

WICHITA RUNNING CLUB NEWSLETTER

Volume 2, Number 2

March 1976

FROM THE PRESIDENT

On Saturday, the 13th of March, we had 17 people out for our Fun Run. Two went the 3 mile course and the remaining 15 jogged and ran the 8 mile course. The pace was a lot slower and everybody regrouped at the 4 mile mark for the last 4 mile jog to West High School.

We have completed our constitution and I have been in contact with a lawyer in town, who is a Running Club member, in an effort to have our club officially recognized by the State of Kansas. It will cost us \$50.00 to incorporate the club, but this does not include the fees necessary to get a tax exempt status from the Internal Revenue Service. We feel that we should take this step at a time so that our treasury is not depleted and we have to call on the membership for extra funds so that the club may be incorporated and receive a tax exempt status. Prior to the races on March 27th there will be a short WRC meeting to vote on the constitution.

Our competition run that is scheduled for the 1st of May is changed to support the fund raising run for the American Cancer Society campaign. As you know, Jim Hershberger is supporting this campaign and I think it is worthwhile to support the program. There will be stations along the 20 mile route and this can be used as a Fun Run type of day, and in addition support a worthwhile cause.

See you on the 1st of May at Cessna Stadium, Wichita State University at 8:00 a.m.

NEW MEMBERS

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

David Allen (17)	James Berlin (34)	Colin Busey (9)
Ralph Allen (44)	Floyd Bird	Russell Davisson (26)
Verla Allen (40)	Elaine Bird	David Dieta (17)
Kellie Allen (18)	Troy Bird	Robert Rice (25)
Lori Allen (17)	Michelle Bird	Kent Stonestreet (16)
Mike Allen (10)	Andrew Burdan	Kevin Stonestreet (11)
Kevin Allen (7)	Mark Burdan	Michael Wekarski (20)
David Allen (24)	Rodney Busey (45)	
Tim Anders (19)	Gavin Busey (11)	

OPEN MILE RACES

Ray Graham has contacted all the high school track coaches in the Wichita area and asked them to have an open mile race during their meets. Most have agreed to have an all-comers event toward the end of the meet. A schedule of the participating high school meets follow. Check the newspaper for meet times and event schedules.

West High Invitational	March 30
East High Invitational	April 1
North High Invitational	April 24
City League Meet	April 30

WHAT'S W.A.T.F.O.A.?

The Wichita Area Track and Field Officials Association is an organization of volunteers devoted to establishing a means to support the greater Wichita area track and field programs of the Junior High Schools, Senior High Schools and Colleges and Universities by supplying interested and qualified officials to work scheduled competitive meets.

Training sessions, meetings dealing with meet organization and 'on the job' training are all held to help new and seasoned officials improve their competency.

W.A.T.F.O.A. strives to develop and supply the best possible track and field officials to assist with area meets.

Membership is open to all track and field enthusiasts who want to learn to become good track officials. You don't have to be an 'expert' to become a member of W.A.T.F.O.A., but you do have to have a willingness to learn and to work for track and field. Members must be at least 18 years of age and willing to take the USTFF 'open book' test for officials.

The WATFOA membership runs from October to October and yearly dues are \$5.00. First year membership includes a cap and patch of the organization, a complimentary pass for admission to major meets in the area, plus the mailings of the organization.

If you'd like to become a member or attend a meeting contact: Herman Wilson 689-3267.

WICHITA RUNNING CLUB NOTES

WRC has decided to award gold and silver medal to the first and second place finishers in each division in all races. All other participants will receive bronze medals.

Prior to the March 13th's Fun Run the WRC members selected a logo for the club. We are going to have iron-on transfers of the logo produced and they should be available about the first of May. WRC would like to thank Shirley Yonce for designing the logo for us.

RUNNING CLUB RACE DAY

Wichita, Kansas, Saturday, February 28, 1976 - The Wichita Running Club conducted its Race Day at West High School and along the Arkansas River through Riverside Park. The weather was beautiful and fifty people participated in the races.

Predict Mile Results -

<u>Name</u>	<u>Age</u>	<u>Predict</u>	<u>Actual</u>	<u>Diff</u>
1. Bryan Graham	9	8:00	8:00	:00
2. Brad Anderson	24	8:00	8:01	:01
3. Gavin Busey	11	6:55	6:57	:02
3. Gayla Hefley	36	8:10	8:08	:02
5. Brenda Graham	6	9:00	9:03	:03
6. James Berlin	34	7:30	7:23	:07
6. Andy Burdan	13	7:00	7:07	:07
8. Ralph Allen	44	6:50	6:58	:08
8. Steve Ryan	35	6:23	6:15	:08
10. Mike Allen	10	9:30	9:21	:09
10. Carl Nicholson	29	5:30	5:39	:09
12. Russ Davisson	26	6:00	6:10	:10
13. Bobby Fulgroat	47	7:00	6:49	:11
14. Jim Loop	50	7:30	7:18	:12
15. Joe Alvarez	24	5:20	5:38	:18
16. Colin Busey	9	6:55	6:35	:20
17. John King	23	7:00	6:34	:26
18. Peter Zoller	32	8:00	7:20	:40
19. Kevin Allen	7	10:30	9:40	:50
20. Kevin Stonestreet	11	8:00	6:47	1:13
21. Tami Doggett		9:30	8:05	1:25
22. Rod Busey	44	8:30	6:36	1:54

Three Mile Results -

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
1. Brad Anderson	24	17:08	1st Under 30
2. Dwight Gillespie	32	17:21	1st
3. Dale Goering	45	17:55	1st Over 40
4. Carl Nicholson	29	17:58	2nd Under 30
5. Bob Rice	25	18:44	3rd Under 30
6. Steve Ryan	35	18:54	2nd Over 30
7. Keith Miers	38	19:05	3rd Over 30
8. Mike Wekarski	20	19:59	
9. Jack White	42	22:14	2nd Over 40
10. John King		22:16	

Three Mile Results(Cont'd)

11. Jim Presley	25	22:55	
12. Dale Brooks	51	24:15	1st Over 50
13. Jim Loop	50	25:21	2nd Over 50
13. Peter Zoller	32	25:21	
15. James Berlin	34	26:14	
16. Gayla Hefley	36	26:41	1st Women

Eight Mile Results -

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>
1. Paul Burdan	19	44:04	1st Under 30
1. Jim Gilford	21	44:04	2nd Under 30
3. J. Means	19	45:59	3rd Under 30
4. Tim Anders	19	46:31	
5. Ray Graham	36	47:14	1st Over 30
6. Andrew Park	19	47:20	
7. Robert Troutman	18	49:05	
8. Pat Blanchard	26	50:35	
9. Leon Mattocks	33	51:04	2nd Over 30
10. Wayne Yonce	43	52:50	1st Over 40
11. John Burdan	48	54:13	2nd Over 40
12. Robert Ohmie	21	55:23	
13. Joe Alvarez	24	59:21	
14. Bobby Fulgroat	47	1:11:02	3rd Over 40
15. Howard Mickel	51	1:17:38	1st Over 50

WICHITA RUNNING CLUB'S MARCH RACE DAY

Date and time: Saturday, March 27, 1976, 10:00 a.m.

Distance: Predict Mile, Three Mile, and Eight Mile

Place: West High School - Predict Mile on track. Three and Eight Mile races along Arkansas River.

Divisions: Women, Under 30, 30-40, 40-50, 50 & Over

Awards: All participants.

Entry Fee: \$2.00 for WRC members and \$3.00 for non-members.

Official: Race Director - Ray Graham

AREA LONG DISTANCE RACE SCHEDULE

3-27-76	Wichita Running Club Races 6th Annual Oil Capital Marathon	Wichita West HS - 10 am Tulsa Mohawk Park - 9 am
3-28-76	Mid-America Masters Fun Run	Lenexa - 2 pm
4-10-76	5 KM & 10 KM Handicap	Stillwater - 9 am
4-17-76	Road Runner Marathon Miles for Mankind Kansas Relays Marathon	Gage, OK Tulsa Mohawk Park - 7 am Lawrence
4-24-76	8 Mile Lake Overholser Race	Oklahoma City - 9 am
5-01-76	Jim Hershberger 20 Mile Run-R-Walk	Wichita State University - 8 am
5-08-76	1 Hr. Run, 2 Mi., & Women's 1 Mile	Broken Arrow HS - 8 am
5-15-76	9th Annual Okie Relays 1 Hour Run & 440 Race	Texhoma - 8 am Stillwater - 8 am
5-22-76	6 Mile Race	Oklahoma City - 9 am
5-29-76	USTFF Marathon	Wichita - 7 am
5-31-76	Meet of Miles	Shawnee Mission West HS - 2 am
6-12-76	7th Annual 5 Mile Riverside Run	Tulsa - 7 am
6-19-76	1 Mile Race and 880 Race	Stillwater - 8 am
6-20-76	5.1 Open & 3.4 15 & Under/Masters	Shawnee Mission Park - 7 pm
6-26-76	8 Mile Draper Lake Run	Oklahoma City - 9 am
7-03-76	7th Annual 8 Mile Zoo Run & 2 Mile	Tulsa Mohawk Park - 7 am
7-04-76	Bicentennial Races	Wichita
7-04-76	Freedom Run - 4 Miles	Stillwater - 6 pm
7-04-76	5000 Meter Run	Shawnee Mission East HS - 7 pm

Race Contacts -

Wichita	Ray Graham, 10150 S. Hillside, Wichita, KS 67233 316-788-3872
Shawsee Mission	Carl Owczarzak, 6823 W. 77th Terrace, Overland Park, KS 66204 913-341-6864
Tulsa	Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, OK 74136 918-492-7922
Oklahoma City	Dr. Dan Metcalf, 400 NW 30th, Oklahoma City, OK 73118 405-524-5958
Stillwater	Dr. Billy Crynes, 920 N. Cantwell, Stillwater, OK 74074 405-377-3573
Texhoma	Brent Wooten, 1010 W. 44th S. #14, Wichita, KS 67217 316-522-4581

THE

JIM HERSHBERGER

20 MILE
RUN-R-WALK

FOR THE

American Cancer Society



WICHITA STATE UNIVERSITY ----- WEST OF HENRY LEVITT ARENA
Saturday, May 1, 1976 ----- Starting Time: 8:00 A.M. to 9:00 A.M.

NAME _____ Telephone _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

In registering as a participant for or while taking part in or as a direct or indirect result of this event, on behalf of myself, my heirs, executors, administrators, successors or assigns; I hereby waive and release any and all rights or claims for injuries which I may suffer or for damages which I may have against the American Cancer Society, the municipality and/or county in which this event will take place and any person or persons connected with this event as well as their heirs, executors, administrators, successors or assigns. Minors must have this form countersigned by either a parent or a guardian.

Participant's Signature _____ Date _____

Parent or Guardian Signature _____ Date _____

PLEASE READ INSTRUCTIONS CAREFULLY AND THOROUGHLY

Complete Registration and Sponsor Form obtaining as many sponsors as you wish (use additional forms if needed). A sponsor is a friend, neighbor, relative, business man, anyone, even yourself; who will pledge a specific amount of money for every mile you complete; up to a maximum of twenty (20) miles.

Check In Area (Wichita State University - Immediately west of Henry Levitt Arena) and mileage Check Points will open promptly at 8:00 A.M.. Obtain Official Number Card and Course Map at Check In Area upon submitting Registration Form. Official Number Card must be turned in at any Check Point on the course where you finish. This is necessary to enable the American Cancer Society to bill all sponsors for their pledges. Dress comfortably. Observe all precautions everywhere regarding traffic safety. Respect grounds and property.

FOR FURTHER INFORMATION PLEASE CALL 262-8496; MONDAY THROUGH FRIDAY; 8:30 A.M. to 5:00 P.M..

STATEMENT OF APPRECIATION

"Cancer, assuredly, is the most feared and devastating disease ever encountered by modern man. Although tremendous strides in the fields of education and research have been made, there yet remains a great deal to be accomplished before our goal of eradication can be achieved. Your participation in this event - for which we are sincerely grateful - will help amass funds so vitally needed to bring this about."

Webb Smith
General Chairman

James W. Hershberger
Honorary Chairman

OFFICIAL REGISTRATION AND SPONSOR FORM