

CALENDAR

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

- * JULY 4 29th ANNUAL FIRECRACKER RUN: Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- JULY 25 HICO OLD SETTLERS 5K: Hico, TX, 8:30am, call Sherill Johnson (817)968-9429
- AUG. 2 PRUDE RANCH RACES: Details next month
- AUG. 3 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- * AUG. 8 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- AUG. 15 SENIOR SPORTS 5K & 10K, 7am, MACKENZIE PARK, Details Later
- * SEPT 12 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 12 FLOYD COUNTY FAIR 5K: Lockney, 8:30am, Mike Lass, 652-1309
- SEPT 19 HOST RUN FOR RECYCLE: Hobbs, 1 Mi., 5 & 10K, (505) 392-3971
- SEPT 26 RACE FOR THE CURE 5K: TTU Campus, Betsy Jones, 797-6471
- SEPT 27 DUKE CITY MARATHON: Albuquerque, (505)880-1414, Also Half Marathon and 5K
- * OCT. 10 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793
- OCT. 17 RED RIBBON RUN: Details Later
- 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. 8 SAN ANTONIO MARATHON: FMI; Ca11 (210) 246-9652
- * 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 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)

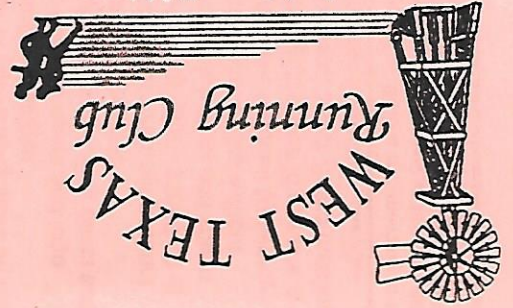
July 1998

FIRECRACKER RUN!



29th ANNUAL FIRECRACKER RUNS

Newsleter Editor
5212 44th Street
Lubbock, Texas 79414
JULY 1998



Saturday, July 4th, 1998
Late registration: 7:00-7:45 am
Races Start: Children's 1 mile - 7:40 am
3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
From Lubbock on Hwy. 62, go to the last stoplight, turn left on Buckley St. To Old Lamesa Rd., turn right just past the swimming pool.

WEST TEXAS RUNNING CLUB

OFFICERS

President - Jim Leser
(H) 794-2474 (O) 746-6101
(e-mail) jfjwl@aol.com or
j-leser@tamu.edu

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 next WTRC monthly business meeting is on Monday, August 3, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

We are entering the 2nd half of our Challenge Series for 1998 with seven more opportunities to accumulate points and miles toward the 66 mile club. I have been particularly pleased with the excellent efforts of our volunteer race directors and all you runners that come out to help with races.

The club's singlets are now in and are identical to those given as age group awards in the 1997 Challenge Series. The red tricot chest panel has our club logo and name printed on it. One caution though—I would wash this singlet at least once by itself before wearing as the red color does not appear to be color fast. Get your very own club singlet and proudly wear it to out-of-town events. See P. J. Mitchell at her running store on race day and have your \$20 in hand. The club clears only 82 cents per singlet.

We also have plenty of bumper/window stickers with the club name and logo printed in red available at the running store and through John Trompler. Fifty cents each. What a deal. Another opportunity to show everyone your pride in the club.

Highlights of the June Board meeting. In the first 5 months of 1998 our account balance has declined about \$3000, down to about \$4000. Approximately \$1050.00 of debit is tied up in bumper stickers and singlets. So visit the running store and spend some money! We continue to review the budget in an effort to economize without reducing club services. Complimentary newsletter recipients were reduced by twenty.

Farewell to Frank Goodman. Frank will be moving to the Dallas area to assume a new position with his company. We will miss him at the races and at our Board meetings. If you are willing to serve, please call to volunteer for internal race director. *Jim Leser*

WTRC LSD Training Runs Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Bernero at 793-1667 (N)

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

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE 2 Mile and 10K Road Races Lvelland, Texas JUNE 13, 1998 8:00 A.M.

10K OVERALL RESULTS

| PLACE | NAME | TOWN | ST | DIV | PLACE | AG | S | TIME | PACE |
|-------|--------------------|-------------|----|-----|-------|----|---|---------|-------|
| 1 | BOB JACKSON | HOBBS | NM | | M3539 | 39 | M | 36:43 | 5:55 |
| 2 | CULLEN SHAW | LUBBOCK | TX | | M1619 | 16 | M | 38:17 | 6:10 |
| 3 | RENE GONZALES | LEVELLAND | TX | | M3034 | 33 | M | 39:39 | 6:23 |
| 4 | JIM LESER | LUBBOCK | TX | | M5054 | 51 | M | 39:44 | 6:24 |
| 5 | VERNON SEXTON | LUBBOCK | TX | | M1619 | 16 | M | 40:46 | 6:34 |
| 6 | BOBBY SAIN | LUBBOCK | TX | | M1619 | 16 | M | 41:25 | 6:40 |
| 7 | HAROLD SMITH | LUBBOCK | TX | | M3539 | 37 | M | 42:14 | 6:48 |
| 8 | GEORGE ANDERSON | BROWNFIELD | TX | | M3034 | 34 | M | 42:29 | 6:50 |
| 9 | MICHAEL RODRIGUEZ | LUBBOCK | TX | | M4044 | 40 | M | 42:38 | 6:52 |
| 10 | CHRIS LONNGREN | LUBBOCK | TX | | M3539 | 39 | M | 42:49 | 6:54 |
| 11 | ROBERT GUAJARDO | LEVELLAND | TX | | M5559 | 55 | M | 44:18 | 7:08 |
| 12 | RICHARD FISCHENICH | LUBBOCK | TX | | M5054 | 51 | M | 44:43 | 7:12 |
| 13 | LANCE WHITE | LUBBOCK | TX | | M2029 | 24 | M | 44:58 | 7:14 |
| 14 | MICHELLE WYATT | PLAINVIEW | TX | | F2029 | 27 | F | 45:19 | 7:18 |
| 15 | CLYDE WHITTEN | PAMPA | TX | | M4044 | 40 | M | 45:20 | 7:18 |
| 16 | RUSSEL MARTIN | SHALLOWATER | TX | | M4044 | 40 | M | 45:47 | 7:22 |
| 17 | DAVID HIGGINS | LUBBOCK | TX | | M4549 | 45 | M | 48:04 | 7:44 |
| 18 | STEVE WOHLRAB | LUBBOCK | TX | | M4044 | 42 | M | 48:23 | 7:47 |
| 19 | KELLY TEMPLE | WOLFFORTH | TX | | F1619 | 18 | F | 48:53 | 7:52 |
| 20 | JASON JOHNSON | LUBBOCK | TX | | M2029 | 28 | M | 49:10 | 7:55 |
| 21 | JAMES LIVERMORE | LUBBOCK | TX | | M5054 | 51 | M | 49:47 | 8:01 |
| 22 | SHIRLEY WIGLEY | LUBBOCK | TX | | F4044 | 44 | F | 51:17 | 8:15 |
| 23 | RICHARD BRAY | LUBBOCK | TX | | M5054 | 54 | M | 51:18 | 8:16 |
| 24 | SARA SOLLOWAY | LUBBOCK | TX | | F2029 | 29 | F | 52:01 | 8:22 |
| 25 | MELANIE MCVEY | LEVELLAND | TX | | F3539 | 35 | F | 52:11 | 8:24 |
| 26 | MOLLY SANTESE | LUBBOCK | TX | | F3539 | 36 | F | 54:43 | 8:49 |
| 27 | JAMES BONE | LUBBOCK | TX | | M5559 | 58 | M | 55:02 | 8:52 |
| 28 | TANJI WILLIAMS | LUBBOCK | TX | | F1619 | 18 | F | 55:46 | 8:59 |
| 29 | BOB BROSELOW | LUBBOCK | TX | | M5559 | 57 | M | 56:41 | 9:08 |
| 30 | ETTA MAYER | LUBBOCK | TX | | F4549 | 48 | F | 57:19 | 9:14 |
| 31 | BOB BERNERO | LUBBOCK | TX | | M5559 | 56 | M | 58:35 | 9:26 |
| 32 | MARSHA BENNETT | LUBBOCK | TX | | F3034 | 34 | F | 59:54 | 9:39 |
| 33 | FRANK EARNEY | LUBBOCK | TX | | M4549 | 49 | M | 1:08:57 | 11:06 |
| 34 | SUZY PASSMORE | PAMPA | TX | | F4044 | 42 | F | 1:09:02 | 11:07 |
| 35 | BO MINNIS | LUBBOCK | TX | | M5559 | 56 | M | 1:17:24 | 12:28 |

+ = New Members

THE FIRECRACKER RUN

You will still have plenty of time to pre-register, if not by mail, you can phone register to George Jury at 792-1237, after 5pm and before 7pm on July 3rd. This will insure that we get all the "walk-ups" registered on race day in time to start the race on time. I know that no one wants to stand around waiting on late registrants while the temperature climbs! As chief computer operator, I will guarantee that we start at 8 o'clock even if there are registrants standing in line! When you can't decide to register until the last moment, with phone registration, all you have to do is bring your entry fee (exact change please), pick up your number and sign the waiver and no waiting in line!

BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
Levelland, Texas JUNE 13, 1998 8:00 A.M.

TWO MILE OVERALL RESULTS

| PLACE | NAME | TOWN | ST | DIV | PLACE | AG | S | TIME | PACE |
|-------|--------------------|--------------|----|-----|-------|----|---|-------|------|
| 1 | QUINN SMITH | GRANTS | NM | 1 | M3539 | 38 | M | 10:32 | 5:16 |
| 2 | MARCO RAMIREZ | HOBBS | NM | 1 | M1619 | 16 | M | 10:55 | 5:28 |
| 3 | MICHEAL BOX | HOBBS | NM | 2 | M1619 | 16 | M | 11:43 | 5:52 |
| 4 | JIMMY SAMARRON | LEVELLAND | TX | 1 | M4044 | 43 | M | 12:31 | 6:16 |
| 5 | CHRIS TREVINO | LUBBOCK | TX | 3 | M1619 | 16 | M | 13:31 | 6:46 |
| 6 | JIM HARRIS | HOBBS | NM | 1 | M5559 | 55 | M | 13:42 | 6:51 |
| 7 | NATALIE STEADMAN | LUBBOCK | TX | 1 | F3034 | 30 | F | 14:10 | 7:05 |
| 8 | FRANK GOODMAN | LUBBOCK | TX | 1 | M5054 | 50 | M | 14:17 | 7:09 |
| 9 | CANDICE PERRY | HOBBS | NM | 1 | F1619 | 16 | F | 14:44 | 7:22 |
| 10 | TRACIE ISRAEL | HOBBS | NM | 2 | F1619 | 17 | F | 14:47 | 7:24 |
| 11 | JIMMY SAMARRON III | LEVELLAND | TX | 1 | M1012 | 12 | M | 14:49 | 7:25 |
| 12 | CONOR RYAN | HOBBS | NM | 1 | M1315 | 15 | M | 14:52 | 7:26 |
| 13 | MIKE READ | O'DONNELL | TX | 2 | M3539 | 37 | M | 15:07 | 7:34 |
| 14 | JUNIOR MENDOZA | LEVELLAND | TX | 2 | M4044 | 40 | M | 15:16 | 7:38 |
| 15 | RALPH WOLF | LEVELLAND | TX | 1 | M6099 | 61 | M | 15:20 | 7:40 |
| 16 | MARY SMITH | GRANTS | NM | 1 | F3539 | 36 | F | 15:21 | 7:41 |
| 17 | CHRIS FREI | BROWNFIELD | TX | 3 | M4044 | 40 | M | 15:46 | 7:53 |
| 18 | LESTER CLARAVALL | MIDWEST CITY | OK | 1 | M3034 | 30 | M | 15:54 | 7:57 |
| 19 | MEGAN ESTRADA | ABERNATHY | TX | 1 | F1315 | 13 | F | 16:03 | 8:02 |
| 20 | LARRY BURELSMITH | LUBBOCK | TX | 1 | M4549 | 48 | M | 16:18 | 8:09 |
| 21 | GINA ESTRADA | ABERNATHY | TX | 1 | F1012 | 12 | F | 17:26 | 8:43 |
| 22 | ADAM ANDREWS | LUBBOCK | TX | 4 | M4044 | 44 | M | 17:40 | 8:50 |
| 23 | VICKI FISCHENICH | LUBBOCK | TX | 2 | F3034 | 32 | F | 18:12 | 9:06 |
| 24 | PAULA CAMACHO | LEVELLAND | TX | 1 | F2029 | 26 | F | 18:39 | 9:20 |
| 25 | SHAWNA THOMAS | LUBBOCK | TX | 2 | F1315 | 13 | F | 18:51 | 9:26 |
| 26 | KENNETH KINZENBAW | LUBBOCK | TX | 1 | M1012 | 10 | M | 19:22 | 9:41 |
| 27 | DAVID ALVARADO | NEW HOME | TX | 1 | M0109 | 7 | M | 19:24 | 9:42 |
| 28 | JOSIE ALEMAN | LUBBOCK | TX | 1 | F4549 | 47 | F | 19:25 | 9:43 |

RACE DIRECTORS REPORT

The weather for the 98 Lope was very nice. We had clear skies, light south wind, and the temp was 73 degrees at the start. (It later rose to 101 and became very windy!) Thirty five completed the 10K course and 28 ran the 2 Mile.

Thank you to UNITED SUPERMARKETS for donation of oranges and bananas! Thank you also to Club members who helped with this race; Bill Roger, Larry Byrd, George Jury, David Skelton, John Trompler, James Morris, Ed Dabrowski, Tony Aleman, David Steadman and P.J. Mitchell. Also a special thanks to my colleagues at South Plains College; Bobby James, Bill Ritchie, James Morris, Jim Leggett, and Jim Walker. Thank you EVERYONE!!! Without your help, this race would not be possible!!

Finally, a word of thanks to the WEST TEXAS RUNNING CLUB for promoting Running and Racing and for holding a race every month of the year, on the second Saturday. Registration fees are always low, distances are always accurate, awards are always adequate, and the results are always presented in a timely manner. THANK YOU VERY MUCH!!!

KEEP TRAINING!!!!!! Sincerely, Al Gardner

W.T.R.C GEAR

New club logo singlets and bumper/window stickers are now available and will be at the next few races. The singlets are \$20 and the stickers are only \$.50 each, so get several!

W.R.T.C. 1998 CHALLENGE SERIES
STANDING AFTER 6 EVENTS

MALE

| YTD TOTALS | | YTD TOTALS | | YTD TOTALS | | YTD TOTALS | |
|---------------------|-------|------------|-----|------------|--------|------------|-------|
| PTS | MILES | EVENTS | PTS | MILES | EVENTS | PTS | MILES |
| 0 - 12 MALE | | | | | | | |
| Kenneth Kinzenbaw | 19 | 6 | 48 | 41.1 | 5 | | |
| Monte Lass | 15 | 4 | 45 | 50.3 | 6** | | |
| Matt Heinemann | 4 | 2 | 38 | 47.3 | 6 | | |
| Ian Stewart | 9 | 1 | 29 | 8 | 3 | | |
| 13 - 15 MALE | | | | | | | |
| Chris Wright | 17 | 3 | 27 | 28.1 | 4 | | |
| Cody Lass | 11 | 3 | 27 | 37.1 | 4 | | |
| Ben Wright | 6 | 2 | 20 | 14.2 | 2 | | |
| Tommy Argujio | 4 | 1 | 15 | 17 | 3* | | |
| Dennis Rawls | 5 | 1 | 10 | 8 | 2* | | |
| 16 - 19 MALE | | | | | | | |
| Chris Thomas | 10 | 3 | 8 | 24.1 | 1 | | |
| Ryan Cruz | 7 | 2 | 8 | 13 | 2* | | |
| David Dailey | 6 | 2 | 4 | 5 | 1 | | |
| Cullen Shaw | 11.2 | 2 | 4 | 5 | 1 | | |
| Chris Buenostro | 5 | 1 | 0 | 39.3 | 5* | | |
| 20 - 29 MALE | | | | | | | |
| Hawk Harris | 30.2 | 5* | 50 | 37.4 | 5 | | |
| Tim St. Onge | 21 | 3 | 41 | 52.3 | 6** | | |
| David Steadman | 18 | 2 | 39 | 39.3 | 5 | | |
| Glen Pokjkuha | 15 | 2 | 37 | 35.3 | 4 | | |
| Jason Johnson | 5 | 1 | 29 | 40.2 | 5** | | |
| Demitri Ingram | 6.2 | 1 | 20 | 41.1 | 6** | | |
| Jason Michaelis | 13.1 | 1 | 19 | 35.2 | 4** | | |
| Ryder Richards | 4 | 1 | 16 | 24.1 | 2 | | |
| 30 - 34 MALE | | | | | | | |
| Tim Key | 41.1 | 5* | 50 | 37.4 | 5 | | |
| Richard Verrone | 34.2 | 5* | 41 | 52.3 | 6** | | |
| Joao Sa | 12.2 | 2 | 39 | 39.3 | 5 | | |
| William Tripp | 19 | 3* | 37 | 35.3 | 4 | | |
| Rodney Hendrix | 15 | 2 | 29 | 40.2 | 5** | | |
| Steve Silvey | 10 | 1 | 20 | 41.1 | 6** | | |
| Tony Torrez | 4 | 1 | 19 | 35.2 | 4** | | |
| Jesse Hilliard | 8 | 1* | 16 | 24.1 | 2 | | |
| 35 - 39 MALE | | | | | | | |
| Chris Longgren | 39.3 | 5 | 50 | 37.4 | 5 | | |
| Bob Jackson | 27.3 | 3 | 41 | 52.3 | 6** | | |
| Mike Lass | 17 | 3 | 39 | 39.3 | 5 | | |
| Shawn Bean | 11.2 | 2 | 37 | 35.3 | 4 | | |
| Ron Hewett | 6 | 1 | 29 | 40.2 | 5** | | |
| Dwight Varnum | 9 | 1 | 20 | 41.1 | 6** | | |
| Harold Smith | 6.2 | 1 | 19 | 35.2 | 4** | | |
| Wade Wilson | 11 | 1 | 16 | 24.1 | 2 | | |
| 40 - 44 MALE | | | | | | | |
| Randy Wolcott | 34.2 | 5 | 50 | 37.4 | 5 | | |
| Al Gardner | 37.6 | 5** | 41 | 52.3 | 6** | | |
| Brent Tidwell | 30.1 | 4 | 39 | 39.3 | 5 | | |
| Dwayne Oakley | 28 | 4 | 37 | 35.3 | 4 | | |
| Russel Martin | 16.2 | 3 | 29 | 40.2 | 5** | | |
| Adam Andrews | 25 | 3* | 20 | 41.1 | 6** | | |
| Mark Pessa | 21 | 3* | 19 | 35.2 | 4** | | |
| Jimmy Samaron | 8 | 2 | 16 | 24.1 | 2 | | |
| Alonzo Mendoza | 4 | 2 | 10 | 8 | 2* | | |
| Richard Thomas | 28.1 | 3 | 8 | 24.1 | 1 | | |
| Mark Albus | 7 | 2 | 4 | 5 | 1 | | |
| Frank Sumpler | 9 | 2 | 0 | 39.3 | 5* | | |
| Mickey Davis | 10 | 3* | 0 | 13 | 2* | | |
| David Skelton | 0 | 6* | 0 | 13 | 2* | | |
| Jim Wilhelm | 4 | 1* | 0 | 13 | 2* | | |
| Ed Dabrowski | 6.2 | 1* | 0 | 13 | 2* | | |
| 55 - 59 MALE | | | | | | | |
| James Bone | 25.2 | 4 | 41 | 52.3 | 6** | | |
| Jim Harris | 17 | 5* | 40 | 39.3 | 5 | | |
| Robert Guajardo | 22.4 | 4 | 39 | 35.3 | 4 | | |
| Bill Roger | 37 | 5* | 37 | 43.3 | 6* | | |
| Bob Bernero | 42.3 | 6* | 35 | 42.3 | 6* | | |
| Robert Broselow | 22.4 | 4 | 34 | 22.4 | 4 | | |
| Bo Minnis | 27.4 | 6 | 25 | 27.4 | 6 | | |
| Bill Oates | 10.2 | 2 | 17 | 10.2 | 2 | | |
| Larry Byrd | 43.3 | 5 | 16 | 43.3 | 5 | | |
| Mike Greer | 17.1 | 3 | 15 | 17.1 | 3 | | |
| Jerry Wright | 2 | 8 | 8 | 2 | 8 | | |
| 60 - 69 MALE | | | | | | | |
| Jimmie Key | 30 | 4* | 30 | 28 | 4* | | |
| Ralph Wolf | 20 | 3* | 20 | 17.1 | 3* | | |
| John Stalcup | 18 | 3* | 18 | 20.1 | 3* | | |
| George Jury | 0 | 6* | 0 | 47.3 | 6* | | |
| Hugh Haynes | 0 | 1* | 0 | 11 | 1* | | |

** = RACE DIRECTOR
* = VOLUNTEER



BELL
Travel Services

3406-B 34th Street • Lubbock, Texas 79410 • 806-796-BELL (2355)
FAX 806-796-3454 • TOLL FREE 1-800-658-2092

FEMALE

| YTD TOTALS | | EVENTS | | FEMALE | | YTD TOTALS | |
|-----------------------|-------|--------|--------|-----------------------|-------|------------|--------|
| PTS | MILES | MILES | EVENTS | PTS | MILES | PTS | EVENTS |
| 0 - 12 FEMALE | | | | | | | |
| Margarita Jimenez | 30 | 13 | 3 | Melanie McVey | 31.4 | 58 | 6 |
| 13 - 16 FEMALE | | | | | | | |
| Hope Jimenez | 40 | 19 | 4 | Marjory Stewart | 28 | 40 | 4 |
| Shawna Thomas | 37 | 10 | 4 | Marli Greer | 17.1 | 17 | 2 |
| Mary Lou Jimenez | 9 | 5 | 1 | Becky Miller | 4 | 9 | 1 |
| Megan Wright | 8 | 2 | 1 | Molly Santese | 14.2 | 9 | 2* |
| 16 - 19 FEMALE | | | | | | | |
| Stephanie Alvarez | 10 | 4 | 1 | G. Blackmon-Hopkins | 8 | 0 | 1* |
| Tara Jernigan | 10 | 5 | 1 | Jenna Wolcott | 11 | 0 | 1* |
| Lacy Richards | 10 | 4 | 1 | 40 - 44 FEMALE | | | |
| Wendy Sullivan | 9 | 5 | 1 | Shirley Wigley | 34.2 | 50 | 5 |
| 20 - 29 FEMALE | | | | | | | |
| Cassandra Rivas | 18 | 8 | 2 | Teresa Dailey | 6 | 10 | 2* |
| Brandy Temple | 17 | 17.1 | 2 | Nola Richards | 4 | 9 | 1 |
| Sara Solloway | 9 | 6.2 | 1 | 45 - 49 FEMALE | | | |
| Sydney Morris | 8 | 11 | 1 | Josie Aleman | 28 | 49 | 6* |
| Tahnee Elliot | 6 | 4 | 1 | Eita Mayer | 31.3 | 40 | 4 |
| Christy Marez | 5 | 4 | 1 | Ceryl Weber | 15 | 19 | 3* |
| 30 - 34 FEMALE | | | | | | | |
| Marsha Bennett | 50 | 47.3 | 6* | Madeline Taylor | 4 | 8 | 1 |
| Vicki Fischelich | 28 | 31 | 4** | Theresa Marez | 4 | 7 | 1 |
| Laura Hopper | 20 | 10.2 | 2 | 50 - 99 FEMALE | | | |
| Sonia Aguirre | 10 | 5 | 1 | Eva Martinez | 4 | 10 | 1 |
| 50 - 99 FEMALE | | | | | | | |
| Maurine Bray | 10 | 11 | 2* | Delores Key | 8 | 0 | 1* |
| 50 - 99 FEMALE | | | | | | | |
| Mary Harris | 0 | 4 | 1* | P.J. Mitchell | 19.3 | 0 | 2* |

** = RACE DIRECTOR
* = VOLUNTEER

Training With a Purpose

ive in your age group at the state or national level.

The product of frequency, intensity and duration is called workload. You can alter workload by varying any one, two or three of these variables. Most training programs do vary these workload components in an organized pattern so that runners can build to a peak of performance, once, twice, even three times a year. These peaks are scheduled to fall during periods of your most important races. This training cycle is called periodization.

I am personally using this method in my training, scheduling two peaks per year. I run 3-5 times per week and cross train on my bike 5-7 times per week (9 workouts excluding wt. training). My max weekly time is 15 hours. Over the next several months I will develop the components of a training program with specific workouts, using my program as an example. Remember, without recovery there is no progress.

So you've been running for a while and feel really fit but your race times don't seem to be improving? Are you running at basically the same effort level each time? Chances are that you may be running too hard on days you should be using for recovery and too easy on days you need to be going hard in order to improve. If fitness is your only goal, then that's OK. But if better race times are your goal, read on.

If you want to improve, you need to get the proper mix of running frequency, intensity and duration. I believe three runs a week are a minimum number, four to five would result in an even faster rate of improvement. This assumes that you don't cross train.

The single most important training variable is how hard or fast you run. Heart rate monitors are the easiest means of measuring intensity, otherwise you'll need to visit the track to accurately measure pace. In the intensity category there are various workouts including: repeats, cruise intervals, tempo runs, race pace runs, fartleks, and hills. Yes, hill repeats are included here as they certainly result in intense efforts and develop leg strength.

The duration of your run is also important in improving aerobic capacity. The length of these longer runs has a lot to do with your initial fitness level and the distance of your future races. There's no sense in doing long runs of 20 miles if training for 5K's only.

Duration is also pertinent to total time or miles in a week. If training for short races only, 4-5 hours of running in a week could bring on significant improvements. If however you are training for a fast marathon time, 15 hours a week at your peak mileage level may be necessary to be competi-

BASICS OF TRAINING

BY JIM LESER

SELECTED OUT-OF-TOWN RACES

| | | |
|--------|----|---|
| July | 03 | Moonlight Madness 5K, Austin, 512-418-1752 |
| | 04 | Summerfest 5K, San Marcos, 512-393-8280 |
| | 04 | Firecracker 5000, Round Rock, 512-472-0815 |
| | 05 | Congress Avenue Mile, Austin, 800-959-7868 |
| | 18 | Women's Distance Festival 5K, San Antonio, 830-648-4729 |
| | 25 | A Road Mile, Amarillo, 806-379-2325 |
| August | 09 | Wool Capital Triathlon, San Angelo, 915-655-9106 |
| | 22 | Hotter N Hell Bike Rides, Wichita Falls, 940-723-5800 |

Schlotszsky's

"BEST BUNS IN TOWN"

WE CAN HANDLE ALL CATERING NEEDS-OFFICE MEETINGS, HOLIDAY PARTIES, ETC.

Call CHRIS LONNGREN at 796-0886
or one of four locations

5204 SLIDE 1220 MAIN 3719 19TH 8101 INDIANA
(Near S.P. Mall) (Downtown) (Near TTU) (81st & Indiana)
793-1233 744-3803 793-5542 792-3398

MENTION THIS AD FOR THE WTRC SPECIAL
DOZEN FREE COOKIES WITH CATERING OF \$50 OR MORE

THE LONESTAR PAPER CHASE
10K, HALF MARATHON and MARATHON
1 MILE FUN RUN/WALK, 10K RELAY CHALLENGE
MAY 23, 1998 Amarillo, Texas
W.T.R.C. MEMBER RESULTS

| PLACE NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|-----------------------|------------|----|----|---|-----|-------|---------|-------|
| 1 TIM KEY | LUBBOCK | TX | 30 | M | 1 | M3034 | 2:51:49 | 6:34 |
| 15 CHRIS LONNGREN | LUBBOCK | TX | 38 | M | 9 | M3539 | 3:40:21 | 8:25 |
| * 20 MICHELLE WYATT | PLAINVIEW | TX | 27 | F | 1 | F2529 | 3:51:24 | 8:50 |
| 41 CHRISTIE HODGE | LUBBOCK | TX | 28 | F | 2 | F2529 | 4:23:46 | 10:04 |
| 46 KRISTIN TATE | LUBBOCK | TX | 24 | F | 3 | F2024 | 4:27:42 | 10:13 |
| 48 JUDY LAWLEY | LUBBOCK | TX | 33 | F | 5 | F3034 | 4:32:47 | 10:25 |
| 50 RICHARD L. BRAY | LUBBOCK | TX | 54 | M | 2 | M5054 | 4:36:59 | 10:34 |
| 51 RICHARD FISCHENICH | LUBBOCK | TX | 50 | M | 3 | M5054 | 4:37:00 | 10:34 |
| 52 RICHARD THOMAS | LUBBOCK | TX | 41 | M | 8 | M4044 | 4:43:09 | 10:48 |
| 54 RAYMOND BRADY | WHITE DEER | TX | 54 | M | 4 | M5054 | 4:45:55 | 10:55 |

OVERALL HALF MARATHON RESULTS (76 FINISHERS)

| PLACE NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|--------------------|-----------|----|----|---|-----|-------|---------|------|
| * 4 ED CRAIGHEAD | DALHART | TX | 55 | M | 1 | M5559 | 1:28:34 | 6:46 |
| * 6 VERNON SEXTON | LUBBOCK | TX | 16 | M | 2 | M1519 | 1:31:00 | 6:57 |
| * 7 BOBBY SAIN | LUBBOCK | TX | 16 | M | 3 | M1519 | 1:34:39 | 7:14 |
| * 8 KAREN COOLEY | AMARILLO | TX | 39 | F | 1 | F3539 | 1:34:47 | 7:14 |
| 31 JIMMIE KEY | LUBBOCK | TX | 60 | M | 1 | M6064 | 1:48:18 | 8:16 |
| 39 BILL ROGER, Sr. | LEVELLAND | TX | 59 | M | 2 | M5559 | 1:53:53 | 8:42 |

OVERALL RESULTS 10K RACE (76 Finishers)

| PLACE NAME | TOWN | ST | AG | S | DIV | PLACE | TIME | PACE |
|------------------|-----------|----|----|---|-----|-------|---------|-------|
| 1 JAY TRUITT | LOVINGTON | NM | 20 | M | 1 | M2024 | 34:52 | 5:37 |
| 11 AL GARDNER | LEVELLAND | TX | 41 | M | 2 | M4044 | 41:56 | 6:45 |
| 60 DIANE RAMIREZ | LUBBOCK | TX | 32 | F | 2 | F3034 | 58:41 | 9:27 |
| 65 ADAM ANDREWS | LUBBOCK | TX | 44 | M | 14 | M4044 | 1:00:52 | 9:48 |
| 72 WALLACE DEAN | AMARILLO | TX | 57 | M | 5 | M5559 | 1:08:41 | 11:04 |
| 74 MAURINE BRAY | LUBBOCK | TX | 57 | F | 1 | F5559 | 1:35:55 | 15:27 |

* = Not club members but frequent participants with us

IN SYMPATHY

Our deepest sympathy to Ron Key in the loss of his dad; to P.J. Mitchell in the loss of her brother and to Eva Martinez in the loss of her grandmother.

RUNNING PARTNERS

One of our newest members asked about finding a running partner when she joined and I was unable to direct her to someone who lived nearby. I did tell her about the Saturday and Sunday group runs at Mackenzie park.

As a result of this I will try to have a list in the newsletter of runners like this. I will need to know; name, telephone number, time you could run, location you prefer, pace you run, etc. Send this information to:

George W. Jury, Newsletter Editor
5212 44th St.
Lubbock TX 79414

RACE DIRECTORS NEEDED

Frank Goodman has informed us that he is taking a job in the metroplex and is resigning as director and as Race Director for the FLIGHT LINE RACES. Thank you Frank, for your service to the club.

The FLIGHT LINE RACES is a bigger job than most to pull off, so we need someone willing to accept the challenge of directing this race. We also need someone to step in as director at some of our simpler races. If you would like to take on a director's job, please call Tim Key at 796-1824.

SCHOLARSHIP DEADLINE

The deadline for applications and nomination letters for this year's WTRC/TTU Scholarship is August 1, 1998. Information about this is in the May newsletter. You can get forms from George Jury. The selection committee consists of: (not yet named by our president as we go to the printer)

RACE ENTRY FEES

The HOT DAM RACE entry fees are: Club members \$8 and others \$12 if pre registered, but will be \$12 for all if registering race day. There will be shirts for the first 100 to sign up.

The RED RAIDER ROAD RACE pre registration is \$12 for Club Members, \$15 for others, but everyone will pay \$20 for Friday registration and \$25 for race day registration.

NEWSLETTER MISSING?

Last month one of the newsletters was returned after being mangled in postal equipment and the label was torn off so I do not know who missed their June newsletter. If anyone did not receive the June issue, or if anyone fails to get your newsletter by the first of any given month please call George Jury to get a copy.

CONGRATULATIONS

Club member and recent Coronado High graduate, Cherisse Robison has been acclaimed Valedictorian of the 1998 class. The salutatorian coincidentally, was Ginny Toon who has run in some of our races also.

Laci Jackson, a sophomore, reached her peak at the New Mexico state meet with a second place finish of 5:08.10 in the 1,600M run. Laci had suffered from an infection all spring which finally responded to antibiotics. She also competed in the 1,500M at the "GREAT SOUTHWEST" meet at Tempe, AZ, where she posted a fifth place time of 4:45.62.

HOSPITAL HILL HALF MARATHON

The RRCA national championship was held at this race May 31st. Rich Titus was privileged to participate at this hot and humid location and yet posted a fine 1:48:31.

THANKS TO MIKE GREER

Mike and Marti Greer have donated some left over race numbers to the club to use and these are really appreciated. Race numbers that are printed with our name on them cost \$.25 each with the safety pins, while "generic" numbers run about \$.20 each, so this is a saving of about \$280 for use at our club races. Some of our "higher profile" races, we like to have custom numbers for.

Thanks, Marti and Mike!!!!

TEXAS' OLDEST CONTINUOUS ROAD RACE (Since 1970)
 W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th

COURSE RECORDS

10 MILE

MEN

| NAME | TOWN | AGE | TIME | YEAR |
|-------------|------------------|-----|-------|--------|
| 19 & Under | | | | |
| Kim Wrinkle | Big Spring | 17 | 55:57 | 1975 |
| 20-29 | Jorge Pacheco | 22 | 52:34 | 1990 * |
| 30-34 | Lolo Mercado | 30 | 60:24 | 1990 |
| 35-39 | Bob Jackson | 36 | 56:56 | 1995 |
| 40-44 | Bobby Cunningham | 44 | 58:07 | 1984 |
| 45-49 | Jim Leser | 49 | 65:06 | 1996 |
| 50-54 | George Jury | 50 | 63:28 | 1987 |
| 55-59 | George Jury | 55 | 68:54 | 1992 |
| 60 Plus | Don Sanderson | 63 | 76:30 | 1993 |

WOMEN

| | | | | |
|------------|-----------------|----|-------|--------|
| 19 & Under | | | | |
| Cari Faver | Muleshoe | 16 | 78:34 | 1995 |
| 20-29 | Idalia Casiano | 23 | 67:52 | 1991 |
| 30-34 | Marjory Stewart | 32 | 65:30 | 1991 * |
| 35-39 | Caylene Cadde11 | 37 | 72:30 | 1989 |
| 40-44 | Teresa Greer | 44 | 83:06 | 1995 |
| 45-49 | P.J. Mitchell | 47 | 86:24 | 1993 |

3 MILE

MEN

| | | | | |
|---------------|-----------------|----|-------|--------|
| 15 & Under | | | | |
| Carlos Ybarra | Lamesa | 15 | 15:58 | 1978 |
| 16-19 | Curtis Conaway | 18 | 14:44 | 1979 |
| 20-29 | Dennis Williams | 29 | 14:23 | 1975 * |
| 30-34 | Steve Stallings | 30 | 15:02 | 1982 |
| 35-39 | Quinn Smith | 35 | 15:56 | 1995 |
| 40-44 | Bob Dunbar | 44 | 16:44 | 1978 |
| 45-49 | George Jury | 49 | 17:47 | 1986 |
| 50-54 | George Jury | 52 | 17:45 | 1989 |
| 55-59 | George Jury | 56 | 19:03 | 1993 |
| 60-64 | John Stalcup | 60 | 22:57 | 1993 |
| 65 Plus | Don Sanderson | 66 | 21:29 | 1996 |

WOMEN

| | | | | |
|--------------|------------------|----|-------|--------|
| 15 & Under | | | | |
| Hope Jimenez | Lamesa | 13 | 19:27 | 1997 |
| 16-19 | Debra Finnell | 18 | 20:10 | 1988 |
| 20-29 | Isabel Navarro | 21 | 18:21 | 1979 * |
| 30-34 | Isabel Torres | 34 | 21:04 | 1992 |
| 35-39 | Josie Aleman | 36 | 22:25 | 1988 |
| 40-44 | Sherrill Johnson | 44 | 20:25 | 1994 |
| 45-49 | Arlene Ragan | 48 | 22:41 | 1984 |
| 50 Plus | P.J. Mitchell | 50 | 24:15 | 1996 |

West Texas Running Club
 proudly presents

29th ANNUAL
 FIRECRACKER RUNS

Saturday, July 4th, 1998
 Late registration: 7:00-7:45 am
 Races Start: Children's 1 mile - 7:40 am
 3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
 From Lubbock on Hwy. 62, go to the last
 stoplight, turn left on Buckley St. To Old Lamesa Rd.,
 turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC
 members and \$6.00 for non-members. WTRC family maximum registration cost is
 \$10.00.

Special and unique commemorative medallions. Awards given to the first 3 in each
 age group and to at least 50% of the contestants in each age group as listed below.
 Awards will be presented at 8:05 a.m. (Kids Run), 8:35 a.m. (3 mile), and 10 a.m.
 (10 mile).

3 Mile Run

| Male | Female |
|-------|---------|
| 6-9 | 6-9 |
| 10-12 | 10-12 |
| 13-15 | 13-15 |
| 16-19 | 16-19 |
| 20-29 | 20-29 |
| 30-34 | 30-34 |
| 35-39 | 35-39 |
| 40-44 | 40-44 |
| 45-49 | 45-49 |
| 50-54 | 50-plus |
| 55-59 | 60-plus |

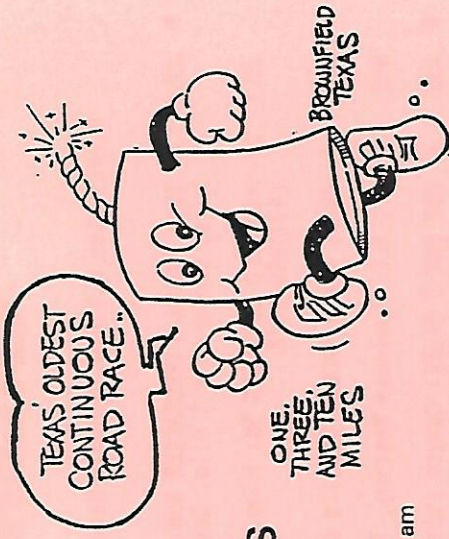
10 Mile Run

| Male | Female |
|------------------------------|---------|
| 13-19 | 13-19 |
| 20-29 | 20-29 |
| 30-34 | 30-34 |
| 35-39 | 35-39 |
| 40-44 | 40-44 |
| 45-49 | 45-49 |
| 50-54 | 50-plus |
| 55-59 | 60-plus |
| Clydesdale 13-35 and 36-plus | |
| Athena 13-35 and 36-plus | |

60-plus
 Clydesdale 6-35 and 36-plus
 Athena 6-35 and 36-plus

Children's 1 mile run: grades pre-school through 7th, special commemorative medals
 for first place boy and girl in each grade. Finish ribbons for the remainder. Grade as
 of Fall, 1998.

Contact: Race Director Gayle Blackmon-Hopkins- (806) 794-3632



FIRECRACKER
 RUN!

29th Annual Firecracker Run

Mail
Registration
thru July 2
Telephone registration
by 7 p.m. July 3
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 44th Street
Lubbock, Texas 79414

Race starts at 8:00 a.m.
at the Terry Co. Park

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 Firecracker Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

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

Signature of entrant _____ Signature of guardian(minors) _____

Age _____ (on race day) Select Event: _____ 3 mile _____ 10 mile _____ Kid's 1 mile _____ Male _____ Clydesdale (190 lbs or more)
_____ Female _____ Athena (150 lbs or more)

Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____