

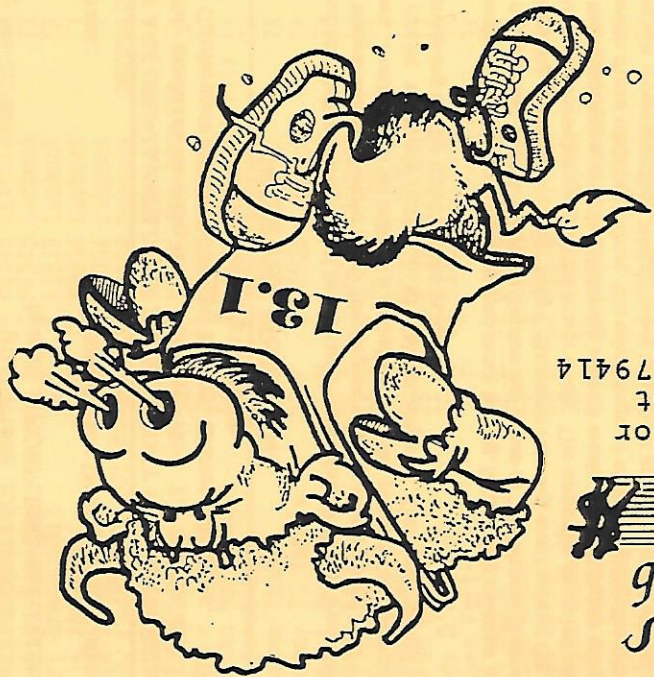
CALENDAR

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

- NOV. 2 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- NOV. 6 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center
1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- NOV. 7 SAN ANTONIO MARATHON: San Antonio, (210) 246-9652
- * NOV. 13 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and
2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- * NOV. 25 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 12K
and 2 Mile, Chris Lonngren, Race Director, 796-0685
- DEC. 5 WHITEROCK MARATHON: Dallas, (214) 526-5318
- * DEC. 11 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am
Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)
- 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, 744-2626(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. ? FORT SAM HOUSTON MEDCOM MARATHON: San Antonio, (210) 732-1332
- * MAR. 11 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
- 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. ? 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!!!!!!

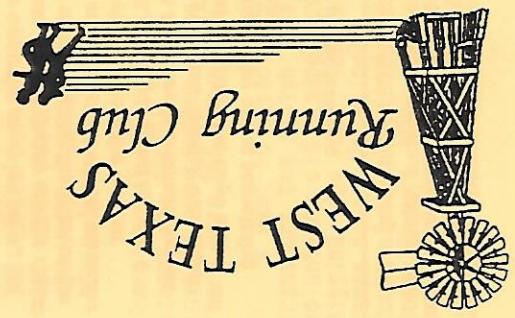
- November 1999 -

27th Annual BUFFALO WALLOW RACES
HALF MARATHON and 2 MILES
Saturday, November 13, 1999
Buffalo Springs Lake, Lubbock TX
Details Inside Back Cover



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

November 1999



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) 744-2626

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, Nov. 2, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars, Gilbert and Moss. All members are welcome.

FROM THE PRESIDENT

By now you've probably felt that first nip of fall, usually only a brief cooling trend followed by more summer temperatures. But no more 90+ degree days to worry about heat stroke and other excesses. Pretty soon we will have to bother with the problem of how many clothes to start a run in; everyone except John Stalcup, anyway! The "nip" of fall takes on a more sensitive meaning as the frost settles in.

With the cooler weather comes more training and more racing, increasing mileage and getting ready for marathons. An article in the September issue of "Oklahoma Runner" emphasized the benefits of cross training. Why? Because running emphasizes the running muscles—the calves, the hamstrings, and the lower back. The opposite muscles along the front of the shin, the quadriceps, and the abdomen remain weak. Many injuries are the result of imbalance between these muscles. Thus, the advantage of strengthening the front of the body muscles through cross training. Weight work is a good addition in the winter when the outdoors are less inviting; leg extensions, squats, crunches, etc. will help the weaker muscle groups, and even one workout a week provides benefit. Biking is good for strengthening the quads and stretching the hamstrings. Don't forget overall stretching, as well. Other activities recommended are swimming (you know you need to work that upper body), stair climbing, cross-country skiing (don't laugh, we had two possible days last year!). The point is, help prevent injuries and expand your horizons by doing something different. Your running will benefit and your body will thank 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 MackKenzie Park For more information call Bob Bernero at 794-0929 (N)

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

W.T.R.C. MEMBERS RESULTS SUSAN G. WOMEN RACE FOR THE CURE SEPTEMBER 25, 1999 LUBBOCK, TEXAS

PLACE NAME	AG	SEX	DIV	PLACE	TOWN	ST	TIME	PACE
1 Chris Truitt	24	M	1	M2024	Lubbock	TX	16:34	5:20
8 Tim Key	32	M	2	M3034	Lubbock	TX	17:52	5:45
10 Glen Poklikuha	28	M	3	M2529	Lubbock	TX	18:33	5:59
12 JAMES LESER	53	M	1	M5054	Lubbock	TX	18:50	6:04
16 Janda Ibbetson	29	F	1	F2529	Lubbock	TX	19:40	6:20
17 Howard Norman	48	M	1	M4549	Lubbock	TX	19:41	6:21
18 Al Gardner	43	M	1	M4044	Lubbock	TX	19:43	6:21
23 Marjory Stewart	40	F	1	F4044	Lubbock	TX	20:21	6:33
27 JOAO SA	35	M	4	M3539	LEVELLAND	TX	20:45	6:41
32 RUSSELL MARTIN	41	M	3	M4044	LUBBOCK	TX	21:15	6:51
38 ROBERT FORTNEY	46	M	2	M4549	LUBBOCK	TX	21:43	7:00
47 Cristl Props	28	F	2	F2529	Lubbock	TX	22:13	7:09
61 Mark Albus	42	M	4	M4044	Whiteface	TX	22:45	7:20
73 LORENZO PADILLA	45	M	4	M4549	LEVELLAND	TX	23:22	7:32
91 Shirley Wigley	45	F	1	F4549	Lubbock	TX	24:14	7:48
95 Mary Branscome	39	F	2	F3539	Lubbock	TX	24:28	7:53
96 Kyle Abraham	33	M	17	M3034	Lubbock	TX	24:28	7:53
104 Angela Hegstrom	33	F	5	F3034	Lubbock	TX	24:42	7:57
107 Judy Lawley	34	F	7	F3034	Lubbock	TX	24:47	7:59
116 James Livermore	44	M	7	M4044	SHALLOWATER	TX	25:01	8:03
127 STEVE NIEMAN	35	M	15	M3539	Lubbock	TX	25:20	8:09
129 Tony J. Torrez	44	F	4	F4044	Colorado City	TX	25:22	8:10
132 Martha Martinez	44	F	8	F3034	Lubbock	TX	25:24	8:11
133 Margaret Daly	33	F	8	F3034	Lubbock	TX	25:24	8:11
135 Shawna Thomas	15	F	9	F1519	Lubbock	TX	25:25	8:11
136 Brandy T. Temple	27	F	6	F2529	Lubbock	TX	25:25	8:11
161 Robert Broselow	50	M	1	F5054	Lubbock	TX	26:01	8:23
166 Rhonda Kauk	45	M	7	M4549	Lubbock	TX	26:13	8:27
192 Kenny Maines	43	F	7	F4044	Lubbock	TX	26:50	8:39
198 Shannon Davis	26	F	13	F2529	Lubbock	TX	26:57	8:41
220 Sarah Maddox	30	F	23	M3034	Lubbock	TX	27:21	8:49
228 Andy D'Albergo	30	F	23	M3034	Lubbock	TX	27:27	8:51
256 Debra Forte	44	M	12	M4044	Lubbock	TX	28:17	9:07
269 Ian Scott-Fleming	48	F	5	F4549	Lubbock	TX	28:34	9:12
314 Josie Aleman	35	M	23	M3539	Lubbock	TX	29:13	9:25
340 Brad Ewing	36	F	24	F3539	Lubbock	TX	29:52	9:37
383 Marsha Bennett	39	F	25	F3539	Lubbock	TX	30:58	9:58
387 Karla Leslie	57	F	7	F5559	Lubbock	TX	31:02	10:00
486 VICKI FISCHENICH	57	F	7	F5559	Lubbock	TX	33:37	10:50
661 Delores Key	57	F	7	F5559	Lubbock	TX	43:14	13:55

There were 1,936 entries in the computer, and 1,411 times were recorded across the finish line. Over a 100 of these were either wearing an invalid race number or no number resulting in 1,307 official finishers. There were 966 women and 341 men.

VOLUNTEERS, THANKS

I want to especially thank Dwayne Oakley and Jimmie Key for helping transport the finish line equipment and setting it up on Friday. Race day volunteers did a super job on this race. These include; Pat Jury, David Higgins, Joe Post, Tony Aleman, Chris Lonngren, Larry Byrd, Bob Bernero, James Bone, Jim Wilhelm, Jimmie Key, John Trompler, Ron Lubowicz, Pat Cooke, Ron Hillis, Mike Kelley, Ralph Wolf, Ronnie Prigg, Wade Wilson, Sonja Engeli, Mike and Marti Greer and their friend from Chicago, Jan Caille. Also filling in on race day were Shanna Armstrong and Chris' brother, Dave Lonngren, and helping compile results was Howard Norman.

W. T. R. C. NEWS

RACE HELP

Volunteers are needed to help stage each of the upcoming races. The BUFFALO WALLOW and TURKEY TROT will count toward Challenge Series standings. To help with the BUFFALO WALLOW, call George Jury at 792-3291(d) or 792-1237(n). If anyone is running the San Antonio Marathon, you will need to rest anyway, so why not help Saturday, Nov. 13th?

To help with the TURKEY TROT, Thanksgiving Day, call Chris Longgren at 796-0685(d) or 791-1774(n)

Ron Hillis needs help with the TOYS FOR TOTS race Saturday, Nov. 6th also. Give him a call at 797-0303.

Y2K

The year 2000 is almost here! It is time to solicit new club officers and directors. President Kelley will be mentioning this as well. How about giving a year or two to serve the club in some capacity. The past 15 years have really been great ones under the leadership of Presidents Ron Mahaffey, Ronald Key, Jim Leser and now Mike Kelley. We need some of the younger and newer members to maintain this excellence in promoting long distance running. Don't wait to be asked! Call Mike Kelley to volunteer to be on the ballot next month! His numbers are inside the front cover.

Also, remember to start off the last year of this millennium with the Y2K run on New Year's day. Call Bob Bernero at 794-0929, to help or to run.

RACE DIRECTORS NEEDED

Race directors are still needed for the HORSESHOE BEND RACES, May 8, 2000, and THE BOBBY BIRDSONG LOPE, June 12, 2000. This race has been held in Levelland for the past 20 years, but some discussion has been held in business meetings about moving it to Lubbock if a director cannot be found to run it in Levelland.

THANKS

Many thanks to WALKER LUMBER COMPANY'S Jackie Cox, for donating a sheet of plywood for Ron Lubowicz and his crew to build some additional sign boards to replace some lost on the WALK of FAME course.

MISSING

The club is missing about 7 of the fluorescent red caution flags. If anyone knows where they are, please return to Jimmie Key.

W.R.T.C. 1999 CHALLENGE SERIES STANDINGS AFTER 9 EVENTS

MALE

Table with columns: YTD TOTALS (AGE, PTS, MILES, EVT, VOL), 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. Lists names and their respective statistics.

** = RACE DIRECTOR * = VOLUNTEER

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

FEMALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
0 - 12 FEMALE							
Heather Cannon	13	29	6	3	36	73	68.4
Margarita Jimenez	9	20	6	2	37	50	28.2
Cammy Lass	13	19	6	2			
Veronica Jimenez	12	9	13	2			
13 - 15 FEMALE							
Hope Jimenez	15	20	13	2	40	38	45.6
Shawna Thomas	15	0	3.1	1	40	10	4
16 - 19 FEMALE							
Tara Jernigan	18	29	19	3	43	20	8.1
Mary Lou Jimenez	17	15	9	2	42	0	18
Lacy Lass	16	15	6	2			
Ladi Jackson	17	10	4	1			
20 - 29 FEMALE							
Janda Ibbetson	29	50	38.4	5	45	69	51.6
Shanna Armstrong	24	35	36.1	4	48	58	31.2
Kim Black	26	24	17.4	3	46	45	36.4
Christi Props	28	18	8.1	2	46	40	16
Brandy Temple	27	10	6	1	45	24	20.2
Michelle Wyatt	29	7	5	1	49	0	11
30 - 34 FEMALE							
Judy Lawley	34	56	57.3	7	50	87	68.4
Vicki Fischenich	33	26	38.2	4	58	26	17.4
Annette Burenheide	33	19	12.2	2	57	25	35.4
Rose Hoeve	31	10	2	1	53	20	29
Natalie Steadman	32	9	5	1	53	10	15
Angela Hegstrom	33	8	13.1	1	50	0	17.2

** = RACE DIRECTOR
* = VOLUNTEER

LUBBOCK IRONMEN

The club has two representatives at the 1999 Hawaii Ironman, Wade Wilson and Todd Hegstrom. They are among only 25 elite from Texas competing October 23 in this world championship of triathlon. By the time you receive the newsletter they will have completed this ultimate endurance event. Maybe then they will have slowed down enough for us to corner them for a few details. The Ironman is scheduled for broadcast on Sun., Nov. 14, 3-5 pm. If you need some inspiration for your training, be sure to catch the show.

Mike Kelley

Schlotzsky'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 27th ANNUAL
BUFFALO WALLOW
HALF MARATHON and 2 MILE RACES

THE MOST CHALLENGING HALF-MARATHON COURSE IN TEXAS
USA TRACK & FIELD Certified, #TX93078ETM

EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, NOVEMBER 13, 1999

PRE-REGISTRATION by mail or phone prior to 7pm,
Friday, November 12th

REGISTRATION: 8:00 to 8:45 A.M., On Site

RACE START: 9:00 A.M.

Please park in the church parking lot
for registration

WHERE: BUFFALO SPRINGS LAKE

East of Lubbock on FM 835 (50th Street) then South
on FM 835 to entry gate.

An entry fee of \$1.00 per person is required to
enter BUFFALO SPRINGS LAKE PARK

COURSE: ASPHALT ROAD ALL THE WAY; THE TWO MILE COURSE IS
OUT and BACK, FLAT

THE HALF MARATHON IS A DOUBLE LOOP OF THE LAKE
WITH 3 CHALLENGING HILLS

AID STATIONS: At 2.5, 5, 7, 9.3 and 11.5 MILES
Splits at 1 and 5 Miles

AGE DIVISIONS:

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)

AWARDS: A UNIQUE "Buffalo" MEDAL WILL BE AWARDED 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: George W. JURY 792-3291(d), 792-1237(n)

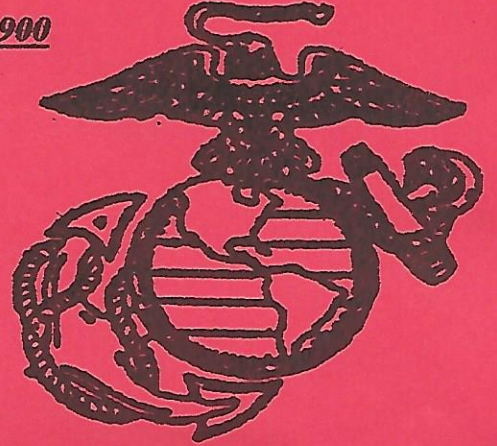
Run with the Few and the Proud
U.S. Marines

5K and 1 Mile Fun Run with the *United States Marines*
supporting the **TOYS FOR TOTS** program

When: Saturday, November 6th **RACE BEGINS AT 0900**

Where: U.S. Marine Corps Reserve Center
301 Regis Street (Airport Exit)

Cost: \$ 15.00 (Including a long sleeve T-Shirt)
For the first 100 entrants



Race Divisions for the 5K:

19 and under	30-34	45-49	60 +
20-24	35-39	50-54	
25-29	40-44	55-59	

Race Day Registration will begin at 0800 at the Reserve Center.
Race begins at 0900

To pre-register: send entry to Ron Hillis, 8208-40th st Lubbock, TX 79407

Waiver – All entrants must read and sign

South Plains Detachment of the Marine Corps League, U.S. Marine Corps Reserve, and the West Texas Running Club, all sponsors of the event, 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 or death of any person or persons and for any damages to or loss of property arising out of or attributed to directly or indirectly, to participate in the South Plains Detachment of the Marine Corps League Toys for Tots Run. This indemnity shall extend to and shall be binding on my 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.

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

Signature of the
Entrant: _____ AGE: _____

Signature of the Guardian (minors) _____

WHICH EVENT ARE YOU ENTERING? 5k _____ One Mile Fun Run _____

Name: _____

Address: _____

City: _____ State _____ Zip _____



1999 West Texas Running Club Turkey Trot 12 Kilometer (7.45 miles) and 2 Mile Races

Sponsored by **SCHLOTZSKY'S DELI**

Date: Thanksgiving Day, November 25, 1999 **Race Time:** 9:00 A.M.

Location: Outdoor Center at Broadway (in McKenzie Park)

Awards: 1st, 2nd, & 3rd place for both races in each age group

Special Awards for Overall Male and Female winners in both races

Race Divisions:	Male			Female		
	19 & under	20-29	30-34	19 & under	20-29	30-34
	35-39	40-44	45-49	35-39	40-44	45-49
	50-54	55-59	60+	60+		

NOTE: 2 mile race will also have 12 & under, 13-15, & 16-19 for male & female.

Pre-Registration: \$12 for either race (\$10 for WTRC members)-before November 23.

Race Day Registration: Beginning at 7:45 A.M until 8:30 A.M.

\$15 registration on day of race or \$13 with donation of 3 cans of food

T-shirts guaranteed for 1st 100 entrants-registration only \$8 w/out shirt

For more information call Chris Lonngren (H) 791-1774 (O) 796-0685 or

E-mail bestbunz@door.net

Send entries to: George Jury/ WTRC, 5212 44th St., Lubbock, TX 79414

Make checks payable to the West Texas Running Club

Waiver Statement must be signed by all entrants

Waiver Statement: The sponsors of this race, including the West Texas Running Club, Best Bunz, Inc. dba Schlotzsky's Deli, all corporate sponsors, the employees, 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 or death, of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the 1998 WTRC Turkey Trot. This indemnity shall extend to and shall be binding on my 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. This entry not valid unless signed by the entrant, Parent or guardian if runner is under 18 years old.

Signature of entrant _____ Guardian signature _____

Event: 12K 2 mile Sex: Male Female Age (on race day) _____ Date of Birth _____

Name: _____ Street Address: _____

City: _____ State: _____ Zip: _____ Phone No. _____