

CALENDAR

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

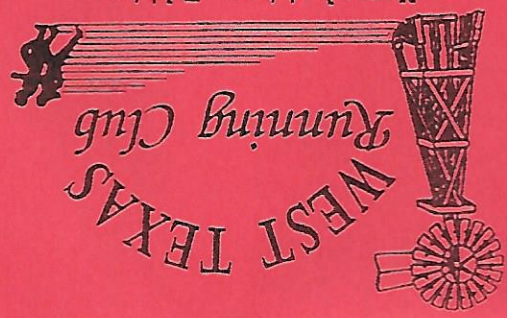
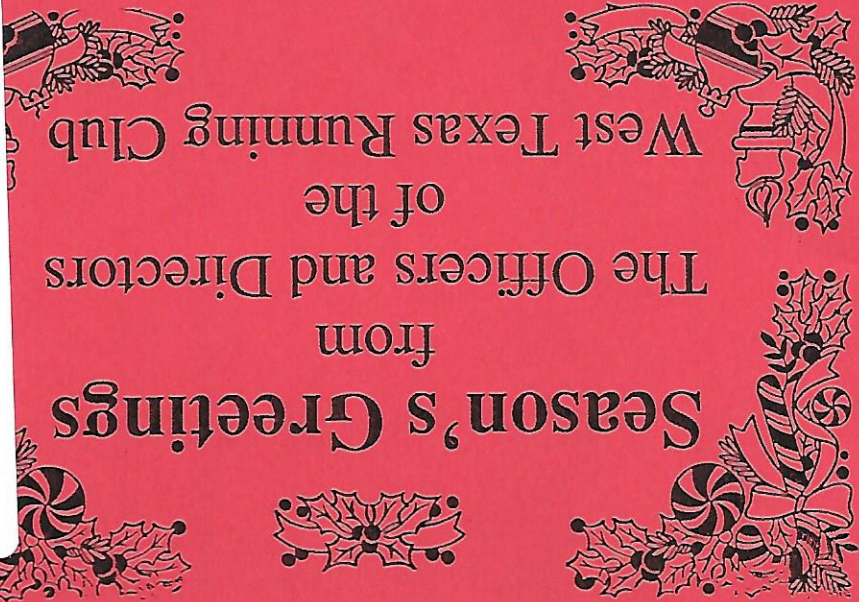
- DEC. 7 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am
Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)
- DEC. 11 W.T.R.C. Social and officer election with refreshments after the REDLINE RACE
- JAN. 1 **Y2K FUN RUN:** New Years Day, MACKENZIE PARK, FMI call
Bob Bernero, 794-0929 (n)
- * JAN. 15 **LOOP THE LAKE 5 MILE RUN:** 10am, BUDDY HOLLY PARK
Bob Bernero, 794-0929 (n)
- JAN. 16 **METHODIST/HOUSTON MARATHON:** FMI Call (713) 957-3453
- FEB. 6 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 12 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 748-5554 (w), 744-8328 (h)
- * FEB. 20 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 26 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- MAR. 5 **FORT SAM HOUSTON MEDCOM MARATHON:** San Antonio, (210) 826-1888
- * MAR. 11 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359 (n), 775-2848 (d)
- MAR. 25 **MARATHON of the GREAT SW:** Abilene, FMI, Call (915) 677-8144
- * APR. 1 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 Mi, 10K, Half Marathon,
Jim Harris, Race Director, (505) 392-8945
- APR. 2 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- * MAY 13 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2
Mile Races, Race Director Needed!!!!
- MAY 27 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451
- * JUNE 12 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland ?, 8am
10K and 2 Mile, Race Director Needed!!!!
- * JULY 4 **31st ANNUAL FIRECRACKER RUN:** Brownfield, 8am; 10Mile and 3
Mile, kids 1 Mile, Jim Leser, RD, 794-2474 (n), 746-6101 (d)

<http://members.tripod.com/wtrc>

For Membership, Calendar, Race Results, etc.

December 1999

Season's Greetings
from
The Officers and Directors
of the
West Texas Running Club



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

December 1999



December W.T.R.C RACE
RED LINE CROSS COUNTRY 4 MILE
10AM, Saturday, December 11, 1999
Mae Simmons Park
Lubbock TX
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355

Internal Vice-President - Marti Greer
(H) 829-2153 (O) 796-8213

External Vice-President - Jon Omdahl
(H) 794-7823 (O) 766-0600

Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907

Treasurer - David Higgins
(H) 744-8328 (O) 748-5554

WTRC Web Address:

<http://members.tripod.com/wtrc>

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

The WTRC monthly business meeting is on Tuesday, Dec. 7, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars, Gilbert and Moss.

All members are welcome.

FROM THE PRESIDENT

It's appropriate to take the time to recognize some of the people who have served the club in leadership positions. These individuals are retiring from the Board, some after long years of service and sacrifice. George Jury has been on the WTRC Board for 13 years and made sure our newsletter survived and thrived. He has directed, organized, and assisted with races too numerous to mention. Jon Omdahl has served for 4 years on the Board, as External Vice President, and will be sorely missed. Jimmy Key, Marti Greer and Chris Lonngren will not be returning to their present positions; their wisdom and work will be sorely missed. These will be hard shoes to fill. Please give your attention to those names placed on the ballot. I want to thank also the Nominating Committee of Bob Bernero, P. J. Mitchell, and Debbie Wilson for the time and effort at contacting club members willing to serve. Next time you see them, tell them thanks for their efforts, and when you run beside our retiring board members, show your appreciation; just try not to let them pass you.

Mike Kelley

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 794-0929 (N)

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

The 27th ANNUAL BUFFALO WALLOW RACES

NOVEMBER 13, 1999

BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS
HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	ROBERT JACKSON	HOBBS	NM	40	M	1	M4044	1:19:40	6:05
2	BOBBY SAIN	LUBBOCK	TX	18	M	1	M1619	1:30:07	6:53
3	CHUCK SPAUGH	LUBBOCK	TX	39	M	1	M3539	1:33:47	7:10
4	TODD MANN	LUBBOCK	TX	33	M	1	M3034	1:34:55	7:15
5	JANDA IBBETSON	LUBBOCK	TX	30	F	1	F3034	1:35:23	7:17
6	AL GARDNER	LEVELLAND	TX	43	M	2	M4044	1:35:24	7:17
7	KIRK THOMAS	LUBBOCK	TX	41	M	3	M4044	1:36:19	7:21
8	HOWARD NORMAN	LUBBOCK	TX	48	M	1	M4549	1:36:56	7:24
9	KEITH CRAWLEY	AMARILLO	TX	41	M	4	M4044	1:37:06	7:25
10	SONJA ENGEL	LUBBOCK	TX	26	F	1	F2029	1:38:53	7:33
11	STEVEN BLAKES	ABERNATHY	TX	20	M	1	M2029	1:39:01	7:34
12	RANDALL WOLCOTT	LUBBOCK	TX	43	M	5	M4044	1:39:03	7:34
13	DAVID STEADMAN	LUBBOCK	TX	30	M	2	M3034	1:44:15	7:58
14	THOM DUSEK	ABILENE	TX	36	M	2	M3539	1:45:17	8:02
15	DIANE CALHOUN	IDALOU	TX	40	F	1	F4044	1:46:55	8:10
16	JOHN GREGORY	IDALOU	TX	49	M	2	M4549	1:49:01	8:19
17	WAYNE IVEY	SLATON	TX	30	M	3	M3034	1:49:53	8:23
18	RON HEWETT	LUBBOCK	TX	38	M	3	M3539	1:51:03	8:29
19	MIKE KELLEY	LUBBOCK	TX	50	M	1	M5054	1:51:54	8:33
20	MARY BRANSCOME	LUBBOCK	TX	39	F	1	F3539	1:52:19	8:34
21	GARY NEWSOM	LUBBOCK	TX	49	M	3	M4549	1:52:57	8:37
22	BRAD EWING	LUBBOCK	TX	35	M	4	M3539	1:53:12	8:39
23	DENNIS RAWLS	LUBBOCK	TX	16	M	2	M1619	1:54:30	8:45
24	KYLE JACKSON	LUBBOCK	TX	23	M	2	M2029	1:56:43	8:55
25	SHANNA ARMSTRONG	LUBBOCK	TX	25	F	2	F2029	1:56:58	8:56
26	JIM DEEVER	SAN ANGELO	TX	42	M	6	M4044	1:57:00	8:56
27	BILL ROGER	LEVELLAND	TX	60	M	1	M6099	1:57:15	8:57
28	JAMES BONE	LUBBOCK	TX	60	M	2	M6099	1:57:35	8:59
29	RICHARD THOMAS	LUBBOCK	TX	43	M	7	M4044	2:01:02	9:14
30	MIKEY DAVIS	LUBBOCK	TX	42	M	8	M4044	2:01:28	9:16
31	KEN SPAIN	LUBBOCK	TX	45	M	4	M4549	2:01:59	9:19
32	HENRY BENNING	EL PASO	TX	40	M	9	M4044	2:05:28	9:35
33	MIKE GREER	LUBBOCK	TX	60	M	3	M6099	2:05:31	9:35
34	MELANIE McVEY	SUNDOWN	TX	38	F	2	F3539	2:06:13	9:38
35	KEN McEACHERN	LUBBOCK	TX	58	M	1	M5559	2:06:44	9:40
36	RICHARD BRAY	LUBBOCK	TX	55	M	2	M5559	2:06:58	9:42
37	LIZ MCCARTHY	TAMPA	FL	29	F	3	F2029	2:07:46	9:45
38	MICHELLE HICKLE	LUBBOCK	TX	29	F	4	F2029	2:07:56	9:46
39	MINDY HATCH	LUBBOCK	TX	38	F	3	F3539	2:07:57	9:46
40	SHELLAGH AYCOCK	LUBBOCK	TX	33	F	2	F3034	2:08:07	9:47
41	JIM WILHELM	LUBBOCK	TX	49	M	5	M4549	2:09:12	9:52
42	DAVID HIGGINS	LUBBOCK	TX	47	M	6	M4549	2:10:55	10:00
43	RON KEY	LUBBOCK	TX	56	M	3	M5559	2:13:01	10:09
44	MARY ZIAS	LUBBOCK	TX	37	F	4	F3539	2:13:51	10:13
45	ETTA MAYER	LUBBOCK	TX	50	F	1	F5099	2:16:32	10:25
46	BOB BERNERO	LUBBOCK	TX	57	M	4	M5559	2:17:31	10:30
47	RON NUGENT	LUBBOCK	TX	53	M	2	M5054	2:23:05	10:55
48	MARTI GREER	LUBBOCK	TX	41	F	2	F4044	2:23:18	10:56
49	ALIX BUCKLEY	LUBBOCK	TX	40	F	3	F4044	2:23:19	10:56
50	HUGH HAYNES	SLATON	TX	68	M	4	M6099	2:24:51	11:03
51	MAKSHA BENNETT	LUBBOCK	TX	36	F	5	F3539	2:32:28	11:38
52	FRANK EARNEY	LUBBOCK	TX	50	M	3	M5054	3:00:30	13:47

* = New Age Group Record + = New Members

The 27th ANNUAL BUFFALO WALLOW RACES
 NOVEMBER 13, 1999
 BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS
 2 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1 TIM KEY	LUBBOCK	TX	32	M	1	M3034	11:03	5:32
2 CASEY SUMPTER	LAMESA	TX	15	M	1	M1315	11:16	5:38
3 RENE GONZALES	LEVELLAND	TX	34	M	2	M3034	11:38	5:49
4 FABIAN GUTIERREZ	HOBBS	NM	19	M	1	M1619	11:49	5:55
5 CONNOR RYAN	HOBBS	NM	17	M	2	M1619	11:53	5:57
6 BEN WRIGHT	LUBBOCK	TX	15	M	2	M1315	12:09	6:05
7 BRADLEY WHITWORTH	LUBBOCK	TX	14	M	3	M1315	12:18	6:09
8 NATE WILSON	LUBBOCK	TX	44	M	1	M4044	12:38	6:19
9 FRANK SUMPTER	LAMESA	TX	46	M	1	M4549	13:00	6:30
10 JIM HARRIS	HOBBS	NM	57	M	1	M5559	13:21	6:41
11 LORENZO PADILLA	LEVELLAND	TX	45	M	2	M4549	13:31	6:46
12 FRED WEBER	LUBBOCK	TX	48	M	3	M4549	13:35	6:48
13 RONNIE PRIGG	LUBBOCK	TX	48	M	4	M4549	13:57	6:59
14 STEVE BELL	SEMINOLE	TX	35	M	1	M3539	14:23	7:12
15 JOE POST	LUBBOCK	TX	50	M	1	M5054	14:26	7:13
16 CHERYL WEBER	LUBBOCK	TX	46	F	1	F4549	14:51	7:26
17 JIMMIE KEY	LUBBOCK	TX	62	M	1	M6099	15:00	7:30
18 JUNIOR MENDOZA	LEVELLAND	TX	42	M	2	M4044	15:04	7:32
19 KENNETH KINZENBAW	LUBBOCK	TX	11	M	1	M0112	15:30	7:45
20 MARY RUDOLF	LUBBOCK	TX	44	F	1	F4044	15:46	7:53
21 RALPH WOLF	ABERNATHY	TX	62	M	2	M6099	16:03	8:02
22 FINLEY ARCHER	LUBBOCK	TX	41	M	3	M4044	18:35	9:18
23 ANNETTE BURENHEIDE	LUBBOCK	TX	33	F	1	F3034	18:46	9:23
24 JOSIE ALEMAN	LUBBOCK	TX	48	F	2	F4549	19:01	9:31
25 BRIAN WILHELM	LUBBOCK	TX	8	M	2	M0112	20:21	10:11
26 GARY JIMENEZ	LUBBOCK	TX	37	M	2	M3539	20:33	10:17
27 IDA SUMPTER	LAMESA	TX	43	F	2	F4044	20:39	10:20
28 CAROLYN RICE	LUBBOCK	TX	58	F	1	F5099	24:02	12:01
29 DELORES KEY	LUBBOCK	TX	57	F	2	F5099	25:36	12:48

RACE REPORT

We had about as warm conditions as I can remember in the past 21 years. My first race at Buffalo was in 1979. That year, the temperature was 33 degrees at the start and fell to 28 with a wet snow at the end. I have only missed 2 of these in the past 21 years and have helped put each one on since 1989 except once when I switched with Ronnie Nugent to do the FLIGHT LINE when I had to be away that November. I had the bare minimum of volunteers to get the job done this year, but these did a superb job! I want to especially thank Ron Hillis who arrived early to start setting out the signs by 7:30am, and was still there with me at 12 noon. My wife Pat once again agreed to come out and type in entries when I was short of help to do that. The other volunteers put in a long day as well and I really appreciate their help. These include; Ron Lubowicz, Damon Richards, Tony Aleman, Jeff Key, Shirley Wigley and Wade and Debbie Wilson.

George W. Jury

W.R.T.C. 1999 CHALLENGE SERIES
 STANDINGS AFTER 10 EVENTS

MALE

YTD TOTALS		0 - 12 MALE		13 - 15 MALE		16-19 MALE		20 - 29 MALE		YTD TOTALS	
AGE	PTS	AGE	PTS	AGE	PTS	AGE	PTS	AGE	PTS	AGE	PTS
11	78	Kenneth Kinzenbaw	12	10	Casey Sumpter	15	39	18	38	22	29
12	10	Ben Stewart	14	18	Cody Lass	14	10	17	20	28	28
4	0	Francisco Jimenez	15	10	Ben Wright	15	10	16	19	46	53
8	8		4	4		4	4	8	8	47	51
1	*		1	1		1	1	*	*	48	50
8	19		5	5		5	5	*	*	46	49
4	6		2	2		2	2	*	*	48	48
4	4		1	1		1	1	*	*	45	47
4	4		1	1		1	1	*	*	48	41
4	4		1	1		1	1	*	*	46	40
4	4		1	1		1	1	*	*	49	27
4	4		1	1		1	1	*	*	45	20
4	4		1	1		1	1	*	*	47	18
4	4		1	1		1	1	*	*	45	9
4	4		1	1		1	1	*	*	46	9
4	4		1	1		1	1	*	*	44	8
4	4		1	1		1	1	*	*	45	8
4	4		1	1		1	1	*	*	45	8
4	4		1	1		1	1	*	*	48	0
4	4		1	1		1	1	*	*	50	77
4	4		1	1		1	1	*	*	54	64
4	4		1	1		1	1	*	*	52	55
4	4		1	1		1	1	*	*	50	46
4	4		1	1		1	1	*	*	52	39
4	4		1	1		1	1	*	*	52	39
4	4		1	1		1	1	*	*	52	29
4	4		1	1		1	1	*	*	54	26
4	4		1	1		1	1	*	*	52	24
4	4		1	1		1	1	*	*	50	24
4	4		1	1		1	1	*	*	50	14
4	4		1	1		1	1	*	*	53	14
4	4		1	1		1	1	*	*	52	7
4	4		1	1		1	1	*	*	52	0
4	4		1	1		1	1	*	*	57	78
4	4		1	1		1	1	*	*	57	60
4	4		1	1		1	1	*	*	55	37
4	4		1	1		1	1	*	*	55	24
4	4		1	1		1	1	*	*	55	11
4	4		1	1		1	1	*	*	55	9
4	4		1	1		1	1	*	*	58	9
4	4		1	1		1	1	*	*	56	9
4	4		1	1		1	1	*	*	57	5
4	4		1	1		1	1	*	*	58	0
4	4		1	1		1	1	*	*	60	66
4	4		1	1		1	1	*	*	62	59
4	4		1	1		1	1	*	*	60	50
4	4		1	1		1	1	*	*	62	48
4	4		1	1		1	1	*	*	66	33
4	4		1	1		1	1	*	*	60	32
4	4		1	1		1	1	*	*	60	26
4	4		1	1		1	1	*	*	68	15
4	4		1	1		1	1	*	*	62	0
4	4		1	1		1	1	*	*	62	0

** = RACE DIRECTOR
 * = VOLUNTEER

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 10 EVENTS

FEMALE

YTD TOTALS				YTD TOTALS							
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Heather Cannon	13	29	6	3		Marsha Bennett	36	79	81.6	10	*
Margarita Jimenez	9	20	9	2		Melanie McVey	38	59	41.3	7	*
Cammy Lass	13	19	6	2							
Veronica Jimenez	12	9	13	2	*	40 - 44 FEMALE					
						Marti Greer	41	47	58.7	7	**
						Martha Martinez	44	20	8.1	2	
						Marjory Stewart	40	10	4	1	
						Ida Sumpter	43	9	20	4	*
						45 - 49 FEMALE					
						Shirley Wigley	45	69	64.7	9	*
						Josie Aleman	48	67	33.2	9	*
						Cheryl Weber	46	50	18	6	*
						Madonne Miner	46	45	49.5	6	*
						Pam Hillis	45	24	20.2	3	*
						Theresa Marez	49	0	11	1	*
						50 - 99 FEMALE					
						Elta Mayer	50	97	81.6	10	*
						Carolyn Rice	58	36	19.4	4	*
						Delores Key	57	34	37.4	6	*
						P J Mitchell	53	20	29	4	**
						Mary Harris	53	10	15	3	*
						Rhonda Kauk	50	0	17.2	2	*
						** = RACE DIRECTOR					
						* = VOLUNTEER					

EDITORIAL

After 13 years on the board, 11 years putting out the newsletter, I have got to slow down. It's time some of the younger members start doing some of the things we need done like race directing. I don't intend to quit everything I have been doing, but need some relief, especially from the physical aspects. Being a race director involves a lot of time and physical work, but it is very rewarding to see the job done with the help of other volunteers.

The last 7 years has brought me one challenge after another, nothing like the serious problems such as cancer that many of you have coped with, but little things that drag one down. First was a diagnosis of Crohn's disease which doesn't really cause me much trouble, but since then I've had all sorts of muscle and bursitis maladies which kept me from running, then in June 1997 I was hit by the wheel of a trailer towed behind a car while riding my bike. The initial trauma that was obvious was to my lower left calf and achilles tendon, then after the pain and swelling went down, I discovered something wrong with both knees. Subsequent MRI's showed a tear in the posterior medial meniscus in both knees. Surgery was done on both knees in the fall of 1997. The right knee healed well, but the left one never was right and finally was operated again earlier this year when MRI showed degeneration of the cartilage. This knee still will not take the pounding of "jogging", but I can walk pretty well.

On January 2, 1999, I was attempting to walk/jog again after a long time and felt and heard a "snap" in my back. When I finally consulted my family doctor 6 weeks later, an X ray revealed a compression fracture of the 9th ^{thoracic} vertebra as well as generalized osteoporosis which was confirmed by a bone density scan. A few weeks later, a rib cracked while leaning against the dumpster! I have continued to have back pain that is worse after I try to walk or jog, and while helping at the BUFFALO WALLOW RACES, another rib snapped for no apparent reason!

MARINE CORPS TOYS FOR TOTS 5K

NOVEMBER 6, 1999

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1 TODD MANN	33	M	1	M3034	LUBBOCK	TX	18:08	5:51
2 CHUCK SPAUGH	39	M	1	M3539	LUBBOCK	TX	18:52	6:05
3 STEVEN BLAKES	20	M	1	M2029	HALE CENTER	TX	19:08	6:10
4 HOWARD NORMAN	48	M	1	M4549	LUBBOCK	TX	19:09	6:10
5 HEATH RIBORDY	21	M	2	M2029	LUBBOCK	TX	19:31	6:17
6 MARK LOPEZ	31	M	2	M3034	RALLS	TX	20:09	6:30
7 JOHN F GREGORCYK	49	M	2	M4549	IDALOU	TX	20:28	6:36
8 RICKY R CAVAZOS	31	M	3	M3034	FLOYDADA	TX	20:31	6:37
9 MARK ALBUS	43	M	1	M4044	WHITEFACE	TX	20:51	6:43
10 JOE DAN PARKER	35	M	2	M3539	LEVELLAND	TX	21:29	6:55
11 CHRIS NORMAN	21	M	3	M2029	LUBBOCK	TX	21:40	6:59
12 GEORGE ANDERSON	36	M	3	M3539	BROWNFIELD	TX	21:48	7:01
13 DYLAN BURNS	11	M	1	M0112	LUBBOCK	TX	21:54	7:03
14 JAKE WOFFORD	27	M	4	M2029	LUBBOCK	TX	21:55	7:04
15 ERIC ANDERSEN	23	M	5	M2029	LUBBOCK	TX	22:08	7:08
16 DALE BENNETT	37	M	4	M3539	LUBBOCK	TX	22:51	7:22
17 GABRIEL CAUDILLO	20	M	6	M2029	LUBBOCK	TX	23:03	7:26
18 AARON MARTIN	21	M	7	M2029	LUBBOCK	TX	23:08	7:27
19 AMY JASPER	22	F	1	F2029	LUBBOCK	TX	23:12	7:29
20 DAVID SNOGRASS	20	M	8	M2029	LUBBOCK	TX	23:13	7:29
21 CHRIS REYES	11	M	2	M0112	FLOYDADA	TX	23:22	7:32
22 GREG FLOYD	35	M	5	M3539	LUBBOCK	TX	24:08	7:47
23 TRACY STROUD	20	F	2	F2029	LUBBOCK	TX	24:13	7:48
24 ALLYSSA PRESTON	11	F	1	F0112	LUBBOCK	TX	24:54	8:01
25 ETTA MAYER	50	F	1	F5099	LUBBOCK	TX	25:03	8:04
26 JOHN STALCUP	66	M	1	M6099	LUBBOCK	TX	25:06	8:05
27 BRETT FABER	18	M	1	M1619	LUBBOCK	TX	26:00	8:23
28 MADONNE MINER	47	F	1	F4549	LUBBOCK	TX	26:22	8:30
29 MARSHA BENNETT	36	F	1	F3539	LUBBOCK	TX	26:32	8:33
30 ANGELA GALVAN	22	F	3	F2029	MIDLAND	TX	26:52	8:39
31 ROBERT BROSELOW	59	M	1	M5559	LUBBOCK	TX	29:18	9:26
32 THERESA MAREZ	50	F	2	F5099	ABERNATHY	TX	30:16	9:45
33 DELINA LOPEZ	15	F	1	F1315	RALLS	TX	33:27	10:46
34 PAM HILLIS	45	F	2	F4549	LUBBOCK	TX	34:24	11:05
35 CAROLYN RICE	58	F	3	F5099	LUBBOCK	TX	36:31	11:46

There were thirty-eight runners this year for the TOYS FOR TOTS 99 road race. Not as many runners attended as expected for such a beautiful day of running. Next year we will begin a 10K event to encourage more participants to attend. Thanks to the volunteers who helped: Ron Lubowicz helped pull the tabs and set the clock, David Higgins manned the computer and Jon Omdahl for coordinating the run.

Y2K RESOLUTION/FUN RUN

January 1, 2000, marks the beginning of a new era and the West Texas Running Club will celebrate with a 5K Resolution/Fun Run. Start your year off right by joining fellow club members and friends at the Mackenzie park Outdoor Center at 8am.

This is a non-competitive run and no times will be taken. Following the run there will be a pay as you go breakfast at Furr's Cafeteria, Caprock Center (50th and Boston).

There will be no fees for the run, however, runners will be asked to sign a waiver prior to the start. For those interested, there is a very limited number of commemorative long-sleeved shirts available for \$10.55. Call Bob Bernero for information and shirt purchase. (evenings, 794-0929)

"Bullet" Bob (Bernero)

FROM READER'S DIGEST

I know a jogger who is so dumb that he went to the Y to sign up for that 2K he's been hearing so much about.

George Kiseda in LA Times

MARATHON RESULTS

NYC

P.J. Mitchell ran the New York City Marathon in 5:42:49.

SAN ANTONIO

Stephen Buckley ran a 4:57:21, Brian Patridge ran a 5:04:57 and Jeff Key ran a 5:05. 16th Masters were Bob Bernero and Larry Byrd in 4:10:52 and 1st seniors were James Bone and Bill Roger in 3:50:30.

HIGH SCHOOL CROSS COUNTRY

In girls class 3A, Hope Jimenez finished 7th at regional in 12:31.5 and then a week later finished 8th at the state meet in 12:17. She was 20th as a freshman last year. Congratulations Hope!

The most remarkable performance by an area athlete was by Brione Yosten, a junior from Hereford. She set a new course record for girls in all classes of 10:49.7 on the Mae Simmons course, then at the state meet in Round Rock, she ran the 4th fastest of all girls in the past 27 years, and the fastest of all on the current course.

IRONMEN!

W.T.R.C. members Wade Wilson and Todd Hegstrom achieved their goal of completing the HAWAII IRONMAN TRIATHLON. Wade finished in 12:33:17 while Todd was a few minutes back in 12:41:36.

REDLINE CROSS COUNTRY

4 MILE

EVENT RECORDS (Since 1986)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Trey Jernigan	Sundown	12	26:08	1990
13-15	Larry Knapp	Lovington	15	24:36	1993
16-19	Frank Sumpter, Jr.	Lamesa	18	22:31	1992
20-29	Jackson Makene	Levelland	22	21:00	1996 *
30-34	Mark Manley	Whitharral	30	22:50	1990
35-39	Bob Jackson	Hobbs, NM	38	21:52	1996
40-44	Bob Finn	Big Spring	40	23:21	1994
45-49	Robert Guajardo	Levelland	48	24:04	1990
50-54	George W. Jury	Lubbock	51	25:12	1987
55-59	George W. Jury	Lubbock	55	25:59	1991
60-64	Don Sanderson	Tulia	64	29:47	1993
65+	Don Sanderson	Tulia	67	31:25	1996

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	30:08	1996
13-15	Christina Vasquez	Lubbock	15	26:47	1989 *
16-19	Amanda Castro	Lubbock	17	30:33	1989
20-29	Sue Houle	Lubbock	28	27:17	1989
30-34	April Stein	Lubbock	31	31:10	1989
35-39	Caylene Caddell	Lubbock	35	28:12	1986
40-44	Ann Gordhamer	Lubbock	42	33:20	1986
45-49	P.J. Mitchell	Lubbock	48	34:25	1992
50+	Eva Martinez	Lubbock	50	37:49	1994

* OVERALL COURSE RECORDS

Schlottzsky's Deli



New Orleans Style Muffalatta Sandwiches
Sourdough Crust Pizza
Soups and Salads

All WTRC members-75c off medium Sandwich, Pizza or Chef Salad

**WEST TEXAS RUNNING CLUB'S
RED LINE FOUR MILE CROSS COUNTRY RUN**

Final event of the 1999 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, DECEMBER 11, 1999

REGISTRATION: 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. & MARTIN LUTHER KING AVE. Register in Mae Simmons Center North of Canyon Lake Drive

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

OTHERS = \$ 6.00

PRE REGISTRATION AVAILABLE: To prevent waiting to sign up race day, send in form or call George at 792-3291(d) or 792-1237(n) before 7pm, Friday, December 11th

AWARDS: Will be given to the first Three or up to 50% of the participants in the Divisions

AGE DIVISIONS:

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

WOMEN

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

RACE DIRECTOR: Ron Lubowicz, 778-9550(d) 748-1855(n)

MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this issue as our new year begins with January. Please fill out the forms completely and use a separate form for each person. The membership fee is \$15 + \$2 for each additional family member at the same address. (Your mailing label shows how long your current membership lasts)

**Dr. George Sheehan
Family is the Answer - 1991**

As I took my early morning swim I noticed this runner watching me from the boardwalk. Later as I towed off on the porch he approached me and introduced himself as a reader of my column. Then he asked, "What is the most important thing in your life?" If I were asked that question at 7 in the evening, it would draw a philosophical reply. "What is 'important'?" "What does 'life' mean?" The sort of evasions that come with a day's living with yourself and others leave me full of doubt. But at 7 in the morning, my answer was simple and direct as the newly risen day. Without hesitation, my head and heart responded, "My family."

It was the absolutely certain reply of a seventysomething male who has entered the seventh stage in Erik Erikson's eight-stage life cycle. I have attained what Erikson terms "generativity." I have finally become concerned with the welfare of the next generation to come, particularly my family.

Of the virtues and values I had to acquire in life, generativity was the most difficult to attain. According to Erikson this is a rule of human nature. I doubt it. For males perhaps this is true. But for women generativity is a force from the arrival of their first born. When our children arrived, I was primarily concerned with my self-development. My wife and family were part of that self only peripherally. They were in intimate association with me. I was responsive for their growth and development. But they were nevertheless external to the self I was making.

In my pursuit of excellence in my profession and later in my associations, my family was relegated to a minimum of my attention and my time. There came periods when I wanted to be free from all the hassle of family life.

This desire to escape and pursue some idyllic life with another person is felt by a large percentage of married men. A very good family practitioner once told me, "If all the men in this town who wanted to leave their homes did so there would be very few families with fathers."

And when families remain intact, that life may be difficult. "The proper word for family is 'strife,'" writes Ortega. The family is kept intact by knowing what can be said and what can't. At times it is like walking on eggshells. This tension and its more overt manifestations has led to the concept of dysfunctional families. My own belief is that all families malfunction at one time or another. An assembly of egos in all stages of development can hardly be expected to operate friction free.

My solution was to more or less absent myself from the group. In that position I was not a positive influence, but at least I wasn't a negative one. I am a loner, a person interested in ideas rather than people. I liked to have people around me, but I preferred to read a book while they were there. The antithesis of generativity is self-absorption. I was heavily involved in creativity and productivity. But I was more and more self-absorbed. The attraction of any action was what I would personally derive from it. My motivation was my own needs and satisfaction.

I was late in coming to generativity which is no less than the virtue of caring. Its theological counterpart is charity. It is going beyond the self. One theologian described sin as "closing the ring of concern." I had closed it around myself. I now include many people inside the ring and am learning to open that ring more and more.

Growth and the attainment of a new plateau did not come simply because I was in my late 60's. In truth it should have occurred decades back. Reaching a stage in the life cycle does not come automatically. I came to this love for my family and others through a familiar life giving force, adversity. Cancer, its attendant pain and an awareness of my isolation brought me back to a patient, loving wife and our sons and daughters.

Fortune had smiled on me in giving me cancer. Pain was a key to opening up a new and larger life. The interests of my past are still present, but now finally seen in perspective. That is why I was able to answer without hesitation when a stranger asked me to put my preset life into one word - family.

1999

Redline 4 Mile Cross Country

**Mail
Registration
thru Dec 9**

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

Race starts at 10:00 a.m.
in Mae Simmons Park,
Canyon Lake Drive

Telephone registration
by 7 p.m. Dec 10th
792-1237 (n) 792-3291 (d)

George Jury
5212 44th Street
Lubbock, Texas 79414

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 1999 Redline 4 Mile Cross Country. 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) Date of Birth ____ / ____ / ____ Male _____ Clydesdale (190 lbs or more)
Female _____ Athena (150 lbs or more)

Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____