

CALENDAR

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

- * MAR. 11 PRAIRIE DOG TOWN RUN: MACKENZIE PARK, Lubbock, 9 A.M., 4 Mile
Chuck Johnson, Race Director, 743-5700 (w), 797-0881 (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 Penry, 795-0842
- * MAY 13 HORSESHOE BEND SPRING FROLIC: 9 A.M., N. of Slaton, 11, 6 & 2
Mile Races, Richard Fischelich, RD, 792-2696(d), 792-0662(n)
- MAY 27 LONESTAR PAPERCHASE: Amarillo, Marathon, Half-Marathon, 10K &
2 Mile; Mike Flores, Race Director, 1-806-374-0446
- MAY 28 IT'S SO EASY DUATHLON and 5K RUN: BUDDY HOLLY PARK, Lubbock,
RUN; 8 A.M., DUATHLON 9 A.M., 5K Run, 30K Bike, 5K Run, Kevin
Lair, Race Director, 748-1616
- * 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, Jim Leser, RD, 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 MILLER: 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 Oakley, 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
- * OCT. 14 PREDICTED TIME 5K: MACKENZIE STATE PARK, 8 A.M., James Bone,
Race Director, 747-2448 (D) 792-8390 (N)
- OCT. 21 RED RAIDER ROAD RACE: TTU Campus, 10K and 5K Certified, 8 A.M.
Bob Bernero, Race Director, 793-1667
- OCT. 28 PUNKIN DAYS 5K: Floydada, 9 A.M., Julianne Connelhus, Race
Director, 983-2982
- * NOV. 11 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon &
5K, 7:00 A.M., 792-2981



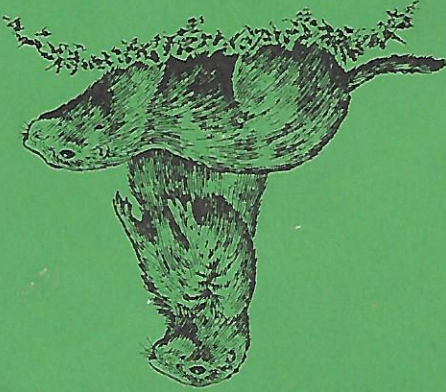
March W.T.R.C. Race
PRAIRIE DOG TOWN 4 MILE
March 11, 1995; 9 A.M.
Details Inside Back Cover

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



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

12-31-95



WEST TEXAS RUNNING CLUB

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(H) 744-8328 (O) 744-5333

Past President - Ronald Key

(H) 794-5833 (O) 747-4678

W.T.R.C. RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH.

W.T.R.C. The March Business Meeting will be held at 5517 74th St. on March 7th, 1995

DIRECTORS

Maurine Bray

(H) 745-9074

Bill Harn

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

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Dwayne Oakeley

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

Larry Reno

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

WEST TEXAS RUNNING CLUB'S COTTON PATCH RUN FEBRUARY 11, 1995 FOUR MILE OVERALL RESULTS

PLACE	NAME	TOWN	DIV	PLACE	AGE	S	TIME	PACE	PerF
1	JAY TRUITT	LOVINGTON	1	M1619	17	M	22:34	5:39	763
2	BRETT PEIKERT	LUBBOCK	1	M2029	27	M	22:40	5:40	759
3	BOB FINN	BIG SPRING	1	M4044	40	M	23:45	5:56	725
4	JAMES BODDY	LUBBOCK	2	M2029	25	M	23:57	5:59	719
5	STEVE SPOONEMORE	PLAINVIEW	2	M1619	16	M	24:31	6:08	702
6	JEFFERY JURY	LUBBOCK	1	M3034	34	M	24:34	6:09	701
7	JOE LUIS PEREYDA	PLAINVIEW	3	M1619	18	M	24:35	6:09	700
8	JOSE CONTRERAS	HOBBS	4	M1619	18	M	24:48	6:12	694
9	ERIC CARDONA	ROSWELL	5	M1619	18	M	25:16	6:19	681
10	MICHAEL SUBEALDEA	PLAINVIEW	1	M0115	15	M	25:47	6:27	668
11	ROLAND DIAZ	PLAINVIEW	6	M1619	16	M	25:51	6:28	666
12	JIMMY SAMARRON	LEVELLAND	2	M4044	40	M	26:00	6:30	662
13	BRENT TIDWELL	LUBBOCK	1	M3539	37	M	26:14	6:34	656
14	RUSS GARNER	LUBBOCK	3	M2029	23	M	26:51	6:43	641
15	BRANDON MCDANIEL	HOBBS	2	M0115	15	M	28:01	7:00	614
16	RICK SYPERT	LUBBOCK	2	M3539	39	M	28:57	7:14	595
17	JOE GOMEZ	LUBBOCK	1	M5054	51	M	29:31	7:23	583
18	RONALD THOMA	LUBBOCK	3	M3539	35	M	29:53	7:28	576
19	SANTIAGO CONTRERAS	HOBBS	4	M2029	23	M	30:57	7:44	556
20	HOPE JIMENEZ	LAMESA	1	F0115	10	F	31:25	7:51	548
21	JAMES ANDERSON	LOVINGTON	7	M1619	16	M	32:18	8:05	533
22	KEN MCEACHERN	LUBBOCK	2	M5054	54	M	32:43	8:11	526
23	JOHN STALCUP	LUBBOCK	1	M6099	61	M	32:50	8:13	524
24	CHADD LOWE	LUBBOCK	3	M0115	14	M	33:34	8:24	513
25	PHILLIP MALONE	WOLFFORTH	4	M0115	9	M	34:17	8:34	502
26	MIKE KELLEY	SHALLOWATER	1	M4549	46	M	34:25	8:36	500
27	RANDY WOLCOTT	LUBBOCK	4	M3539	38	M	35:21	8:50	487
28	JOSIE ALEMAN	LUBBOCK	1	F4044	43	F	36:03	9:01	477
29	ARTHUR ONKEN	LUBBOCK	1	M5559	59	M	36:23	9:06	473
30	GLEN LOWE	LUBBOCK	5	M3539	39	M	37:19	9:20	461
31	ETTA MAYER	LUBBOCK	1	F4549	45	F	37:43	9:26	456
32	REY TREVINO	LUBBOCK	2	M3034	33	M	37:52	9:28	455
33	ALBERT BURRIER	LUBBOCK	2	M6099	61	M	37:53	9:28	454
34	VICKI FISCHENICH	LUBBOCK	1	F2029	29	F	38:08	9:32	451
35	RICHARD BRAY	LUBBOCK	3	M5054	50	M	40:01	10:00	430
36	BO MINNIS	LUBBOCK	4	M5054	52	M	40:14	10:04	428
37	JENNA WOLCOTT	LUBBOCK	1	F3034	33	F	40:39	10:10	423
38	RICK LAMPE	LUBBOCK	5	M5054	50	M	40:52	10:13	421
39	KRYSTLE LOWE	LUBBOCK	2	F0115	12	F	43:57	10:59	392
40	MARGARITA JIMENEZ	LAMESA	3	F0115	5	F	47:07	11:47	365

Top ten reasons why you should join a running club:

10. Annual membership fee costs less than a few dozen doughnuts.
9. Club members are fun to hang out with, don't care how old you are, or how fast or slow you run.
8. Opportunity for weight training while lugging heavy race equipment to the starting line.
7. In the summer, members wear shorts to meetings.
6. In the winter, members wear Lycra tights to meetings.
5. Where else can you meet people who pour water on their heads and spit in public.
4. Most clubs send officers and new members on an all-expenses-paid trip to the Honolulu Marathon every year.
3. What other club encourages members to sweat.
2. Running a marathon is an easier initiation rite than the one required by the Karate club.
1. They need you. The sport of running needs you.

MEMBERSHIP RENEWAL

Most of you have already renewed your membership. For those who haven't, this will be your last newsletter. (Check the date on the label and if not correct, call Ron Key). If for no other reason, the newsletter is worth the membership cost for the extensive calendar of events listing we try to maintain; but hopefully, you will find other useful information in each issue.

The following was taken from an article by Berry Simpson of the PBRR CLUB IN RUNNER TRIATHLETE NEWS:

WEST TEXAS RUNNING CLUB'S
COTTON PATCH RUN
FEBRUARY 11, 1995
EIGHT MILE OVERALL RESULTS

PLACE NAME	TOWN	DIV	PLACE	AGE	S	TIME	PACE	PerF
1 BOB JACKSON	HOBBS	1	M3539	36	M	46:40	5:50	774
2 MARJORY STEWART	LUBBOCK	1	F3539	36	F	50:56	6:22	709
3 JIM LESER	LUBBOCK	1	M4549	48	M	50:56	6:22	709
4 DENNIS BELL	LUBBOCK	1	M3034	34	M	55:47	6:58	647
5 GEORGE JURY	LUBBOCK	1	M5559	58	M	56:28	7:04	639
6 BILL HARN	LUBBOCK	1	M4044	40	M	56:58	7:07	634
7 JULIEANNE CAMPBELL	LUBBOCK	1	F2029	23	F	58:00	7:15	623
8 ROGER LOPEZ JR.	LUBBOCK	2	M3539	38	M	58:19	7:17	619
9 CHRIS LONNGREN	LUBBOCK	3	M3539	35	M	58:22	7:18	619
10 DWAYNE OAKELEY	LUBBOCK	4	M3539	38	M	58:44	7:21	615
11 RICHARD FISCHENICH	LUBBOCK	2	M4549	47	M	59:36	7:27	606
12 ROBERT McNALLY	LUBBOCK	2	M4044	43	M	1:01:13	7:39	590
13 DAVID LIGHTNER	LUBBOCK	3	M4549	45	M	1:02:25	7:48	579
14 CHUCK JOHNSON	LUBBOCK	5	M3539	37	M	1:03:33	7:57	568
15 BILL ROGER	LEVELLAND	2	M5559	55	M	1:04:21	8:03	561
16 RONNIE NUGENT	LUBBOCK	4	M4549	48	M	1:04:33	8:04	559
17 MARK WAGNON	LUBBOCK	3	M4044	40	M	1:05:34	8:12	551
18 KARLA FIELDER	COLORADO SPRINGS	2	F2029	25	F	1:06:05	8:16	546
19 MICKEY DAVIS	LUBBOCK	6	M3539	38	M	1:08:46	8:36	525
20 JIM WILHELM	LUBBOCK	4	M4044	44	M	1:12:14	9:02	500
21 JAMES BONE	LUBBOCK	3	M5559	55	M	1:13:33	9:12	491
22 SHIRLEY WIGLEY	LUBBOCK	1	F4044	41	F	1:14:07	9:16	487
23 RON KEY	LUBBOCK	1	M5054	51	M	1:14:08	9:16	487

RACE DIRECTOR'S REPORT, COTTON PATCH '95

Now's your chance! Call in your votes! You know, the ones that will rename the Cotton Patch Run. Come on, fellas, "Cotton Patch" sounds so calm and serene. Well not this one. This here cotton patch has been anything but calm. In fact these last few years, it's been downright despicable!

OK...so we're not renaming it. But, if we were, I'd vote for a more appropriate name like "The C-C-Cotton P-P-Patch Ch-Ch-Challenge" or "The Big Wolfforth Chill". Whatever the name, I was impressed to see 68 gutsy runners accept the challenge of another bitter cold and windy Saturday morning at Frenship High School. I could almost hear them mumbling, psyching themselves out in true runners fashion: "well, well, another miserable day in Wolfforth just like last year, and the year before. So what!! I've already made up my mind. I'm gonna run it anyway, again!

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Challenge Series Standings After Two Events

MALE (19 & Under)	PTS	MILES	EVTS	MALE (40 - 44)	PTS	MILES	EVTS
15 Chris Thomas	9	5	1	43 Ken Jernigan	10	5	1
14 Chadd Lowe	16	9	2	40 Jimmy Samarron	18	9	2
13 Travis Perez	7	5	1	42 David Higgins	8	21	2
17 Jay Truitt	20	9	2	40 Mark Wagnon	15	13	2
16 Trey Jernigan	5	5	1	40 Matt Gallegos	6	5	1
16 Chad Dinkins	0	5	1	40 Bill Harn	10	13	2
FEMALE (19 & Under)							
15 Angela Welsh	10	5	1	44 Jim Wilhelm	7	13	2
10 Hope Jimenez	19	9	2	40 Frank Stumpter	0	5	1
12 Mary Lou Jimenez	7	5	1	40 Bob Finn	10	4	1
11 Krystle Lowe	15	9	2	FEMALE (40 - 44)			
5 Margarita Jimenez	13	9	2	44 Teresa Greer	10	13	2
17 Bernice Nelson	6	5	1	41 Shirley Wigley	18	13	2
MALE (20 - 29)							
23 Shannon Anderson	9	13	2	43 Josie Aleman	17	9	2
28 Johnny Garza	8	5	1	48 Jim Leser	20	13	2
22 Lawrence Nelson	6	5	1	47 Richard Fischénich	18	13	2
28 Jesse Hilliard	5	5	1	45 David Lightner	16	13	2
27 Brett Peikert	10	4	1	48 Ronnie Nugent	14	13	2
25 James Boddy	9	4	1	49 Jon Omdahl	6	13	2
FEMALE (20 - 29)							
25 Dona Clopton	10	5	1	46 Mike Kelly	14	9	2
29 Vicki Fischénich	10	4	1	James Livermore	0	5	1
23 Julieanne Campbell	10	4	1	45 Eltra Mayer	10	4	1
MALE (30 - 34)							
Helen Esquivel	0	8	1	FEMALE (45 - 49)			
34 Jeffrey Juy	20	9	2	52 Robert Guajardo	10	13	2
33 Rey Trevino	9	4	1	53 Robert Russell	9	5	1
34 Ray Major	9	5	1	51 Joe Gomez	18	9	2
34 Dennis Bell	18	13	2	52 Jim Harris	7	5	1
FEMALE (30 - 34)							
34 Kathy Kanikula	10	5	1	54 Ken McEachern	15	9	2
33 Jenna Wolcott	10	4	1	51 Johnny Scott	5	5	1
MALE (35 - 39)							
37 Brent Tidwell	20	9	2	52 Bo Minnis	10	9	2
38 Al Gardner	9	5	1	50 Richard Bray	8	14	2
35 Chris Lonngren	16	13	2	Bob Bernero	0	5	1
38 Dwayne Oakeley	14	13	2	51 Ron Key	10	13	2
39 Rick Syper	15	9	2	50 Rick Lampe	6	4	1
37 Chuck Johnson	11	13	2	Larry Byrd	0	8	1
35 Ronald Thoma	12	9	2	FEMALE (50 - 54)			
35 Micah Blalock	3	5	1	Maurine Bray	0	5	1
37 Otto Spitz	2	5	1	MALE (55 - 59)			
37 Mickey Davis	1	5	1	58 George Juy	20	13	2
39 Glenn Lowe	7	9	2	56 Mike Greer	9	5	1
38 Randy Wolcott	7	4	1	59 Arthur Onken	18	9	2
36 Bob Jackson	10	8	1	55 Bill Roger	9	8	1
38 Roger Lopez, Jr.	9	8	1	55 James Bone	8	8	1
38 Mickey Davis	5	8	1	MALE (60 - 99)			
FEMALE (35 - 39)							
36 Michelle Jones	9	5	1	65 Don Sanderson	10	5	1
36 Marjory Stewart	10	13	2	61 John Stalcup	19	9	2
				63 Hugh Haynes	8	5	1

** Race Director
* Race Volunteer

ANTI-OXIDANTS/FREE RADICALS

Dr. Kenneth Cooper is popularly known as the father of aerobics, not just the dance type of exercise, but the exertion of energy by any exercise in which the heart rate is elevated and sustained there for a period of time thereby increasing the efficiency of the heart and lungs in utilizing oxygen. Because of the widespread acceptance of his teachings, the running boom really took off in the 70's and then with the success of Frank Shorter in the 72 Olympic marathon and the very popular Bill Rodgers' wins at Boston and New York, many, including me, were inspired to get into serious long distance running.

Dr. Cooper did not put much stock in diet as long as enough exercise was performed. Now, his new book points out that if you exercise too much (30 miles or 3,000 calories burned per week), that you may actually shorten your lifespan. In his interview with RUNNING TIMES he quotes a Harvard study of 17,000 men which confirmed this. "It appears that those who push themselves beyond what is necessary to enjoy the full benefits of aerobic fitness--including many marathoners--may lose the very benefit for which they are striving. This loss of health can be directly traced to the free-radical phenomena. Exhaustive, high-intensity exercise may increase your susceptibility to different cancers, heart attacks, cataracts, premature aging, decreased immunity and a variety of other medical problems." In the book he cites many high mileage runners who currently have or have succumbed to cancer at a younger than average age. He describes "Free Radicals" as very reactive compounds that roam around the body like loose cannons, destroying any molecules that get in the way, including compounds found in normal tissues such as lipids and DNA. Lipid damage leads to atherosclerosis and damaged DNA can cause mutations, which may lead to cancer. Antioxidants are natural occurring substances, such as Vitamin C, Beta carotene, and Vitamin E (dAlpha Tocopheryl [pherol]), which tie up the Free Radicals. Dr. Cooper suggests that you may get enough C and Beta carotene if you eat a lot of fruits and veggies, but there is no way you can get enough Vitamin E.

Dr. Cooper thinks that the competitive runner (30 Miles per week or more) should take in 3,000 mg. Vitamin C, 50,000 IU of Beta carotene and 1,200 IU of natural Vitamin E daily.

HOUSTON/TENNECO UPDATE

After review of the Houston marathon results I found 2 more members who competed. Al Becken won his 65-69 age group with a 3:22:19 and Mickey Welborn(47) of Hobbs ran a 3:51:07. Former members there were Art Samarron(31), Roswell, 2:37:15; Tim Loftus(43), Alexandria, VA, 2:45:44; Henry Arellano (36), Houston, 2:57:46, and Mark Morris(36), Whitehouse, 3:13:56. Bill Gregory(37) an astronaut from League City who used to win all the races when he was stationed at Clovis ran a 2:34:22. Dale and Lou Wintroath of Little Rock who ran our Turkey Trot in November also ran. Dale(55) did a 3:43:14 and Lou(52) did a 4:08:39.

UPCOMING RACES

For the first time we will have a race with cash award money at the BREAKING THE BARRIERS 5K on March 25th. This will bring many gifted runners to Lubbock and means that we as a club will need to go all out to make this a really good run. Any volunteers please contact Bill Hahn.

Mike Flores will be the race director for the LONE STAR PAPER CHASE this year, and promises that it will be a well run event this time. Last year a volunteer group pulled out on Friday night before the race and left the organizers (and runners) high and dry.

IT'S SO EASY DUATHLON had to be changed from the previous announced date because of other duathlon conflicts. It is now Sunday May 28th. Race director Kevin Lair is planning to have a 5K run only prior to the duathlon, so this will give runners who don't go to Amarillo a race opportunity. It would really be nice if the runners then could help out with the duathlon. Our club will again do the timing and scoring.

FROST YOUR FANNY DUATHLON

Austin, January 25, 1995

5 club members competed at this event with the following (overall results) [Age Group] and total time for 5K Run, 30K Bike, 5K Run. (14)Tim Key(27), [8th Elite], 1:19:37, (20)Kevin Lair(33), [1st 30-34], 1:21:21, (30)Jeffrey Jury(34), [3rd 30-34], 1:23:15, (85)Jim Leser(48), [5th 45-49], 1:31:00, and (197)Teresa Greer(44), [5th 40-44F], 1:48:49.

CONGRATULATIONS

To Joey and Anne Thacker on the birth of a brother to Amanda on Feb 8th.

COTTON PATCH REPORT, Continued

And, run they did. It was another squeaker victory for Jay Truitt in the 4 mile, who was "pushed" to the limit by Brett Peikert. And, how about that 10 year old speedster, Hope Jiminez, who captured the women's division title. Sorry, Hope, I failed to mention that at the awards. Coops. Her 5 year old sister, Margaret, was impressive as well. In the 8 mile run, that New Mexico jackrabbit, Bob Jackson, was back in town for another gold ribbon in the shape of a first in the men's division. Marjory Stewart was in her usual championship form as she captured 1st overall in the women's division. She was also pushed to the limit by Jim Leser. Sorry, Jim.

The race went very smoothly indeed, thanks to a very reliable crew of volunteers. My sincere appreciation goes out to Teresa Greer, Jon Omdahl, Larry Byrd, Helen Esquivel, Shannon Anderson, Robert Guajardo and Bob Bernero. Dittos also to Brett Peikert, Rick Sypert, Jeffrey Jury and George Jury for "overtime" help (after running). And a big THANK YOU goes to our massage therapist, Pat Pope, for her timely relief and to the "Cotton Lady", Nancy Patton, of Patton Cotton Company for donating the awards, those cute little cotton bales. You are super!

Thanks again to all participants and we will see you there next year. David Higgins.

THIS 'N THAT

* The March Board of Director's meeting has been changed to March 7, 1995, instead of the regular scheduled date because several of the officers will be out of town for the spring break. We encourage anyone to attend these meetings and especially if someone is interested in serving on the board, we have a vacancy that we need filled.

Some of the business acted upon at the February meeting was as follows.

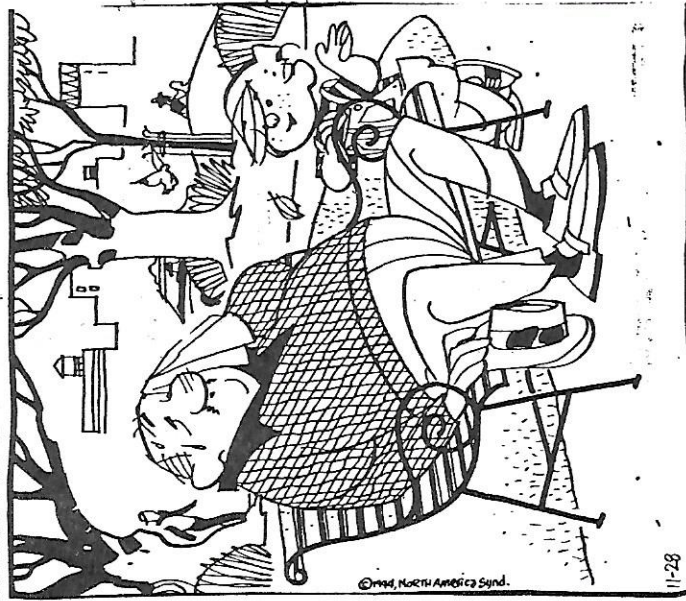
Agreed to support and supply volunteers for the BUFFALO SPRINGS TRIATHLON run segment again this year in return for a fee. Agreed to supply volunteers to time and score the IT'S SO EASY DUATHLON for a fee. Internal Vice-President, Marjory Stewart introduced a proposed race standards agreement for organizations to abide by for the board to study and act upon at the next meeting. Also, the board voted to disallow two age group records which were set at the January 5 miler because the entire course was not completed.

* James Livermore underwent evaluation at the famous COOPER AEROBICS CENTER on February 10th, and will continue his article on heart disease in the next issue.

* A note of thanks has been received from Teresa Roger who was named recipient of the second half of one of the WTRC/TIU RRRR scholarships.

* Several members ran the Las Vegas Marathon, Feb. 5th; report next mo.
 * I have always wanted my running to be fun and my philosophy has been to just get out the door and do it, one foot at a time and one breath at a time like Dennis suggests in the cartoon below. I have never checked my resting pulse and the only "training" I do now is to occasionally pick up the pace for two or three half miles during my shorter runs. I would love to be able to get back to some track intervals and hill running, but am really just happy that I am able to do what I am.

DENNIS THE MENACE



"WHENEVER I GET OUT OF BREATH, MR. WILSON, I JUST TAKE ANOTHER ONE."

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HOW THE MARATHON RACE BECAME 42.195 Km

Most runners know that the modern marathon distance of 42.195 km (approximately 26 miles 385 yards) was first run in the 1908 Olympic Games in London. Simple-minded accounts often say this has been the marathon distance ever since. The reality is more complicated. The following table shows the length of the marathon in each of the first seven Modern Olympic Games (This includes the "Intercalated" 1906 Games. There were no 1916 Games due to World War I):

1896	Athens	40 km
1900	Paris	40.26 km
1904	St. Louis	40 km
1906	Athens	41.86 km
1908	London	42.195 km
1912	Stockholm	40.2 km
1920	Antwerp	42.75 km

The idea for the marathon race was, of course, based on the legend of the Greek soldier who supposedly ran from the plains of Marathon to Athens to announce the victory over the Persians, and then promptly expired. If such a run occurred, the distance was probably around 37 to 38 km. In all likelihood, the event was fictitious, as the Greek historian Herodotus, who recorded the battle at the time, never mentioned it. The legend was not written down until about 600 years later, by the Roman historian Plutarch.

But even if the story of Pheidippides was mythical, its symbolism was powerful, and the marathon became the centerpiece for the modern revival of the Olympics in 1896. (No such distance was ever run in the ancient Olympics, where the longest race was fewer than 5 km.)

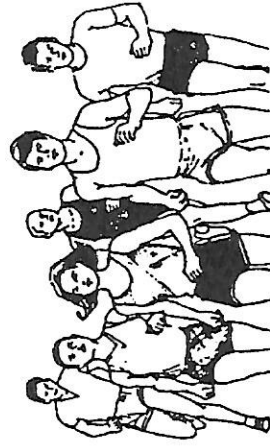
Initially, the length of the marathon was not specified exactly. It just had to be somewhere around 40 km. For the inaugural 1896 Games in Athens, the marathon was in fact 40 km, and it was 40 km again in St. Louis in 1904. However, in the years from 1896 to 1920, the length of the Olympic marathon varied from 40 km to 42.75 km.

Finally, prior to the 1924 Olympics, the decision was made to standardize the marathon

distance. As we know, the 1908 distance of 42.195 km was selected. It would be very interesting to know what debates occurred in the committee that made this decision. I have never seen any account of those deliberations, but it is easy to guess what probably happened: In all likelihood, the 1908 distance was chosen precisely because it was not a round distance in either kilometers or miles. It was just a random distance (with the added bonus of a colorful story about adjusting the start so the royal children could watch); thus, it could serve as a compromise between metric and non-metric countries. (If the choice of a standard marathon distance were being made now, in 1994 instead of 1924, I think there's little doubt that an even kilometer distance would be selected, as the number of non-metric countries is now, effectively, down to just one!)

Once the marathon length was standardized in 1924, other marathons besides the Olympics followed suit. For example, for the first 27 years of the Boston Marathon (1897 - 1923), its length was 39.75 km, and its start was in Ashland. But in 1924, the start was pulled back to Hopkinton to obtain the now-standard distance.

Bob Baumele, Ph.D.
USATF Course Certifier
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EVENT # 3

Of the 1995 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, MARCH 11, 1995
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
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COURSE: Rolling Terrain, Asphalt
4 Miles, Out and Back

ENTRY FEE: W.T.R.C. MEMBERS= \$ 5.00
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AGE DIVISIONS:

MEN 0-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59 and 60 Plus

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45-49 and 50 Plus

RACE DIRECTOR: Chuck Johnson Office 743-5700
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MANY THANKS

To Nancy Patton for donation of 35 of the Miniature cotton bales for the COTTON PATCH awards. Nancy has completed several Marathons.



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