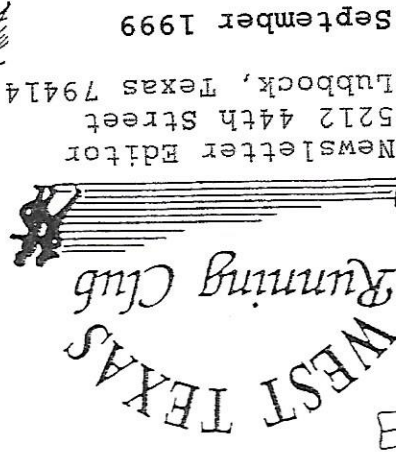


CALENDAR

- September 1999 -

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

- SEPT 5 **WALK OF FAME MARATHON:** Lubbock, Also 5K, Half Marathon & One Mile, Mike Greer, Race Director, 762-0895 (d), 796-8213 (n)
- SEPT 7 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- * SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 17 **RRCA NATIONAL RUN TO WORK DAY**
- SEPT 18 **MAYOR'S HALF MARATHON:** Amarillo, also 5 Mile, FMI call Sandy Lynch, (806) 378-9301
- SEPT 18 **FLOYD COUNTY FAIR 5K:** Lockney, FMI call Mike Lass, 652-1309
- SEPT 18 **RUN FOR RECYCLING:** Hobbs, 10K & 5K, 8am(MST), 505-392-3971
- SEPT 25 **RACE FOR THE CURE:** Lubbock, 5K, FMI call 765-5281
- SEPT 26 **DUKE CITY MARATHON:** Albuquerque, FMI call (505) 880-1414
- OCT. 2 **RACE FOR THE CURE:** Amarillo, 5K, FMI call (806)356-1913
- OCT. 10 **W.T.R.C. Social,** Buffalo Springs Lake, Details later
- * OCT. 16 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, Mike Greer, Race Director, 762-0895(d), 796-8213(n)
- OCT. 23 **RED RIBBON RUN:** Lubbock, 5K, Rose Hoeve, 796-6074 (d)
- OCT. 30 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- 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)



September 1999



September W.T.R.C. RACE
SHALLOWATER STAMPEDE
Shallowater, TX 10K and 2 Mile
8am, Saturday, Sept. 11, 1999
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) 744-2626

DIRECTORS

Newsletter Director - George Jury
(H) 792-1237 (O) 792-3291
(e-mail) rungwj@aol.com

External Race Director - Wade Wilson
(H) 795-1667

Equipment Director - Jimmie Key
(H) 795-7637

Race Calendar Director - Dwayne Oakeley
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359 (O) 775-2848
(e-mail) JTROMPLER@mail.ci.lubbock.tx.us

Internal Race Director - Ron Lubowicz
(H) 748-1855 (O) 778-9550

<http://members.tripod.com/~wtrc/run.html>

W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, Sept. 7, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars, Gilbert and Moss.
All members are welcome.

FROM THE PRESIDENT

Have you ever tried to learn a function on the computer by looking over someone's shoulder? They say "do this, do that, press these keys and there you have it!" Right? You've found by now that the only way to really learn how to run that program is "hands on", punching the correct keys yourself. Once you learn the basic moves, then you can apply more complex concepts. That's how we learn. We really don't know something until we have physically experienced it.

What does this have to do with running? Everything. When we run, we start with a simple physical activity but end up learning life" lessons. We learn the value of persistence and hard work; you can't become a distance runner without perfecting this lesson. Patience must be developed. Goal setting is applied at some point. We benefit from a sense of positive competition, and camaraderie is found along the way. Courage must be challenged and won. And the deep satisfaction of a full, complete effort is ours at the end.

We began to run without any greater purpose than to lose weight or get in shape, but somewhere along the way our soul responded. We never realized that it would become a spiritual practice which taught positive attributes within. We learned about life just as children do, just by having fun. So, don't feel guilty about time spent on the road. It's time spent in that great outdoor temple perfecting your spirit.

Why do I run? Without ever planning it that way, I discovered that I do it for my soul. (And the pancakes afterwards are pretty good incentives, as well.)

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 11th ANNUAL HOT DAM RUN"
*****EVENT NUMBER 8 OF THE WTRC CHALLENGE SERIES*****
USA TRACK & FIELD CERTIFIED # TX93059ETM

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	HAFFIS BANIRE	LUBBOCK	TX	1	M2029	27	M	28:26	5:42
2	HAWK HARRIS	HOBBS	NM	2	M2029	22	M	29:12	5:51
3	CULLEN SHAW	LUBBOCK	TX	1	M1619	17	M	29:19	5:52
4	CHRIS RAMIREZ	LUBBOCK	TX	2	M1619	17	M	29:39	5:56
5	BOBBY SAIN	LUBBOCK	TX	3	M1619	18	M	30:21	6:05
6	DAVID WALKER	LEVELLAND	TX	3	M2029	23	M	31:44	6:21
7	VICTOR MARTINEZ	ODESSA	TX	1	M5054	52	M	33:02	6:37
8	JOSH GAUDILL	ODESSA	TX	4	M1619	16	M	33:03	6:37
9	HOWARD NORMAN	LUBBOCK	TX	1	M4549	48	M	33:05	6:37
10	AL GARDNER	LEVELLAND	TX	1	M4044	43	M	33:10	6:38
11	LANCE WHITE	LUBBOCK	TX	4	M2029	26	M	33:28	6:42
12	CASEY SUMPTER	LAMESA	TX	1	M1315	14	M	33:59	6:48
13	FRANK SUMPTER	LAMESA	TX	2	M4549	45	M	34:00	6:48
14	GARRY RYON	MIDLAND	TX	2	M4044	43	M	34:11	6:51
15	JANDA IBBETSON	LUBBOCK	TX	1	F2029	29	F	34:19	6:52
16	STEVE SILVEY	ABILENE	TX	1	M3034	32	M	34:31	6:55
17	RODNEY HENDRIX	LUBBOCK	TX	2	M3034	33	M	34:36	6:56
18	SONJA ENGEL	LUBBOCK	TX	2	F2029	26	F	34:40	6:56
19	JOHN TROMPLER	LUBBOCK	TX	2	M5054	52	M	34:42	6:57
20	HOPE JIMENEZ	LAMESA	TX	1	F1315	15	F	34:52	6:59
21	TARA JERNIGAN	MILES	TX	1	F1619	18	F	34:53	6:59
22	TRENT BISCHOFF	LUBBOCK	TX	5	M2029	22	M	35:02	7:01
23	RON HEWETT	LUBBOCK	TX	1	M3539	38	M	35:08	7:02
24	BOB ADDY	BIG SPRING	TX	2	M3539	38	M	35:41	7:09
25	MOSE JARAMILLO	LAMESA	TX	2	M1315	15	M	35:47	7:12
26	SHANNON MOORE	LUBBOCK	TX	3	M3034	30	M	35:58	7:12
27	DWIGHT VARNUM	LUBBOCK	TX	3	M3339	39	M	36:01	7:13
28	CRISTI PROPS	LUBBOCK	TX	3	F2029	28	F	36:02	7:13
29	DANNY SLOAN	JAYTON	TX	4	M3034	29	M	36:03	7:13
30	MICHELLE WYATT	LEVELLAND	TX	4	F2029	29	F	36:08	7:14
31	DAVID PRESTON	LUBBOCK	TX	5	M3034	34	M	36:19	7:16
32	ROBERT FORTNEY	LUBBOCK	TX	3	M4549	45	M	36:21	7:17
33	RICHARD FISCHENICH	LUBBOCK	TX	3	M5054	52	M	36:28	7:18
34	EPI AGUIRRE	LUBBOCK	TX	3	M4044	40	M	36:38	7:20
35	DAVID MENDEZ	BROWNFIELD	TX	5	M1619	17	M	36:48	7:22
36	RAYMOND MENDEZ	BROWNFIELD	TX	6	M1619	17	M	36:56	7:24
37	WAYNE IVEY	SLATON	TX	6	M3034	30	M	36:57	7:24
38	DAVID GREGORY	LUBBOCK	TX	4	M4549	48	M	37:03	7:25
39	JIM HARRIS	HOBBS	TX	1	M5559	56	M	37:06	7:26
40	JOE NESMITH	SNYDER	TX	4	M4044	41	M	37:28	7:30
41	KIRK THOMAS	LUBBOCK	TX	5	M4044	40	M	37:37	7:32
42	ARON SELF	HOLLOMAN AFB	NM	6	M2029	20	M	37:53	7:35
43	JIM WALKER	LEVELLAND	TX	4	M5054	52	M	37:59	7:36
44	RUSSEL MARTIN	SHALLOWATER	TX	6	M4044	41	M	38:05	7:37
45	DWAYNE OAKELEY	LUBBOCK	TX	7	M4044	43	M	38:23	7:41
46	JOE POST	LUBBOCK	TX	5	M5054	50	M	38:29	7:42
47	PETE TORRES	COLORADO CITY	TX	7	M2029	28	M	38:41	7:45
48	RAUL ASCENCIO	LOCKNEY	TX	8	M2029	27	M	38:48	7:46
49	DAVID HIGGINS	LUBBOCK	TX	5	M4549	46	M	38:58	7:48
50	MARK ALBUS	WHITEFACE	TX	8	M4044	42	M	39:12	7:51

+

+ = New Members

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 7 EVENTS

MALE

YTD TOTALS

YTD TOTALS

PLACE	NAME	TOWN	AG S	TIME	PAGE	0 - 12 MALE	AGE PTS	MILES	EVT	VOL	45 - 49 MALE	AGE PTS	MILES	EVT	VOL
51	JUDY LAWLEY	LUBBOCK	1	39:17	7:52	Kenneth Kinzenbaw	11	59	21	6	Damon Richards	46	46	43.1	6
52	DENNIS BELL	LUBBOCK	4	39:50	7:58	Ben Stewart	12	10	4	1	Frank Sumpter	45	39	28	5
53	KIM BLACK	LUBBOCK	5	39:51	7:59	Francisco Jimenez	4	0	8	1	David Higgins	46	37	52.1	7
54	SARAH SKELTON	LUBBOCK	6	40:03	8:01	13 - 15 MALE	14	29	17	4	Lorenzo Padilla	45	28	7	3
55	PENNY WASEM	MIDLAND	1	40:29	8:06	Casey Sumpter	14	18	6	2	Bruce Fellers	45	27	21.2	3
56	SHIRLEY WIGLEY	LUBBOCK	1	41:21	8:17	Cody Lass	14	18	6	2	Fred Weber	48	25	18	4
57	MARtha MARTINEZ	COLORADO CITY	1	41:44	8:21	Ben Wright	15	10	4	1	Ronnie Prigg	48	24	16.2	4
58	GREG HUBBARD	MIDLAND	9	41:57	8:24	16-19 MALE	18	28	20	3	Ken Jernigan	47	18	9	2
59	RONNIE NUGENT	LUBBOCK	6	42:04	8:25	Bobby Sain	17	20	13	2	Adam Andrews	45	17	23	5
60	JIMMIE KEY	LUBBOCK	7	42:15	8:27	Cullen Shaw	16	19	16	2	Jim Wilhelm	48	16	25	3
61	KYLE ABRAHAM	LUBBOCK	7	42:18	8:28	Chris Wright	22	29	36.1	6	Ken Spain	45	9	8	1
62	PAT COOKE	LUBBOCK	9	42:21	8:29	20 - 29 MALE	27	19	9	2	Richard Titus	46	8	4	1
63	BARBARA SLATON	MIDLAND	2	42:51	8:35	Hawk Harris	30	5	5	1	Mark Garland	45	8	10	1
64	RICHARD BRAY	LUBBOCK	2	42:59	8:36	Glen Poklikuha	30	5	5	1	Tony Aleman	48	0	32.1	4
65	NATALIE STEADMAN	LUBBOCK	2	43:09	8:38	30 - 34 MALE	30	42	36.1	5	50 - 54 MALE	52	55	46.1	6
66	JAMES LIVERMORE	LUBBOCK	7	43:18	8:40	Shannon Moore	31	25	30.1	4	Richard Fischentich	54	47	29	7
67	GINGER STANLEY	MIDLAND	2	43:24	8:41	Richard Verrone	33	20	13	2	Landrum Medlock	50	47	56.1	7
68	ZACH ZANEK	LUBBOCK	10	43:37	8:44	Luis Nevarez	33	20	13	2	Joe Post	50	33	56.1	7
69	KENNY MAINES	LUBBOCK	6	43:44	8:45	Kyle Abraham	32	11	15	2	Frank Earney	52	30	37	4
70	BRYAN PATRIDGE	LUBBOCK	8	44:00	8:48	Bryan Patridge	32	11	15	2	Jim Leser	52	29	41.1	5
71	BOB BERNERO	LUBBOCK	3	44:19	8:52	Tim Key	31	10	16	2	John Trompler	52	29	43.2	6
72	BRIAN MAINES	LUBBOCK	7	44:42	8:57	David Steadman	30	9	11	1	Danny Galey	54	26	27.1	3
73	TOD HARDIN	LUBBOCK	5	45:06	9:02	Wayne Ivey	30	5	5	1	Michael Gallagher	52	24	31.1	4
74	KEVIN CRAWFORD	LUBBOCK	9	45:20	9:04	35 - 39 MALE	38	46	37.1	6	Mike Kelley	50	14	31	4
75	TAMPA JERNIGAN	MILES	1	45:38	9:08	Ron Hewett	38	46	37.1	6	Jim Walker	52	7	5	1
76	GENE ADAMS	LUBBOCK	2	46:01	9:13	Chris Lonngren	39	40	28	4	David Mangold	50	6	4	1
77	ANGELA GALVAN	BROWNFIELD	7	47:34	9:31	Brad Ewing	35	25	30.1	4	Ronnie Nugent	52	5	5	1
78	VICKI FISCHENICH	LUBBOCK	3	47:35	9:31	Mike Lass	37	21	23	3	Jon Omdahl	52	0	47.1	5
79	ANDY MENGHU	CEDAR PARK	10	48:56	9:48	Adam Barron	36	19	8	2	55 - 59 MALE	56	49	49.2	7
80	ETTA MAYER	LUBBOCK	1	49:07	9:50	Sandy Peters	38	15	14	2	Jim Harris	57	44	40.2	6
81	JAMIE FOGERSON	LUBBOCK	8	49:23	9:53	40 - 44 MALE	43	56	37.6	6	Bob Bernero	55	28	38	5
82	DANA KERR	LUBBOCK	4	49:23	9:53	Al Gardner	44	37	12	4	Richard Bray	55	14	14	2
83	KENNETH KINZENBAW	LUBBOCK	1	50:29	10:06	Jimmy Samarron	44	34	39.1	4	Ron Hillis	55	11	10	2
84	DANIEL SEATHEN	LUBBOCK	3	51:33	10:13	Kirk Thomas	43	30	34.2	6	Rick Lampe	55	9	2	1
85	DANIEL SEATHEN	LUBBOCK	3	51:44	10:21	Dwayne Oakeley	43	30	34.2	6	Jerry Whitten	57	5	8	2
86	ANDREA ZIMMERMAN	LUBBOCK	11	52:18	10:28	Russel Martin	41	27	26	4	Barry Byrd	58	0	34.1	3
87	GARY SHIPP	LUBBOCK	4	52:20	10:28	Jackie Cannon	42	23	8	3	Ron Lubowicz	56	0	29.1	3
88	RICK LAMPE	LUBBOCK	3	52:35	10:31	Randy Wolcott	42	22	17	3	60 - 69 MALE	62	40	29.1	5
89	JOSIE ALEMAN	LUBBOCK	11	52:40	10:32	Bob Jackson	40	20	17	3	Ralph Wolf	60	38	24.2	5
90	SCOTT HACKWELDER	LUBBOCK	7	54:20	10:52	Mike Flores	42	19	9	2	James Bone	60	30	35.2	4
91	RONNIE AGNEW	LUBBOCK	8	55:53	11:11	Kurt Wilkes	41	18	39.1	4	Bill Roger	65	26	15.2	3
92	ANDRE DEGARZA	LUBBOCK	9	56:08	11:14	Mark Abus	42	18	22.1	3	John Stalcup	60	19	32	5
93	ADAM ANDREWS	LUBBOCK	9	58:34	11:43	Vance Zider	44	17	8	2	Jerry Wright	60	26	15	3
94	CARRIE NEUSCH	LUBBOCK	5	59:50	11:58	Todd Hegstrom	43	15	42.1	2	Mike Greer	60	19	32	5
95	TAMARA STREHLI	LUBBOCK	10	59:50	11:58	David Malone	43	11	16	3	Jimmie Key	61	19	39	5
96	AMY JO CHILTON	SUNDOWN	2	1:00:50	12:10	David Martin	43	11	16	3	George Jury	62	0	56.1	7
97	ANNA MCVEY	MIDLAND	1	1:01:53	12:23	Richard Thomas	42	10	30.1	4	Hugh Haynes	67	0	11	1
98	LEANN HUBBARD	LUBBOCK	3	1:04:01	12:49	Weldon Kolb	43	10	11	1					
99	DON HUNT	LUBBOCK	2	1:14:50	14:58	Tom West	41	9	11	1					
100	CAROLYN RICE	LUBBOCK	2	1:14:50	14:58	Brent Tidwell	41	8	11	1					
101	DELORES KEY	LUBBOCK	3	1:14:50	14:58	Dan Adams	42	7	18	2					
						Wade Wilson	40	3	31	4					
						Steve Nieman	44	2	5	1					
						Pat Cooke	43	2	5	1					
						Ed Dabrowski	40	0	5	1					

+ = New Members
(Children's and Glydes dates on page 9)

** = RACE DIRECTOR

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 7 EVENTS

FEMALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT	AGE	PTS	MILES	EVT
0 - 12 FEMALE							
Margarita Jimenez	9	20	9	2	35	57	56.1
Cammy Lass	13	19	4	2	37	50	28.2
Heather Cannon	13	19	4	2			
Veronica Jimenez	12	9	13	2			
13 - 15 FEMALE							
Hope Jimenez	15	20	13	2			
16 - 19 FEMALE							
Tara Jernigan	18	29	19	3	40	28	27
Mary Lou Jimenez	17	15	9	2	40	10	4
Lacy Lass	16	15	6	2	43	10	5
Laci Jackson	17	10	4	1	42	0	18
20 - 29 FEMALE							
Shanna Armstrong	24	35	36.1	4	45	59	39.2
Janda Ibbetson	29	40	32.2	4	47	49	23
Brandy Temple	27	10	6	1	46	35	30.2
Christi Props	28	8	5	1	46	30	14
Michelle Wyatt	29	7	5	1	45	16	14
Kim Black	26	6	5	1	49	0	11
30 - 34 FEMALE							
Judy Lawley	34	56	51.1	6	46	0	11
Vicki Fischenich	33	26	38.2	4	50	67	56.1
Rose Hoeve	31	10	2	1	53	20	29
Annette Burenheide	33	9	6	1	53	10	15
Natalie Steadman	32	9	5	1	57	0	23
Angela Hegstrom	33	8	13.1	1			

** = RACE DIRECTOR
* = VOLUNTEER

W. T.R.C. NEWS
WALK OF FAME RACE FESTIVAL

The marathon course is now officially certified, so it is a "Boston qualifying course". As official measurer, I believe it is as nice a course as is in the whole state! I want to thank Jimmie Key for his help in the measurement process. Jimmie and I rode the course together, beginning early one Sunday morning. This required a total of six hours each to calculate and record readings from the 2 "Jones" counters to determine the start and finish points, each mile point and each 5K point for 42.195 Km.

The club is providing the finish line and results part of the production, so 5 or 6 more volunteers are needed to provide this service. I will be coordinating this work so give me a call if you can help. George W. Jury

SUSAN G. KOMEN "RACE FOR THE CURE"

The local Komen foundation has engaged the club to provide finish line and results services to accurately score this race. This will require at least 20 more volunteers than I already have to do the job right. I would like to see all our women runners get to participate so... I am counting on you men to give up the running aspect for this one to help the club out. We will be getting a fee for this service. Money from these services will be used to keep up our equipment. We have already purchased a nice new finish line digital clock which will be used at the September 5th WALK OF FAME Races. George W. Jury

RACE DIRECTORS NEEDED

We need club members to step up and volunteer to be race directors for the May 13, 2000 HORSESHOE BEND RACES and the June 10, 2000 LEVELLAND LOPE RACES. Volunteers should contact Marti Greer at 829-2153 or 796-8213.

RED RAIDER ROAD RACE

Club members should make yourself a note that you can pre-register for the RRRR for a \$12 entry fee instead of the published early registration fee. Club members will pay the same fee as everyone else for late registration. Volunteers are also needed for this race, so call Mike Greer to help at 829-2153 or 796-8213.

WTRC/TTU SCHOLARSHIP

Jill Aleman has been awarded a \$1,000 scholarship for the 1999/2000 school year at TEXAS TECH UNIVERSITY. Jill is the daughter of Tony and Josie Aleman who have been tireless workers in the club for many years. Congratulations, Jill!

RECYCLE YOUR SHIRTS and SHOES

We need your tired, your worn, your masses of outdated T Shirts and shoes. Please bring these washed items to any WTRC race to place in the shoe box. Items will be donated to the Ranch Adolescent Residential Treatment Center, a local MHMR facility for treatment of young men with drug problems, or other local charities. For more information, contact Mike Kelley at 766-0355 (w) or 765-0441 (h). Thanks for your support!

CONGRATULATIONS

A belated congratulations to Rich Titus who wed Deborah Jordan, June 12, 1999.

Schlotsky's Deli

Serving Lubbock the "BEST BUNS IN TOWN" for 20 Years!!!
5204 Slide -793-1233 1220 Main -744-3803 3719 19th -793-5542 8101 Indiana-792-3396
All WTRC members-75¢ off medium Sandwich, Pizza or Chef Salad

W.T.R.C. NEWS

TRIATHLON RESULTS
 WHITE SANDS 5Kr, 30Kb, 400Ms, 8-7-99
 Mike Greer, 1st, 60-64, 1:33:55, Marti Greer, 2nd 40-44, 1:30:33, Shana Armstrong, 2nd, 20-29, 1:28:50.
 WOOL CAPITOL 1.5Ks, 40Kb, 10Kr, 8-8-99
 Shanna Armstrong, 6th, 20-24, 2:45:52, Natalie Steadman, 16th, 30-34, 3:15:38, Greg Hogan, 11th, 40-44, 2:30:22.

CLUB MEMBERS PARTICIPATE IN VINEMAN HALF IRONMAN TRIATHLON

When I read of the half Ironman triathlon being held in sunny California's Napa Valley, I thought this would be a great way to compare the difficulty of the Buffalo Springs Lake Triathlon to other half Ironman events. When I told a friend that I was going to Santa Rosa, California, to race in a triathlon, he told me to be sure to take warm clothing, as it could be cold. In fact, he said, that the coldest winter he ever spent was one summer in San Francisco. True to form, I paid little attention to this advice. Sure enough, it was 65 degrees at high noon when we stepped off the plane in Oakland. The next morning, it was a balmy 52 degrees at race time. However, it didn't take me long to warm up as I began the 1.2 mile swim, followed by a 56 mile bike ride and a 13.1 mile run. During a portion of the run, I mentioned to a fellow runner how great the temperature was. He said it was much too hot for him, that he was from Seattle and that the average temperature there had been 65 degrees. I quickly invited him to the BSLT to experience real heat. The race went well, and overall I think the BSLT required a much greater effort to complete than did the Vineman. Lubbock, and the WTRC were well represented in the race. Tim Key had a blazing time of 4:29, what planet is this guy from anyway? Mike Greer's time was 6:55, Marti Greer's time was 6:35 and I completed the race in 5:41. Former law student, Doug Gardner was 7th clydesdale in a time of 5:17:37. Glen Poklikuha did the full Ironman distance in a time of 11:03:12. By completing the BSLT in June, both Todd Hegstrom and I have met the Hawaii Ironman lottery requirements and will be competing in the race on October 23rd. My next report to you will be made from the medical tent in Kona. Aloha, Wade Wilson.

HOI DAM RACE VOLUNTEERS

Race Director, P.J. Mitchell, will have a report on the race in next months newsletter. We had a large group of club helpers as follows; James Bone, David Martin, George W. Jury, Wade & Debbie Wilson, Jon Omdahl, Ron Lubowicz, Fred & Cheryl Weber, Damon Richards, Mike Kelley, Mike Greer, Landrum Medlock, Melanie McVey, Ida Sumpter, Marsha Bennett, Bruce Lokey, and Tracy Baugh. Bob Bernero also helped by setting out and picking up equipment. Others helping were; Barbara Pike, Ruth and Mr. Cromwell, Sharon and Jeremy Maines and Kim Wallach.

FALL SOCIAL... FUN, FOOD, FRIENDS

Do you ever get to run just for fun? Many of us do frequently, others find their competitive urges make running purely for fun and relaxation a rare event. Our club president, Mike Kelley, is inviting each of us to join him at his home at Buffalo Springs Lake for a few hours of easy group running followed by some serious outdoor grilling. Yes, there is a small charge for entry to the lake, but you also get some of the best scenery in the Lubbock area. Please mark your calendars for Sunday, October 10 at about 4:00 PM. Bring family members and friends. Further detail about our fall social will be provided in next months newsletter.

HOT DAM RUN
ELEMENTARY ONE MILE RUN
 AUGUST 14, 1999 Lubbock, Texas

PLACE	NAME	AGE	SEX	TOWN	TIME
1	BRANDON JOHNSON	11	M	LUBBOCK	6:24
2	ALLYSSA PRESTON	11	F	LUBBOCK	6:51
3	AUBREY THOMAS	12	M	LUBBOCK	6:55
4	BRADLEY FIELDS	9	M	LUBBOCK	6:58
5	HEIDI UNDERWOOD	12	F	JAYTON	7:22
6	SPENCER THOMAS	10	M	LUBBOCK	7:33
7	MARGARITA JIMENEZ	10	F	LAMESA	7:43
8	KYRA SLOAN	7	F	JAYTON	7:43
9	ERIKA MORGAN	12	F	JAYTON	7:50
10	TANNER BRUFFEY	10	M	LUBBOCK	7:55
11	VERONICA JIMENEZ	12	F	LAMESA	8:14
12	DANNY COBOS	12	M	LUBBOCK	8:25
13	MEREDITH WISE	12	F	BROWNFIELD	8:42
14	AARON MARTIN	8	M	LUBBOCK	9:06
15	LIA WILSON	10	F	LUBBOCK	9:13
16	NAOMI COBOS	11	F	LUBBOCK	9:39
17	JANE WU	10	F	PITTSBURGH, PA	10:05
18	TATE LAMBE	10	F	PITTSBURGH, PA	10:07
19	OLIVIA WISE	6	F	BROWNFIELD	10:14
20	TANNER GREGORY	6	M	LUBBOCK	10:37
21	KRISTEN THOMAS	12	F	LUBBOCK	10:43
22	CARLOS LOZOYA	9	M	LUBBOCK	11:29
23	CHELSEA GREGORY	8	F	LUBBOCK	11:34
24	FRANCISCO JIMENEZ	4	M	LAMESA	11:50
25	GARHETT AVERY	6	M	MIDLAND	11:52

*****EVENT NUMBER 8 OF THE WTRC CHALLENGE SERIES*****
 USA TRACK & FIELD CERTIFIED # TX93039ETM

FIVE MILES
 AUGUST 14, 1999 Lubbock, Texas
OVERALL MALE CLYDESDALE RESULTS

PLACE	NAME	AG	TOWN	ST	TIME	AGEGRADED
1	RONNIE NUGENT	52	LUBBOCK	TX	42:04	37:06
2	BRYAN PATRIDGE	32	LUBBOCK	TX	44:00	44:00
3	GARY SHIPP	40	LUBBOCK	TX	52:18	50:31
4	SCOTT HACKWELDER	29	LUBBOCK	TX	52:40	52:40

A WORD OF THANKS

A boys and a girls bicycle were given away in a drawing of the kids entries. Ten year old Tate Lambe wrote the following note.
 Dear WEST TEXAS RUNNING CLUB:
 Thank you for the nice bike! I will really enjoy riding it.
 Thanks!

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 toweled 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." "The 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.

WEST TEXAS RUNNING CLUB'S
11th ANNUAL "SHALLOWATER STAMPEDE"
10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 11, 1999

REGISTRATION; 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please
fill out and return form or call
David before 7pm, Friday, Sept. 11th

RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT,

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

Souvenir T-Shirt available for \$6 extra
Proceeds benefit Shallowater H.S. Senior Safe
Graduation event

AGE DIVISIONS:

2 MILE	10K
MALE	FEMALE
12 & Under	12 & Under
13 - 15	13 - 15
16 - 19	16 - 19
20 - 29	20 - 29
30 - 34	30 - 34
35 - 39	35 - 39
40 - 44	40 - 44
45 - 49	45 - 49
50 - 54	50 - 54
55 - 59	55 - 59
60 Plus	60 Plus

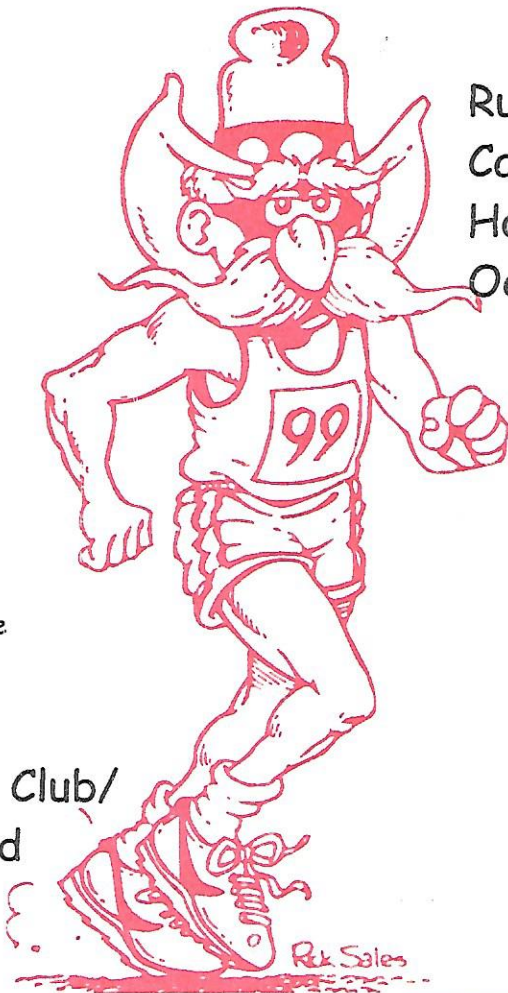
AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50
percent of each division will receive awards

Refreshments will be provided for runners and
volunteers

RACE DIRECTOR: Dwayne Oakeley; 799-4473

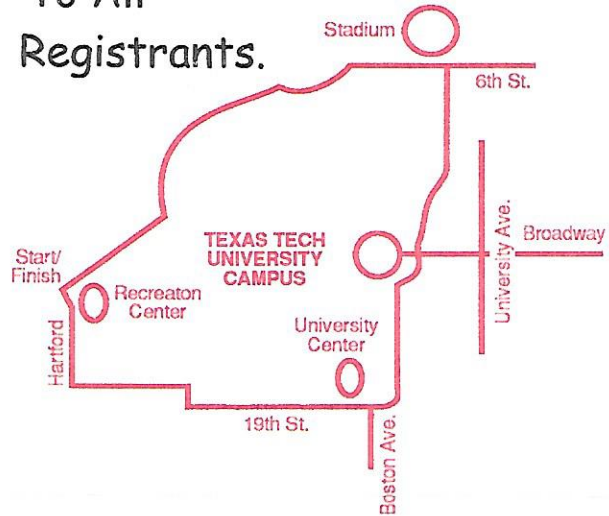
18th
Annual
Red
Raider
Road
Race

5K & 10K
Road Race



Run the Texas Tech
Campus as part of Tech's
Homecoming Weekend!
October 16, 1999

T-Shirts
Awarded
To All
Registrants.



Sanctioned by the
West Texas Running Club/
Course TAC Certified

Sponsored by:

WEST TEXAS
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Ex-Students
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Center for Orthopedic Surgery

Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race

Texas Tech Ex-Students Association

P.O. Box 45001

Lubbock, TX 79409-5001

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18th Annual Red Raider Road Race

Date: Saturday, October 16, 1999 **Starting Time:** 8:00 a.m.

Registration: Until October 14, 1999 - \$15* Entry fee payable to the West Texas Running Club.
*Please add \$2 if you want an XXL t-shirt - (for the first 12 who sign up)

Walk In Registration: 8 a.m. -12 p.m. & 1 p.m.- 5 p.m. Weekdays at the Ex-Students Association building

Late Registration & Packet Pick-Up: \$20 - Friday, October 15, 8 a.m.-8 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 - Saturday, October 16, 6:30 a.m.-7:30 a.m. ONLY!
Student Rec Center (Main & Hartford)

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over

Special Divisions: Clydesdales, both races: Men 190 lbs. +; Women 150 lbs. +
5K - 12 & under; 13-15; 16-19

Start/Finish: Student Rec Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center.
A map of the course will be included at registration.

Awards: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Prize Drawings: Pre-registrants only. Must be present to win.

Corporate Sponsors: Cardinal's Sports Centers; Center for Orthopedic Surgery; Covenant Health System; Family Oxygen

Please make checks payable to the West Texas Running Club.

For more info call: the Ex-Students Association @ 742-3641 or Mike Greer @ 796-8213 or fax @ 785-0277

Detach & Return to: RRRR/WTRC, %George Jury, 5212 44th Street, Lubbock, TX 79414

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address			<input type="text"/>	<input type="text"/>
<input type="text"/>			<input type="text"/>	<input type="text"/>
City	State	Zipcode	T-shirt Size (adult) Add \$2 for XXL	
<input type="text"/>	<input type="text"/>	<input type="text"/>	Make checks payable to: West Texas Running Club	
Area Code	Daytime Phone Number	Entered Event	<input type="text"/>	
<input type="text"/>	<input type="text"/>	<input type="text"/>		
		5K 10K Clydesdale Wheelchair	FOR OFFICIAL USE ONLY	

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, 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 Red Raider Road Race 5K/10K 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 OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____