

WICHITA RUNNING CLUB NEWSLETTER

Volume 1, Number 4

June 1976

FROM THE PRESIDENT

I would like to take a few seconds of your time to introduce a few goals that I hope we can accomplish soon in the WRC. The foremost is that of establishing the WRC as a well known running club in Wichita and throughout Kansas. This can only be accomplished by building an active membership. Our present members total 74. A goal of doubling our membership by summer of '77, with a greater percentage showing on competition day would strengthen our club.

Secondly I hope that the Wichita Running Club can offer a variety of established races throughout the year. Each member is strongly encouraged to compete in as many WRC races as possible as well as fun runs, for this constitutes the base of our running club.

In addition, I hope the WRC can have a social gathering every few months for a family outing as well as a general membership meeting. Talk up the Running Club and encourage outsiders to join.

Looking forward to seeing you July 4 at Cessna Stadium(WSU) at 7:30 pm.

Brent

NEW MEMBERS

The Wichita Running Club would like to welcome the following new members:

Karen Bellows

Brent Coffman

Debbie Strehle

WRC PICNIC

Sunday after, 6 June, WRC members, family, and guests gathered at Gayla Hefley's home for a meeting and picnic. Although it was a very warm afternoon we held our meeting in Gayla's beautiful air-conditioned home. During the meeting the members decided to use Runner's World format for future Fun Runs. Also poor participation in Race Days was discussed. Several members suggested that we have a six mile race instead of the eight for the long race. Brent volunteered to head a committee to finalize plans to hold a 10 mile race on July 4th(See attached flyer). Brent Wooten was unanimously elected to succeed John as President. His first act was to present Winnie and John a card signed by the members and a plaque(somewhere in the Postal System) to express the club's thanks and best wishes.

After the meeting the temperature had dropped so we had a good time eating all of the delicious food outdoors. John Burdan had some wine that he couldn't and didn't want to take to Europe so we had an informal wine tasting party. Additionally there were discussions about where to buy running shoes, who rebuilds running shoes, etc. I'm sure everyone who attended would agree that it was an outstanding function and are looking forward to the next gathering.

RUNNING CLUB RACE DAY

Wichita, Kansas, Saturday, June 5, 1976 - The Wichita Running Club conducted its Race Day at West High School and along the Arkansas River through Riverside Park. It was a beautiful Saturday morning although cool for June but great for running. However, only twenty-one people participated in the the races.

Predict Mile Results -

<u>Name</u>	<u>Predict</u>	<u>Actual</u>	<u>Diff</u>
1. Mike Allen	8:40	8:40	:00
2. Debbie Strehle	7:55	7:57	:02
2. Jim Loop	7:30	7:32	:02
4. Mark Burdan	8:00	8:03	:03
5. Tammie Gilpin	8:00	8:04	:04
5. Kevin Allen	9:20	9:24	:04
7. Gayla Hefley	8:12	8:17	:05
7. Rod Busey	6:25	6:20	:05
9. Joe Alvarez	5:20	5:27	:07
10. Steve Ryan	5:25	5:33	:08
11. Mary Jane Wooten	9:00	9:09	:09

Three Mile Results -

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
1. Brent Wooten	26	16:04	1st Under 30
2. Brad Anderson	25	16:55	2nd Under 30
3. Dale Goering	45	17:48	1st Over 40
4. Steve Ryan	35	19:20	1st Over 30
5. Debbie Strehle	19	21:00	1st Women
6. Jim Loop	51	22:16	1st Over 50
7. Gayla Hefley	36	25:36	2nd Women

Eight Mile Results -

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
1. Brent Coffman	20	46:46	1st Under 30
2. John Burdan	48	50:32	1st Over 40
3. Wayne Yonce	44	51:44	2nd Over 40
4. Robert Ohmie	21	53:04	2nd Under 30
5. Joe Alvarez	25	57:04	3rd Under 30
6. Tammie Gilpin	18	59:40	1st Women

AREA LONG DISTANCE RACES

6-24	Women's Track Meet	Center JHS, K. C., MO - 1800
6-26	8 Mile Draper Lake Run	Oklahoma City, OK - 0900
6-26	Fun Run	Shawnee Mission Park, KS - 1630
6-26	1.77 - 17.76 Mile Run	Johnson County, KS - 0700
7-03	7th Annua	Tulsa Mohawk Park - 0700
7-04	Bicentennial Race	Wichita
7-04	Freedom Run - 4 Miles	Stillwater - 1800
7-04	5000 Meter Run	Shawnee Mission East HS - 1900
7-24	6 Mile Race	Oklahoma City - 0900
7-26	5.1 Open & 3.4 15 & Under+Masters	Shawnee Mission Park - 1900
8-07	10 KM Handicap and 5 KM Open Races	Tulsa Mohawk Park - 0700
8-14	1 Mile Predict, 3 Mile & 6 Mile Races	Wichita
8-21	7 Mile Lake Overholser Race	Oklahoma City - 0900
8-28	10 KM Run & 1500 Meter Race	Stillwater Boomer Lake - 0800
9-11	1 Mile Predict, 3 Mile & 8 Mile Races	Wichita

Race Contacts -

Wichita	Ray Graham, 10150 S. Hillside, Wichita, KS 67233 316-788-3872
Shawnee Mission	Carl Owczarzak, 6823 W. 77th Terrace, Overland Park, KS 66204 913-341-6864
Tulsa	Vern Whitside, 6916 S. Knoxville Ave., Tulsa, OK 74136 918-492-7922
Stillwater	Dr. Billy Crynes, 920 N. Cantwell, Stillwater, OK 74074 405-377-3573
Oklahoma City	Dr. Dan Metcalf, 400 NW 30th, Oklahoma City, OK 73118 405-524-5958
Kansas City	Russ Niemi, 8229 Eby, Overland Park, KS 66204 913-649-4854
Johnson County	Ken Atwell, 9654 W. 86th Street, Overland Park, KS 66212 913-341-6691

USTFF MARATHON

Several WRC members ran in the USTFF Marathon May 29th and did quite well as you can see.

Finish

8	Brent Coffman	Third Collegiate Division
19	Wayne Yonce	First Masters Division
25	John Burdan	Fourth Masters Division
46	Tammie Gilpin	First Womens Division
53	Joe Alvarez	Thirteenth Veterans Division

Dale Goering ran in the Masters 800 and 1500 Meter events.

MILE BICENTENNIAL ROAD RACE

SUN. JULY 4, 1976 7:30 P.M.

— SPONSORED BY —

WICHITA RUNNING CLUB

START: 21st and Hillside, 7:30 P.M. Sunday Evening

FINISH: Henry Levitt Arena Parking Lot - W.S.U.

COURSE: 21st St. E. to Webb Road, S. to 13th St., W. to Rock Road,
N. to 21st, W. to Parking Lot

DIVISIONS: H.S., Open, 30-39, 40-49, 50-Over, Women

AWARDS: Trophies to top three finishers in each division.
Medals to all finishers.

ENTRY FEES: \$2.00 Members, \$3.00 Non-Members

INFORMATION: Brent Wooten H. 522-4581
B. 268-4480

Ray Graham H. 788-3872

ROAD RUNNERS CLUB



of AMERICA

PERSONAL FITNESS PROGRAM

The Road Runners Club of America, as a means of encouraging physical fitness through jogging, sponsors a Personal Fitness Program. The Program recognizes and rewards individuals according to the total mileage they accumulate in their runs over a 6-month period (January 1--June 30; July 1--December 31, etc.). Miles may be run alone, with others, in workouts or races. All miles count! There are four categories or levels of achievement (mileage totals) for each six month period: 150, 275, 500 and 800 miles. Which one of these can you make? Set your goal now and start running!

Appropriate awards are made to each runner on the basis of the mileage category attained. The range of awards includes certificates, ribbons, medals, pennants, and patches.

To participate in the Program, register before the end of the third month of any of the 6-month periods and estimate your mileage goal. (This estimate serves only to help us order the proper number of awards. Your award depends only on the total mileage you attain, regardless of your initial estimate). A registration fee of \$3 for RRC members and \$4 for non-members is paid when registering. Obviously, you need not be an RRC member to participate. Keep a record of your mileage throughout the six month period. Miles run prior to registration but during the six month period can be included. Report your final mileage to the RRCA Fitness Program Coordinator on a form which will be furnished.

Use registration form below to enter the Program. Enter today! Fitness is fun, so start now!

Name _____
Address _____
(Street) (City) (State) (Zip)

Member of the RRCA, _____ Chapter (or _____ At large)

Not Yet a Member

Please send me information on the RRCA

**Six Month Personal Mileage Goal
(Check only one)

Six Month Period
(Check one)

_____ 150 _____ 500 _____ January 1 - June 30 (Register by March 31!)
_____ 275 _____ 800 _____ July 1 - December 31 (Register by September 30!)

**Miles may be run alone, with others, in competition, or any way you choose.
All miles count!

Registration Fee: \$3 for RRCA members; \$4 for non-members.

Make checks payable to: RRCA Personal Fitness Program

Mail this form to: RRCA Personal Fitness Program
 c/o 11044 Ring Road
 Reston, Va. 22090

You will receive in the mail a Personal Mileage Report Form before the end of the six-month period.