 1998 Flight Line Races. 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)    Select Event: 2 mile \_\_\_\_\_ 10K \_\_\_\_\_ ½ Marathon \_\_\_\_\_    \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)  
\_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Name \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_