

# CALENDAR

\* Indicates CHALLENGE SERIES EVENT

- \* AUG. 8 **HOT DAM RUN; 5 MILE, 8 A.M., Canyon Lake Six, Lubbock (23rd & Quirt) Ron Key, Race Director, 747-4678 or 792-9280 (Benefits S P FOOD BANK)**
- AUG. 9 **PRUDE RANCH RACES (Sunday) Fort Davis; 5K, 10K, Half-Marathon, will need early lodging reserv. Chuck Chamberlain, RD (915) 687-2961**
- AUG. 15 **WOMENS DISTANCE FESTIVAL 5K; 7:30 A.M., Midland also 1 Mile fitness RUN/WALK; Afterward, a Men's "CHASE AFTER THE WOMEN 5K RUN" Contact Mary Lou Hennessy at (915) 694-5020**
- AUG. 16 **IT'S SO EASY DUATHLON; (Sunday) BUDDY HOLLY PARK, 2 Mi R, 10 Mi Bike, 2 Mi R, 796-8213**
- AUG. 19-22 **WEST TEXAS SENIOR SPORTS CLASSIC; for Men and Women age 50 & over; Track & field on Thursday, 5K Road Race on Saturday. call 767-2680**
- \* AUG. 29 **CHRIS COURSEY BENEFIT RUN; Details Later**
- \* SEPT 12 **SHALLOWATER STAMPEDE 10K & 2 Mile, 8:00 A.M. SHALLOWATER HIGH SCHOOL, Larry Byrd, 832-4600**
- SEPT 19 **MAYOR'S HALF-MARATHON & 5 MILE RUN; Amarillo call Sandy Lynch at (806) 378-4289**
- SEPT 26 **RED RAIDER ROAD RACE; 5K and 10K, 8 A.M. TTU CAMPUS; Bill Harn, Race Director 794-6852**
- SEPT 27 **DUKE CITY MARATHON, etc. (Anyone going, we could sure use your help on Saturday A.M. at the RRRR) Call Bill Harn above to volunteer**
- OCT. 3 **RED RIBBON RUN (LCOADA) Details Later**
- OCT. 3 **RUN FOR RECYCLING; 8:30 A.M.(MST) Hobbs, NM 10K and 5K Runs, Team 5K Run, 1 Mile Walk/Run Entry forms will be mailed to W.T.R.C. Members**
- \* OCT. 10 **Monthly W.T.R.C. RACE (Distance and place to be decided, call Pres. Ron Key to give your ideas !)**
- \* NOV. 14 **BUFFALO WALLOW RACES; Half-Marathon and 2 Mile BUFFALO SPRINGS LAKE, Lubbock; 9 A.M.**



AUGUST 1992

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408



HOT DAM RUN 5 Mile Race

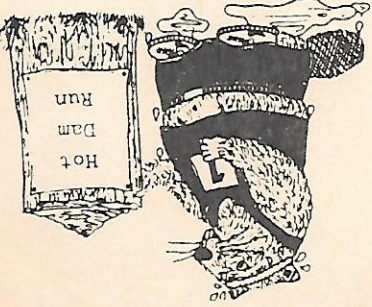
8:00 A.M., August 8, 1992

Details Inside Back Cover

Robert L. Bernero  
PO Box 53274

Lubbock, TX. 79453

01-01-92





# WEST TEXAS RUNNING CLUB

## OFFICERS

PRESIDENT : ROM KEY

0 747-4678 H 792-9280

INTERNAL VICE-PRES

JON MASOOD

0 765-5038 H 797-1870

EXTERNAL VICE-PRES

WES BOULLIUM

0 765-3561 H 745-3607

SECRETARY

CARLOS VIGIL

0 767-2665 H 762-1243

TREASURER

MICHELLE JONES 0 766-0282 H 793-2825

W.T.R.C. Races are usually held the Second

Saturday of each Month

W.T.R.C. Official meetings are held monthly on

the 2nd Tuesday, 7:00 P.M. at 3208 67th, Lubbock

These meetings are open and any member is invited to attend at any time

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## OFFICER NOMINATIONS DUE

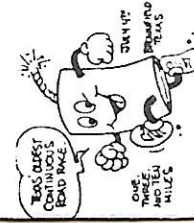
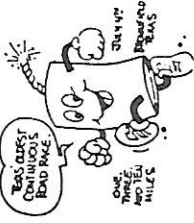
The nominating committee has obtained the commitment of many people to serve on the executive board this coming year. A complete list is printed on page 10. There is still time, however, if there should be others who would like to serve, additional nominations can be added at the August 11th meeting. The ballot will then be prepared and mailed out with the September newsletter. They must be returned by the 6 P.M. Sept. 8th. business meeting. Josie Aleman is chairman of the nominating committee. For additional information give Josie a call at 793-6441(N) or 743-2426(D)

## CHALLENGE SERIES

Remember that to be eligible for CHALLENGE SERIES awards, participants must have agreed to serve as a non-running volunteer at one of the remaining monthly W.T.R.C. races if you have not already done so. Call either the race director or David Rodriguez at the numbers listed above.

# FIRECRACKER RUN!

TEXAS' OLDEST CONTINUOUS ROAD RACE.



## RACE DIRECTOR'S COMMENTS

There was a great turnout at the 4th of July FIRECRACKER RUN. The weather was favorable, cooler than usual for July. Although I had volunteered to be RD for this event some time ago, I have to acknowledge the tremendous support of many club members and George Jury in particular. It was really heartwarming for me to realize that although my abilities were compromised by a recent car accident, others were going to rally and make sure that the event went well. The pre-registration was well received- about 20 people signed up the night before the race. In two years to come we can look forward to a big silver anniversary celebration of this event.

Marjory Stewart

## RACE REPORT

For two years in a row the weather has been wonderful for this event. A total of 118 runners who logged times were rewarded with post-race goodies thanks to ARROWHEAD MILLS and watermelons from James Bone courtesy of D & L Produce. Thanks also to Carlos Vigil who procured extra water coolers from the Lubbock Rec. Dept., JOHN HARTSFIELD TEXACO for the ice, SPARKLETS WATER, and WHATABURGER for supplying the drink cups all year long.

Club members helping out were: Ron Key, Pat Jury, Ken McEachern, Larry Reno, Sandi Howard, Joni Bell and David Skelton. Others who pitched in as last minute help were: Sally Roger, Amber Reno, Mike Jones, and Tracy, Terry and Julia Baugh. Pre-race set-up was done by James Bone, Jeff Jury, George Jury and Dennis Bell.

An exciting finish highlighted the 3 mile race as Frank Sumpter, Jr. outlasted Joe Perez to the tape. In the 10 miler, John Ferguson of Austin, who is race director for the RIVER CITY 10 MILER there in February, was not contested. John spent some of his younger years living in Lubbock while his father was pastor at what is now COVENANT PRESBYTERIAN CHURCH. He was a first and third grade classmate of club member Rick Deaver with whom he was able to renew acquaintances. Extending their attendance streaks to 14 and 12 years in a row were James Livermore and Jim Wilhelm. Making the trip up from Midland were Francis and Sue Johns and PBRR CLUB president, Carla Warden.

## CHILDREN'S ONE MILE RUN Overall and Grade Placement

| PLACE | NAME                    | AGE | SEX | TIME  | AGE GROUP PLACE |
|-------|-------------------------|-----|-----|-------|-----------------|
| 01    | Fernando Mendez         | 11  | M   | 7:14  | 1st 5th Grade   |
| 02    | Pete McElvain           | 11  | M   | 7:42  | 1st 6th Grade   |
| 03    | Josue Delao             | 12  | M   | 8:13  | 2nd 6th Grade   |
| 04    | Chris Wright            | 10  | M   | 8:31  | 2nd 5th Grade   |
| 05    | Felipe Deleon           | 11  | M   | 8:42  | 3rd 5th Grade   |
| 06    | Ben Wright              | 8   | M   | 8:44  | 1st 3rd Grade   |
| 07    | Casey Sumpter           | 7   | M   | 9:02  | 1st 2nd Grade   |
| 08    | Sara Jones (First Girl) | 11  | F   | 9:04  | 1st 6th Grade   |
| 09    | Ben Stewart             | 6   | M   | 9:48  | 1st 1st Grade   |
| 10    | Priti Patel             | 10  | F   | 9:45  | 1st 5th Grade   |
| 11    | Landon Lepard           | 6   | M   | 9:48  | 1st Preschool   |
| 12    | Megan Wright            | 7   | F   | 10:59 | 1st 2nd Grade   |
| 13    | Robert Tone             | 8   | M   | 11:14 | 2nd 3rd Grade   |
| 14    | Rupal Patel             | 8   | F   | 11:31 | 1st 3rd Grade   |
| 15    | Charly McElvain         | 8   | F   | 11:59 | 2nd 3rd Grade   |
| 16    | Rachel Jones            | 6   | F   | 12:07 | 1st 1st Grade   |



# FIRECRACKER RUN!

TEXAS OLDEST CONTINUOUS ROAD RACE.

## 10 MILE RESULTS

| PLACE NAME            | AGE | S | DIV | DIV   | 10M     | PACE |
|-----------------------|-----|---|-----|-------|---------|------|
| 1 John Ferguson       | 36  | M | 1   | M3539 | 1:02:34 | 6:15 |
| 2 Jeffrey Jury        | 31  | M | 1   | M3034 | 1:04:37 | 6:28 |
| 3 Dennis Bell         | 31  | M | 2   | M3034 | 1:08:16 | 6:50 |
| 4 George Jury         | 55  | M | 1   | M5599 | 1:08:54 | 6:53 |
| 5 Kurt Johnson        | 28  | M | 1   | M2029 | 1:08:59 | 6:54 |
| 6 Carlos Vigil        | 43  | M | 1   | M4044 | 1:11:49 | 7:11 |
| 7 Joey Thacker        | 44  | M | 1   | M4044 | 1:11:53 | 7:11 |
| 8 Joe Martinez        | 46  | M | 1   | M4549 | 1:12:03 | 7:12 |
| 9 Rodolfo Moreno      | 40  | M | 2   | M4044 | 1:13:29 | 7:21 |
| 10 Rick Sybert        | 36  | M | 3   | M3539 | 1:13:31 | 7:21 |
| 11 Cecilio Santana    | 37  | M | 3   | M3539 | 1:14:26 | 7:27 |
| 12 Sue Spitz          | 30  | F | 1   | F3034 | 1:15:59 | 7:36 |
| 13 Robby Timberlake   | 44  | M | 4   | M4044 | 1:16:21 | 7:38 |
| 14 Jim Pillow         | 42  | M | 5   | M4044 | 1:16:47 | 7:41 |
| 15 David Davis        | 32  | M | 3   | M3034 | 1:16:59 | 7:42 |
| 16 Bill Roger         | 53  | M | 1   | M5054 | 1:17:06 | 7:43 |
| 17 Larry Byrd         | 51  | M | 2   | M5054 | 1:17:06 | 7:43 |
| 18 Hal Wilkerson      | 46  | M | 2   | M4549 | 1:17:36 | 7:46 |
| 19 James Livermore    | 45  | M | 3   | M4549 | 1:17:41 | 7:46 |
| 20 Randy Allen        | 45  | M | 4   | M4549 | 1:20:57 | 8:06 |
| 21 Rick Deaver        | 36  | M | 4   | M3539 | 1:21:20 | 8:08 |
| 22 Carla Warden       | 32  | F | 2   | F3034 | 1:21:37 | 8:10 |
| 23 Chuck Johnson      | 34  | M | 4   | M3034 | 1:21:55 | 8:12 |
| 24 Bob Bernero        | 50  | M | 3   | M5054 | 1:22:01 | 8:12 |
| 25 Mike Greer         | 53  | M | 4   | M5054 | 1:24:23 | 8:26 |
| 26 James Bone         | 53  | M | 5   | M5054 | 1:24:43 | 8:28 |
| 27 David Henry        | 30  | M | 5   | M3034 | 1:25:31 | 8:33 |
| 28 Jerry Wright       | 53  | M | 6   | M5054 | 1:25:33 | 8:33 |
| 29 Tony Aleman        | 43  | M | 6   | M4044 | 1:25:37 | 8:34 |
| 30 Molly Deischl      | 23  | F | 1   | F2029 | 1:25:55 | 8:36 |
| 31 Amy Morris         | 18  | F | 1   | F0119 | 1:26:09 | 8:37 |
| 32 Ron Seal           | 35  | M | 5   | M3539 | 1:26:42 | 8:40 |
| 33 George Thatcher    | 59  | M | 2   | M5599 | 1:26:43 | 8:40 |
| 34 Mike Kelley        | 43  | M | 7   | M4044 | 1:26:46 | 8:41 |
| 35 G M Cox            | 39  | M | 6   | M3539 | 1:27:01 | 8:42 |
| 36 Jim Wilhelm        | 41  | M | 8   | M4044 | 1:28:02 | 8:48 |
| 37 Hugh Haynes        | 60  | M | 3   | M5599 | 1:28:33 | 8:51 |
| 38 Otto Spitz         | 35  | M | 7   | M3539 | 1:29:40 | 8:58 |
| 39 P J Mitchell       | 47  | F | 1   | F4599 | 1:30:05 | 9:01 |
| 40 Earnest Camp       | 47  | M | 5   | M4549 | 1:30:07 | 9:01 |
| 41 Brenda Martinez    | 25  | F | 2   | F2029 | 1:30:32 | 9:03 |
| 42 Teresa Greer       | 41  | F | 1   | F4044 | 1:31:23 | 9:08 |
| 43 Sydney Morris      | 21  | F | 3   | F2029 | 1:33:23 | 9:20 |
| 44 Charles Hensarling | 60  | M | 4   | M5599 | 1:34:27 | 9:27 |
| 45 Josie Aleman       | 41  | F | 2   | F4044 | 1:36:32 | 9:39 |
| 46 Debbie Valles      | 28  | F | 4   | F2029 | 1:39:06 | 9:55 |

WEST TEXAS RUNNING CLUB

# FIRECRACKER RUN!

TEXAS OLDEST CONTINUOUS ROAD RACE.



# FIRECRACKER RUN!

TEXAS OLDEST CONTINUOUS ROAD RACE.

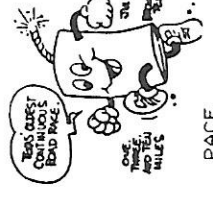
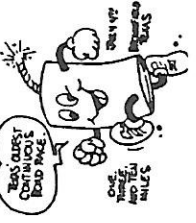


# FIRECRACKER RUN!

## 3 Mile Results

| PLACE NAME          | AGE | S | DIV | DIV   | 3M      | PACE  |
|---------------------|-----|---|-----|-------|---------|-------|
| 1 Frank Sumpter Jr  | 17  | M | 1   | M0119 | 0:16:03 | 5:21  |
| 2 Joe Perez         | 19  | M | 2   | M0119 | 0:16:07 | 5:22  |
| 3 Joe Mendez        | 18  | M | 3   | M0119 | 0:17:38 | 5:53  |
| 4 Quent Beardan     | 17  | M | 4   | M0119 | 0:17:38 | 5:53  |
| 5 Frank Sumpter Sr  | 38  | M | 1   | M3539 | 0:18:04 | 6:01  |
| 6 Carlos Perez      | 16  | M | 5   | M0119 | 0:18:11 | 6:04  |
| 7 Joe Monrial       | 15  | M | 6   | M0119 | 0:18:12 | 6:04  |
| 8 Jimmy Samarron    | 37  | M | 2   | M3539 | 0:18:30 | 6:10  |
| 9 Danny Rodriguez   | 19  | M | 7   | M0119 | 0:18:35 | 6:12  |
| 10 David Rodriguez  | 41  | M | 1   | M4044 | 0:18:36 | 6:12  |
| 11 Jim Leser        | 45  | M | 1   | M4549 | 0:18:41 | 6:14  |
| 12 Ken Jernigan     | 40  | M | 2   | M4044 | 0:18:52 | 6:17  |
| 13 Michael Jones    | 35  | M | 3   | M3539 | 0:18:53 | 6:18  |
| 14 Lawrence Nelson  | 20  | M | 1   | M2029 | 0:18:57 | 6:19  |
| 15 Scott Kinghorn   | 17  | M | 8   | M0119 | 0:18:58 | 6:19  |
| 16 Frank Haist      | 27  | M | 2   | M2029 | 0:19:01 | 6:20  |
| 17 Steve Wilson     | 38  | M | 4   | M3539 | 0:19:10 | 6:23  |
| 18 Alan Valderaz    | 16  | M | 9   | M0119 | 0:19:28 | 6:29  |
| 19 Andy Gongora     | 18  | M | 10  | M0119 | 0:19:36 | 6:32  |
| 20 Robert Wagner    | 16  | M | 11  | M0119 | 0:19:38 | 6:33  |
| 21 Mandy Malouf     | 19  | F | 1   | F0119 | 0:20:20 | 6:47  |
| 22 Robert Blevins   | 43  | M | 3   | M4044 | 0:20:20 | 6:47  |
| 23 David Higgins    | 39  | M | 5   | M3539 | 0:20:22 | 6:47  |
| 24 Bill Moreman     | 45  | M | 2   | M4549 | 0:20:29 | 6:50  |
| 25 Gary Bolton      | 33  | M | 1   | M3034 | 0:20:45 | 6:55  |
| 26 Bob Lemmon       | 42  | M | 4   | M4044 | 0:21:00 | 7:00  |
| 27 Jim McElvain     | 45  | M | 3   | M4549 | 0:21:01 | 7:00  |
| 28 Isabel Torrez    | 34  | F | 1   | F3034 | 0:21:04 | 7:01  |
| 29 Steve Patterson  | 36  | M | 6   | M3539 | 0:21:22 | 7:07  |
| 30 James David      | 26  | M | 3   | M2029 | 0:22:20 | 7:27  |
| 31 Chris Scott      | 27  | M | 4   | M2029 | 0:22:37 | 7:32  |
| 32 David Morgan     | 52  | M | 1   | M5054 | 0:22:51 | 7:37  |
| 33 Charlie Penturf  | 35  | M | 7   | M3539 | 0:22:57 | 7:39  |
| 34 Nacho Olivas     | 51  | M | 2   | M5054 | 0:23:04 | 7:41  |
| 35 John Scott       | 49  | M | 4   | M4549 | 0:23:07 | 7:42  |
| 36 Marlen Ahlquist  | 16  | F | 2   | F0119 | 0:23:16 | 7:45  |
| 37 Tim Monaco       | 21  | M | 5   | M2029 | 0:23:43 | 7:54  |
| 38 Tara Jernigan    | 11  | F | 3   | F0119 | 0:25:13 | 8:24  |
| 39 Frances Johns    | 57  | M | 1   | M5599 | 0:25:17 | 8:26  |
| 40 Tracy Baugh      | 30  | F | 2   | F3034 | 0:25:33 | 8:31  |
| 41 Frank Hernandez  | 54  | M | 3   | M5054 | 0:26:07 | 8:42  |
| 42 Donald Hunt      | 58  | M | 2   | M5599 | 0:26:39 | 8:53  |
| 43 Cara Jensen      | 36  | F | 1   | F3539 | 0:26:59 | 9:00  |
| 44 Eva Martinez     | 47  | F | 1   | F4599 | 0:27:16 | 9:05  |
| 45 Rose Valderaz    | 35  | F | 2   | F3539 | 0:27:46 | 9:15  |
| 46 Clive Kinghorn   | 54  | M | 4   | M5054 | 0:28:39 | 9:33  |
| 47 Ashlee Gardner   | 15  | F | 4   | F0119 | 0:29:31 | 9:50  |
| 48 Karl Morris      | 53  | M | 5   | M5054 | 0:29:59 | 10:00 |
| 49 Belinda Elizardo | 37  | F | 3   | F3539 | 0:30:28 | 10:09 |
| 50 Sue Johns        | 55  | F | 2   | F4599 | 0:30:49 | 10:16 |
| 51 John Owens       | 63  | M | 3   | M5599 | 0:31:53 | 10:38 |
| 52 Michelle Jones   | 38  | F | 3   | F3034 | 0:34:38 | 11:33 |
| 53 Sandy McElvain   | 53  | F | 4   | F3539 | 0:36:10 | 12:03 |
| 54 Sarah Stevenson  | 34  | F | 4   | F3034 | 0:36:20 | 12:07 |
| 55 Mayuri Patel     | 13  | F | 5   | F0119 | 0:37:43 | 12:34 |
| 56 Jan Hamilton     | 50  | F | 3   | F4599 | 0:38:14 | 12:45 |

7/08/1992 8:57









## NEWS, NOTES and EDITORIALS

### RUNFEST 10K

Belated results from the newly named Amarillo "RUNFEST" precluded getting it in the newsletter any earlier. W.T.R.C. had about 21 runners of the 198 total finishers. Overall place is shown followed by (age) and time.

5. Brad Schroer (26) 36:15, 18. Rodolfo Moreno(39) 39:58, 20. Lawrence Nelson(20) 40:35, 24. Jimmy Samarton(37) 41:34, 32. Carlos Vigil(45) 42:28, 35. Jackie Cannon(36) 42:41, 41. Dennis Humphrey(45) 42:59, 43. Bill Roger(53) 43:03, 46. Marjory Stewart(33) 43:36, 48. Robert Blevins(43) 43:46, 49. Frank Goodman(45) 43:49, 61. Larry Byrd(52) 44:43, 63. James Livernore(44) 45:00, 71. Ron Key(47) 45:37, 72. Charles Davis(48) 45:37, 92. Hal Wilkerson(46) 46:56, 128. James Bone(52) 49:34, 136. Helen Esquivel(24) 50:27, 149. P.J. Mitchell(47) 51:52, 173. Rodger Mitchell(44) 54:41, 190. Cara Jensen(35) 55:50.

### BUFFALO SPRINGS TRIATHLON

This third event was quite a success with about 250 participants. Several W.T.R.C. members helped to stage the event and several completed the course. Doing the "run" leg for various teams were David Sumrell, Mark Minghella, and Helen Esquivel. Club Members order of finish and times are: Dennis Bell; 2:28:11, Jeffrey Jury; 2:29:15, Miles Hyman; 2:30:35, Robby Timberlake; 2:30:52, Steven Wire; 2:37:48, Kurt Johnson; 2:39:25, Paul Wilson; 2:46:07, Mike Greer; 2:59:36 and Kay Fellows; 3:00:46.

### W.T.R.C. SCHOLARSHIP

Complete information about the scholarship was in last months newsletter. Members must nominate candidates and we must have application forms and transcripts in by August 15, 1992 in order to make a selection to begin the fall semester. Call George Jury at 792-3291 or 792-1237 after 6 P.M.

### IT'S SO EASY DUATHLON

Entry forms are enclosed in this newsletter for this second annual Run/Bike/Run competition. Race director Mike Greer has announced a \$5 DISCOUNT to W.T.R.C. members. Just write "W.T.R.C. member" on the form and subtract the \$5 from the total registration fee.

### COMPUTERIZED RACE SCORING

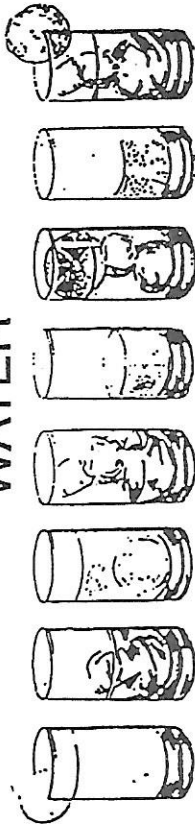
On page 11 is President Key's article on the computer race scoring program which we purchased last year. What he didn't tell you was that the equipment he has been using is his and that hardware like that would run about \$2,000. Of course for our big races we have access to electrical power and a simple PC would suffice. However most of our club races are at rural locations where power is not accessible. In the past we have used profit from the RUN FOR THE ARTS to purchase and keep up the valuable race equipment that we have. Since the RUN FOR THE ARTS is questionable in the future and that source of income can not be counted on we may have to increase membership dues just to cover the RRCA dues and insurance that we have subsidized from those profits anyway. In my opinion it would be worth a little dues increase (our dues are lower than most clubs around the state) to be able to score our races that efficiently. One other possibility is to charge an additional fee to organizations already renting our other equipment to provide computerized results at their races.

George W. Jury

### OFFICER ELECTIONS

It is nice to see such a large number of our members willing to serve if elected, but the reality is that only 11 will be selected. I hope that no one will feel rejected if not selected but that you would be willing to serve on a committee or just come to the meetings anyway to lend your ideas. One recently discussed committee is a "Race Course and Standards" Committee to evaluate race courses and procedures to insure that we provide the best possible forum for the running community.

## WATER



## HOW 8 GLASSES A DAY KEEP FAT AWAY

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss.

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits. Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped into the liver.

One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen fat, legs and hands.

Dietetics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the best water at the first opportunity. Thus, the condition quickly

The best way to overcome the problem of water retention is to give your body what it needs—plenty of water. Only when will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your water system retains to dilute it.

But getting rid of unneeded salt is easy—just drink more water. As it's forced through the kidneys, it takes away excess sodium.

The overweight person needs more water than the thin one. Larger people have larger metabolic needs. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss—shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste

to get rid of—all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

So far, we've discovered some remarkable truths about water and weight loss:

- The body will not function properly without enough water and can't metabolize stored fat efficiently.
- Retained water shows up as excess weight.
- To get rid of excess water you must drink more water.
- Drinking water is essential to weight loss.
- How much water is enough? On the average, a person should drink eight to eight glasses every day. That's about 2 quarts.
- However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry.
- Water should preferably be cold—it's absorbed into the system more quickly than warm water. And some evidence suggests that

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens, you have reached the "breakthrough point."

What does this mean?

- Endocrine-gland function improves.
- Fluid retention is alleviated as stored water is lost.
- More fat is used as fuel because the liver is free to metabolize stored fat.
- Natural thirst returns.
- There is a loss of hunger almost overnight.

If you stop drinking enough water, your body fluids will be thrown out of balance again, and you may experience fluid retention, unexplained weight gain and loss of thirst. To remedy the situation you'll have to go back and force another "breakthrough."

drinking cold water can actually help burn calories. To utilize water most efficiently during weight loss, follow this schedule:

**Morning:** 1 quart consumed over a 30-minute period.

**Noon:** 1 quart consumed over a 30-minute period.

**Evening:** 1 quart consumed between five and six o'clock.



## KEY NOTES

## HIGH TECH RACING

If you have not been to the last two monthly club races, then you would not have noticed, but if you have been there, you could not have missed it. The W.T.R.C. has computerized the registration and finish line results. The program we have been using is called RUNSCORE II, and was purchased last year. You may have noticed that we were able to have the awards ceremony within minutes after the last competitor is finished. Hopefully this speed-up will encourage more of you to stay for the awards and still be able to get on about your business.

The program has been operated on a laptop (battery powered) computer and a standard printer run off the 12V auto battery since we have not been using it at a source of 110V power. A copy of Overall results can be printed and posted as quickly as the shortest race is completed and an age group print out can be done as well for the awards.

As you can see from the FIRECRACKER RUN 3 and 10 mile run reports in this newsletter, the results can be formatted to shorten the amount of time the newsletter editor has to spend in that area.

This program will also enable us to better serve the running community at our bigger races such as the RED RAIDER ROAD RACE

A very nice feature of this program is the incorporation of the NATIONAL MASTERS NEWS age and sex graded scoring where it is possible to pick out the best Masters effort which could be a 60 year old instead of the traditional 1st over 40 finisher.

To diminish the wait to register at our monthly club races, there are two possibilities. One is to assign each club member a permanent number that would be stuck to the pull tag of the race day race number. The other is to enclose a card size entry form in the newsletter preceding a race for those intending to race to "pre-register", then pay the entry fee and sign the waiver on race day.

As pleased as everyone seems to be now with this "high-tech" approach to road racing, what we need now is more people who would be interested in learning to encode and operate the program. You don't have to be real computer literate (being able to operate a keyboard is the only requirement) because the program is very flexible and forgiving. So far, Shirley Wigley and Pat Jury have mastered it. It would be nice to have about 12 people capable of operating the program so that no one would have to work all the races.

If you are interested in learning this program and improving the quality of our races please give me a call at 747-4678 or 792-9280.

Ronald Key

### WTRC Nominations for 1992-1993

*The following persons have agreed to run for office in this year's election:*

*President: Ron Key*

*Vice President:*

*Internal: Carlos Vigil*

*External: Al Grotz*

*Secretary: Theresa Marez*

*Treasurer: Michelle Jones*

#### *Board of Directors:*

*Dennis Bell*

*James Bone*

*Bill Hara*

*Darrell Jarvagin*

*Cara Jensen*

*George Jury*

*Mike Kelly*

*James Lezer*

*Brenda Martinez*

*Joe Martinez*

*Jim McElwain*

*Dwayne Oakeley*

*Larry Reno*

*David Rodriguez*

*Aloyd Sem*

*Paul Wilson*

#### *Nominating Committee:*

*Josie Aleman, Chairman*

*P.J. Mitchell*

*Debbie Valles*

AMERICAN CANCER SOCIETY

MAKING STRIDES 5K RUN

July 18, 1992

| PLACE | NAME                 | AGE | SEX | TIME  | DIV PLACE |
|-------|----------------------|-----|-----|-------|-----------|
| 01    | Brett Peikert        | 24  | M   | 17:16 | 1         |
| 02    | Ken Jernigan         | 40  | M   | 19:14 | 1         |
| 03    | Lawrence Nelson      | 20  | M   | 19:17 | 2         |
| 04    | George W. Jury       | 55  | M   | 19:28 | 1         |
| 05    | Frank Harst          | 28  | M   | 19:56 | 3         |
| 06    | Roger Lopez, Jr.     | 36  | M   | 20:03 | 1         |
| 07    | Larry Reno           | 40  | M   | 20:20 | 2         |
| 08    | Rick Sypert          | 36  | M   | 20:26 | 2         |
| 09    | Michael Smiley       | 36  | M   | 20:34 | 3         |
| 10    | David Higgins        | 39  | M   | 20:37 | 4         |
| 11    | Dwayne Oakeley       | 36  | M   | 20:52 | 5         |
| 12    | David Davis          | 32  | M   | 21:16 | 1         |
| 13    | Joe Nesmith          | 34  | M   | 21:17 | 2         |
| 14    | Lyndol Askew         | 47  | M   | 21:37 | 1         |
| 15    | Robert Bernero       | 50  | M   | 21:42 | 1         |
| 16    | Sue Spitz            | 30  | F   | 22:00 | 1         |
| 17    | Otto Spitz           | 35  | M   | 23:02 | 6         |
| 18    | Gary Bodensteiner    | 43  | M   | 23:41 | 3         |
| 19    | Amy Morris           | 18  | F   | 23:57 | 1         |
| 20    | Earnest Camp         | 47  | M   | 24:13 | 2         |
| 21    | Jon Omdahl           | 46  | M   | 24:47 | 3         |
| 22    | Paige Gressett       | 25  | F   | 24:53 | 1         |
| 23    | Tom Jones            | 53  | M   | 25:15 | 2         |
| 24    | Tracy Baugh          | 30  | F   | 25:30 | 2         |
| 25    | Julius Militante     | 24  | M   | 26:17 | 4         |
| 26    | Douglass O'Dell      | 35  | M   | 26:18 | 7         |
| 27    | John D. Elder        | 25  | M   | 26:25 | 4         |
| 28    | Bernnice Nelson      | 14  | F   | 26:41 | 2         |
| 29    | Andrea Brown         | 23  | F   | 27:24 | 2         |
| 30    | Lonnie Hollingsworth | 60  | M   | 27:55 | 1         |
| 31    | Connie Evans         | 43  | F   | 29:34 | 1         |
| 32    | Leanne Harrell       | 28  | F   | 29:50 | 3         |
| 33    | Jim Powell           | 44  | M   | 30:58 | 4         |
| 34    | Eric C. Billy        | 24  | M   | 31:50 | 6         |
| 35    | Karen Henderson      | 40  | F   | 38:15 | 2         |
| 36    | Rex Henderson        | 14  | M   | 38:16 | 1         |

**Red Raider Road Race**

Sponsored by

AAA American Airlines

Cardinals SPORTS CENTERS

LCBBOX K NATIONAL BANK Member FDIC

University Medical Center

**Benefiting the Texas Tech West Texas Running Club Academic Scholarship Fund**

Registration Fee: \$10 contribution to the Texas Tech Loyalty Fund Benefiting academic scholarships

Date: Homecoming Week Saturday, Sept. 26, 1992

Race Time: 8a.m.

Course: Texas Tech Campus Starting at The Student Rec Center

For Further Information call Bill Harn, (806) 742-3908 (office) or (806) 794-6852 (home)



THE "HOT DAM RUN"  
WEST TEXAS RUNNING CLUB'S  
ANNUAL AUGUST RACE  
5 MILES

COURSE RECORDS (Since 1988)

| AGE   | NAME               | TOWN      | AGE | TIME    | YEAR |
|-------|--------------------|-----------|-----|---------|------|
| 0-12  | Jay Winfrey        | Sundown   | 11  | 39:43   | 1990 |
| 13-15 | Frank Sumpter, Jr. | Lamesa    | 15  | 31:32   | 1990 |
| 16-19 | Vince Mercado      | Lubbock   | 19  | 28:34   | 1988 |
| 20-29 | James Bungei       | Lubbock   | 22  | 24:13 * | 1991 |
| 30-39 | Kigen Wilson       | Plainveiw | 30  | 26:38   | 1988 |
| 40-49 | Bobby Cunningham   | Abernathy | 49  | 30:42   | 1989 |
| 50-59 | George W. Jury     | Lubbock   | 53  | 30:18   | 1989 |
| 60+   | Tom Bowser         | Abilene   | 61  | 38:08   | 1988 |

| AGE   | NAME              | TOWN    | AGE | TIME    | YEAR |
|-------|-------------------|---------|-----|---------|------|
| 0-15  | Christina Vasquez | Lubbock | 15  | 34:37   | 1989 |
| 16-19 | Regina Ortega     | Lubbock | 18  | 34:29   | 1989 |
| 20-29 | Sue Houle         | Lubbock | 26  | 32:11   | 1988 |
| 30-39 | Marjory Stewart   | Lubbock | 32  | 30:12 * | 1991 |
| 40+   | P.J. Mitchell     | Lubbock | 45  | 47:14   | 1990 |

\* OVERALL COURSE RECORDS

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CHRIS COURSEY BENEFIT RUN

August 29, 1992

8:00 A.M.

BUDDY HOLLY PARK

10K, 2 MILE and 1 MILE CHILDREN'S RUN

On April 18, 1992 Chris Coursey, one of our newer members was a passenger in a car returning to Lubbock from Lorenzo when the driver fell asleep and the car crashed into trees along the road. Chris was hospitalized with severe facial trauma requiring surgery and wiring of the jaws, a femur fractured in 6 locations and a fractured wrist. He also had severe chest trauma and developed secondary pneumonia as a result and was hospitalized until July 10, 1992. He of course is unable to work and is undergoing extensive rehabilitation efforts. We all can imagine the financial strain this has placed him in and hopefully we can all attend and give him support. Watch for entry information as the month progresses.

WEST TEXAS RUNNING CLUB'S  
5th ANNUAL "HOT DAM RUN"  
5 MILES



BENEFITTING  
THE SOUTH PLAINS  
FOOD BANK

EVENT NUMBER 8 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, AUGUST 8, 1992  
REGISTRATION; 7:00 A.M. to 7:45 on RACE DAY  
RACE START; 5 MILE; 8 A.M.

WHERE: MARTIN LUTHER KING, JR. MEMORIAL AREA  
(near waterfall on Canyon Lake 6) East of  
Quirt Ave on E. 22nd St., LUBBOCK, TEXAS

COURSE: FIVE MILES OUT and BACK ON ASPHALT, TWO  
SHORT STEEP HILLS, SEVERAL LESS FORMIDABLE  
HILLS AND A VERY CHALLENGING FINAL 50 YARDS

ENTRY FEE: WTRC MEMBERS \$4; NON-MEMBERS \$5

AGE DIVISIONS:

MEN: 0-12; 13-15; 16-19; 20-29; 30-34;

35-39; 40-44; 45-49; 50-54; 55-59; 60+

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34;

35-39; 40-44; and 45+

AWARDS:

Nice Trophies will be awarded to the first  
three or up to 40 percent in each age group.

RACE DIRECTOR: RON KEY; 747-4678 or 792-9280

Additional donations may be made to the SOUTH  
PLAINS FOOD BANK or you may bring canned food.