

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- * 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
 - JAN. 20 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
 - FEB. 1 3M HALF MARATHON: Austin, FMI call (512) 984-7223
 - * FEB. 14 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328(h)
 - FEB. 7 POLAR BEAR RUN: 5K, 10am, TTU Campus, Charles Elliot, 792-1866
 - FEB. 15 MOTOROLA MARATHON: Austin, FMI call (512) 505-8304
 - FEB. 21 2nd ANNUAL ROAD WARRIOR 5K X-C: Hobbs, 10am(MST) call Bob
Jackson, (505) 392-1555 (directions and info at next 2 races)
 - FEB. 28 COWTOWN MARATHON & 10K: (817) 735-2033
 - * MAR. 14 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
 - * MAR. 29 CAPITOL 10.000: Austin, FMI, call 1-512-445-3598
 - APR. 4 MARATHON of the GREAT SW: Abilene, FMI, call, (915) 677-8144
 - * APR. 11 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon,
Frank Goodman, Race Director, 797-3804(h), 866-4397(w)
 - APR. 18 THE RACE FOR KIDS 5K: Children 1 Mile, Open 5K, Details later
 - APR. 25 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 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, 894-3338
 - JUNE 28 BSL TRIATHLON:
 - * JULY 4 29th ANNUAL FIRECRACKER RUN: Brownfield, 8am, 10 Mile and 3
Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
 - * AUG. 8 HOT DAM 5 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Child-
dren'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
 - * 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. 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 Lonngren, Race Director, 796-0685
 - DEC. 6 WHITE ROCK MARATHON: Dallas, (214) 526-5318
 - * DEC. 12 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PAPP Lubbock, 10 am
Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)

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



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

JANUARY 1998



January W.T.R.C. Race
LOOP THE LAKE 5 MILE RUN
10am, Saturday, January 10, 1998
Details Inside Back Cover

January 1998



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

Past President - Ron Key
(H) 794-5833 (O) 747-4678

DIRECTORS

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

External Race Director - Chris Lonngen
(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 - Randy Wolcott
(H) 793-8869

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, January 20, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

The 1998 officers and directors of the West Texas Running Club are listed above. Six board members agreed to serve again while 5 new club members stepped forward to serve. A sincere thanks to both the old and new board members that will conduct the WTRC business next coming year! I would also like to recognize the contributions of Marjory Stewart, Bob Bernero, Mark Wagnon, Brent Tidwell, and Frank Goodman. These seasoned veterans really made a difference, insuring that we had another successful year. I am looking forward to new challenges and opportunities.

CHALLENGE SERIES AWARDS

Challenge Series awards (66 mile club and age group awards) will be presented at the Loop the Lakes run on January 10th. We promise to have a short ceremony and provide plenty of snacks for those that tend to get a little hungry as the noon hour approaches.

Have I got a deal for you! Enclosed is a subscription offer to *Runner Triathlete News*. They are offering a half-price one year subscription to the WTRC. This can be used for new subscribers, renewals and extensions of existing subscriptions. Send your subscription form and check to: Runner Triathlete News, P.O. Box 19909, Houston, TX 77224.

I want to apologize for the snafu that occurred at the Turkey Trot last month. The registration form indicated turkeys would be awarded to those winning their age groups, but none were provided on race day. I assumed we would give turkeys like previous years and did not check with the race director before printing the registration form. My mistake. I take full blame. *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 (H) or 794-5833 (N)

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT LUBBOCK, TEXAS NOVEMBER 27, 1997

TEN MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	TIM KEY	LUBBOCK	TX	30	M	1	M3034	57:43	5:46
2	BOB JACKSON	HOBBS	NM	39	M	1	M3539	58:01	5:48
3	CORNELIUS PUIULET	LUBBOCK	TX	25	M	1	M2029	1:01:43	6:10
4	LOLO MERCADO	EL PASO	TX	37	M	2	M3539	1:03:01	6:18
5	DANNY HORADAM	SAN ANTONIO	TX	42	M	1	M4044	1:04:45	6:29
6	JIM LEFER	LUBBOCK	TX	51	M	1	M5054	1:06:51	6:41
7	TIM ZANELLATO	INDIANAPOLIS	IN	31	M	2	M3034	1:08:08	6:49
8	CHRIS THOMAS	LUBBOCK	TX	18	M	1	M1619	1:09:18	6:56
9	MARJORY STEWART	LUBBOCK	TX	38	F	1	F3539	1:09:55	7:00
10	CULLEN SHAW	LUBBOCK	TX	15	M	1	M0115	1:10:05	7:01
11	CHRIS LONNGREN	LUBBOCK	TX	38	M	3	M3539	1:10:12	7:01
12	RANDY WOLCOTT	LUBBOCK	TX	41	M	2	M4044	1:10:33	7:03
13	TODD MANN	LUBBOCK	TX	32	M	3	M3034	1:10:49	7:05
14	DOUG GARDNER	LUBBOCK	TX	32	M	4	M3034	1:11:23	7:08
15	NICK HIGHT	LUBBOCK	TX	25	M	2	M2029	1:11:44	7:10
16	TOM WEST	LUBBOCK	TX	40	M	3	M4044	1:11:57	7:12
17	AL GARDNER	LEVELLAND	TX	41	M	4	M4044	1:12:47	7:17
18	RICHARD FISCHENICH	LUBBOCK	TX	50	M	2	M5054	1:13:33	7:21
19	JEFFREY JURY	AMARILLO	TX	37	M	4	M3539	1:13:43	7:22
20	J. PAT LAMB	IRVING	TX	40	M	5	M4044	1:13:54	7:23
21	JILL WILLIAMSON	LUBBOCK	TX	33	F	1	F3034	1:14:09	7:25
22	STEVE VROOMAN	LUBBOCK	TX	30	M	5	M3034	1:14:21	7:26
23	MIKE DAILEY	LUBBOCK	TX	46	M	1	M4549	1:16:14	7:37
24	DAMON RICHARDS	LUBBOCK	TX	44	M	6	M4044	1:16:26	7:39
25	DAVID HIGGINS	LUBBOCK	TX	44	M	7	M4044	1:16:37	7:40
26	TONY TORREZ	LUBBOCK	TX	32	M	6	M3034	1:17:12	7:43
27	GREG SMITH	NEWARK	DE	22	M	3	M2029	1:18:28	7:51
28	JASON MICHAELS	LUBBOCK	TX	29	M	2	M2029	1:19:06	7:55
29	KIM PEARSON	LUBBOCK	TX	43	M	8	M4044	1:19:44	7:58
30	RUSSEL MARTIN	SHALLOWATER	TX	39	M	5	M3539	1:19:50	7:59
31	GREG HOGAN	LUBBOCK	TX	38	M	6	M3539	1:20:02	8:00
32	BARNEY ADAMS	LUBBOCK	TX	45	M	2	M4549	1:20:10	8:01
33	DENISE BELL	IRVING	TX	25	F	1	F2029	1:21:01	8:06
34	BILL ROGER	LEVELLAND	TX	58	M	1	M5559	1:21:24	8:08
35	RICHARD BRAY	LUBBOCK	TX	53	M	3	M5054	1:21:49	8:11
36	STEVE WOHLRAB	LUBBOCK	TX	42	M	9	M4044	1:22:02	8:12
37	STEVE NIEMAN	SHALLOWATER	TX	45	M	10	M4044	1:22:08	8:13
38	RICHARD CHAPMAN	AUSTIN	TX	45	M	3	M4549	1:24:00	8:24
39	BRANDY TEMPLE	LUBBOCK	TX	25	F	2	F2029	1:24:15	8:26
40	JIMMIE KEY	LUBBOCK	TX	60	M	1	M6099	1:24:31	8:27
41	JAMES BONE	LUBBOCK	TX	58	M	2	M5559	1:25:13	8:31
42	SHIRLEY WIGLEY	LUBBOCK	TX	43	F	1	F4044	1:25:37	8:34
43	ROBERT HIGHT	LUBBOCK	TX	32	M	7	M3034	1:26:33	8:39
44	DAN MANNING	FT. WORTH	TX	39	M	7	M3539	1:27:12	8:43
45	GONZALO RAMIREZ	DALLAS	TX	41	M	11	M4044	1:28:17	8:50
46	JAMES LIVERMORE	LUBBOCK	TX	50	M	4	M5054	1:28:22	8:50
47	DAVID DAILEY	LUBBOCK	TX	16	M	2	M1619	1:28:39	8:52
48	ASHLEA FLOWERS	PAMPA	TX	25	F	3	F2029	1:28:55	8:54
49	ETHEL MAYER	LUBBOCK	TX	48	F	1	F4549	1:32:42	9:16
50	RUDY HERRANDEZ	LUBBOCK	TX	35	M	8	M5339	1:33:23	9:20
51	MIKE KELLEY	LUBBOCK	TX	48	M	4	M4549	1:33:52	9:23
52	ASHLEE THAMES	LUBBOCK	TX	18	F	1	F1619	1:33:54	9:23
53	BARRY MOSS	LUBBOCK	TX	43	M	12	M4044	1:35:52	9:35
54	GILBERT AUYEUNG	LUBBOCK	TX	40	M	13	M4044	1:36:29	9:39
55	IRMA PRADO	AUSTIN	TX	39	F	2	F3539	1:36:39	9:40
56	KELLY WOOD	LUBBOCK	TX	22	F	4	F2029	1:37:07	9:43
57	LARRY BURELSMITH	LUBBOCK	TX	48	M	5	M4549	1:39:03	9:54
58	MARSHA BENNETT	LUBBOCK	TX	34	F	2	F3034	1:39:20	9:56
59	AMY PIERCE	LUBBOCK	TX	35	F	3	F3539	1:40:48	10:05
60	RUSTY LADD	LUBBOCK	TX	45	M	6	M4549	1:40:50	10:05

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
LUBBOCK, TEXAS
NOVEMBER 27, 1997

TWO MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists 62 participants with their respective times and paces.

W.T.R.C. 1997 CHALLENGE SERIES
FINAL STANDINGS AFTER 13 EVENTS
MALE

Table with columns: YTD TOTALS, PTS, MILES, EVNTS, 6-12 MALE, 16-19 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 55-59 MALE, 60-99 MALE, YTD TOTALS, PTS, MILES, EVNTS.

** = RACE DIRECTORS * = VOLUNTEER

FEMALE

Table with columns: YTD TOTALS, PTS, MILES, EVNTS, 6-12 FEMALE, 13-15 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49, 50-99 FEMALE, YTD TOTALS, PTS, MILES, EVNTS.

** = RACE DIRECTORS * = VOLUNTEER

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
LUBBOCK, TEXAS
NOVEMBER 27, 1997

TWO MILE OVERALL RESULTS (Continued)

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
63 BRUNDA RALSTON	LUBBOCK	TX	25	F	4	F2029	20:02	10:01
64 RONNY BUCKETT	LUBBOCK	TX	36	M	3	M3539	20:40	10:20
65 J.M. STEPHENS	LUBBOCK	TX	34	M	4	M3034	21:45	10:53
66 TERESA DAILEY	LUBBOCK	TX	44	F	4	F4044	22:16	11:19
67 C.A. THOMAS	WICHITA FALLS	TX	45	M	4	M4549	22:38	11:19
68 SKYE PORTER	PETERSBURG	TX	21	F	5	F2029	22:39	11:20
69 BECKY OMDAHL	LUBBOCK	TX	51	F	1	F5099	23:58	11:59
70 JENNIFER RUNSEY	WILLS POINT	TX	25	F	6	F2029	24:02	12:01
71 JAN RAMIREZ	DALLAS	TX	42	F	5	F4044	24:33	12:17
72 AMY PARKER	HOUSTON	TX	9	F	4	F0112	28:34	14:17
73 WILL PARKER	AMARILLO	TX	8	M	3	M0112	28:35	14:18
74 BEN PARKER	AMARILLO	TX	5	M	4	M0112	28:40	14:20
75 HARRY PARKER	LUBBOCK	TX	65	M	2	M6099	29:04	14:32
76 KIMBERLY WAGNER	LUBBOCK	TX	41	F	6	F4044	29:10	14:35
77 JENNA WOLCOTT	LUBBOCK	TX	35	F	3	F3539	29:11	14:36
78 HEATHER LAMB	IRVING	TX	7	F	5	F0112	30:00	15:00
79 TAYLOR LAMBERT	DALLAS	TX	6	M	5	M0112	30:01	15:01
80 SCOTT SORRELLS	DALLAS	TX	13	M	4	M1315	30:17	15:14

RACE DIRECTOR'S REPORT

146 runners registered and gathered for the 5th Annual WEST TEXAS RUNNING CLUB TURKEY TROT. This is a record attendance! For the second year in a row the weather was just about perfect for the race which runs through one of the prettiest sections of Lubbock.

Thanks go to our major sponsors, SWBYP'S AND SCHLOTZKY'S; and also our other two sponsors, KAMC TV (Thanks to Tom West) and the PANCAKE HOUSE (Thanks to club member Jason Johnson). We had prizes donated by RUNNER'S WORLD, THE COUNTY LINE, ORLANDO'S, CAPROCK CAFE, and HASTINGS. Southwest COCA COLA provided the POWERADE.

No race can be a success without volunteers and I am truly thankful for the people who came out and helped, allowing me to run with the other 140 finishers. Helping on race day were George Jury, Larry Byrd, Gayle Blackmon -Hopkins, Bob Bernero, Tony Aleman, Weldon Kolb and his daughter, J.R. and Veronica Jimenez as well as Margaret and little brother. Also my two brothers Doug and David and three of my employees. Also thanks to Jon Omdahl who helped Bob set out and sweep the course. I could not have done the race providing 4 radios to use along the course. I could not have done the race without the help of George Jury who made sure the finish line, registration and results were things I didn't have to worry too much about. Bob Bernero was a lifesaver as he met with me about the course, remeasured it, marked it on race day, and then was the lead cyclist. He also answered many questions I had about being a first time race director. There were also several club members who helped out after the two mile race, but unfortunately, I do not have your names. (Thanks to anyone who is willing to step in and help.)

I feel that the Turkey Trot has some real potential of becoming the "thing to do on Thanksgiving in Lubbock". If anyone has any ideas about how to improve the race, or wants to help with next year, please call or talk to me at a race. Finally, thanks to all who registered and ran the race making it such a successful one.

Chris Lonngren

EDITOR'S COMMENTS

You will notice that we had quite a few out of town guests. Many of these are members who still have family living here. Included are Cliff McCurdy who ran a fine 10:57 for the 2 mile at age 43, and Lolo Mercado who ran a "quick" 10 miles. Also back were Jan and Gonzalo Ramirez and former member Mark Morris (son of James Morris) who developed back spasms about 4 miles into the run and had to drop out. The results and a newsletter will be sent to all the participants and we invite non members to join us.

CONGRATULATIONS

To the Mike Lass's of Lockney on the birth of a son, December 18, 1997.

1997 TOYS FOR TOTS 5K RUN

OVERALL RESULTS

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1 TIM KEY	30	M	1	M3034	LUBBOCK	TX	17:31	5:38
2 REY YSAGUIRRE	21	M	1	M2029	PLAINVIEW	TX	18:57	6:06
3 CHRIS THOMAS	18	M	1	M1619	LUBBOCK	TX	19:12	6:11
4 TODD MANN	32	M	2	M3034	LUBBOCK	TX	19:15	6:12
5 RAY MAJOR	37	M	1	M3539	PLAINVIEW	TX	19:24	6:15
6 AUGUSTINE GARCIA	19	M	2	M1619	LUBBOCK	TX	20:24	6:34
7 NICK HIGHT	25	M	2	M2029	LUBBOCK	TX	20:42	6:40
8 CULLEN SHAW	15	M	1	M1315	LUBBOCK	TX	20:58	6:45
9 AL GARDNER	41	M	1	M4044	LEVELLAND	TX	21:11	6:49
10 DAMON RICHARDS	44	M	2	M4044	LUBBOCK	TX	21:29	6:55
11 MIKE DAILEY	46	M	1	M4549	LUBBOCK	TX	21:39	6:58
12 XAVIER RODRIGUEZ	39	M	2	M3539	PLAINVIEW	TX	21:45	7:00
13 RAUL MENCHACA	16	M	3	M1619	PLAINVIEW	TX	22:25	7:13
14 AVERETT LIDZY	47	M	2	M4549	LUBBOCK	TX	22:27	7:14
15 WES YOUNG	19	M	4	M1619	LUBBOCK	TX	23:04	7:25
16 MARK LOPEZ	29	M	3	M2029	LUBBOCK	TX	23:21	7:28
17 HOPE JIMENEZ	13	F	1	F1315	LAMESA	TX	23:21	7:31
18 DON SANDERSON	68	M	1	M6099	TULIA	TX	23:33	7:35
19 VERONICA ANNA	24	F	1	F2029	SEMINOLE	TX	23:55	7:42
20 ROBERT HIGHT	32	M	3	M3034	LUBBOCK	TX	24:07	7:46
21 STEPHANIE ALVAREZ	17	F	1	F1619	LUBBOCK	TX	24:37	7:55
22 RALPH WOLF	60	M	2	M6099	ABERNATHY	TX	25:09	8:06
23 CHRIS MARTINEZ	15	M	2	M1315	LUBBOCK	TX	25:17	8:08
24 TODD SMITH	16	M	5	M1619	LUBBOCK	TX	25:20	8:09
25 JEANENE POLLARD	16	F	2	F1619	LUBBOCK	TX	25:23	8:10
26 JACK WHIDON	33	M	4	M3034	LUBBOCK	TX	25:24	8:11
27 LARRY BURELSMITH	48	M	3	M4549	LUBBOCK	TX	25:37	8:15
28 ETTA MAYER	48	F	1	F4549	LUBBOCK	TX	26:01	8:22
29 MARY LOU JIMENEZ	15	F	2	F1315	LAMESA	TX	26:23	8:30
30 MONICA MAJOR	15	F	3	F1315	PLAINVIEW	TX	27:08	8:44
31 FRANCES JUAREZ	15	F	4	F1315	PLAINVIEW	TX	27:25	8:49
32 BILL OATES	55	M	1	M5559	LUBBOCK	TX	28:09	9:04
33 GILBERT AUYEUNG	40	M	3	M4044	LUBBOCK	TX	28:13	9:05
34 PAM HILLIS	43	F	1	F4044	LUBBOCK	TX	30:17	9:45
35 LAURI PATRICK	29	F	2	F2029	LUBBOCK	TX	30:18	9:45
36 MARGARITA JIMENEZ	8	F	1	F0112	LAMESA	TX	30:59	9:58
37 NORMA ALVAREZ	30	F	1	F3034	SEMINOLE	TX	31:55	10:16
38 GARY SHIPP	38	M	3	M3539	LUBBOCK	TX	32:17	10:23
39 PATRICK COOKE	41	M	4	M4044	LUBBOCK	TX	32:18	10:24
40 BRENDA RALSTON	25	F	3	F2029	LUBBOCK	TX	32:40	10:31
41 TOM WALKER	53	M	4	M5054	LORENZO	TX	32:40	10:31
42 RANDEL TERRY	38	M	4	M3539	LUBBOCK	TX	34:42	11:10
43 VERONICA JIMENEZ	11	F	2	F0112	LAMESA	TX		
44 ERIK HANEY	10	M	1	M0112	LUBBOCK	TX		
45 PAUL LADD	8	M	2	M0112	LUBBOCK	TX		
46 RUSTY LADD	45	M	4	M4549	LUBBOCK	TX		
47 FRANCISCO JIMENEZ	3	M	3	M0112	LAMESA	TX		
48 SARA HINKLE	13	F	5	F1315	LAMESA	TX		

Club members helping first time director, Ron Hillis, were Bob Bernero, David Higgins and Jim Leser.

FIRST MARATHON

New member, Brandy Temple, ran her first marathon at the WHITE ROCK, in a time of 3:57:48. The only other known club member there was Ron Key, who ran a little over 4 hours, bad knees and all. It was cold and wet there.

COURSES CERTIFIED

Four additional race courses are now USA T&F Certified, bringing the total to 11 counting 2 calibration courses and one inactive course. The CORTON PATCH 4 Mile and 8 Mile, The PRAIRIE DOG 4 MILE, and the RACE FOR KIDS 5K are the newest. Previous courses certified are the RED RAIDER 5K and 10K, The HOT DAM 5 MILE, and the BUFFALO WALLOW HALF MARATHON.

WEST TEXAS RUNNING CLUB'S
RED LINE FOUR MILE CROSS COUNTRY RUN
DECEMBER 13, 1997
LUBBOCK, TEXAS

OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PAGE
1	RYAN CRUZ	SHALLOWATER	TX	16	M	1	M1619	22:24	5:36
2	TIM KEY	LUBBOCK	TX	30	M	1	M3034	22:41	5:40
3	BOB JACKSON	HOBBS	NM	39	M	1	M3539	22:46	5:42
4	JOSHUA SALAZAR	LUBBOCK	TX	18	M	2	M1619	24:05	6:01
5	FABIAN GUTIERREZ	HOBBS	NM	17	M	3	M1619	24:38	6:02
6	HAWK HARRIS	HOBBS	NM	21	M	1	M2029	24:05	6:09
7	BRANDON McDANIEL	HOBBS	NM	18	M	4	M1619	24:49	6:12
8	JAMES LESER	LUBBOCK	TX	51	M	1	M5054	25:14	6:19
9	MICHAEL BOX	HOBBS	NM	16	M	5	M1619	26:00	6:30
10	MICHAEL HENDRIX	LUBBOCK	TX	15	M	1	M1315	26:19	6:35
11	CHRIS LONGREN	LUBBOCK	TX	38	M	2	M3539	26:38	6:40
12	LACI JACKSON	HOBBS	NM	16	F	1	F1619	26:58	6:45
13	JASON MICHAELS	LUBBOCK	TX	29	M	2	M2029	27:28	6:52
14	CHRIS WRIGHT	LUBBOCK	TX	15	M	2	M1315	27:37	6:54
15	WENDY SULLIVAN	COLORADO CITY	TX	16	F	2	F1619	27:52	6:58
16	ANDREW SCHWARTZ	HOBBS	NM	15	M	3	M1315	28:20	7:05
17	DAVID HIGGINS	LUBBOCK	TX	44	M	1	M4044	28:26	7:07
18	BEN THOMAS	WHITEFACE	TX	14	M	4	M1315	28:56	7:14
19	RONNIE PRIGG	LUBBOCK	TX	46	M	1	M4549	29:02	7:16
20	AL GARDNER	LEVELLAND	TX	41	M	2	M4044	29:08	7:17
21	JIM HARRIS	HOBBS	NM	55	M	1	M5559	29:32	7:23
22	DAMON RICHARDS	LUBBOCK	TX	44	M	3	M4044	29:36	7:24
23	SHAWN BEAN	LUBBOCK	TX	36	M	3	M3539	30:22	7:36
24	DON SANDERSON	TULIA	TX	68	M	1	M6099	30:33	7:38
25	FRANK GOODMAN	LUBBOCK	TX	50	M	2	M5054	30:53	7:43
26	LARRY BYRD	SHALLOWATER	TX	56	M	2	M5559	31:05	7:46
27	BOB BROSELOW	LUBBOCK	TX	57	M	3	M5559	31:30	7:53
28	MELANIE McVEY	LEVELLAND	TX	36	F	1	F3539	31:42	7:56
29	DWAYNE OAKLEY	LUBBOCK	TX	41	M	4	M4044	32:17	8:04
30	SHIRLEY WIGLEY	LUBBOCK	TX	44	F	1	F4044	32:21	8:05
31	STEVEN BUCKLEY	LUBBOCK	TX	40	M	5	M4044	32:47	8:12
32	STEPHANIE ALVAREZ	LUBBOCK	TX	17	F	3	F1619	32:54	8:14
33	RON KEY	LUBBOCK	TX	54	M	3	M5054	33:24	8:21
34	JAMES BONE, JR.	LUBBOCK	TX	58	M	4	M5559	33:52	8:28
35	BOB BERNERO	LUBBOCK	TX	55	M	5	M5559	34:21	8:35
36	RALPH WOLF	ABERNATHY	TX	60	M	2	M6099	34:31	8:38
37	MARY LOU JIMENEZ	LAMESA	TX	15	F	1	F1315	34:45	8:41
38	JIMMIE KEY	LUBBOCK	TX	60	M	3	M6099	35:01	8:45
39	RONNIE NUGENT	LUBBOCK	TX	51	M	4	M5054	36:32	9:08
40	MIKE KELLEY	LUBBOCK	TX	48	M	2	M4549	36:32	9:08
41	JAMES LIVERMORE	LUBBOCK	TX	50	M	5	M5054	36:42	9:11
42	MARSHA BENNETT	LUBBOCK	TX	34	F	1	F3034	37:41	9:25
43	MARGARITA JIMENEZ	LAMESA	TX	8	F	1	F0112	39:21	9:50
44	ADAM ANDREWS	LUBBOCK	TX	43	M	6	M4044	40:03	10:01
45	KENNETH KINZENBAW	LUBBOCK	TX	9	M	1	M0112	42:23	10:36
46	WALLY DEAN	AMARILLO	TX	57	M	6	M5559	42:52	10:43

REDLINE Race Directors report will be on the back of the ITR insert

PUBLISHED

Club member, Christie Hodge, M.S., R.D., had a letter to the editor of RUNNER'S WORLD, in reply to a nutrition article which did not emphasize the importance of water. She received a nice "I was Published in RUNNER'S WORLD" T Shirt.

GRADUATE

Club member Tammy Aleman received her B.S. in Education at TTU, December 20, 1997. Tammy was a recipient of our WTRC/TTU scholarship for 1993-94.

ULTRA RUNNERS

At the Palo Duro Trail runs October 25th, Weldon Kolb finished the 50 mile in 9:44, followed by Chris Strathman in 9:49. Finishing 3rd overall in the 25 mile event was Christie Lammers(40) of Midland, in a time of 3:40. Other club members finishing were Jeffrey Jury, 4:13, and Richard Bray, 5:18.

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THE 1998 CHALLENGE SERIES

The Challenge Series is a program to encourage participation and volunteerism at our own club events. The complete description and rules will be published in the February newsletter.

The 1997 awards will be given out after the LOOP THE LAKE RUN, January 10th. We will have special post race refreshments for this event.

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

EVENT RECORDS (Since 1992)

AGE	NAME	AGE	TOWN	TIME	YEAR
0-12	Matthew Vaughn	10	Midland	54:04	1995
13-15	Jay Truitt	15	Lovington	29:43	1994
16-19	Trey Jernigan	18	Hawley	28:17	1997
20-29	Adolfo Carillo	23	Levelland	26:26 *	1994
30-34	David Sumrell	30	Lubbock	28:04	1994
35-39	Bill Harn	38	Lubbock	30:11	1993
40-44	Ken Jernigan	40	Sundown	31:21	1992
45-49	Jim Leser	46	Lubbock	30:48	1993
50-54	Jim Leser	50	Lubbock	30:56	1997
55-59	George W. Jury	55	Lubbock	30:58	1992
60+	Don Sanderson	65	Tulia	34:40	1995

AGE	NAME	AGE	TOWN	TIME	YEAR
0-12	Hope Jimenez	10	Lamesa	38:46	1995
13-15	Angela Welsh	15	Tarzan	34:32	1995
16-19	Precilla Howard	19	Lubbock	35:06	1995
20-29	Sydney Morris	24	Lubbock	36:51	1996
30-34	Marjory Stewart	34	Lubbock	31:15	1993
35-39	Marjory Stewart	35	Lubbock	30:40 *	1994
40-44	Teresa Greer	44	Lubbock	39:47	1995
45-49	P.J. Mitchell	47	Lubbock	41:47	1993
50+	P.J. Mitchell	50	Lubbock	41:41	1996

* OVERALL COURSE RECORDS

The 1998 duathlon season opens with the "FROST YER FANMY" in Austin, Jan. 24-25. This is a special event as it features the awards banquet for the 1997 SMW/USAT regional winners. Tim Key will be awarded 2nd in his age group, while I finished out of the hardware in 3rd place in my group. There will be a clinic and expo on Saturday (race on Sunday) featuring Paula Newby-Fraser and Paul Huddle. The race consists of a 5K run on both ends of a 16.2 mile bike ride.

Other duathlons scheduled for 1998 include: the BLUE NORTHER in Seguin, March 14th (conflicts with our race), STRUTTERS in San Angelo, April 18th, and the METRO DU 2 DU in Dallas September 13th. I have competed on on all these courses and have had good experiences with well conducted events. I will be competing in all these events this year and am looking for people to share travel expenses and motel room. If interested, give me a call. Haven't tried a duathlon yet but do ride a bike on occasion? You should try one for a change it's great fun!

Jim Leser

JANUARY W.T.R.C. BUSINESS MEETING

Will be Tuesday, January 20, 1998 at President Jim Leser's house, 5517 74th ST. at 7pm.

Initial event of the 1998 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, JANUARY 10, 1998
REGISTRATION 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

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

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

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

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

AGE DIVISIONS:

MEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 & Over

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50 & Over

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

(Volunteers needed, please call Richard above)

PRE-REGISTRATION: Mail in form with regular fees or call George to register by phone, then pay race day

*****MEMBERSHIP RENEWAL TIME*****

MEMBERSHIP RENEWAL TIME

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

Loop the Lake 5 Mile Run

Mail \$5.00 WTRC members, \$6.00 non members Race Starts at 10:00 A.M.
 Registration Make checks payable to the West Texas Running Club at Buddy Holly Park
 thru Jan 7 Mail checks & entry forms to: George Jury
 Telephone registration 5212 44th Street
 by 7:00 P.M. on January 9. Lubbock, Texas 79414
 792-1237

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 Loop the Lake 5 Mile Race. 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, and strollers are not allowed 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+) _____
 Name _____ Female _____ Athena(150+) _____
 Address _____ Phone Number _____
 City _____ State _____ Zip _____

REDLINE X-C RACE REPORT

Last year I reported how truly enjoyable it was to direct Redline, since the course lends itself beautifully to spectatorship and allows one to cheer on competitors and watch the races within the race unfold. This year I had a similar feeling. I also had the extra entertainment of hearing the calls of encouragement from Richard Bray, one of our volunteers. Richard is one of the many WTRC runners whom I hold in high esteem for his hard training efforts over the years. He had great lines for many of you, but I finally cracked up when Ronnie Nugent approached and Bray yelled, "Ron, TO-DAY!". It can be a powerful force to have others observing our performance. I was reminded immediately of an event many years ago...

For a number of years I raced on a team in a 24 hour relay to benefit the Royal Ontario Museum (R.O.M.) where each of the 20 team members ran 5000m per leg, for a day. Our women's team was closing in on the last of the mixed teams ahead of us, when Doc, our coach, decided to exercise his prerogative to cut some runners from the roster. One of his wealthy lawyer friends walked over from the opposition's encampment at the stadium and reported as much as told Doc that he'd just blown what might have been a close competition since the final runners on our team would inevitably blow up by the fifth or so 5K that they'd be forced to run. Unbeknownst to anyone on the team at that time, Doc wagered \$5,000.00 that not only would we win, but that the final runner on our team would finish within 10 seconds of her average time for previous 5000's in the event. Doc's roster change had left me with a fifth 5K at the end of the 24 hours. The deal included the condition of secrecy, so when I warmed up for the last stage, the two of them were standing there, and Doc just asked me if I was ready. I was ready for sleep, but I'd warmed up and stretched for 30 minutes. (I had run a 16:51, another in the 16:50's a 17:01, and a 17:10 from the middle of the night.) My teammate came flying in with a gritty finish and allowed me to exit the exchange zone at full speed in pursuit of the other team's final runner. At the one mile point, there was Doc, in his customary tuxedo, with a cigarette in his mouth, and a mild scowl standing by his friend. In a gravelly voice, with a tone not unlike what Richard used on Saturday, he called out "What is this--a walkathon?" Officially, the bet was won by tenths.

Enough rambling. Thank you to my excellent volunteer team. David Skelton, Randy Wolcott, John Trompler, Richard Lampe, George Jury, Richard Bray, Veronica, Hope and Margaret Jimenez, Etta Mayer with her sons Scott and Josh, James Bone, David Higgins, and Brandy Temple. We were pleased to have some of the toughest young talent in the area show up. Texas 3A runner-up, Wendy Sullivan (the winner of the first Race for Kids) finished second to Bob Jackson's daughter, Laci, who looked very strong. Ryan Cruz (Texas 2A champ) finished ahead of Tim Key and Bob Jackson. Cruz opened up the lead considerably on the hill approaching mile three and held off Key and Jackson, despite strong finishes by all three. Champions Cruz and Jackson each received heart rate monitors, and we hope to continue to attract such fine athletes in years to come.

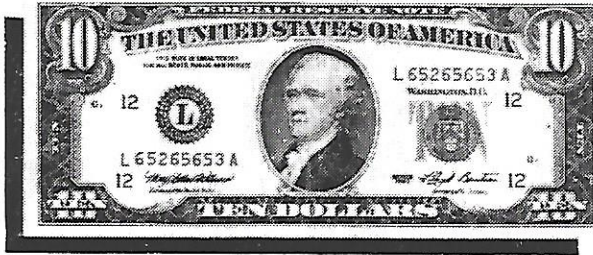
Mistakes happen. With the best of intentions, Ron Key advised me minutes before the start that he believed a cone was in the wrong place. I took over as race director from Mike Kelley who directed Redline for a decade, and relied on his advice with regard to course layout. However, I respected Ron's opinion, with which another veteran concurred, and the race was due to start, so I asked Ron to adjust the cone if he was sure. Later, course measurement revealed that the cone was originally placed correctly. The good news is, we now have a well marked, carefully measured club race course. As Race director, I accept responsibility and apologize for the error.

Marjory Stewart

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