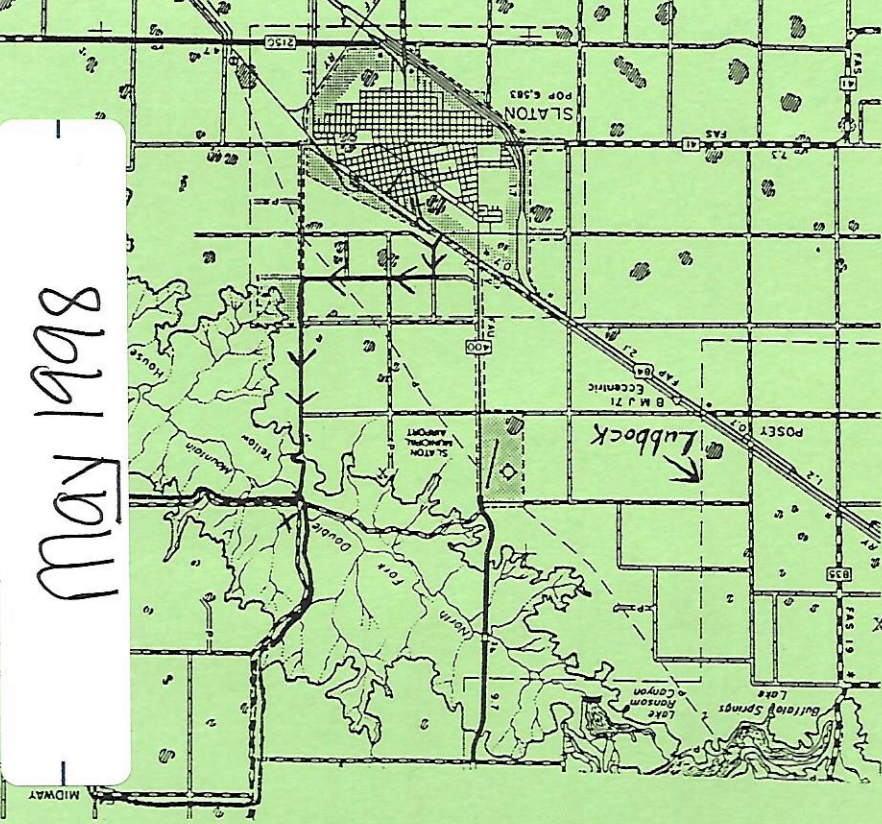


# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAY 2 YMCA 8K: Amarillo, 8am, David Lard, (806) 354-1908
- MAY 4 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- \* 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, Marathon, Half Marathon, 10K FMI call (806) 345-3451
- JUNE 6 RUN IN THE SUN: San Angelo, Details later
- \* 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 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)



May 1998



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414

MAY 1998



May W.T.R.C. Races  
HORSESHOE BEND CANYON  
SPRING FROLIC 11, 6 & 2 Miles  
8am, Saturday, May 9, 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 - Frank Goodman  
(H) 797-3804  
(I) 866-4397

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.  
The WTRC monthly business meeting is on Monday, May 4, 7:00 p.m. at  
5517 74th Street. All members are welcome.

## Leser's Lines

Let's happening around the area. The Special Olympics was held the weekend of April 18<sup>th</sup> and was a resounding success. We were a partner in this event since we supported it with a \$2300.00 donation. Unfortunately, no one stepped forward to represent our club at the event (I was out of town) although we did have signs displayed. Marjory Stewart's Race for Kids was again a success. Frank Goodman pulled off another successful Flight Line Race even though the Reese Center did not cooperate and allow us on the base. This will be worked out by next year. The wind was sure tough. Glad I was in the 10K and not the 1/2 marathon! A number of us went out of town to triathlon or duathlon events. I'll give a report on these next month.

Some more out-of-town races: 5/9 Domestic Violence 5K (Amarillo, 353-4330), 5/16 Coulter Road 5K (Amarillo 356-8888), 5/30 Run for the Oasis (Odessa 915-335-9059).

At our April Board meeting we did vote in Frank Goodman as Internal Race Director. Thanks for volunteering Frank! We are also close to getting Club singlets for sale and WTRC window/bumper stickers. It is now time to get serious about volunteering to help on the run course of the Buffalo Springs Triathlon on June 28<sup>th</sup>. There will be over 1000 competitors. I am coordinating the run course aid stations and will need a minimum of 35 volunteers. We do get a check for our assistance. This can be a lot of fun. Please give me a call. I need your help. Don't wait until the last minute. *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 Ron Key at 794-5833 (N)

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

## THE FLIGHT LINE RACES APRIL 11, 1998 REESE AIR FORCE BASE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	PETER TANUI	LUBBOCK	TX	23	M	1	M2029	1:14:17	5:40
2	BOB JACKSON	HOBBS	NM	39	M	1	M3539	1:22:40	6:18
3	CODY COFFMAN	LUBBOCK	TX	22	M	2	M2029	1:25:20	6:31
4	TIM KEY	LUBBOCK	TX	30	M	1	M3034	1:31:21	6:58
5	JERRY DUTCHOVER	MIDLAND	TX	29	M	3	M2029	1:33:39	7:09
6	CODY LEWIS	SNYDER	TX	21	M	4	M2029	1:37:11	7:25
7	TODD MCGRATH	LUBBOCK	TX	23	M	5	M2029	1:38:24	7:30
8	BRENT TIDWELL	LUBBOCK	TX	40	M	1	M4044	1:39:41	7:36
9	YADIRA MARQUEZ	LEVELLAND	TX	23	F	1	F2029	1:39:45	7:37
10	CHRIS LONNGREN	LUBBOCK	TX	38	M	2	M3539	1:42:11	7:48
11	PAUL PEACOCK	MIDLAND	TX	32	M	2	M3034	1:44:08	7:57
12	MICHAEL RODRIGUEZ	LUBBOCK	TX	40	M	2	M4044	1:46:31	8:08
13	AVILLI MARQUEZ	LEVELLAND	TX	25	F	2	F2029	1:46:32	8:08
14	RICHARD FISCHENICH	LUBBOCK	TX	50	M	1	M5054	1:47:02	8:10
15	MIKE DAILEY	LUBBOCK	TX	46	M	1	M4549	1:47:12	8:11
16	TONY TORREZ	LUBBOCK	TX	33	M	3	M3034	1:49:56	8:23
17	JASON BEARD	LUBBOCK	TX	32	M	4	M3034	1:53:47	8:41
18	DAMON RICHARDS	LUBBOCK	TX	45	M	2	M4549	1:53:47	8:41
19	JASON MICHAELS	LUBBOCK	TX	29	M	6	M2029	1:55:21	8:48
20	CRAIG LANGFORD	LUBBOCK	TX	36	M	3	M3539	1:55:59	8:51
21	LANCE MEDLIN	LUBBOCK	TX	23	M	7	M2029	1:57:21	8:57
22	JON OMDAHL	LUBBOCK	TX	52	M	2	M5054	1:59:50	9:08
23	BILL ROGER	LEVELLAND	TX	58	M	1	M5559	2:03:35	9:26
24	PHIL GREGORY	BOYS RANCH	NM	55	M	2	M5559	2:03:53	9:27
25	DIANA BIBEAU	MIDLAND	TX	37	F	1	F3539	2:04:00	9:28
26	RICHARD THOMAS	LUBBOCK	TX	41	M	3	M4044	2:04:03	9:28
27	MARK PESSA	LUBBOCK	TX	44	M	4	M4044	2:04:05	9:28
28	RICHARD BRAY	LUBBOCK	TX	54	M	3	M5054	2:04:58	9:32
29	DAVID HIGGINS	LUBBOCK	TX	45	M	3	M4549	2:06:53	9:41
30	BRANDY TEMPLE	LUBBOCK	TX	25	F	3	F2029	2:07:41	9:44
31	MIKE GREER	LUBBOCK	TX	59	M	3	M5559	2:08:39	9:49
32	KEVIN GREGORY	ALBUQUERQUE	NM	28	M	8	M2029	2:08:45	9:49
33	MERRYL BARKER	LUBBOCK	TX	25	F	4	F2029	2:08:46	9:49
34	JAMES LIVERMORE	LUBBOCK	TX	50	M	4	M5054	2:11:47	10:03
35	MIKE KELLEY	LUBBOCK	TX	49	M	4	M4549	2:18:03	10:32
36	JONI BELLAH	LUBBOCK	TX	22	F	5	F2029	2:18:44	10:35
37	ETTA MAYER	LUBBOCK	TX	49	F	1	F4549	2:22:51	10:54
38	MARSHA BENNETT	LUBBOCK	TX	34	F	1	F3034	2:23:06	10:55
39	MARTI GREER	LUBBOCK	TX	39	F	2	F3539	2:23:41	10:58
40	LARRY BURELSMITH	LUBBOCK	TX	48	M	5	M4549	2:31:00	11:31
41	JIM BECK	LUBBOCK	TX	38	M	4	M3539	2:34:50	11:49
42	FRANK EARNEY	LUBBOCK	TX	49	M	6	M4549	2:49:21	12:55

## RACE DIRECTORS REPORT

Cold it was not, windy it was not, windy it was not the word to use to describe the gale force winds we had at the FLIGHT LINE RACES this year. It was a disappointment to find out at the last minute we would have to find an alternate course. It would have been fine if the wind did not blow! However, the Half Marathoners had to return 6.55 miles directly into it! Hopefully we can work something out with the REESE management to return in 1999. The lack of traffic and clear roads make it ideal for a long race. A great turnout, and 40 of the 86 had pre registered. One of the 10K runners disappeared in the wind and did not finish!

to bottom of page 4



THE FLIGHT LINE RACES  
OVERALL RESULTS 10K RACE

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 MICHAEL SANG	LEVELL	TX	21	M	1	M2029	34:47	5:36
2 HAWK HARRIS	HOBBS	NM	21	M	2	M2029	39:18	6:19
3 JOAO SA	LEVELL	TX	33	M	1	M3034	40:52	6:35
4 PRESTON SCOTT	LUBBOCK	TX	23	M	3	M2029	41:28	6:40
5 BOBBY SAIN	LUBBOCK	TX	16	M	1	M1619	41:37	6:42
6 JIM LESER	LUBBOCK	TX	51	M	1	M5054	41:43	6:43
7 JASON KNAPP	LOVINGTON	NM	19	M	2	M1619	42:09	6:47
8 JIMMY SAMARRON	LEVELL	TX	43	M	1	M4044	42:43	6:52
9 RANDY WOLCOTT	LUBBOCK	TX	41	M	2	M4044	43:31	7:00
10 ROBERT GUAJARDO	LEVELL	TX	55	M	1	M5559	45:20	7:18
11 RICH TITUS	LUBBOCK	TX	45	M	1	M4549	47:45	7:41
12 DWAYNE OAKELEY	LUBBOCK	TX	41	M	3	M4044	49:39	7:59
13 AL GARDNER	LEVELL	TX	41	M	4	M4044	50:15	8:05
14 SHAWN BEAN	LUBBOCK	TX	36	M	1	M3539	50:23	8:07
15 RICHARD VERRONE	LUBBOCK	TX	30	M	2	M3034	51:16	8:15
16 CYNTHIA RYAN	LUBBOCK	TX	22	F	1	F2029	52:10	8:24
17 MELANIE McVEY	LEVELL	TX	36	F	1	F3539	53:34	8:37
18 BOB BROSELOW	LUBBOCK	TX	57	M	2	M5559	54:11	8:43
19 ANGELA BUSSELL	CARLSBAD	NM	14	F	1	F1315	57:45	9:18
20 BILL OATES	LUBBOCK	TX	55	M	3	M5559	59:09	9:31
21 DOUG HALE	LUBBOCK	TX	53	M	2	M5054	59:25	9:34
22 ANDY MENCHU	AUSTIN	TX	40	M	5	M4044	1:02:37	10:05
23 LAURA HOPPER	LUBBOCK	TX	32	F	1	F3034	1:08:28	11:01
24 BO MINNIS	LUBBOCK	TX	56	M	4	M5559	1:15:50	12:12

OVERALL RESULTS 2 MILE

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 DAVID DAILEY	LUBBOCK	TX	16	M	1	M1619	12:49	6:25
2 JOHN TROMPLER	LUBBOCK	TX	50	M	1	M5054	13:49	6:55
3 MARK ALBUS	WHITEFACE	TX	41	M	1	M4044	14:23	7:12
4 RONNIE PRIGG	LUBBOCK	TX	47	M	1	M4549	14:47	7:24
5 CODY LASS	LOCKNEY	TX	13	M	1	M1315	14:47	7:24
6 HENRY SAMARRON	LEVELL	TX	25	M	1	M2029	15:31	7:46
7 MATT HEINEMANN	LUBBOCK	TX	12	M	1	M0112	15:52	7:56
8 JUNIOR MENDOZA	LEVELL	TX	40	M	2	M4044	16:03	8:02
9 KENNETH KINZENBAW	LUBBOCK	TX	9	M	2	M0112	16:45	8:23
10 MONTE LASS	LOCKNEY	TX	11	M	3	M0112	17:53	8:57
11 SHAWNA THOMAS	LUBBOCK	TX	13	F	1	F1315	17:54	8:57
12 WAYNE KOHOUT	LUBBOCK	TX	51	M	2	M5054	18:08	9:04
13 VICKI FISCHENICH	LUBBOCK	TX	32	F	1	F3034	18:27	9:14
14 MEGAN MEAD	LUBBOCK	TX	13	F	2	F1315	18:31	9:16
15 JOSIE ALEMAN	LUBBOCK	TX	46	F	1	F4549	19:26	9:43
16 KORI DAVIS	LEVELL	TX	15	F	3	F1315	20:30	10:15
17 BECKY DAILEY	LUBBOCK	TX	20	F	1	F2029	26:05	13:03
18 TERESA DAILEY	LUBBOCK	TX	44	F	1	F4044	26:06	13:03
19 JUDE WILLIAMS	MIDLAND	TX	43	F	2	F4044	28:29	14:15

+ = New Member  
 A special thanks to my wife Teri as she rounded up the HOOT'S Bagels, courtesy of club member, Phillip Hoot. James Bone furnished the fruit. Bob Bernero took the time to make the signs and set up the course as well as work the turn around. George Jury made sure the trailer was there and worked the computer. And a big thanks to all the volunteers on the course, Larry Byrd, John and Doris Stalcup, and Ronnie Nugent at water stops and turn arounds. At the registration and finish line were: Ralph Wolf, Tony Aleman, P.J. Mitchell, David Skelton and Bill Trippie. The Jimenez family helped out with the finish line. Again, thanks to all the volunteers. Frank Goodman

W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 4 EVENTS

		MALE				YTD TOTALS				YTD TOTALS					
		0 - 12 MALE		13 - 15 MALE		16 - 19 MALE		20 - 29 MALE		30 - 34 MALE		35 - 39 MALE		40 - 44 MALE	
PTS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS	
36	30.1	4	37	30.1	4	37	30.1	4	37	30.1	4	37	30.1	4	
34	38.1	4	34	38.1	4	34	38.1	4	34	38.1	4	34	38.1	4	
25	21	1	25	21	1	25	21	1	25	21	1	25	21	1	
21	30.1	4	21	30.1	4	21	30.1	4	21	30.1	4	21	30.1	4	
20	14.2	2	20	14.2	2	20	14.2	2	20	14.2	2	20	14.2	2	
19	26.1	3	19	26.1	3	19	26.1	3	19	26.1	3	19	26.1	3	
18	6	2	18	6	2	18	6	2	18	6	2	18	6	2	
15	17	3	15	17	3	15	17	3	15	17	3	15	17	3	
10	8	1	10	8	1	10	8	1	10	8	1	10	8	1	
9	5	1	9	5	1	9	5	1	9	5	1	9	5	1	
8	13.1	1	8	13.1	1	8	13.1	1	8	13.1	1	8	13.1	1	
4	5	1	4	5	1	4	5	1	4	5	1	4	5	1	
0	22.1	0	0	22.1	0	0	22.1	0	0	22.1	0	0	22.1	0	
30	25.2	3	30	25.2	3	30	25.2	3	30	25.2	3	30	25.2	3	
29	23	4**	29	23	4**	29	23	4**	29	23	4**	29	23	4**	
25	35.1	4**	25	35.1	4**	25	35.1	4**	25	35.1	4**	25	35.1	4**	
23	22.1	3	23	22.1	3	23	22.1	3	23	22.1	3	23	22.1	3	
18	18.1	2	18	18.1	2	18	18.1	2	18	18.1	2	18	18.1	2	
15	13.1	1	15	13.1	1	15	13.1	1	15	13.1	1	15	13.1	1	
9	4	1	9	4	1	9	4	1	9	4	1	9	4	1	
7	31.2	2**	7	31.2	2**	7	31.2	2**	7	31.2	2**	7	31.2	2**	
6	4	1	6	4	1	6	4	1	6	4	1	6	4	1	
0	8	1*	0	8	1*	0	8	1*	0	8	1*	0	8	1*	
28	26.1	3	28	26.1	3	28	26.1	3	28	26.1	3	28	26.1	3	
23	17	3	23	17	3	23	17	3	23	17	3	23	17	3	
20	13	3*	20	13	3*	20	13	3*	20	13	3*	20	13	3*	
20	10.2	2	20	10.2	2	20	10.2	2	20	10.2	2	20	10.2	2	
19	30.1	4*	19	30.1	4*	19	30.1	4*	19	30.1	4*	19	30.1	4*	
18	10.2	2	18	10.2	2	18	10.2	2	18	10.2	2	18	10.2	2	
17	10.2	2	17	10.2	2	17	10.2	2	17	10.2	2	17	10.2	2	
15	17.1	2	15	17.1	2	15	17.1	2	15	17.1	2	15	17.1	2	
12	19.2	2	12	19.2	2	12	19.2	2	12	19.2	2	12	19.2	2	
8	26.1	3*	8	26.1	3*	8	26.1	3*	8	26.1	3*	8	26.1	3*	
20	17	3*	20	17	3*	20	17	3*	20	17	3*	20	17	3*	
9	18.1	2*	9	18.1	2*	9	18.1	2*	9	18.1	2*	9	18.1	2*	
0	30.1	4*	0	30.1	4*	0	30.1	4*	0	30.1	4*	0	30.1	4*	
0	13.1	1*	0	13.1	1*	0	13.1	1*	0	13.1	1*	0	13.1	1*	

- 45 - 49 MALE  
 Mike Daily  
 David Higgins  
 Frank Earney  
 Rich Titus  
 Larry Burealsmith  
 Ronnie Prigg  
 Ronnie Kelley  
 Joe Post  
 Bill Platt  
 Ken Jerigan  
 Damon Richards  
 Fred Weber  
 Doug Tripiett  
 Tony Alemany
- 50 - 54 MALE  
 Jim Leser  
 John Trompler  
 Richard Bray  
 James Livermore  
 Richard Fischelich  
 Ronnie Nugent  
 John Orndahl  
 Joey Thacker  
 Frank Goodman  
 Rick Lampe  
 Joe Martinez
- 55 - 59 MALE  
 Bill Roger  
 James Bone  
 Jim Harris  
 Robert Guajardo  
 Bob Bernero  
 Robert Broselow  
 Bill Oates  
 Mike Greer  
 Bo Minnis  
 Larry Byrd
- 60 - 69 MALE  
 Jimmie Key  
 John Stalcup  
 George Jury  
 Ralph Wolf
- \*\* = RACE DIRECTOR  
 \* = VOLUNTEER

CHALLENGE SERIES

The rules for the Challenge Series are presented again on page 8 of this newsletter. If there are any mistakes in the calculations, please call George Jury during the day at 792-3291, as this is on my office computer.



W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 4 EVENTS

FEMALE

YTD TOTALS		EVENTS		YTD TOTALS		EVENTS	
PTS	MILES	MILES	EVENTS	PTS	MILES	MILES	EVENTS
<b>0 - 12 FEMALE</b>							
Marganita Jimenez	30	13	3	38	19.2	4	4
<b>13 - 15 FEMALE</b>							
Hope Jimenez	30	13	3	30	17	3	3
Shawna Thomas	19	6	2	17	17.1	2	2
Mary Lou Jimenez	9	5	1	9	4	1	1
<b>16 - 19 FEMALE</b>							
Stephanie Alvarez	10	4	1	30	17	3	3
Tara Jernigan	10	5	1	10	6	2*	2*
Lacy Richards	10	4	1	9	4	1	1
Wendy Sullivan	9	5	1	<b>40 - 44 FEMALE</b>			
<b>20 - 29 FEMALE</b>							
Cassandra Rivas	18	8	2	39	15	4	4
Brandy Temple	17	17.1	2	30	25.1	3	3
Tahnee Elliot	6	4	1	9	13	2*	2*
Christy Marez	5	4	1	8	4	1	1
<b>30 - 34 FEMALE</b>							
Marsha Bennett	30	30.1	4*	7	4	1	1
Laura Hopper	20	10.2	2	10	4	1	1
Sonia Aguirre	10	5	1	0	5	1*	1*
Jcki Fischnich	19	7	2	0	8	1*	1*
Molly Santese	0	8	1*	0	13.1	1*	1*

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

CLUB NEWS  
AT THE RACES

Congratulations to Tim Key, who completed the Australian Ironman Triathlon in 9:42, qualifying for the Hawaii IRONMAN.

CHALLENGE SERIES

The rules for the Challenge Series are presented again on page 8 of this newsletter. If there are any mistakes in the calculations, please call George Jury during the day at 792-3291, as this is on my office computer.

HYDRATION

As one of our members can attest, it doesn't have to be very hot to become dehydrated in the heat of competition. The wind that our Half Marathoners had to contend with April 11th, extracted it's toll as well. It is frequently said that by the time you feel thirsty in a long race it is already too late and performance will be adversely affected. Since warm weather is upon us, I have found three articles on fluid balance, reprinted later in this newsletter which I hope our members will find useful.

THE RACE FOR KIDS

I want to thank the following for helping me at the finish line at this race: Gayle Blackmon-Hopkins, Bill Trippe, Joe Post, and my employee, Jeromy Mallory. Helping herd the kids into the chutes for the 1 mile was Al Gardner. Marjory will have a more complete report next month. George

BOSTON MARATHON

Two of our members are running this prestigious event today as I put the finishing touches on this newsletter, John Trompler and Randy Wolcott. We will have a report on their times and experiences next month.

WTRC/TTU SCHOLARSHIP

NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is now \$500 per semester for two semesters.

The scholarship selection committee to be named, will make the selection of recipients by August 15, 1998.

RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship

--> 2) Must have letter of recommendation by a W.T.R.C. Member

- 3) Applicants will submit a standardized form approved by the selection committee

4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls

5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period

- 6) Major Area of study can be any

7) Full time student status; at least 12 hours undergrad

- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 1998

WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Jim Leser, President, W.T.R.C  
5517 74th St.  
Lubbock, Texas 79424

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.



\*\*\*\* The West Texas Running Club's 1998 Challenge Series \*\*\*\*

The WTRC CHALLENGE SERIES continues for 1998, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers

All members desiring to participate in the 1998 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1998 Challenge Series features these categories:

1. **56 Mile Club \*\*** All members completing 56 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with **double mileage** for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD \*\*** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD \*\*\*** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR \*\*** Up to three awards will be given to those Non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS \*\*\*** Points will be earned at each qualifying event in the following Age and Sex groupings:
  - A. Divisions will include: **MALE AGE GROUPS:** 0-12, 13-15, 16-19, 20-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59 and 60 Plus
  - FEMALE AGE GROUPS:** 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus
  - (Those less than 12 must run in the shortest races offered)
  - B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 12 years of age must run in the shortest race)
  - C. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. Awards will be presented at a year end membership meeting.
  - D. To win a "Points" award a member must have participated in at least 3 events and volunteered at least once.
  - E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

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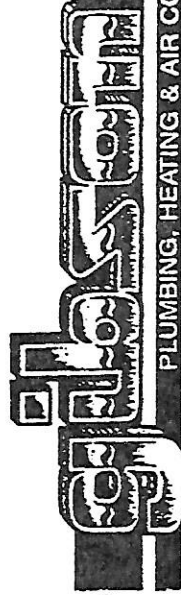
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BEGINNING RUNNING

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.



**DRINK YOUR WAY TO FASTER TIMES**

Taken from the OKLAHOMA RUNNER Internet site)

By Michael H. Stephens, M.S., C.S.C.S.

To reduce your time in your next race, incorporate a prehydration strategy into your long training days, as well as your race days. Entering a workout slightly dehydrated, or becoming progressively dehydrated during a workout is the best way to have a bad run. As a runner's body attempts to maintain a safe internal temperature, body fluid is lost through sweating. With each additional minute spent exercising intensely in warm, humid conditions, progressively more body fluid is lost than is usually replaced, even when adhering to a strict drinking schedule. The benefits of adequate fluid intake during and after a running workout are well known, with guidelines given in the June/July issue. What about fluids before a workout? Does it make a difference in stamina and performance? On page 4 of the August issue, I presented a pre-workout hyperhydration strategy for prolonged continuous exercise of greater than four hours using glycerol. Since that article was prepared, more recent scientific information has been published that should be of benefit to average and elite endurance athletes. This new information on pre-workout hydration will be of benefit whether performing an intense interval workout for 45 minutes or exercising continuously for greater than 90 minutes. Additionally, studies present us with the truth regarding glycerol - glycerol is a "hyperhydrator" as the marketing information claims, yet it does not improve performance or yield a cardiovascular/thermo-regulatory benefit during prolonged exercise vs. prehydration with both carbohydrate /electrolyte drinks and orange juice/water.

If you have purchased and used a glycerol product, and prehydrated according to the prepackaged guidelines with glycerol mixed with water or carbohydrate/electrolyte sports drink, you will probably disagree with this article. Most who have used glycerol will state their performance has been significantly improved by glycerol prehydration. However, the benefits experienced were more than likely the results of the greater intake of fluids (water/carbohydrate electrolyte drinks) per the recommended prehydration guidelines, rather than by an expanded plasma volume. However, the proponents of glycerol and their marketers will ask you to believe otherwise.

Information from four scientifically controlled studies investigating the effects of prehydrating with water, sports drink, orange juice, and glycerol indicate the following:

- (1) Hyperhydration provides no thermo-regulatory advantage nor meaningful physiological advantage.
- (2) Glycerol pre-hydration provides no apparent physiological or performance advantage over pre-hydration with six percent carbohydrate-electrolyte sports drink.
- (3) Despite glycerol's capacity for increasing fluid retention, no cardiovascular/thermo-regulatory benefits were evident when exercising in a thermo-neutral environment.

continued on bottom of page 11

**FLUID BALANCE VERY IMPORTANT TO PERFORMANCE**  
(from the ARFA INTERNET SITE)

If you let yourself become dehydrated, it won't matter how effectively you carbo loaded, your performance will go down. "Inadequate fluid intake during exercise can be physically harmful, and proper rehydration is vital to maintaining cardiovascular health and a safe body temperature," according to a new position statement from the American College of Sports Medicine. Here are the highlights.

- 1. Eat a high carbohydrate, low fat diet and drink adequate fluids during the 24 hours before an event.
- 2. Drink about 17 ounces, just over two cups, of fluid about two hours before exercise.
- 3. Begin drinking early and at regular intervals when you exercise. Try to drink enough to replace all your lost sweat, or at least as much as you can tolerate.
- 4. Keep your drinks cooler than the air temperature, about 60 to 70 degrees Fahrenheit, and flavored to make them taste good. Keep drinks nearby while you exercise, in containers that are easy to handle during your workouts.
- 5. For workouts longer than an hour, you'll perform better with drinks containing carbohydrate rather than plain water. The carbohydrate will not slow down fluid absorption as long as the concentration is not above 8%.
- 6. If you exercise at high intensity for longer than an hour, try to take in 30 to 60 grams of carbohydrate per hour to fuel your muscles and delay fatigue. This corresponds to two to four cups (17 to 34 ounces) per hour of most common sports drinks.
- 7. Drinks containing sodium are a good idea because it helps improve the taste, helps to keep you hydrated, and may counter excessive sodium loss in some people who drink very large volumes of fluids.

At many hot weather events you can see folks in the medical tent hooked up to IV lines, because they became dehydrated and disoriented. Make sure it won't happen to you. Drink all the time, before during, and after working out. For more information on fluids, send a SASE to AR&FA and ask for our brochure on hot weather exercise.

(Medicine and Science in Sports and Exercise, 1996, Vol. 28, No. 1)

Continued from page 10

Although these studies do not support the claim that consuming fluids containing glycerol prior to an exercise session will result in a physiological or performance advantage, these studies do testify to the benefits of fluid and carbohydrate electrolyte drink consumption prior to exercise. One study demonstrates that prehydration with a sports drink improves stamina and performance by 25 to 35 percent enabling a runner to continue running. Therefore, a runner could continue running at a maximal steady state pace, an additional 30 to 45 minutes in a marathon prior to hitting the wall and bonking. This is a substantial benefit from taking the time to ensure that your body is well hydrated prior to beginning an extended duration effort.

All things being equal, when a runner is well hydrated by prehydrating with a carbohydrate/electrolyte sports drink, he/she will be able to maintain his/her effort and pace for a longer period of time, thereby being able to complete a 15 km, half marathon, or marathon in less time. You may experience an increase in urination with pre-workout consumption of fluids. Therefore, experiment and practice prehydration prior to race day.



### GLYCEROL HELPS FLUID BALANCE

(From the ARFA Internet site)

Last year we reported glycerol solutions helped fluid retention and slowed dehydration during endurance exercise. The original researchers have now been joined by three other groups, and they all find glycerol solutions valuable.

Glycerol solutions are more effective fluid loading agents than water alone in moderate weather, according to a study from the US Army Research Institute of Environmental Medicine, in Natick, Massachusetts. They used 3.9% glycerol in water solutions and measured lower urine output than when subjects drank water.

Glycerol solutions may also rehydrate people who have already become dehydrated during exercise in hot conditions, says a study from Western Illinois University in Macomb.

Men who lost more than 3% of their bodyweight by exercising in 104 degrees Fahrenheit heat restored their blood plasma volumes to pre-exercise levels more effectively with glycerol solutions than with water.

In another study, cyclists drank either glycerol solutions or a placebo during three 30 minute intervals followed by a time trial, at the University of Utah, in Salt Lake City. They retained 700 milliliters of fluid when they drank glycerol solutions, but only 47 milliliters with a flavored water placebo.

Glycerol solutions reduce urine output and therefore improve fluid retention during cycling exercises, according to new studies from the University of New Mexico in Albuquerque, where the original experiments with glycerol solutions were carried out.

All researchers who have tried glycerol solutions find they improve fluid uptake before exercise, reduce urination during prolonged exercise to keep you better hydrated, and help your body replace lost fluid after exercise.

Glycerol is commonly found in drugstores, although clerks frequently don't seem to know it's there. It is often labeled "glycerine" and is usually found among the skin care products. The labels will tell you the product is not to be used internally.

Be reassured that this means don't drink the product as sold, undiluted. The dilute solutions used in research are safe; in fact, glycerol is often used in food products and cough remedies.

There are anecdotal reports from running clubs that recreational runners are beginning to try glycerol solutions. A level suggested by physiologist David Martin, Ph.D., at Georgia State University in Atlanta, mixes 36 milliliters of glycerol with 955 milliliters of water for each 100 pounds of bodyweight. Scale up proportionally for your bodyweight. It is hard to measure small amounts of viscous glycerol in American measures, so look for metric measures in medical supply or kitchen equipment stores.

Most recreational athletes using glycerol solutions experience less urination than usual, so something is going on, and there are no significant reports of undesirable side-effects. You already have a small amount of glycerol in your body from fat metabolism, and a little more seems to do more good than harm.

(Beau Freund, Ph.D, Timothy Scheett, Ph.D., John Seifert, Ph.D., and Paul Montner, M.D., and colleagues; posters presentation at the Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 5-31-1995)

### THE RACE FOR KIDS 5K

BENEFITTING THE CHILD DEVELOPMENT RESEARCH CENTER  
College of Human Sciences, TTU  
Saturday, April 18, 1998  
USA T&F Certified, #97107ETM

#### OVERALL RESULTS

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	CODY LEWIS	22	M	1	M2029	LUBBOCK	TX	19:03	6:08
2	JASON KNAPP	19	M	1	M1319	LOVINGTON	NM	19:06	6:09
3	BRENT TIDWELL	40	M	1	M4044	LUBBOCK	TX	19:30	6:17
4	CHRIS LONGREN	38	M	1	M3039	LUBBOCK	TX	19:53	6:24
5	AL GARDNER	41	M	2	M4044	LEVELLAND	TX	19:57	6:25
6	GREG SMITH	22	M	2	M2029	LUBBOCK	TX	20:32	6:37
7	HOPE JIMENEZ	14	F	1	F1319	LAMESA	TX	20:43	6:40
8	ADAM BARRON	35	M	2	M3039	WOLFFORTH	TX	21:02	6:46
9	RUSSEL MARTIN	40	M	3	M4044	SHALLOWATER	TX	21:08	6:48
10	JOSH BRITTON	12	M	1	M0112	LUBBOCK	TX	21:08	6:48
11	LYNN MOSELEY	22	F	1	F2029	LUBBOCK	TX	21:11	6:49
12	KEVIN SCHNEIDER	24	M	3	M2029	BRYAN	TX	21:18	6:51
13	MATT HENDERSON	29	M	4	M2029	LUBBOCK	TX	21:26	6:54
14	CRAIG CLOTTELTTER	24	M	5	M2029	LUBBOCK	TX	21:53	7:03
15	DWAYNE OAKELEY	41	M	4	M4044	LUBBOCK	TX	21:59	7:05
16	SHAYNE WEBBER	25	M	6	M2029	LUBBOCK	TX	22:16	7:10
17	JOSH OLSZEWSKI	24	M	7	M2029	LUBBOCK	TX	22:17	7:10
18	SHAWN BEAN	36	M	3	M3039	LUBBOCK	TX	22:19	7:11
19	JOHN BEACH	27	M	8	M2029	LUBBOCK	TX	22:22	7:12
20	TARA HANGGE	20	F	2	F2029	LUBBOCK	TX	22:23	7:12
21	PAUL GUINN	23	M	9	M2029	LUBBOCK	TX	23:30	7:34
22	ROBERT FORTNEY	25	M	10	M2029	LUBBOCK	TX	23:39	7:37
23	PATRICK COOKE	42	M	5	M4044	LUBBOCK	TX	23:58	7:43
24	JEFFREY WALLER	26	M	11	M2029	LUBBOCK	TX	24:20	7:50
25	MARK TILLEY	25	M	12	M2029	LUBBOCK	TX	24:59	8:02
26	JIMMY VALLEE	27	M	13	M2029	LUBBOCK	TX	26:00	8:22
27	SHAWNA THOMAS	13	F	2	F1319	LUBBOCK	TX	26:47	8:37
28	DOUG ALLEN	29	M	14	M2029	LUBBOCK	TX	26:50	8:38
29	JIM BECK	38	M	4	M3039	LUBBOCK	TX	26:57	8:40
30	DEWAYNE TIBBETTS	39	M	5	M3039	LIBERAL	KS	26:59	8:41
31	MARSHA BENNETT	34	F	1	F3039	LUBBOCK	TX	27:00	8:41
32	VALE HERNANDEZ	13	M	2	M1319	PLAINVIEW	TX	27:02	8:42
33	RUSKIN LINES	32	M	6	M3039	LUBBOCK	TX	27:16	8:47
34	JASON MICHAELS	29	M	15	M2029	LUBBOCK	TX	27:19	8:48
35	STEPHANIE TURNER	27	F	3	F2029	LUBBOCK	TX	27:37	8:53
36	GARY SHIPP	39	M	7	M3039	LUBBOCK	TX	27:55	8:59
37	WALTER JORDAN	49	M	1	M4549	LUBBOCK	TX	28:43	9:15
38	CHRIS CASTRO	26	M	16	M2029	LUBBOCK	TX	28:51	9:17
39	REBECCA MURAS	20	F	4	F2029	LUBBOCK	TX	28:59	9:20
40	FRANK EARNEY	49	M	2	M4549	LUBBOCK	TX	29:17	9:26
41	NATALIE BROOKS	24	F	5	F2029	LUBBOCK	TX	29:24	9:28
42	SUSAN FORTNEY	25	F	6	F2029	LUBBOCK	TX	30:23	9:47
43	STACY McATEER	24	M	17	M2029	TX CITY	TX	30:51	9:56
44	VANCE HENDRIX	24	M	18	M2029	LUBBOCK	TX	30:51	9:56
45	JOSIE ALEMAN	46	F	1	F4549	LUBBOCK	TX	31:08	10:01
46	MICHELE LOVE	29	F	7	F2029	LUBBOCK	TX	31:10	10:02
47	LESLIE MARTIN	20	F	8	F2029	LUBBOCK	TX	31:25	10:07
48	JEFF KEY	34	M	8	M3039	LUBBOCK	TX	31:46	10:13
49	BO MINNIS	56	M	1	M5559	LUBBOCK	TX	32:53	10:35
50	REBECCA HERRERA	29	F	9	F2029	LUBBOCK	TX	34:05	10:58
51	ERICA HERRERA	10	F	2	M0112	LUBBOCK	TX	34:09	10:59
52	PATTI HENDERSON	28	F	10	F2029	LUBBOCK	TX	35:28	11:25
53	JENNIFER COWART	20	F	11	F2029	LUBBOCK	TX	35:40	11:29
54	ANN SMITH	20	F	12	F2029	LUBBOCK	TX	35:41	11:29
55	RACHEL BREED	20	F	13	F2029	LUBBOCK	TX	35:54	11:33
56	MICHELE KWON	30	F	2	F3039	LUBBOCK	TX	36:00	11:35
57	KAREN HENDERSON	46	F	2	F4549	LUBBOCK	TX	39:55	12:51
58	CHERYLYN THOMPSON	22	F	14	F2029	LUBBOCK	TX	41:04	13:13
59	SARAH WILLIAMS	25	F	15	F2029	LUBBOCK	TX	44:18	14:16
60	KRISTEN CLARKE	20	F	16	F2029	LUBBOCK	TX	44:19	14:16
61	JANE LEE	21	F	17	F2029	LUBBOCK	TX	44:20	14:16



HORSESHOE BEND CANYON SPRING FROLIC RUNS  
SINCE 1973

COURSE RECORDS  
2 MILE  
MEN

NAME	AGE	TIME	YEAR
0-19 Carlos Ybarra	17	9:59	1980
20-24 Quinn Smith	21	9:50	1981
25-29 Cliff McCurdy	25	9:33	1979
30-34 John Bednarski	30	9:32 *	1979
35-39 Brent Tidwell	38	11:14	1996
40-44 Bobby Cunningham	43	10:32	1983
45-49 Jim Leser	49	11:46	1996
50-54 George Jury	51	11:25	1988
55-59 John Stalcup	56	13:52	1989
60 + John Stalcup	60	15:07	1993

WOMEN

0-19 Mindy Mayfield	17	12:29 *	1979
20-29 Judy Partin	25	13:13	1987
30-34 Pat Dolan	30	14:09	1980
35-39 Josie Aleman	37	13:58	1989
40-44 Ann Gordhamer	41	14:03	1984
45-49 Kathy Bloom	48	16:26	1997
50+ Wynonia Kitchens	57	22:14	1995

1.1 MILE (1985) (1.2 Mile Originally)

MEN

0-19 Brian Brashears	18	1:08:15	1989
20-24 Rodney Hendrix	23	1:00:49 *	1989
25-29 Mark Manley	28	1:05:20	1989
30-34 Jeffrey Jury	33	1:08:26	1994
35-39 Joe Post	38	1:09:29	1987
40-44 Joe Post	40	1:12:22	1989
45-49 Bobby Cunningham	47	1:11:59	1987
50-54 George Jury	52	1:10:10	1989
55-59 George Jury	58	1:20:25	1995
60 + Tom Bowser	62	1:29:59	1989

WOMEN

0-29 Sue Houle (Spitz)	26	1:15:35	1987
30-34 Marjory Stewart	34	1:12:22 *	1993
35-39 Marjory Stewart	35	1:13:16	1994
40-44 Rhonda Grubb	41	1:35:07	1993
45 + P. J. Mitchell	47	1:37:30	1992

6 MILE (1989)

MEN

0-19 Danny Hernandez	16	35:40	1993
20-29 Theo Kurgat (LCU)	20	34:19 *	1993
30-39 David Sumrell	30	34:36	1993
35-39 Brent Tidwell	39	36:11	1997
40-44 Jimmy Samarron	42	37:53	1997
45-49 Bobby Cunningham	49	37:00	1989
50-54 Ed Craighead	53	38:59	1996
55-59 Jerry Marchbanks	55	45:43	1991
60 + John Stalcup	62	49:25	1995

WOMEN

0-19 Hope Jimenez	13	44:39 *	1997
20-29 Laurie Welch	29	46:46	1992
30-34 Denise Bray	31	46:50	1993
35-39 Shirley Wigley	36	47:58	1990
40-44 Theresa Marez	42	56:05	1992
45 + Eva Martinez	47	59:53	1992

\* Overall Event Records

WEST TEXAS RUNNING CLUB'S

26th Annual HORSESHOE BEND CANYON SPRING FROLIC  
1.1 MILE, 6 MILE and 2 MILE RACES

EVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES

WHEN:

SATURDAY, May 9, 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 8th, then pay fee race day

WHERE:

HORSESHOE BEND CANYON; North of Slaton, TX, From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE:

1.1 Mile; Loop, One long hill at mile 1 to 2  
6 Mile; Out & Back, long hill about mile 1 to 2  
2 Mile; Out & Back, slight grade increase on return

AID STATIONS:

At least, every 2.5 Miles  
Splits at 1 Mile

AGE DIVISIONS:

1.1 Mile

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)  
(6-15 and 16 to 19 Age Groups in the 6 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: Vicki Fischenich, 792-0662(n), 792-1011(d)  
ext 4690



# HORSESHOE BEND CANYON SPRING FROLIC RUNS

Mail  
Registration  
thru May 7  
Telephone registration  
by 7 p.m. May 8  
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 start at 8 am, Horseshoe Bend  
Canyon, North of Slaton

**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 Horseshoe Bend Canyon Spring Frolic Runs. 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 mi. \_\_\_\_\_ 6 mi. \_\_\_\_\_ 11 mi. \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

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

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