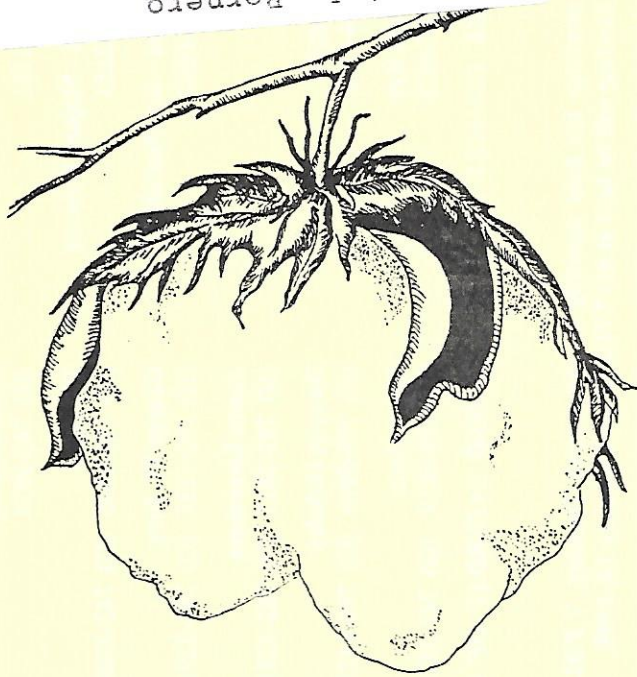


# CALENDAR

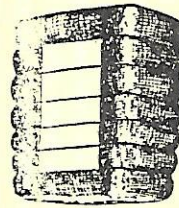
- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- \* FEB. 11 COTTONPATCH RUN: FRENSHIP HIGH, Wolfforth, 9 A.M., 4 & 8 Miles  
David Higgins, Race Director, 744-5333(D), 744-8328(N)
- FEB. 25 FORT WORTH COWTOWN MARATHON & 10K: (817) 735-2033
- MAR. 5 MOTOROLA AUSTIN MARATHON: (512) 891-6000
- \* MAR. 11 PRAIRIE DOG TOWN RUN: MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile  
Chuck Johnson, Race Director, 743-5700 (w), 797-0381 (h)
- MAR 25 BREAKING THE BARRIERS 5K RUN: AMERICAN PARKINSON'S DISEASE  
ASSN., 9 A.M., BUSTER LONG PARK/SOUTH PLAINS MALL, Lubbock,  
Bill Harn, Race Director, 784-0806
- APR. 1 THE RACE FOR KIDS: Open 5K & Children's 1 Mi., 9 A.M. Memorial  
Circle TTU Campus, Marjory Stewart, Race Director, 792-1085(N)
- APR. 1 MARATHON OF THE GREAT SOUTHWEST: Abilene, (915) 677-8144
- \* APR. 8 FLIGHT LINE RACES: REESE AFB, 9 A.M., 2 Mile, 10K, and Half-  
Marathon, Ken McEachern, Race Director, 792-2639
- APR. 22 ROARING SPRINGS SPLASH & DASH: Roaring Springs, 10K & 2 Mile,  
9 A.M., Joey Thacker, Race Director, 348-7560
- APR. 29 RUN FOR THE ARTS: Lubbock, 9 A.M., 15K and 2 Mile, Children's  
One Mile, Sue Perry, 795-0842
- \* MAY 13 HORSESHOE BEND SPRING FROLIC: 9 A.M. N. of Slaton, 11, 6 & 2  
Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- MAY 21 IT'S SO EASY DUATHLON: 8 A.M., BUDDY HOLLY PARK, Lubbock,  
5K Run, 30K Bike, 5K Run, Kevin Lair, Race Director, 748-1616
- MAY 27 LONESTAR PAPERCHASE: Amarillo, Details Later
- \* JUNE 10 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8 A.M.,  
10K and 2 Mile, Bill Roger, Race Director, 894-7911
- JUNE 25 BUFFALO SPRINGS LAKE TRIATHLON: IRONMAN QUALIFIER, 1.2 Mi Swim  
56 Mi. Bike, 13.1 Mi. Run, Mike Greer, 796-8213
- \* JULY 4 26th ANNUAL FIRECRACKER RUN: Brownfield, 8:00 A.M., 10 Mile  
and 3 Mile, 1 Mile Children's Run, FMI, Call 794-2474
- JULY 15 CELEBRATE SEAGRAVES RUN: Seagraves, 10K and 3 Mile, 1 Mile  
walk, 8 A.M., Jim Pillow, 1-546-2171
- AUG. 6 PRUDE RANCH RACES: Ft. Davis, Half-Marathon, 10K, 5K,  
Johnny Lemmons, 1-915-366-4947
- \* AUG. 12 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 23rd and MLK BLVD.  
8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- AUG. 19 WEST TEXAS SENIOR SPORTS CLASSIC:(50+) 10K & 5K Roadraces,  
For information, call 767-2679
- \* SEPT 9 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8 A.M., Shallowater High  
School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 16 HARVESTFEST 5K: Wolfforth, 5K run, 1 Mile children's, 8 A.M.  
Rodney Hendrix, 745-7754
- SEPT 23 ALLSUP'S ANNUAL FALL ROAD RACES: Clovis, 5K, 10K, & Half  
Marathon, 505-769-2311 (Date Tentative)
- OCT. 1 DUKE CITY MARATHON: Albuquerque, Also 5K and Half Marathon,  
Details Later
- OCT. 7 Susan G. Komen RACE FOR THE CURE: Lubbock, 5K For Women only  
Becky Adamietz, St. Mary Hospital, 796-6100, Details Later



Robert L. Bernero  
3031-55th Street  
Lubbock, TX, 79413  
12-31-95



Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
FEBRUARY 1995



THE COTTON PATCH RUN  
FRENSHIP HIGH SCHOOL, Wolfforth  
February 11, 1995; 9 A.M.  
See Details Inside Back Cover

# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Jim Leser  
(H) 794-2474 (O) 746-6101

Internal Vice-President - Majory Stewart  
(H) 792-1085 (O) 743-2153

External Vice-President - Jon Omdahl  
(H) 794-7823 (O) 766-0600

Secretary - Bill Roger  
(H) 894-7911

Treasurer - David Higgins  
(H) 744-8328 (O) 744-5333

Past President - Ronald Key  
(H) 794-5833 (O) 747-4678

Maurine Bray  
(H) 745-9074

Bill Harn  
(H) 784-0806 (O) 742-3908

George W. Jury  
(H) 792-1237 (O) 792-3291

James Livermore  
(H) 792-5815 (O) 762-5281

Dwayne Oakeley  
(H) 795-6019 (O) 799-4473

Larry Reno  
(H) 795-6019 (O) 741-2513

## DIRECTORS

**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 second Tuesday, 7 P.M. The February Business Meeting will be held at 5517 74th St. on February 14, 1995.**

### AN EDITORIAL

I am saddened when I hear of a runner who has had to give up running permanently because of an injury. I can certainly empathize with them as I have only been able to run in 5 of the last 13 months. At least I could always remind myself that the disability was only temporary and if I'd be patient, I'd soon be back on the roads again. Probably the most common injury to permanently sideline a runner is knee damage, which other than acute arthritis of two years ago, I have been spared. Once a knee problem has been diagnosed, I think the runner should re-prioritize their goals and be content with fewer miles and fewer days of running. If you are like me, it is more important to still be able to run "some" in 20 years than to be able to complete a marathon, etc. When people ask me if I run marathons now I tell them it has been 8 years since my last one and that my training averages out to about a "marathon" a week!

What saddens me most is when one of our "able" bodied folks have lost interest or had their time restricted by work or family obligations and given up running completely. Not only does one quickly lose the conditioning, but more importantly, the loss of the positive mental reinforcement which running gives.

In looking up some statistics about our 1994 events, I notice a lot of names missing of former participants. Although racing is an important recreation to me, I know that a lot of you out there don't care about the competitive aspect and just want to keep fit and I respect that. As membership renewal time is here I encourage everyone to rejoin and participate in club activities as a way to help keep you motivated.

In regards to statistics, as the year ended we had 302 individual members and during 1994, 155 of these participated in at least one of our monthly club races. As I have mentioned last month, 57 of you donated your time to help our relatively small club have one of the best organized running programs in the state. Thanks again, folks!!!!!!

## WEST TEXAS RUNNING CLUB'S \*\*\* 5 MILE LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\* January 14, 1995

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	PERF
* 1	JAY TRUITT	LOVINGTON	1	M1619	16	M	+ 27:42	5:32	789
2	JOHN FRIETZE	EARTH	2	M1619	19	M	+ 29:09	5:50	750
3	JEFFREY JURY	LUBBOCK	1	M3034	34	M	+ 29:15	5:51	747
4	RAY MAJOR	PLAINVIEW	2	M3034	34	M	+ 29:36	5:55	738
* 5	JIM LESER	LUBBOCK	1	M4549	48	M	+ 29:42	5:56	736
6	HOWARD MOYES	AUSTIN	1	M2029	29	M	+ 30:03	6:01	727
7	GREGG KIRBY	BROWNFIELD	3	M1619	16	M	+ 30:54	6:11	707
8	JUAN MENDEZ	BROWNFIELD	4	M1619	17	M	+ 30:57	6:11	706
9	SHANNON ANDERSON	LUBBOCK	2	M2029	23	M	+ 31:02	6:12	704
10	JOHNNY GARZA	SLATON	3	M2029	28	M	+ 31:17	6:15	698
11	JOSE CONTRERAS	HOBBS	5	M1619	18	M	+ 31:20	6:16	697
12	KEN JERNIGAN	SUNDOWN	1	M4044	43	M	+ 31:24	6:17	696
13	BRENT TIDWELL	LUBBOCK	1	M3539	37	M	+ 32:31	6:30	672
14	JIMMY SAMARRON	LEVELLAND	2	M4044	40	M	+ 32:40	6:32	669
15	DENNIS BELL	LUBBOCK	3	M3034	34	M	+ 32:51	6:34	665
16	TREY JERNIGAN	SUNDOWN	6	M1619	16	M	+ 33:17	6:39	656
17	GEORGE JURY	LUBBOCK	1	M5559	58	M	33:21	6:40	655
18	AL GARDNER	LEVELLAND	2	M3539	38	M	33:44	6:45	648
19	ROBERT GUAJARDO	LEVELLAND	1	M5054	52	M	33:51	6:46	645
20	BRANDON MCDANIEL	HOBBS	1	M0115	15	M	34:01	6:48	642
21	RICHARD FISCHENICH	LUBBOCK	2	M4549	47	M	34:07	6:49	640
22	CHRIS LONNGREN	LUBBOCK	3	M3539	35	M	34:08	6:50	640
23	BILL CARPENTER	LUBBOCK	4	M2029	25	M	34:10	6:50	640
24	LAWRENCE NELSON	LUBBOCK	5	M2029	22	M	34:12	6:50	639
25	ROBERT RUSSELL	HOBBS	2	M5054	53	M	34:27	6:53	634
26	CHRIS THOMAS	LUBBOCK	2	M0115	15	M	34:31	6:54	633
* 27	ANGELA WELSH	TARZAN	1	F0115	15	F	34:32	6:54	633
28	DAVID HIGGINS	LUBBOCK	3	M4044	42	M	34:32	6:54	633
* 29	DON SANDERSON	TULIA	1	M6099	65	M	34:40	6:56	630
30	DWAYNE OAKELEY	LUBBOCK	4	M3539	38	M	34:50	6:58	627
31	RICK SYPERT	LUBBOCK	5	M3539	39	M	34:55	6:59	626
* 32	PRECILLA HOWARD	LUBBOCK	1	F1619	19	F	35:06	7:01	623
33	JESSE HILLIARD	LUBBOCK	6	M2029	28	M	35:26	7:05	617
34	JOE GOMEZ	LUBBOCK	3	M5054	51	M	36:06	7:13	605
35	SHELBY CARTER	LUBBOCK	2	F1619	17	F	36:42	7:20	595
36	CHUCK JOHNSON	LUBBOCK	6	M3539	37	M	37:04	7:25	589
37	JIM HARRIS	HOBBS	4	M5054	52	M	37:15	7:27	587
38	DAVID LIGHTNER	LUBBOCK	3	M4549	45	M	37:49	7:34	578
39	RONALD THOMA	LUBBOCK	7	M3539	35	M	38:08	7:38	573

\* New Age Group Record

+ Times adjusted (See explanation on page 10)

# 1995 CHALLENGE SERIES RULES

\*\*\* The West Texas Running Club's 1995 Challenge Series \*\*\*

The WTRC CHALLENGE SERIES continues for 1995, as a 12 month series of races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in the calendar of each newsletter, and each month's designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories again this year will recognize non running volunteers and provide awards for the most improved runners over the 12 month period. All members desiring to participate in the 1994 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1995 Challenge Series features these categories:

1. 66 Mile Club \*\* All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races.
2. MILEAGE AWARD \*\* An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. PARTICIPATION AWARD \*\*\* An award will be presented to the male and female members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. VOLUNTEER OF THE YEAR \*\* Up to three awards will be given to those non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. MOST IMPROVED RUNNER AWARD \*\* A point score for each club member will be kept and averaged after each race on the runner's race time as compared to the world's best for the particular distance. Club member's starting point will be calculated from the 1994 race results and will require a minimum of 3 races to enter and one must participate in 8 of the 12 events, including at least one volunteer time, in the current year to be eligible for awards. The names of the top 10 will be published each quarter in the newsletter. The first three receive an award regardless of other awards won.

6. VICTOR'S RANKINGS \*\*\*\* Points will be earned at each qualifying event in the following Age and Sex groupings:

A. Divisions will include: MALE AGE GROUPS: 0-19, 20-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59 and 60 Plus  
FEMALE AGE GROUPS: 0-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.

C. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. The number of awards to be given in each division will be determined at a future date after consideration of the number of Challenge Series participants. Awards will be presented at a year end membership meeting.

D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

## WEST TEXAS RUNNING CLUB'S \*\*\* 5 MILE LOOP THE LAKE \*\*\* OVERALL RESULTS \*\*\* January 14, 1995

PLACE	NAME	TOWN	DIV	PLACE	AG	S	TIME	PACE	PERF
40	MICAH BLALOCK	LUBBOCK	8	M3539	35	M	38:19	7:40	570
41	NANCY PATTON	LUBBOCK	1	F3539	39	F	38:23	7:41	569
*	42 HOPE JIMENEZ	LAMESA	2	F0115	10	F	38:46	7:45	564
	43 RONNIE NUGENT	LUBBOCK	4	M4549	48	M	38:46	7:45	564
	44 OTTO SPITZ	LUBBOCK	9	M3539	37	M	38:59	7:48	560
	45 KEN McEACHERN	LUBBOCK	5	M5054	54	M	39:01	7:48	560
	46 MICKEY DAVIS	LUBBOCK	10	M3539	37	M	39:36	7:55	552
	47 SANTIAGO CONTRERAS	HOBBS	7	M2029	23	M	39:44	7:57	550
*	48 TERESA GREER	LUBBOCK	1	F4044	44	F	39:47	7:57	549
	49 MARK WAGNON	LUBBOCK	4	M4044	40	M	39:48	7:58	549
	50 CHADD LOWE	LUBBOCK	3	M0115	14	M	40:08	8:02	544
	51 TRAVIS PEREZ	BROWNFIELD	4	M0115	13	M	40:09	8:02	544
	52 JOHN STALCUP	LUBBOCK	2	M6099	61	M	40:10	8:02	544
	53 MIKE GREER	LUBBOCK	2	M5559	56	M	40:33	8:07	539
	54 JON OMDAHL	LUBBOCK	5	M4549	49	M	40:41	8:08	537
	55 JUNIOR MENDOZA	LEVELLAND	11	M3539	37	M	41:11	8:14	531
	56 KATHY KANIKULA	LUBBOCK	1	F3034	34	F	41:25	8:17	528
	57 MATT GALLEGOS	LUBBOCK	5	M4044	40	M	41:46	8:21	523
	58 CHAD DINKINS	LUBBOCK	7	M1619	16	M	41:50	8:22	522
	59 KASITY KING	BROWNFIELD	3	F0115	14	F	41:51	8:22	522
	60 JACLYN MORIN	BROWNFIELD	3	F1619	16	F	41:51	8:22	522
	61 AMY MOSLEY	LUBBOCK	4	F1619	17	F	42:00	8:24	520
	62 IVAN APPLETON	HALE CENTER	6	M4549	45	M	42:13	8:27	518
	63 SANDY BAILEY	LUBBOCK	2	F4044	42	F	42:31	8:30	514
	64 SHIRLEY WIGLEY	LUBBOCK	3	F4044	41	F	42:45	8:33	511
	65 MARY LOU JIMENEZ	LAMESA	4	F0115	12	F	42:46	8:33	511
	66 JOHNNY SCOTT	LUBBOCK	6	M5054	51	M	42:54	8:35	509
	67 HUGH HAYNES	SLATON	3	M6099	63	M	43:22	8:40	504
	68 ARTHUR ONKEN	LUBBOCK	3	M5559	59	M	43:24	8:41	503
	69 JOSIE ALEMAN	LUBBOCK	4	F4044	43	F	44:35	8:55	490
	70 BERNICE NELSON	LUBBOCK	5	F1619	17	F	44:36	8:55	490
	71 GLENN LOWE	LUBBOCK	12	M3539	39	M	45:01	9:00	485
	72 RENE PLACENCIA	LUBBOCK	8	M2029	28	M	45:48	9:10	477
	73 WALLACE DEAN	AMARILLO	7	M5054	54	M	49:21	9:52	443
	74 BO MINNIS	LUBBOCK	8	M5054	52	M	51:17	10:15	426
*	75 MATTHEW VAUGHAN	MIDLAND	5	M0115	10	M	54:04	10:49	404
	76 KRYSTLE LOWE	LUBBOCK	5	F0115	11	F	54:15	10:51	403
	77 MIKE KELLY	SHALLOWATER	7	M4549	46	M	54:16	10:51	403
	78 DONA CLOPTON	LUBBOCK	1	F2029	25	F	54:49	10:58	399
	79 MICHELLE JONES	LUBBOCK	2	F3539	36	F	1:00:04	12:01	364
	80 MARGARITA JIMENEZ	LAMESA	6	F0115	5	F	1:03:35	12:43	344

\* Age Group Record

## W.T.R.C. NEWS & NOTES

### WHITE ROCK MARATHON

WTRC was represented well at the "Rock" this year with James Boddy posting the best time of 3:15:23, Jim Lesser followed with 3:16:39, Randy Wolcott, 3:19:50, former club member Ron Mahaffey, Plano, 3:20:17, Carlos Vigil, Dripping Springs, 3:22:44, Bill Roger, 3:41:11, David Higgins, 3:52:28 (1st one), James Bone, 4:05:49, Ken McEachern, 4:08:40, Mike Greer, 4:15:57, Ron Key, 4:16:16. Jon Omdahl also finished the race in spite of a severely curtailed training program with a bad back. Of our women; Chris Strathman led the way, with a 3:40:02, P.J. Mitchell, 4:00:51 (4th AG), and Jenna Wolcott, 5:02:28.

### CONGRATULATIONS!

Jim and Diane Henson are parents of a baby girl born on Christmas day. Many of you may not know Jim, but he has run White Rock Marathon and now is one of those with knee damage which has curtailed his running.

### THE CHALLENGE SERIES

The challenge series will remain essentially the same as last year as outlined on page 5. A word of explanation is in order about the most improved runner category. The "PERF" figure on the overall results of our races is used to track each individual's performance. For those who do not know, this figure is the runner's time compared to the world record at that distance. For new participants, a minimum of 3 races averaged is required for a starting figure and if a member has had a long layoff, the first 3 races are averaged with the last performance average. There are occasions when a couple runs together and one has a much lower performance rating, in such cases this figure will be discarded; however, the runner will get credit for participation.

The first month's Challenge standings will not be published as we are in the process of getting it set up on a spreadsheet program. Carolyn Miller who is responsible for our nice looking "Title" page is working on this now. We would like to get the improvement program set up on a spreadsheet so the calculations would be made automatically, also. Is there anyone with a PC who would be willing to track this once it is set up? The club would be willing to buy the software if someone will use it.

### HOUSTON/TENNECO MARATHON

Twelve of our members enjoyed perfect weather conditions at Houston, January 16th, with the following results; Carlos Vigil, 3:12, Larry Byrd, 3:32, Joe Martinez, 3:33, Bill Roger, 3:34, Jim Deaver, 3:39, P.J. Mitchell, 3:56, John Floyd, 4:01, James Morris, 4:05, Darrell Price, 4:10, (his first one) James Bone, 4:34, Eva Martinez, 4:38, and Rodger Mitchell finished his 3rd marathon. At least three other people from the area also finished and if anyone knows them, we need to get them signed up as members. It is interesting to note that John Floyd completed this event just a few months after prostatic cancer surgery.

## W.T.R.C. NEWS & NOTES

### FORMER MEMBERS RACE RESULTS

I always look over the race reports in RTN and ITR for familiar names, and was suprised to see Tom Mayfield posting a 37:24 10K and a 18:32 5K at races in Arkansas in the 55-59 age group. Tom, formerly of San Angelo, now lives in Snowball, Ark. and had not run in any races in nearly 10 years. In the 1980 WHITEROCK MARATHON he posted a 2:34:55 at age 41. While looking this up I was reminded that Bobby Cunningham ran a 2:41:29 at age 40 and Don Sanderson ran a 3:01:39 at age 51 that same year.

Al Becken finished second in the 65-69 age group at the Hot Springs 10K with a 42:21. Other former members noted were Henry Arellano (Houston) with a 1:50:50 at the FIRST COLONY 30K, and Cliff McCurdy now 40, posted a 16:25 at the MAD DASH 5K, in North Richland Hills Nov. 12th. Sherill (Easterling) Johnson was first masters female at the LUKE'S CHALLENGE 10K, in Fort Worth with a 44:05. Ron Mahaffey, 44, did a 39:35 10K in Plano, Oct. 29th.

### RACE DIRECTOR'S REPORT\*LOOP THE LAKE

When first asked to direct this race, I thought... no problem.., I had observed Richard Fischenich direct his first race and all you needed to do was arrive 30 minutes before the start, ask the volunteers if they had completed their tasks, start the race, announce the awards and send everyone home. Well, I was wrong. I now appreciate the efforts that the race director and volunteers put forth to insure that all the participants enjoy a racing event. I will no longer take these individuals for granted. Also, I am extremely grateful to George Jury for his assistance in organizing this event.

Now as to the race, we couldn't have asked for a more beautiful day. There was no wind, the temperature was 43 at the start and rose to 53 by 11, and the sun was not obscured by clouds or dust. Despite the fact that 8 of our most regular runners were at in Houston as mentioned above, we had a record turnout of 81 registered plus a few bandits. Traffic within the park area was minimal and with the help of the Lubbock Police Department, the crossing at University did not appear to slow the runners. I also noted only a brief flurry of activity from hecklers at the start of the race since their fearless leader "Wild Bill" was absent. Also, there was not one reported incident of a race official being tormented during the race.

There were some really fine times turned in and 8 new course records were established which are highlighted on page 10.

I wish to thank the volunteers, Randy Wolcott, Frank Sumpter, Roger Lopez, Bob Bernero, Bill Harn, Jim Wilhelm, Marjory Stewart, Brett Peikert, James Livermore and Meredith and Tyler, Linda Capshaw and the ever present Ron Key and Arden. Did I forget anyone? Oh...! and my wife Maurine.

Richard Bray

### IT COULDN'T HAPPEN TO ME

In October 1993, long time WTRC member John Harper, suffered a fatal heart attack while running. In October 1994, long time WTRC member James Livermore, suffered a heart attack. The following is presented in an attempt to prevent YOU from suffering a heart attack.

Statistics for 1991 (the latest year available) indicate the following number of deaths in America.

- diseases of heart & blood vessels - 923,400
- cancer 514,300
- accidents 91,700
- AIDS 29,900

Clearly heart attacks kill the most.

#### HOW IT HAPPENED

I drove to Fort Worth on Sunday afternoon. We ate dinner Sunday night at a cafeteria. I ate 3 salads, 4 vegetables, a roll, and water (no meat or dessert). About 2 hours later I experienced (but failed to recognize them as heart attack symptoms) uncomfortable sensation around the sternum, lightheadedness, sweating, and light nausea. I went outside and walked around for a few minutes. The temperature was 55 and I began to feel fine in a couple of minutes. I went back inside, finished reading the paper, and went to bed. Baffled at the time, I attributed the incident to nerves regarding my mother's hip replacement surgery.

The next morning, Monday, after my mother went to the anesthesiologist for her surgery, my dad and I went to the hospital cafeteria to eat some breakfast. I ate a large breakfast: scrambled eggs, sausage, cantaloupe, pineapple, biscuits, orange juice, and milk. After a while, once again, the sensation around the sternum, lightheadedness, sweating, and light nausea appeared. Again failing to recognize them as heart attack symptoms, I went outside and walked around for a few minutes. Feeling better, I returned to the cafeteria. The uncomfortable sensation returned again. I went back outside, confident that I was heart attack safe, attributing all this to either nerves regarding my mother's surgery or perhaps a hiatal hernia or both. I decided to have these sensations checked out after I returned to Lubbock.

After a few more minutes, my father came out, stated I was as white as a ghost, and maybe should go to the emergency room. Since I was in no pain but was very uncomfortable, and had not made a claim on my insurance deductible, much less the co-payment amount, I said no need. After a few more minutes of "toughing it out", still not in pain, I knew something was wrong. Since I was not experiencing any pain in my chest, I did not know what the problem was but I knew it could not be a heart attack.

The sensations kept increasing until I decided "toughing it out" was less important than getting help. I was wheel chaired to the ER (unsure if I could have walked). Twelve EKG leads were strapped on my chest and legs. Less than 30 seconds after hitting the ER door, there were 3 lines of EKG readings on the monitor. By now I was feeling chest pain. The cardiologist arrived 90 seconds later.

He immediately began IV thrombolytic therapy. This recently developed treatment (3-5 years old) involves administering one of the "miracle drugs" (streptokinase or recombinant tissue plasminogen activator (rTPA)). These immediately begin to dissolve blood clots, opening arteries and restore blood flow to the heart.

The heart attack itself is the first sign of heart disease approximately 40% of the time. Quite often in these cases, the person dies. I survived to run another day through the luck of getting to the ER relatively quickly. IE I had recognized the signs, I would have gone to the ER sooner, thereby suffering less heart muscle damage. Since I had run for years, had low cholesterol, and felt no pain, I knew I was safe from a heart attack. If I had been at work, on the highway, or at home, that attitude could have killed me.

I hope that by reading my experience above and the information below, club members will be able to avoid a heart attack. An analysis of my risk factors (why it happened) will come at a later date.

**THE KEY TO SURVIVING A HEART ATTACK IS TO PROMPTLY RECOGNIZE THE WARNING SIGNALS AND GET IMMEDIATE MEDICAL ATTENTION. PEOPLE SUFFERING A HEART ATTACK OFTEN DENY THE SYMPTOMS. TIME IS CRITICAL. THE QUICKER THE TREATMENT, THE LESS THE HEART MUSCLE DAMAGE AND THEREFORE INCREASED ODDS AND QUALITY OF SURVIVAL.**

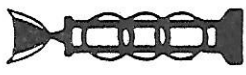
#### Signs of a Heart Attack

Uncomfortable pressure, fullness, squeezing or even pain in the center of the chest that lasts more than a few minutes, particularly if pain (if present) spreads to the shoulders, neck or arms.

Lightheadedness, fainting, sweating, nausea or shortness of breath may occur. NOT all these symptoms occur in every heart attack.

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"LOOP THE LAKE 5 MILE RUN"  
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE

COURSE RECORDS (Since 1992)

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Matthew Vaughn	Midland	10	54:04	1995
13-15	Jay Truitt	Lovington	15	29:43	1994
16-19	Jay Truitt	Lovington	16	27:42	1995
20-29	Adolfo Carillo	Levelland	23	26:26 *	1994
30-34	David Sumrell	Lubbock	30	28:04	1994
35-39	Bill Harn	Lubbock	38	30:11	1993
40-44	Ken Jernigan	Sundown	40	31:21	1992
45-49	Jim Leser	Lubbock	48	29:42	1995
50-54	Glenn Herzog	San Antonio	50	33:37	1993
55-59	George W. Jury	Lubbock	55	30:59	1992
60+	Don Sanderson	Tulia	65	34:40	1995

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	10	38:46	1995
13-15	Angela Welsh	Tarzan	15	34:32	1995
16-19	Precilla Howard	Lubbock	19	35:06	1995
20-29	Brenda Martinez	Lubbock	25	43:14	1993
30-34	Marjory Stewart	Lubbock	34	31:15	1993
35-39	Marjory Stewart	Lubbock	35	30:40 *	1994
40-44	Teresa Greer	Lubbock	44	39:47	1995
45-49	P.J. Mitchell	Lubbock	47	41:47	1993

\* OVERALL COURSE RECORDS

\*\*\*\*\*

1995 LOOP THE LAKE 5 MILE RUN

Eight new age group records were established, with overall winner, Jay Truitt grasping his second record from older brother, Chris. Rewriting their own records were Jim Leser and Don Sanderson. Matthew Vaughn claimed the <12 male mark.

The women's records were revised drastically, as 10 year old Hope Jimenez knocked over 4 minutes off the record, Angela Welsh cut over 8 minutes off and Precilla Howard by 19 minutes. Teresa Greer claimed another title by 30 seconds. The times of the first 16 runners were adjusted upward by 25 seconds due to their having been inadvertently directed off course for about the last quarter mile.

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

WHEN: SATURDAY, FEBRUARY 11, 1995  
REGISTRATION: 8:00 TO 8:45 A.M.  
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to Loop 193, proceed to intersection with highway 179, turn right across RR tracks north to the Frenship High School and turn left

COURSE: ASPHALT ROAD, 4 Mi; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00

AGE DIVISIONS,

AWARDS: Souvenir Cotton Bales; 3 deep & up to 50 Percent deep in each age division below

MEN 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+

WOMEN 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, & 50+ (0-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 744-5333(d), 744-8328(n)

We will have access to the High School cafeteria and indoor bathrooms for registration and the awards ceremony.

Volunteers are needed, please call David at one of the phone numbers above.

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MEMBERSHIP RENEWAL

Renewal forms have been inserted once again in this newsletter.

The mailing address label on the cover will indicate if you are paid up through 12-31-95. If for some reason your label is not correct, please call Ronald Key, Roster Chairman, at 794-5833, who will look into it.