

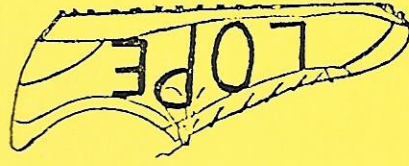
CALENDAR

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

- JUNE 1 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- JUNE 6 ALLEY OOP 5K: Iraan, Paul Lee, (915) 639-2630
- * JUNE 13 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am
10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 13 RUN IN THE SUN: 8K, San Angelo, Brent Fields, (915)653-6741
- 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 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Child-
ren'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, Wayne Oakeley, Race Director, 799-4473
- 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
- * 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 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

June 1998

June W.T.R.C. Race
LEVELLAND LOPE
Levelland, Texas 10K & 2 Miles
8am, Saturday, June 13, 1998
Details Inside Back Cover



JUNE 1998

Newsletter Editor
5212 44th Street
Lubbock, Texas 79414



WEST TEXAS RUNNING CLUB

OFFICERS

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Membership Director - John Trompler
(H) 794-1359

Internal Race Director - Frank Goodman
(H) 797-3804 (O) 866-4397

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Monday, June 1, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

Summer is upon us already with hot dry weather the rule rather than the exception. Make sure you heed the advice about hot weather running and avoid the "crash" I experienced at the Senior Games last August. Run in the morning if possible, reduce your workout intensity if you must run in the afternoon or early evening and be sure to stay hydrated before, during and after your run. Summer is for running free---very little clothing on. No, I'm not a nudist at heart but I do enjoy running without all that cold weather running gear on!

Not much to report as far as Board business is concerned. John Trompler did get some very nice window/bumper stickers of the WTRC logo. Cost is \$ 0.50 a piece---a great deal and a good way to advertise the club and show the community you are proud to be a member. The budget committee has been busy providing the Board information to better direct our activities and expenditures for the remainder of this year and next year. I suspect that we may see a membership dues increase next year. Our income is pretty much from our fee from helping with the Buffalo Triathlon, the Turkey Trot Race, rental of our timing equipment and a small amount from most of our internal races. We get nothing from the August Hot Dam Run or the Red Raider Road Race as these monies go to charity or our scholarship fund. The newsletter and our RRCA event insurance cost us more than the \$10.00 membership dues and members do get a discount at our races! *Jim Leser*

VOLUNTEER FOR THE BUFFALO TRIATHLON. CALL JIM LESER AT 794-2474

WTRC LSD Training Runs Saturdays at 8:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Barnero at 793-1667 (N)

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

HORSESHOE BEND CANYON SPRING FROLIC Slaton, Texas May 9, 1998

ELEVEN MILE ROAD RACE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PAGE
* 1	TIM KEY	LUBBOCK	TX	1	M3034	30	M	1:07:38	6:09
2	YADIRA MARQUEZ	LEVELLAND	TX	1	F2029	23	F	1:16:57	7:00
3	CHRIS LONNGREN	LUBBOCK	TX	1	M3539	38	M	1:18:44	7:09
4	MARJORY STEWART	LUBBOCK	TX	1	F3539	38	F	1:19:10	7:12
5	RANDY WOLCOTT	LUBBOCK	TX	1	M4044	41	M	1:19:32	7:14
6	DAVID STEADMAN	LUBBOCK	TX	1	M2029	29	M	1:21:35	7:25
7	TODD HEGSTROM	LUBBOCK	TX	2	M4044	42	M	1:21:50	7:26
8	DOUG GARDNER	LUBBOCK	TX	2	M3034	33	M	1:23:07	7:33
9	RON LUBOWICZ	LUBBOCK	TX	1	M5559	55	M	1:23:28	7:35
10	MICHAEL RODRIGEZ	LUBBOCK	TX	3	M4044	40	M	1:23:29	7:35
11	RICHARD FISCHENICH	LUBBOCK	TX	1	M5054	50	M	1:24:13	7:39
12	KIRK THOMAS	LUBBOCK	TX	2	M3539	39	M	1:25:00	7:44
13	LANCE WHITE	LUBBOCK	TX	2	M2029	24	M	1:25:55	7:49
14	MICHELE WYATT	PLAINVIEW	TX	2	F2029	27	F	1:26:43	7:53
15	SYDNEY MORRIS	LUBBOCK	TX	3	F2029	27	F	1:27:27	7:57
16	JIM KILLION	LUBBOCK	TX	4	M4044	44	M	1:28:21	8:02
17	MIKE DAILEY	LUBBOCK	TX	1	M4549	46	M	1:28:42	8:04
18	WADE WILSON	LUBBOCK	TX	3	M3539	39	M	1:29:58	8:11
19	MARK PESSA	LUBBOCK	TX	5	M4044	44	M	1:30:46	8:15
20	BILL ROGER	LEVELLAND	TX	2	M5559	59	M	1:31:45	8:20
21	DWAYNE OAKELEY	LUBBOCK	TX	6	M4044	41	M	1:32:00	8:22
22	LARRY BYRD	SHALLOWATER	TX	3	M5559	57	M	1:32:24	8:24
23	RICHARD BRAY	LUBBOCK	TX	2	M5054	54	M	1:34:08	8:33
24	JIMMY KEY	LUBBOCK	TX	1	M6099	60	M	1:34:50	8:37
25	JAMES LIVERMORE	LUBBOCK	TX	3	M5054	50	M	1:35:56	8:43
26	RICHARD THOMAS	LUBBOCK	TX	7	M4044	41	M	1:36:14	8:45
27	DIANA BIBEAU	MIDLAND	TX	2	F3539	38	F	1:36:19	8:45
28	JON OMDAHL	LUBBOCK	TX	4	M5054	52	M	1:37:12	8:50
29	RON KEY	LUBBOCK	TX	5	M5054	54	M	1:39:05	9:00
30	MICKEY DAVIS	LUBBOCK	TX	8	M4044	41	M	1:41:40	9:15
31	RON NUGENT	LUBBOCK	TX	6	M5054	51	M	1:41:41	9:15
32	SHANE SALTER	LUBBOCK	TX	3	M3034	31	M	1:43:09	9:23
33	KYLE GAYLER	LUBBOCK	TX	4	M3034	31	M	1:43:09	9:23
34	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	44	F	1:43:43	9:26
35	MIKE KELLEY	LUBBOCK	TX	2	M4549	49	M	1:46:19	9:40
36	MARSHA BENNETT	LUBBOCK	TX	1	F3034	34	F	1:55:49	10:32
37	FRANK EARNEY	LUBBOCK	TX	3	M4549	49	M	2:15:37	12:20

* = Age Group Record

HORSESHOE BEND CANYON SPRING FROLIC
Slaton, Texas May 9, 1998

SIX MILE ROAD RACE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
* 1	JIM LESER	LUBBOCK	TX	1	M5054	51	M	37:49	6:18
2	JOAO SA	LEVELLAND	TX	1	M3034	33	M	38:19	6:23
3	JIMMY SAMARRON	LEVELLAND	TX	1	M4044	43	M	40:37	6:46
4	ROBERT GUAJARDO	LEVELLAND	TX	1	M5559	55	M	40:47	6:48
5	AL GARDNER	LEVELLAND	TX	2	M4044	41	M	40:50	6:48
6	RUSSEL MARTIN	SHALLOWATER	TX	3	M4044	40	M	42:40	7:07
7	RON HEWETT	LUBBOCK	TX	1	M3539	37	M	45:06	7:31
8	DAVID HIGGINS	LUBBOCK	TX	1	M4549	45	M	47:57	8:00
9	MELANIE McVEY	LUBBOCK	TX	1	F3539	36	F	50:15	8:23
10	HOPE JIMENEZ	LAMESA	TX	1	F1315	14	F	53:45	8:58
11	BOB BERNERO	LUBBOCK	TX	2	M5559	55	M	54:28	9:05
12	BOB BROSELOW	LUBBOCK	TX	3	M5559	57	M	59:14	9:52
13	ADAM ANDREWS	LUBBOCK	TX	4	M4044	44	M	1:03:45	10:38
14	JULIE AVERY	LUBBOCK	TX	1	F2029	26	F	1:07:18	11:13
15	MAURINE BRAY	LUBBOCK	TX	1	F5099	57	F	1:24:07	14:01
16	LAURIE LOPEZ	LUBBOCK	TX	1	F3034	31	F	1:33:54	15:39

TWO MILE ROAD RACE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	RYAN CRUZ	SHALLOWATER	TX	1	M1619	16	M	10:34	5:17
2	CHRIS THOMAS	LUBBOCK	TX	2	M1619	19	M	11:26	5:43
3	CHRIS TREVINO	LUBBOCK	TX	3	M1619	16	M	13:36	6:48
4	BEN WRIGHT	LUBBOCK	TX	1	M1315	14	M	13:37	6:49
* 5	JIM HARRIS	HOBBS	NM	1	M5559	55	M	13:46	6:53
6	RONNIE PRIGG	LUBBOCK	TX	1	M4549	47	M	14:19	7:10
7	MATT HEINEMANN	LUBBOCK	TX	1	M0112	12	M	14:31	7:16
8	MEGAN ESTRADA	ABERNATHY	TX	1	F1315	13	F	14:33	7:17
9	JUNIOR MENDOZA	LEVELLAND	TX	1	M4044	40	M	14:58	7:29
10	CHERYL WEBER	LUBBOCK	TX	1	F4549	45	F	15:13	7:37
11	GINA ESTRADA	ABERNATHY	TX	1	F0112	12	F	15:26	7:43
12	RALPH WOLF	ABERNATHY	TX	1	M6099	60	M	15:59	8:00
13	SHAWNA THOMAS	LUBBOCK	TX	2	F1315	13	F	16:22	8:11
14	JAMES BONE	LUBBOCK	TX	2	M5559	58	M	16:25	8:13
15	KENNETH KINZENBAW	LUBBOCK	TX	2	M0112	10	M	17:42	8:51
16	JOHN STALCUP	LUBBOCK	TX	2	M6099	65	M	18:00	9:00
17	MEGAN WRIGHT	LUBBOCK	TX	3	F1315	13	F	18:26	9:13
18	JERRY WRIGHT	LUBBOCK	TX	3	M5559	59	M	18:27	9:14
19	BO MINNIS	LUBBOCK	TX	4	M5559	56	M	20:29	10:15

* = Age Group Records + = New Member

W.R.T.C. 1988 CHALLENGE SERIES
STANDING AFTER 5 EVENTS

MALE

YTD TOTALS

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
Kenneth Kinzenbaw Monie Lass Matt Heinemann Ian Stewart	Chris Wright Cody Lass Ben Wright Tommy Arguajo Cullen Shaw Dennis Rawls	Chris Thomas Ryan Cruz David Dailey Chris Buenostro	Hawk Harris Tim St Onge David Streadman Glen Pokikuha Demitri Ingram Jason Michaels Ryder Richards	Tim Key Richard Verrone Joao Sa William Tripp Rodney Hendrix Steve Silvey Tony Torrez Jesse Hilliard	Chris Longren Mike Lass Bob Jackson Shawn Bean Dwight Varnum Wade Wilson	Randy Wolcott Al Gardner Brent Tidwell Dwayne Oakeley Mark Pessa Adam Andrews Russel Martin Richard Thomas Mark Albus Frank Sumpter Mickey Davis Jimmy Samarron Alonzo Mendoza David Skelton Jim Wilhelm	Mike Daily David Higgins Frank Earney Ronnie Prigg Mike Kelley Rich Titus Larry Burelsmith Joe Post Ben Platt Ken Jernigan Damon Richards Fred Weber Doug Triplett Tony Aleman	Jim Leser Richard Bray James Livermore John Trompler Richard Fischenich Ronnie Nugent John Omdahl Joey Thacker Frank Goodman Rick Lampe Ron Key Joe Martinez	Bill Roger James Bone Jim Harris Robert Guajardo Bob Bernero Robert Broselow Bo Minnis Bill Oates Larry Byrd Mike Greer Jerry Wright	Jimmie Key John Stalcup Ralph Wolf George Jury Hugh Haynes
PTS 43 36 20 9	29 26 20 10 9 6	29 20 19 7	36 21 16 9 7 5 4	40 34 20 19 15 10 8 0	39 23 19 9 8	47 40 30 28 21 18	48 35 29 29 27 20 19 15 10 9 8 0	40 34 31 29 28 20 16 9 7 6 6 0	37 32 30 30 28 26 19 17 16 15 8	30 18 10 0
MILES 17 15 4 4	17 11 6 4 5 5	10 7 6 5	30.2 17 15 5 5 13.1 4	41.1 34.2 12.2 22.1 13 4 13.1 8	33.1 17 21.1 11.2 4 11	34.2 25.2 30 29.2 32.1 19 10 28.1 7 9 24 6 2 41.1 0	41.1 44.1 8 37.1 14.2 26.1 17 8 5 24.1 13 33.1	31.2 46.1 33.1 34 29.1 41.1 24.1 31.2 4 11 19	37.1 19 15 16.2 36.1 16.2 21.2 10.2 37.1 17.1 2	28 20.1 15.1 41.1 11
EVENTS 5 5** 2 1	3 3 2 1 1 1	3 2 2 1	5* 3 2 1 1 1 1	5* 5* 3* 2 2 1* 1	4 3 2 2 1 1	5 4* 4 3* 3 2* 3* 1 1* 5*	3* 2* 2* 2 2* 1 4*	4 5** 4 5** 3 3 5* 2** 4 1 4*	4 4* 4* 3 3 3 5 2 4* 2 2 1	4* 3* 2* 5* 1*

** = RACE DIRECTOR
* = VOLUNTEER

W.T.R.C. 1998 CHALLENGE SERIES
STANDINGS AFTER 5 EVENTS

FEMALE

YTD TOTALS		YTD TOTALS	
PTS	MILES	PTS	MILES
0 - 12 FEMALE			
Margarita Jimenez	13	30	48
13 - 15 FEMALE			
Hope Jimenez	19	17	28
Shawna Thomas	8	9	17.1
Mary Lou Jimenez	5	0	4
Megan Wright	2	0	8
16 - 19 FEMALE			
Stephanie Alvarez	4	40	28
Tara Jernigan	5	10	6
Lacy Richards	4	9	4
Wendy Sullivan	5	1	1
20 - 29 FEMALE			
Cassandra Rivas	8	39	26
Brandy Temple	17.1	30	25.1
Sydney Morns	11	19	15
Tahnee Elliot	4	8	4
Christye Marez	4	7	4
30 - 34 FEMALE			
Marsha Bennett	41.1	10	4
Laura Hopper	10.2	10	11
Vicki Fischnich	29	0	8
Sonia Aguirre	5	0	4
Molly Samiese	8	0	13.1

Why Do You Run?

There are many good reasons to run, cycle, swim or engage in some kind of sport. Fitness comes to mind first. I think we all desire a certain level of fitness. Self esteem is another good bet. Exercising, looking good, feeling good and being athletic all feed into this self esteem thing. Don't ever underestimate the power of self esteem! Competition. Do you train to do well in races or do you use races to motivate you in training. Probably a little of both I bet. I guess where this is leading is that it really doesn't matter why you do it, as long as you do it!

While we may be a running club, this does not preclude you from participating in multisport activities that involve running, such as duathlons and triathlons. These provide a change of pace and give those tired running muscles a chance to rest. Besides, I believe multisport participants tend to have a healthier looking body, with a more balanced musculature.

Lifting Weights for Better Running

Strength training for runners? No way! I don't need more bulk or weight. I already weigh too much, and we all know that unneeded weight does to our split times. I can speak from experience that with the proper diet and lifting program, you can expect to gain muscle, lose fat, increase flexibility, and reduce the incidence of injuries. And don't forget that more muscles means a higher metabolic rate, which means---a higher caloric burn, both during exercise and after.

Now cyclists, and especially cyclists lifting weights, can get enormous things. After all, they need more leg power! Once a cyclist bridges over to a program involving running, they will have to reduce their thigh mass or suf-

HORSESHOE BEND RACE REPORT

It was the 27th annual Horseshoe Bend run. This was my first experience as race director, doing most of the organizing. In the years past, I helped Richard here and there. It was more work than I had anticipated but with George's help, Richard's past experience and all the volunteers, I survived. Many thanks to George Jury, Josie and Tony Aleman, Hugh Haynes, Damon Richards, John Trompler, David Skelton, Jenna Wolcott, Debby Gentry, Hawk Harris, Carey Stafford, Chris Fischnich, Joe Martinez, and Richard Verrone

Thanks to South Plains Medical for donating the bagels and bananas. I was short a few volunteers but in the end it turned out better than I expected.

It was colder than expected, and windy as usual. A few course records were broken in their age groups. Tim Key in the 11 Mile, Jim Leser in the 6 Mile, and Jim Harris in the 2 Mile, set new records. There were also many more outstanding participants among the 73 finishers. I hope you all had a great time and hope to see you all again next year. Thanks for making it a successful race.

Vicki Fischnich

FOUND

Someone left a heavy black sweatpant at the race. To claim, call George Jury.

SCHOLARSHIP NOMINATIONS

It is time to get your nominations in for the 1998-99 WTRC/TTU Scholarship. Mail nomination letters to Jim Leser and applicant forms can be gotten from George Jury. Call 792-3297(d) or 792-1237(r)

THIS & THAT
BY JIM LESER

fer through slower running times. They can't have it both ways.

Bottom line, more power means better performance on hills, toward the end of longer distance events and better running speed. So become a lifter.

Performance Enhancers

Athletes are constantly looking for ways to improve their performance. They are willing to try all kinds of supplements, some that are legit and others of questionable merit. Most of the time a proper diet will provide all you need to be healthy and perform at your maximum capability. Secondly, just because an elite athlete endorses a product doesn't mean that this athlete's performance was improved by the product. This is what is known as a testimonial, not science. Finally, a product may be tested or patented, but this does not mean that there is any data backing their performance claims.

SELECTED OUT-OF-TOWN RACES

June

06 4th Annual Alley_OOP 5K/2m walk kids_mile, Iraan, Paul Lee, 915-639-2630

13 1/2 Marathon Relay, San Antonio, 830-344-1254

20 Dad's Day_Dallas 5K/Kid_K, 917-715-8101

July

04 Freedom Kelly AFB 4 mile, San Antonio 830-648-4729

19 Dannon Duathlon National Championship 5K_r/30K_b/5K_l, New Orleans, 504-837-8751

24 Relay for Life, Odessa, Arlyne Ragan, 915-366-0320

August

22 Hotter N Hell Bike Rides, Wichita Falls.

CLUB NEWS
HIGH SCHOOL RUNNERS

Four of our club members sailed to victory in their district meets, then repeated double wins in the 1,600M and 3,200M runs at the regional meets. Times listed are for 1st place unless listed otherwise.

- 1-2A Tara Jernigan, Baird 1,600M 800M
- 1-2A Ryan Cruz, Shallowater 5:39.9
- 1-3A Travis Perez, Brownfield 9:47.9
- 1-3A Wendy Sullivan, Colorado City 9:50.8
- 1-3A Wendy Sullivan, Colorado City 11:56.2

Other area long distance performances are listed below

- 1-4A Brione Yosten, Hereford 10:55.8 2:16.62
- 1-5A Kara Newton, Amarillo 11:22.5
- Katie Simpson, Midland 11:45.2 4th 5:13.6
- 1-2A Katherine Duncan, Roscoe 5:25.9 5th 5:21.3
- 1-1A Miranda Cornelius, Wellman 4:28.0 3rd
- 1-4A Steve Silva, Frenship

Brione Yosten of Hereford is a freshman and her 2:16 800M was a new regional record. As you can see above, she also posted the fastest 3200M time in the region! Katie Simpson of Midland Lee is also a freshman who happens to be the daughter of Berry and Cynidi Simpson who once lived in Brownfield and have been very active supporters of the Permian Basin Road Runners. Miranda Cornelius of Wellman was last fall's state 1A cross country champion, edging out Tara Jernigan. She also won the region 300M hurdles.

The fastest boys distance events in this region were in 4A, where the winning time at 3,200M was 9:27.2 and at 1,600M was 4:23.6. The fastest girl's 1,600M was also at region 1-4A, a 5:06.1 by a girl from Keller who was bested by 15 seconds in the 3,200 by Brione Yosten.

TEXAS STATE MEET

- 1A Tara Jernigan, Baird 3,200M 1,600M 800M
- 2A Ryan Cruz, Shallowater 12:05.08(1st) 5:26.35 (2nd)
- 3A Travis Perez, Brownfield 9:36.46(1st) 4:34.09 (4th)
- 3A Wendy Sullivan, Colorado City 9:50.97(4th) 4:31.53 (5th)
- 3A Wendy Sullivan, Colorado City 12:15.70(6th) 5:25.43 (5th)

Other area long distance performances are listed below

- 4A Brione Yosten, Hereford 11:02.48(1st) 2:17.48(4th)
- 5A Kara Newton, Amarillo 11:18.31(5th) 5:19.16 (6th)
- 2A Katherine Duncan, Roscoe 5:10.08(1st) 2:14.74(1st)
- 1A Miranda Cornelius, Wellman 3,200M 1,600M 800M
- 2:16.68(2nd)

Winning times, Boys

- 5A 9:23.89 4:17.54 1:52.35
- 4A 9:22.51 4:16.12 1:54.75
- 3A 9:35.01 4:20.15 1:52.27
- 2A 9:36.46 4:23.35 1:54.20
- 1A 9:50.64 4:29.04 1:59.51

Winning times, Girls

- 5A 10:37.86 5:03.28 2:12.18
- 4A 11:02.48 5:06.91 2:12.78
- 3A 11:11.32 5:07.80 2:17.25
- 2A 11:38.60 5:10.08 2:14.74
- 1A 12:05.08 5:22.97 2:16.61

More News, Page 10

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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.

MORE CLUB NEWS
BOSTON MARATHON

Three of our members had successful and enjoyable runs at Boston. Christie Lammers, 41, of Midland posted a 3:18:27. John Trompler, 50, ran on a sore foot (Plantar fasciitis) which had curtailed training and still got a 3:19 flat. Randy Wolcott, 41, posted a 3:27:50.

CAPITOL 10,000

Hawk Harris ran a 37:17 in Austin March 29th, and placed 6th in his age group, 39th OA. Glen Pokliuha placed 7th age group, 45th OA. Mike Flores ran a 39:50, 99th OA. Al Becken, 69, won his age group with a 46:37, 271st OA. Jim Harris ran a 1:04:06.

MARATHON OF THE GREAT SOUTHWEST

Richard Fischenich, 50, 3:48:54, Norman Pittenger, 61, El Paso (former member) 3:56:13, Richard Bray, 53, 4:06:36, Ray Brady, 54, 4:50:54.

CLUB RACE PRE-REGISTRATION

As of now there have been only 3 other club members willing to learn how to use the computer race scoring on race day, besides Ron Key And George Jury. It would be very helpful if others would be willing to help in this way. It is not too hard to learn the race day procedures as all programming has been done. It would certainly make the computer operators job much easier if club members would take the time to register prior to race day.

We have had as many as half the total attendance pre registered and believe me, that really eases the burden for the one at the computer.

It is especially important to register as many as possible early for the FIRECRACKER RUN, July 4th, because we have a lot of non-members who come to Brownfield, and a delay at registration could cause a delay in race start, which no one would be happy about if the temperature is high!

THE CHALLENGE SERIES

Everyone should check their points, miles, events participated in and whether or not you have been given credit for volunteering. If any mistakes are found, please call George Jury.

RED RAIDER ROAD RACE
October 10, 1998

Three sponsors have committed to help this year so far. Workers are needed badly. Please call Rusty Ladd at 784-0793.

Registration fees have been established by board vote. W.T.R.C. members may pre-register prior to October 8th for \$12.00. All others early registration is \$15.00. Walk up registration Friday, October 9th is \$20.00 for everyone and Saturday registration is \$25.00 for everyone.

WEST TEXAS RUNNING CLUB'S
19th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, June 13, 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 by 7pm, Friday the 12th, then pay fee race day

WHERE LEVELLAND HIGH SCHOOL, Levelland Texas

From Lubbock, take Highway 114 West, turn left on Alamo Road, east side of Levelland, drive south to the high school

COURSE: Flat, both Races out and back on City Streets

AID STATIONS: At least, every 2.5 Miles
Splits at 1 Mile

AGE DIVISIONS: 10K

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 0-9, 10-12, 13-15 & 16-19 age groups in the 2 Mile)

Clydesdales and Athena 0-35 and 36 and up

AWARDS: 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: Al Gardner, 894-3538(n), 894-9611 Ext 2283

Bobby Birdsong Memorial Levelland Lope

**Mail
Registration
thru June 11**
Telephone registration
by 7 p.m. June 12
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 High School**

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 Levelland Lope 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 _____ Male _____ Clydesdale (190 lbs or more)
Female _____ Athena (150 lbs or more)

Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____

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 _____