

CALENDAR

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

- MAR. 6 W.T.R.C. Business meeting, Tuesday, March 6th, 7:00 p.m. at 1623 40th Street
- * MAR. 10 PRAIRIE DOG TOWN RUN: MacKenzie Park, Lubbock, 4 Miles, 9am John Trompner, Race Director, 794-1359 (n),
- MAR. 17 MARATHON of the GREAT SW: Abilene, FMI, Call (915) 677-8144
- MAR. 18 ARMY/MEDCOM MARATHON: San Antonio, (210) 221-2523
- MAR. 31 NUTRITION ON THE RUN 5K: also 1 Mile fun run/walk, Lubbock Dietetic Association, Mae Simmons Park, 9am FMI call Gina Jarman, 725-8081(d), 795-1276(n)
- APR. 1 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- * APR. 7 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 7 HARRIGAN'S HALF MARATHON: Odessa, also 5K, 8am, Penny Wasem, (915) 697-6391
- MAY 2-6 RRCA NATIONAL CONVENTION: Albuquerque, NM for info, call Mike Kelley 766-0355 or 765-0441, or see website at www.rrca.org
- MAY 5 DEPOT DISTRICT RUN FOR THE ARTS; 10K, 5K run/walk, Kiddie Kilometer, 8am, Buddy Holly Center 19th and Ave. G, Lori Ioppolo, 767-3116
- * MAY 12 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director Ron Hewett, 748-6017
- MAY 26 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451
- * JUNE 9 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Race Director Jimmy Samarron, 894-0127
- JUNE 16 GIRLSTOWN GALLOP; Whiteface, 5K, Dan Adams, 229-2204
- * JULY 4 31st ANNUAL FIRECRACKER RUN; Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Leser, RD, 794-2474 (n), 746-6101 (d)
- * AUG. 11 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- * SEPT 8 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- * OCT. 6 RED RAIDER ROAD RACE: TTU Campus, Lubbock, 8:00 am, 10K and 5K Wade Wilson, Race Director, 795-1667, dandwilson@aol.com

<http://members.tripod.com/wtrc>

For Membership, Calendar, Race Results, etc.

David Higgins
3401 Alcov
Lubbock, TX 79407



March W.T.R.C. RACE
PRAIRIE DOG RUN
9am, Saturday, March 10, 2001
MacKenzie State Park
Details Inside Back Cover

March 2001

Newsletter
5406 86th St.
Lubbock, Texas 79424



WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355
(e-mail) mkelley@fr.mhmr.state.tx.us

Internal Vice-President - Ron Lubowicz
(H) 748-1855 (O) 745-3955
(e-mail) ronlubo@aol.com

External Vice-President - Debbie Wilson
(H) 795-1667
(e-mail) dandwilson@aol.com

Secretary - Etta Mayer
(H) 792-1471 (O) 742-2907
(e-mail) etta.mayer@ttu.edu

Treasurer - David Higgins
(H) 785-8562 (O) 795-5823
(e-mail) d_higgins69@hotmail.com

DIRECTORS

Newsletter Director - John Trompler
(H) 794-1359
(e-mail) trompler@eudoramail.com

External Race Director - Ron Hewett
(H) 748-6017 (O) 742-3329

Equipment Director - Ronnie Prigg
(H) 799-3615 (Pager) 723-0139

Race Calendar Director - Dwayne Oakeley
799-4473
(e-mail) doakeley@nts-online.com

Membership Director - Martha Martinez
(H) (915) 728-5984 (O) (915) 728-5294
(e-mail) ptorres33@yahoo.com

Internal Race Director - Pete Torres
(H) (915) 728-9007 (O) (915) 728-5294
(e-mail) ptorres33@yahoo.com

WTRC Web Address:

<http://members.tripod.com/wtrc>

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Tuesday, March 6, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars & Gilbert

All members are welcome.

FROM THE PRESIDENT

LOVE, RUN, OR EAT CHOCOLATE

Valentine's Day last month got me to thinking about the nature of addiction. Yes, it does fit. Whether you're talking about love, running, or chocolate, I've fallen victim to all of these and their alluring ways. Love begins with that blinding, romantic phase that is intoxicating and dominates your every thought and urge. Researchers have shown how romance actually releases endorphines to stimulate the pleasure center of the brain. They say love is blind, but I think there's something in the hormones that clouds the vision. I say hormones because I think that is a more accurate way of describing the emotion called love. In fact, I think raging hormones are God's way of tricking us into commitment. If we opened our eyes to see what we were really getting into, who would ever get married? And of course, when the romance, or rather the hormones, wear off, there you are with a marriage certificate, mortgage, and one to two kids. Which brings us to the second phase of testing and commitment. You can take it to the bank that the marriage is going to be tested by all those little things that seemed cute before but drive you crazy now. If you persevere, though, and work hard at learning to agree with her at all times (for men) or not expecting him to talk other than shouts at the TV during football season (for (continued on page 5))

WTRC LSD Training Runs

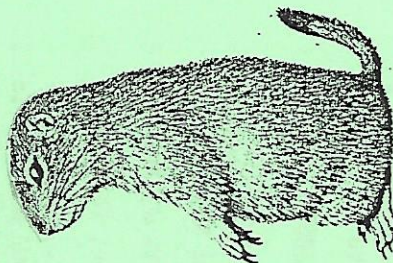
Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Bernero at 748-8418 (N)

WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN

USA T&F CERTIFIED, #TX97108ETM

EVENT # 3

Of the 2001 W.T.R.C CHALLENGE SERIES



BLACKTAIL PRAIRIE DOG

WHEN: SATURDAY, MARCH 10, 2001
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
on Canyon Lake Drive, just off Broadway, North

COURSE: Rolling Terrain, Asphalt
4 Miles, Out and Back

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

PRE-REGISTRATION: Is available, return the entry form or call George Jury before 7pm, Friday March 9th, 792-1237

AWARDS: Unique "Prairie Dog" Medals will be given to the first 3 in the following Divisions and to at least 50 percent of the participants in each age group

AGE DIVISIONS:

MEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59 and 60 Plus, Clydesdale

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49 and 50 Plus, Athena

RACE DIRECTOR: John Trompler Home 794-1359

*ALS ~~Walk~~ - Walk - Chris Allen
10-14-01 (Sun) Lou Gehrig's Disease x 276
3PM ALSA northtexas.org
5K Fun Run/Walk 'Walk to defeat ALS'*

ACHING MUSCLES (Continued)

EXPEDITING REPAIR OF DAMAGED MUSCLES

Proper tapering off of exercise at the end of a training run or race will prevent pooling of blood in the lower extremities due to the sudden stopping of the pumping action of the muscles to the veins. Jog slowly to finish off any strenuous run you do. Standing around after a run to talk to your friends may be social, but can add to the soreness you will feel the next day.

Stretching achieves three physiological processes. It realigns muscle fibers that have been disarranged by shortening and stress. Stretching enhances the flow of oxygenated blood to the muscle tissues. It also gives the body tone and balance, re-invigorating the muscular and connective tissue systems.

Placing the legs up against a wall or similar structure, while lying on one's back on the floor or ground for ten or twenty minutes, will help too. Blood drains from the legs assisting removal of the waste products of an over-burdened muscle. Similar to tapering of exercise, this counters a tendency for blood to pool in the lower extremities.

Massage principally assists the returning blood flow to the heart, when the pressure stroke of the massage is towards the heart. It also relaxes the muscle and restores a feeling of comfort and well-being in the muscle. Beware of heat inducing ointments. Many of them are mere local irritants causing a feeling of warmth locally, but failing to penetrate sufficiently to make any difference to the muscle beneath. Also, be careful of getting a massage after a race. Many of those giving the massages are students. They usually don't even push hard enough to accomplish much. It does feel good to just lie down on the table however!

Ice cools the muscle, constricting blood vessels, preventing internal bleeding and bruising. It also drives the healing blood supply deep into the muscle tissue, assisting the healing process. Crushed ice blocks, to more closely fit the shape of the legs, wrapped in towels, should rapidly cool the hurting limb. Immersion in cold water will efficiently cool and soothe the aching muscles. A jump in a lake or the ocean in the summer after a run in the summer is not only refreshing, but helpful in the recovery process as well.

Hot compresses and cold packs. Application of heat alternately with the cold compresses or ice treatment, can be soothing and relaxing. Alternate hot and cold treatment will also cause a dilation and constriction effect on the circulatory system, improving blood flow and assisting healing. This helps to ensure sufficient oxygenation, nutrition and drainage from the stiff or injured muscles. So, at the end of your next race, try to properly taper off the intensity of the exercise. This can be done by continuing at a slow jog for a short while, on completion, just to prevent the heart rate from falling off too rapidly. As soon as you have received your well earned medal, or even sports drink, stretch the legs and all their muscle groups as best you can. Then find a quiet spot near a wall, and lie flat on your back alongside it for a few minutes, with your legs elevated vertically against it. Feel the blood draining out of your legs and your feet go numb. After that, sit and chat with your friends with bags of crushed ice on the legs, held in place by towels or hands. If you can do any or all of these things, your recovery will be well under way before you even leave the parking lot.

WEST TEXAS RUNNING CLUB'S COTTON PATCH RUNS
USA T&F CERTIFIED, # 97110ETM
February 10, 2001

FOUR MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	CASEY SUMPTER	LAMESA	TX	1	M1619	16	M	23:19	5:50
2	HAWK HARRIS	HOBBBS	NM	1	M2029	24	M	24:07	6:02
3	BOBBY SAIN	LUBBOCK	TX	2	M1619	19	M	25:21	6:21
4	FRANK SUMPTER	LAMESA	TX	1	M4549	47	M	25:48	6:27
5	CODY TURNER	SHALLOWATER	TX	3	M1619	17	M	26:13	6:34
6	MINDY KATE SULLIVAN	LUBBOCK	TX	1	F1619	17	F	26:27	6:37
7	KIRK HESSE	LEVELLAND	TX	1	M1315	15	M	27:37	6:55
8	LAURA BOTHUN	LUBBOCK	TX	2	F1619	17	F	27:38	6:55
9	JIM HARRIS	HOBBBS	NM	1	M5559	58	M	27:51	6:58
10	LINDA NORTHRUP	LUBBOCK	TX	1	F2029	26	F	29:00	7:15
11	LORENZO PADILLA	LEVELLAND	TX	2	M4549	46	M	29:08	7:17
12	RICK SYPERT	LUBBOCK	TX	3	M4549	45	M	29:17	7:20
13	PRINCESS SPENCE	LUBBOCK	TX	1	F1315	15	F	30:09	7:33
14	KEVIN LOWREY	LUBBOCK	TX	1	M0112	12	M	30:59	7:45
15	DWAYNE OAKLEY	LUBBOCK	TX	1	M4044	44	M	31:22	7:51
16	MARTHA MARTINEZ	COLORADO CITY	TX	1	F4549	45	F	32:27	8:07
17	BILL FELTON	WOLFFORTH	TX	1	M6099	66	M	32:35	8:09
18	JUSTIN LOWREY	LUBBOCK	TX	2	M1315	13	M	32:58	8:15
19	JOE MARTINEZ	LUBBOCK	TX	2	M5559	55	M	33:35	8:24
20	ANGELA THORNBURY	LUBBOCK	TX	3	F1619	17	F	34:41	8:41
21	EDWIN DABROWSKI	LITTLEFIELD	TX	2	M4044	43	M	34:47	8:42
22	ROBERT MALONE	WOLFFORTH	TX	4	M1619	19	M	34:58	8:45
23	GINGER STANLEY	MIDLAND	TX	2	F4549	49	F	34:58	8:45
24	ANGELA FRANCO	MIDLAND	TX	2	F2029	23	F	35:11	8:48
25	JAMES BONE	LUBBOCK	TX	2	M6099	61	M	35:12	8:48
26	DAVID MALONE	LUBBOCK	TX	3	M4044	43	M	35:34	8:54
27	JUNIOR MENDOZA	LEVELLAND	TX	4	M4044	43	M	35:47	8:54
28	ALLISON MORRIS	LUBBOCK	TX	3	F2029	28	F	35:51	8:58
29	BRYAN ABERCROMBIE	LUBBOCK	TX	1	M3034	34	M	36:07	9:02
30	MIKE MALONE	WOLFFORTH	TX	5	M4044	43	M	36:27	9:07
31	MADONNE MINER	LUBBOCK	TX	3	F4549	48	F	36:37	9:10
32	JAN DANIEL	LUBBOCK	TX	1	F4044	43	F	37:39	9:25
33	LOUANA ARTERBURN	LUBBOCK	TX	1	F3034	31	F	39:14	9:49
34	JULIE CRIBBS	WHITEFACE	TX	2	F4044	42	F	39:20	9:50
35	FRANK RHOADES	LUBBOCK	TX	2	M2029	29	M	39:47	9:57
36	LANDRUM MEDLOCK	AMARILLO	TX	3	M5559	56	M	39:53	9:59
37	LINDA WICKERSHAM	LUBBOCK	TX	1	F3539	38	F	39:59	10:00
38	NATALIE DAVID	LUBBOCK	TX	4	F2029	26	F	40:21	10:06
39	TASHA VIARAS	LUBBOCK	TX	1	F0112	11	F	40:29	10:08
40	JOSIE ALEMAN	LUBBOCK	TX	4	F4549	49	F	41:53	10:29
41	PRESTON WICKERSHAM	LUBBOCK	TX	2	M0112	11	M	44:11	11:03
42	SUSIE COBOS	LUBBOCK	TX	2	F3539	36	F	44:43	11:11
43	ESTELLA GALVAN	BROWNFIELD	TX	1	F5099	58	F	44:44	11:11
44	ROBIN THOMAS	MORTON	TX	3	F4044	40	F	48:24	12:06

= New Age Group Record

OVERALL MALE CLYDESDALE RESULTS
AGEGRADED

PLACE NAME	AG TOWN	ST	TIME	AGEGRADED TIME
* EDWIN DABROWSKI	43 LITTLEFIELD	TX	34:47	32:46
1 JUNIOR MENDOZA	43 LEVELLAND	TX	35:47	33:42

* = Won Award in regular age group

WEST TEXAS RUNNING CLUB'S COTTON PATCH RUNS

USA T&F CERTIFIED, # 97110ETM

February 10, 2001

8 MILE OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	RESULTS	PLACE	AG	S	TIME	PACE
1	SAM BURGESSON	LAMESA	TX	1	M3539	36	M		49:26	6:11
2	TIM KEY	LUBBOCK	TX	1	M3034	33	M		50:26	6:19
3	GABRIEL ARSLAGA	HOBBS	NM	1	M2029	22	M		52:53	6:37
4	GLEN POKLIKUHUA	LUBBOCK	TX	2	M2029	29	M		55:47	6:59
5	BRENT LOWREY	LUBBOCK	TX	2	M3539	39	M		55:57	7:00
6	FARRELL MARTIN	LUBBOCK	TX	2	M3034	34	M		57:35	7:12
7	MARK ALBUS	WHITEFACE	TX	1	M4044	44	M		58:44	7:21
8	HOPE JIMENEZ	LAMESA	TX	1	F1619	16	F		59:01	7:23
9	JANDA IBBETSON	LUBBOCK	TX	1	F3034	31	F		59:13	7:25
10	KEN JERNIGAN	MILES	TX	1	M4549	49	M		59:27	7:26
11	KURT THOMAS	LUBBOCK	TX	2	M4044	42	M		1:00:55	7:37
12	ADAM PUCKETT	LUBBOCK	TX	3	M3034	30	M		1:01:13	7:40
13	DENISE BRAY	LUBBOCK	TX	1	F3539	39	F		1:01:25	7:41
14	JAMIE FRANCIS	LUBBOCK	TX	1	F1315	15	F		1:01:27	7:41
15	RON HEWETT	LUBBOCK	TX	3	M3539	39	M		1:02:51	7:52
16	WAYNE IVEY	LUBBOCK	TX	4	M3034	31	M		1:02:54	7:52
17	DANNY GALEY	COLORADO CITY	TX	1	M5559	55	M		1:03:01	7:53
18	TOMMY PARRISH	LUBBOCK	TX	3	M4044	44	M		1:05:53	8:15
19	DON SANDERSON	LUBBOCK	TX	1	M6099	71	M		1:06:11	8:17
20	CHRISTIE WACKER	LUBBOCK	TX	1	F2029	22	F		1:06:29	8:19
21	CALEB BECK	LUBBOCK	TX	1	M1619	17	M		1:06:57	8:23
22	BILL ROGER	LEVELLAND	TX	2	M6099	61	M		1:07:21	8:26
23	PAUL BROOKS	WOLFFORTH	TX	5	M3034	34	M		1:10:21	8:48
24	BOB BERNERO	LUBBOCK	TX	2	M5559	58	M		1:11:13	8:55
25	NATHAN BECK	LUBBOCK	TX	1	M1315	14	M		1:11:38	8:58
26	JIM BECK	LUBBOCK	TX	4	M4044	41	M		1:11:41	8:58
27	JIM WILHELM	LUBBOCK	TX	1	M5054	50	M		1:12:28	9:04
28	DANIEL SNEATHEN	WOLFFORTH	TX	1	M1619	17	M		1:12:45	9:06
29	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	47	F		1:14:02	9:16
30	JAMES LIVERMORE	LUBBOCK	TX	2	M5054	53	M		1:15:36	9:27
31	MIKE TREVINO	LUBBOCK	TX	6	M3034	31	M		1:18:23	9:48
32	MARSHA BENNETT	LUBBOCK	TX	2	F3539	37	F		1:18:45	9:51
33	ETTA MAYER	LUBBOCK	TX	1	F5099	51	F		1:19:09	9:54
34	DAVID BALDNER	LUBBOCK	TX	5	M4044	41	M		1:22:27	10:19
35	BRANDY TEMPLE	LUBBOCK	TX	2	F2029	28	F		1:23:04	10:23
36	SAM PROSE	LUBBOCK	TX	3	M5054	52	M		1:23:55	10:30
37	JIMMY CLARK	LUBBOCK	TX	2	M4549	49	M		1:27:22	10:56

= New Age Group Records

OVERALL MALE CLYDESDALE RESULTS

PLACE	NAME	AG TOWN	ST	TIME	AGEGRADED	TIME
*	FARRELL MARTIN	34	LUBBOCK	TX	57:35	57:35
*	ADAM PUCKETT	30	LUBBOCK	TX	1:01:13	1:01:13
1	WAYNE IVEY	31	LUBBOCK	TX	1:02:54	1:02:54
*	JIM WILHELM	50	LUBBOCK	TX	1:12:28	1:05:12
2	JIM BECK	41	LUBBOCK	TX	1:11:41	1:09:04
*	JIMMY CLARK	49	LUBBOCK	TX	1:27:22	1:19:14

* = Won Award in Regular Age Group Division

THOSE STIFF AND ACHING MUSCLES

from coolrunning.com

by Don Allison

Anyone who has run the Boston Marathon, or even watched runners who have finished hobble back to area hotels knows that running can cause sore legs and stiff muscles. We all know the feeling of muscle discomfort after unaccustomed or severe exercise. You sure don't have to run a marathon to know that feeling. This article will discuss some thoughts on the topic of sore and stiff legs, and what to do about them.

Sore and stiff muscles have two basic causes. Muscles well used in endurance sports and muscles enlarged by strength training tend to shorten, decreasing their range of movement. This results in stiffness. Furthermore, long distance and marathon runners are particularly susceptible to muscle damage due to their severe and prolonged exercise activities. Muscle biopsies have shown muscle cell damage and even cell death in runners who frequently train and race over distances of 26 miles. It may be concluded that intensive training and the marathon itself induce inflammation and muscle cell damage that causes muscle soreness and stiffness.

CAUSES OF STIFFNESS

Lactic acid is not likely to be the primary cause of muscle pain. Blood lactate levels rise steeply after exercising at stress levels greater than 85 percent of maximum capacity, such as when you are sprinting all out for that missed bus. Muscle lactate levels return to normal after more or less one hour following strenuous anaerobic exercise, such as interval training. Most running takes place at stress levels less than 85 percent of maximum. Muscle soreness reaches its worst level in runners after several hours of running. So soreness results from extended, not intense running. Consider the mechanics and hydraulics of running. A marathon runner takes off and lands on each foot about twenty thousand times during a 26-mile race. The foot muscles, joints and leg muscles propel the athlete forward as well as absorb the shock of his or her landing after each step. Muscles, bones and joints are fueled by oxygenated blood. Waste products from the muscles are removed and transported through the bloodstream back to the heart and lungs for disposal. The veins have a system of non-return valves designed to prevent cooling of blood in the lower limbs. Rhythmic contraction of muscles during exercise squeeze and release the veins, also assisting the movement of blood towards the heart.

The stress of propulsion and the jarring of landing damages the muscles. Muscle fibers are torn and disrupted. Enzyme leaks from the muscle with the greatest leakage twenty-four to forty-eight hours after exercise. The human body is only designed to run about 20 miles. Thus our preoccupation with running marathons can be damaging to the body. Muscle cells and fibers are damaged due to overstressing of the muscles involved. Ending a workout very quickly stops the pumping action of the muscles that assists the drainage of body fluids diffused throughout the muscle tissue. Blood pressure drops and heart rate slows, and drainage of waste products slows also. This also contributes towards stiffness and pain in muscles.

REDUCING THE CAUSES OF DAMAGE

The muscles must be conditioned to accept the battering we dish out to them. Distance training, conditioning the muscles to function efficiently while running over long distances, should be the first priority in training. Secondly, training down hill is important. Due to the eccentric muscle contractions due to down hill running, muscles are damaged most heavily while running on negative or "down" gradients. Thirdly, shoes must be worn that effectively cushion the increased landing shocks while running down hill. Finally, weight training to strengthen muscle groups involved in running is helpful to prevent muscle soreness and eventually, injury. Special attention should be paid to the Quadriceps muscle group, to ensure the correct power ratio between Quads and Hamstrings. (To page 10)

THE DAY I ALMOST BEAT A PROFESSIONAL TRIATHLETE

By Jim Leser

Yes it's all true. I lost to Karen Snyers by only 12 seconds at the Frost Yer Fanny Duathlon (FYF) in January! I admit that we were in different waves and that she was doing a training run while I was working by rear end off trying to better my best previous time (I did set a PR for this event by winning my age group--1:40:12). I'll take my almost victories as I can. Who is Karen Snyers? You really don't know? She is an elite athlete who won the Hawaii Ironman and the Triathlon World Championship in 1995. She came in 2nd in the Hawaii Ironman in 1999. Karen has won or placed in the top 5 for elite women in many major triathlons over the last decade. She qualified for and competed in the Triathlon Olympic Trials in Dallas last year. Need I say any more?

The FYF event hosts the annual awards banquet for the USAT South Midwest Region. This region includes Texas, Oklahoma, Arkansas and Louisiana. I received a very nice engraved crystal glass for coming in first overall for my age group for the entire year. The Greens received the award for top large triathlon (Buffalo Half Ironman Triathlon) for the region and also got a huge hunk of glass. The banquet was great and included an Elvis impersonator. Karen Snyers personally gave out the awards. I took advantage for a photo op and to exchange a few words with someone who is also from Massachusetts. Yes, I am one of those damn displaced yankees—and glad for it too!

The actual duathlon (5 km run/ 20.3 mile bike/ 5 km run) took place Sunday under dry, cold conditions. There were actually two events with a shorter duathlon offered too. Over 250 athletes competed. The ground was so wet from previous rains that we had to park in paved parking over a 1/2 mile from the transition area. Deciding what to wear was the buzz in the transition area with some folks over-dressed like Eskimos and others almost naked. Brrrrrr! I opted for tights, long sleeve polypro, and ear warmers on the run and added a wind vest and over-gloves for the bike. By the time I got off my bike my feet were frozen. A common comment heard was not feeling one's feet until about 1 mile into the second run. Also competing in the long event from our area was Marti Greer (2:14:59) and Mike Greer (2:01:52), Wade Wilson in his first duathlon (1:44:22--a really good time!) and Shana Armstrong (2:01:24). The awards ceremony was cool in that Karen Snyers stuck around and received 1st place in her age group but second place overall. How many elite's do you know that will stick around to the end of the awards ceremony?

WTRC MEMBERS NEWS

AUSTIN MOTOROLA MARATHON RESULTS

A scan of the results showed the WTRC was well represented at the Motorola Marathon on February 18. Congratulations to Louanna Arterburn (4:54:37), Robert Bacon (4:40:27), Bob Bernero (4:54:37), Mary Bransome (4:00:12), Dianne Calhoun (3:46:45), Linda Ibbeson (3:28:04), Judy Lawley (3:54:53), and Ken McEachern (5:02:27). Cash awards totaling over \$80,000 brought in a strong contingent of national and international runners with Mohammed Nazipov of Moscow winning in 2:11:14, a new course record by over 4 minutes.

RACE PHOTOS AT WTRC WEBSITE

Last month we reported that David Higgins and Michael Kregger were hard at work adding enhancements to our club website. Check it out at <http://members.tripod.com/wtrc>. Currently, there are photos taken at the February Cotton Patch Run. If you missed the race you can tell it was a cold morning by the way runners and volunteers were bundled up.

FINAL NEWSLETTER FOR NON-RENEWALS

This will be the last newsletter to be mailed to those who have not paid their membership fees for 2001. At this time there are still quite a few members who have not sent in their dues. If you have a question about your membership status please contact John Trompler at 794-1359 or email trompler@endoramail.com. John will continue to maintain membership records for a few more weeks before passing those duties on to Martha Martinez.

COTTON PATCH RACE DIRECTOR'S REPORT

Just a note to thank the volunteers and participants at this year's Cotton Patch Run. The volunteers were vital to the success of this "very cold" event and they are: Dan Adams and his 7 young ladies from Girlstown (water stops), Tom Griffin (pre-registration & corner marshal), George Jury (computer operator/results), Tony Aleman (chronomix/results), Ron Lubowicz (registration & errand guy), Jimmy Key (finish line/results), Jeff Key (food prep & finish line), Jon Omdahl (finish line/results), Rebecca Puckett, Mrs Bill Roger, Delores Key, Carolyn Rice & Mike Kelley (The WTRC Running Apparel Store) and Larry Byrd (registration & finish line results). Kudos also to Bob Bernero who set up the course caution signs, mile markers, etc. and Ron Hewett who helped with registration, then both competed in the 8 mile run! A special thanks goes to Rod Hendrix and Bobby Sain who made sure we had a warm place to retreat to before & after the race by opening up the Friendship High Cafeteria. That really makes a difference guys! It seems every year the course records are changed and this year was no exception. Age group records in the 8 mile run were broken by Jamie Francis, 1:01:27 and Hope Jimenez. 59:01. Age group records in the 4 mile were broken by Jim Harris, 27:51, Linda Northrop, 29:00 and by Martha Martinez, 32:27. Hope everyone enjoyed this event as much as I did and I hope to see you again next month as well as next year.

David Higgins

P.S. check out WTRC website for event pics

PRESIDENTS MESSAGE (CONTINUED)

women), then you may have a chance at surviving to a maintenance phase where you are comfortable with the commitment you've made.

Take all that and you have a model for your running life. Don't you just hate to be around those new runners who are so enthusiastic they have to tell you every split of their last three races! They're in love with running, their newfound health, and weight loss, and they're still marveling that it may be possible to run 26.2 miles. Its like talking to someone in 'luv'! Of course most of us realize the initial novelty and enthusiasm wears off, especially when the aches, pains, and injuries occur. That's when we enter that phase that tests our commitment. Of course the occasional endorphine rush of a medal in your age group keeps the fires stoked enough to maintain the miles; that and the fact that you have a record going of 5,254 days straight of running (even after that painful hemorrhoid surgery) and you don't dare break the trend now. Once you learn to live with the limitations which your body imposes on you, or your lovely wife (yes, you HAVE to interrupt the football game and run to the store for calves liver, NOW!), then you have settled into that maintenance phase in which running is such a way of life that you can't imagine existing without it. Not a bad arrangement.

So where does chocolate fall into this addictive lifestyle? Well, it is the exception. It retains all the romance with very few drawbacks (as long as you keep putting in the calorie burning miles). A bag of chocolate chip cookies is a reliable mainstay in my cupboard. A fudge brownie Blizzard will always bring groans of ecstasy from me. And I make sure I get my ration of chocolate daily. I think I have more consecutive days consuming this primary food group than I do running. Its a lifestyle I've trained hard to develop.

So go ahead and encourage new runners; tell them what an ecstatic experience running a marathon is, especially in that 23rd mile. Promote the pleasures of finishing right behind that 60 year old lady who doesn't even sound winded. By the time they pull a groin muscle or enter that scenic, gentle trail run in Palo Duro Canyon, they will be in the maintenance phase and won't quit the miles until their knees are gone or they win that coveted 70+ division.

See you down the road.

Mike Kelley

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
(reflects all paid members as of 02-16-01)

MALE

YTD TOTALS		AGE PTS MILES EVT VOL			YTD TOTALS			AGE PTS MILES EVT VOL							
0 - 12 MALE		12	10	5	1	47	20	9	2	45 - 49 MALE		47	20	9	2
Drew Soucy		12	9	5	1	49	17	13	2	Frank Sumpter		55	20	13	2
Kenneth Kinzenbaw		14	19	13	2	45	16	9	2	Ken Jemigan		58	10	4	1
									Rick Syper		58	9	18	2	
13 - 15 MALE		16	20	9	2	46	15	9	2	Lorenzo Padilla		56	8	4	1
Nathan Beck		17	16	13	2	49	9	13	2	Jimmy Clark		57	0	13	2
									Nate Wilson		56	0	5	1	
16-19 MALE		19	9	4	1	45	9	5	1	Fred Weber		56	0	5	1
Casey Sumpter		17	9	5	1	48	4	21	2	David Higgins		58	0	5	1
Caleb Beck		17	9	5	1	46	3	5	1	Jon McMenamy		58	0	5	1
Bobby Sain		29	18	9	2	53	16	13	2	50 - 54 MALE		55	20	13	2
Ben Wright		24	10	4	1	52	14	13	2	James Livemore		58	10	4	1
		29	9	8	1	52	10	13	2	Sam Prose		58	9	18	2
20 - 29 MALE		29	9	8	1	50	10	13	2	Mike Kelley		57	0	13	2
Frank Rhoades		33	20	13	2	52	9	13	2	Jim Wilhelm		56	0	5	1
Hawk Harris		30	7	5	1	51	0	13	2	Tom Griffin		58	0	5	1
Glen Poklikuha									Tony Aleman		58	0	5	1	
30 - 34 MALE		33	20	13	2	55	20	13	2	55 - 59 MALE		55	20	13	2
Tim Key		30	18	13	2	58	10	4	1	Danny Galey		58	10	4	1
Adam Puckett		31	7	13	2	58	9	18	2	Jim Harris		56	8	4	1
Wayne Ivey		30	7	5	1	56	8	4	1	Bob Bernero		57	0	13	2
Clint Stephenson									Landrum Medlock		56	0	5	1	
									Ron Lubowicz		58	0	5	1	
35 - 39 MALE		39	9	5	1	56	0	5	1	Ron Key		58	0	5	1
Dana Soucy		39	8	8	1	58	0	5	1	Roger Turner		71	20	13	2
Ron Hewett											66	10	4	1	
									60 - 99 MALE		61	9	9	2	
40 - 44 MALE		44	17	9	2	71	20	13	2	Don Sanderson		61	9	13	2
Dwayne Oakeley		42	17	13	2	66	10	4	1	Bill Felton		62	0	5	1
Kurt Thomas		43	12	9	2	61	9	9	2	James Bone		64	0	13	2
David Malone		41	12	13	2	61	9	9	2	Bill Roger		63	0	13	2
Jim Beck		44	10	5	1	62	0	5	1	Jerry Wright		63	0	13	2
Al Gardner		43	9	9	2	64	0	13	2	George Jury					
Ed Dabrowski		43	9	13	2					Jimmy Key					
Dan Adams		41	8	13	2										
David Baldwin		43	7	9	2										
Mike Malone															

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 2001 CHALLENGE SERIES
STANDINGS AFTER 2 EVENTS
(reflects all paid members as of 02-16-01)

FEMALE

YTD TOTALS		AGE PTS MILES EVT VOL			YTD TOTALS			AGE PTS MILES EVT VOL									
0 - 12 FEMALE		16	10	8	1	17	10	4	1	35 - 39 FEMALE		39	20	13	2		
Hope Jimenez		16	10	8	1	16	10	5	1	Denise Bray		38	10	4	1		
									Linda Wickersham								
13 - 15 FEMALE		17	10	4	1	16 - 19 FEMALE		17	10	4	1	40 - 44 FEMALE		42	19	9	2
Mindy Sullivan		17	10	4	1	Alyssa McMenamy		16	10	5	1	Julie Cribbs		40	16	9	2
									Robin Thomas								
20 - 29 FEMALE		28	15	13	2	20 - 29 FEMALE		26	10	5	1	45 - 49 FEMALE		47	20	13	2
Brandy Temple		28	15	13	2	Shanna Armstrong		26	10	5	1	Shirley Wigley		49	18	9	2
									Linda Northrup		48	16	9	2			
30 - 34 FEMALE		31	20	9	2	30 - 34 FEMALE		31	20	9	2	Madonna Miner		49	13	9	2
Louanna Arterburn		31	20	9	2	Janda Ibbetson		31	20	9	2	Josie Aleman		45	10	4	1
									Connie Berlinger		46	7	5	1			
Janda Ibbetson																	
50 - 99 FEMALE		51	20	13	2	50 - 99 FEMALE		51	20	13	2	50 - 99 FEMALE		51	8	5	1
Etta Mayer		51	20	13	2												
									Janie Phillips		53	0	5	1			
									P J Mitchell		59	0	13	2			
									Delores Key		59	0	13	2			
									Carolyn Rice		59	0	13	2			

** = RACE DIRECTOR
* = VOLUNTEER

RRCA ANNUAL CONVENTION

The 44th annual Road Runners Club of America National Convention will be held in Albuquerque, New Mexico from May 2 to May 6, 2001. The convention will be co-hosted by the Albuquerque Road Runners and will feature a variety of workshops, tours, and running events, as well as RRCA organizational meetings and coaching certification training. The workshops cover a variety of subjects including masters and seniors running, promoting children's running, creating successful club newsletters, building better club and race websites, the future of women's running, etc. The West Texas Running Club is prepared to assist up to two members to attend this conference by paying registration fees. Interested club members should contact Mike Kelley at 765-0441(H) or 766-0355 (O).