

CALENDAR

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

- SEPT 5 **NEW MEXICO MARATHON:** Albuquerque, Charlie Otero, (505)345-4274
www.newmexicomarathon.org
- SEPT 7 **W.T.R.C. Business meeting,** Tuesday, September 7, 2004
 7pm, WEST TEXAS PETERBILT, 45th and Ave. WA
- * SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 11 **MAYOR'S HALF MARATHON:** Amarillo, Jan Edwards, (806)378-9301
jan.edwards@ci.amarillo.tx.us
- OCT. 2 **RACE FOR THE CURE:** 5K, TTU Campus, Lubbock, 8am, FMI 699-1900
www.komen-lubbock.org
- * OCT. 9 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K
 Race Director, Kirk Thomas, 797-7734 (n), 749-1850 (d)
- OCT. 16 **PALO DURO TRAIL RUN:** 50 Mile, 50K, 20K, 7am, wbross@arn.net
- OCT. 16 **RED RIBBON RUN:** 5K, MAE SIMMONS PARK, Rose Hoeve, 725-6074
- OCT. 16 **MARATHON 2 MARATHON:** 7am, Alpine, www.RUNTEX.com, 800-959-7868
- OCT. 24 **DUKE CITY MARATHON:** Albuquerque, John Bennett, (505)880-1414
www.dukecitymarathon.com
- OCT. 31 **RIO GRANDE MARATHON:** 7am, Las Cruces, NM, (505) 524-7824
- NOV. 7 **SAN ANTONIO MARATHON:** (210)246-9652, www.samarathon.org
- * NOV. 13 **BUFFALO WALLOW RACES:** Buffalo Springs Lake, Half Marathon & 2 Mile, 9:00 am, FMI call George Jury, 792-3291 (d) 792-1237 (n)
- * NOV. 25 **W.T.R.C. TURKEY TROT:** Mackenzie Park, Lubbock, 9:00 am, 12K and 2 Mile, FMI call Ron Lubowicz, 745-3955 (d), 748-1855 (n)
- DEC. 5 **TUSCON MARATHON:** Tuscon, AZ, www.tusconmarathon.com
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am
 FMI, call Tom Griffin, 698-1503 (h) 747-2579 (w)
- DEC. 12 **WHITEROCK MARATHON:** Dallas, www.runtherock.com
- * JAN. 8 **LOOP THE LAKE 5 MILE:** Buddy Holly Park, 10am, Race Director Jim Beck, 720-7659 (d), 784-0056 (n)
- JAN. 16 **HP/HOUSTON MARATHON:** (713) 957-3453, www.hphoustonmarathon.com
- JAN. 30 **3M HALF MARATHON:** Austin, (512)984-7223 (www.3M.com/races)
- * FEB. 12 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 795-5823(w), 785-8562(h)
- FEB. 13 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Cell (877) 601-6686
www.motorolamarathon.com



David Higgins
 3401 Alcove
 Lubbock, TX 79407



John Trompler, Newsletter
 5406 86th Street
 Lubbock, TX 79424



Shallowater Stampede
 8am, September 11, 2004
 Shallowater, TX 10K & 2M
 Details inside back cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Ron Lubowitz
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External Vice-President - Kirk Thomas
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Immediate Past President - Mike Kelley
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WTRC Web Address:
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DIRECTORS

Newsletter Director - John Trompler
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External Race Director - Jay Keith
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Equipment Director - Dwayne Oakeley
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Race Calendar Director - Adam Puckett
(H) 535-1747 (O) 775-1236
E-mail: adam.puckett@numtherace.net

Membership Director - Sam Prose
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Internal Race Director - Tom Griffin
(H) 698-1503
E-mail: tomgrwp@hotmail.com

Club Historian - James Livenmore
(H) 792-5815
E-mail: jmore@nts-online.net

W. T. R. C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, September 7, 7:00 p.m. at West Texas Peterbilt, 4515 Ave. A, Sales & Leasing Office (closest to Ave A)
All members are welcome.

NOTES FROM THE PRESIDENT

As we approach this year's three-quarter mark I have noticed that many of you who are doing well in the Challenge Series standings have not yet satisfied your volunteering requirement. In previous years the pattern has been to have too many volunteers at the last couple of races. Separately, we have several injured members who have been sidelined and reduced to spectators.

If you fall into either of these two categories, or if you are close to someone who does, please consider the needs of the Red Raider Road Race. This is our Club's biggest event of the year, not only because of the number of runners who will enter, but also in terms of the amount of effort it takes to put this race on. Its continued success is critical to our scholarship program.

This all translates into effort ... volunteer effort ... to guarantee a smooth, well run event. If you can help or get a fellow Club member to help, please contact Kirk Thomas, our race director at 749-1859 (days), 797-7732 (evenings) or at kthomas@statenationalbank.com. If you are unable to reach Kirk, feel free to contact any of the Board members listed above. Thanks for pitching in.

SYOTR, Ron

THE 17th ANNUAL HOT DAM 5 MILE RUN
USA T&F CERTIFIED #TX93059ETM
August 14, 2004
Lubbock, Texas

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PAGE
1 ANTHONY HERR	18	M	1	M1619	LUBBOCK	TX	29:07	5:50
2 ED ROUP	18	M	2	M1619	LUBBOCK	TX	29:17	5:52
3 LARRY LOVATO	17	M	3	M1619	LUBBOCK	TX	31:03	6:13
4 MATT GORDILLO	30	M	1	M3034	LUBBOCK	TX	31:53	6:23
5 RICHARD LOMBARDINI	28	M	1	M2529	LUBBOCK	TX	33:39	6:44
6 TOMMY PERKINS	43	M	1	M4044	SPRINGFIELD	MO	33:46	6:46
7 DAVID WALKER	28	M	2	M2529	AUSTIN	TX	33:54	6:47
8 JERRED HURST	25	M	3	M2529	LUBBOCK	TX	33:55	6:47
9 TRACY AKERHIELM	21	F	1	F2024	LUBBOCK	TX	34:15	6:51
10 JOSHUA SAVAGE	29	M	4	M2529	LUBBOCK	TX	34:37	6:56
11 FARRELL MARTIN	38	M	1	CLYDE	LUBBOCK	TX	34:43	6:57
12 JOHN KEITH	15	M	1	M1315	LUBBOCK	TX	34:49	6:58
13 RICHARD AKERS	49	M	1	M4549	LUBBOCK	TX	34:50	6:58
14 EPI AGUIRRE	45	M	2	M4549	LUBBOCK	TX	35:28	7:06
15 LAWRENCE SCHOVANEC	51	M	1	M5054	LUBBOCK	TX	35:31	7:07
16 JAY KEITH	46	M	3	M4549	LUBBOCK	TX	35:47	7:10
17 COLLEEN ADAMS	11	F	1	F0112	SAN ANGELO	TX	35:53	7:11
18 AL GARDNER	48	M	4	M4549	LEVELLAND	TX	36:37	7:20
19 DAVID DEES	39	M	1	M3539	LUBBOCK	TX	37:18	7:28
20 RICK SYPERT	48	M	5	M4549	LUBBOCK	TX	37:19	7:28
21 JOHN TROMPLER	56	M	1	M5559	LUBBOCK	TX	38:00	7:36
22 BRAD EWING	40	M	2	M4044	LUBBOCK	TX	38:16	7:40
23 JEFF BAKER	30	M	2	M3034	LUBBOCK	TX	38:16	7:40
24 PAUL PARE	42	M	3	M4044	LUBBOCK	TX	38:18	7:40
25 RONNIE PRIGG	53	M	2	M5054	LUBBOCK	TX	39:02	7:49
26 MARY BRANSCOME	44	F	1	F4044	LUBBOCK	TX	39:46	7:57
27 JOHN DUPRE	64	M	1	M6064	LEVELLAND	TX	40:20	8:04
28 JUDY LAWLEY	39	F	1	F3539	LUBBOCK	TX	40:26	8:06
29 IRIS RIVERO	29	F	1	F2529	LUBBOCK	TX	40:27	8:06
30 DAVID HIGGINS	52	M	3	M5054	LUBBOCK	TX	40:31	8:07
31 ALLYSSA PRESTON	16	F	1	F1619	LUBBOCK	TX	40:34	8:07
32 TOM WEIS	50	M	4	M5054	LUBBOCK	TX	40:47	8:10
33 RONNIE TROLLINGER	44	M	4	M4044	LUBBOCK	TX	40:54	8:11
34 RALPH WOLF	67	M	1	M6569	ABERNATHY	TX	41:04	8:13
35 SIGMOND DIAZ	50	M	5	M5054	LUBBOCK	TX	41:17	8:16
36 LARRY DeLEON	43	M	5	M4044	LUBBOCK	TX	41:39	8:20
37 WARNER ALEXANDER	44	M	6	M4044	LUBBOCK	TX	41:42	8:21
38 DAVID MOYA	31	M	3	M3034	LUBBOCK	TX	41:44	8:21
39 ISELLA GALINDO	30	F	1	F3034	LUBBOCK	TX	41:57	8:24
40 JOEL HERNADEZ	27	M	5	M2529	LUBBOCK	TX	42:01	8:25
41 MADONNE MINER	51	F	1	F5054	LUBBOCK	TX	42:03	8:25
42 JIM WALKER	57	M	2	M5559	LEVELLAND	TX	42:14	8:27
43 DAVID MANGOLD	55	M	3	M5559	LUBBOCK	TX	42:36	8:32
44 GORDEN JENKINS	63	M	2	M6064	AMARILLO	TX	42:49	8:34
45 SUZANNE RODRIGUEZ	29	F	2	F2529	LUBBOCK	TX	42:50	8:34
46 GENE ADAMS	46	M	6	M4549	SAN ANGELO	TX	42:55	8:35
47 BILL FELTON	69	M	2	M6569	WOLFFORTH	TX	43:08	8:38
48 JIM BURLESON	62	M	3	M6064	LUBBOCK	TX	43:09	8:38
49 MARSHA BENNETT	40	F	2	F4044	LUBBOCK	TX	43:46	8:46
50 GENE MYERS	48	M	7	M4549	MABANK	TX	43:55	8:47
51 RONNIE NUGENT	57	M	4	M5559	LUBBOCK	TX	44:26	8:54

* 17 COLLEEN ADAMS

THE 17th ANNUAL HOT DAM 5 MILE RUN
 USA T&F CERTIFIED #TX93059ETM
 Lubbock, Texas August 14, 2004

PLACE NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
52 MERRY MILLER	16	F	2	F1619	LUBBOCK	TX	44:33	8:55
53 TURNER ADAMS	9	F	2	F0112	SAN ANGELO	TX	44:44	8:57
54 DONALD GIBSON	46	M	8	M4549	SAN ANGELO	TX	44:51	8:59
55 CARRIE BADILLO	27	F	3	F2529	LUBBOCK	TX	45:12	9:03
56 JIM WILHELM	53	M	6	M5054	LUBBOCK	TX	45:38	9:08
57 SHIRLEY WIGLEY	50	F	2	F5054	LUBBOCK	TX	46:06	9:14
58 MELANIE MCVEY	42	F	3	F4044	SUNDOWN	TX	46:28	9:18
59 MELISSA MILLER	13	F	1	F1315	LUBBOCK	TX	47:04	9:25
60 CATHY PADEN	34	F	2	F3034	SLATON	TX	47:08	9:26
61 CHARLES REYNOLDS	60	M	4	M6064	LUBBOCK	TX	47:26	9:30
62 COLTON PITTMAN	10	M	1	M0112	LUBBOCK	TX	49:45	9:57
63 CYNTHIA PEDERSEN	44	F	4	F4044	CLOVIS	NM	50:09	10:02
64 SAM PROSE	55	M	5	M5559	LUBBOCK	TX	50:39	10:08
65 SCOTT SHARP	48	M	9	M4549	LUBBOCK	TX	53:10	10:38
66 MIKE TREVINO	35	M	2	M3539	LUBBOCK	TX	53:11	10:39
67 TERRI KNIGHT	38	F	2	F3539	LUBBOCK	TX	53:21	10:41
68 MEL OSBURN	65	M	3	M6569	RANSOM CANYON	TX	56:25	11:17
69 ELAINE CODDINGTON	46	F	1	F4549	LUBBOCK	TX	58:12	11:39
70 AUTUMN MOORE	23	F	2	F2024	CLOVIS	NM	58:39	11:44
71 SUZAN CAUDLE	51	F	1	A1004	LUBBOCK	TX	1:00:43	12:09

RACE DIRECTOR'S REPORT

The conditions for our annual August race were near perfect--mildly overcast, cool, and still. The better-than-70 runners who participated were a tough, hardy, and focused group who gallantly faced the challenge of a fairly difficult course. Our field of participants did not lack for heavy hitting talent. Colleen Adams of San Angelo set a record for her age group at a 7:11 pace. And a good number of our finishers demonstrated impressive strength, running the race at inspirational proficiencies. Best of all, each participant finished the race, and no one got hurt, ill or lost! This year we have eliminated the children's 1 mile (lack of participation). Since this was a single-distance race, we were able to get our run underway promptly, our medals awarded expeditiously -- and we were headed home in record time! I wish to express my deepest appreciation and gratitude to all those folks who gave up their Saturday morning to help us put on this race. Specifically I want to recognize George Jury, Tom Griffin, Tony Aleman, Rick Lampe and Tony Aleman (computer and timing equipment), Josie Aleman, Rick Lampe, Craig Jackson, Debbie Wilson, Jim Harris, George Jury, Tom Griffin (tags and registration), Fran Dupre, Ron Lubowicz, Ann Hodges, Jeff Wise, Angela Franco, Estela Galvan, Tony Rodrigues, Jessye Raye Rodriguez (food and water stations), and Jim Layman, Hannah Layman (setting out the markers and manning the turnaround). If I have inadvertently omitted someone's name from this list, please accept my heartfelt apologies. Each and every one of you has made a notable and meaningful contribution. Everyone did such a fine, thorough job; I had virtually nothing to do but stand around and look pretty (no feedback, please). Thanks again to all of the runners and helpers who made the 2004 Hot Dam road race a successful club run. Same time, next year?

Etta Mayer

**W.R.T.C. 2004 CHALLENGE SERIES
 STANDINGS AFTER 8 EVENTS**

MALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
0 - 12 MALE				45 - 49 MALE			
Austin Martin	9	9	2 1	Jay Keith	45	54	35.4
Tyler Schovaneac	10	9	2 1	Randy Holloway	47	50	68.3
Cody Schovaneac	9	8	2 1	Epi Aquirre	45	37	27.1
13 - 15 MALE				50 - 54 MALE			
John Keith	15	51	21 6 *	Lawrence Schovaneac	51	59	37.4
Drew Jones	14	20	10 2 2 *	Jim Wilhelm	53	53	62.3
Tony Rodriguez	13	3	8 2 2 *	David Higgins	51	50	46.4
16-19 MALE				55 - 59 MALE			
Aubrey Thomas	17	5	5 1	John Trompler	55	46	53.3
20 - 24 MALE				60 - 64 MALE			
Brian Doss	21	9	4 1	Sam Prose	55	20	27.1
25 - 29 MALE				65 - 69 MALE			
Richard Lombardini	27	30	29.1 3	James Livermore	56	17	26.2
Greg Layton	25	26	18.2 3	Ron Nugent	57	13	29.3
Matthew Jordan	25	18	24.1 2	Dick Baker	59	6	5 1
Jerred Hurst	25	8	5 1				
30 - 34 MALE				70 - 74 MALE			
David Moya	31	48	14 5				
Kevin Sweeney	34	31	28.1 4				
Chance Payton	29	21	16.2 2				
Mike Trevino	34	17	7 2				
Allen Franco	32	17	5 2				
Pete Torres	33	8	12 2				
35 - 39 MALE				75 - 79 MALE			
Tim Key	36	63	31.1 6				
Craig Jackson	39	45	36.2 6				
Bob Blake	39	35	34.3 4				
Robert Ortega	35	26	16.2 3				
Mike Dotson	38	20	19 2				
Cody Scott	37	15	11.2 2				
David Steadman	35	9	11 1				
Daniel Gonzales	38	7	5 1				
40 - 44 MALE				80 - 84 MALE			
Stacy Conner	41	56	50.4 7				
Jerry Dwyer	44	40	41.4 5				
Paul Pare	40	27	12.4 3				
Brent Lowrey	41	10	6 1				
Chris Longren	44	9	11 1				
Alan Payne	44	8	4 1				

** = RACE DIRECTOR
 * = VOLUNTEER

**W.R.T.C. 2004 CHALLENGE SERIES
STANDINGS AFTER 8 EVENTS**

MALE (continued)

NAME	60 - 64 MALE			65 - 69 MALE			AGE	PTS	MILES	EVT	VOL
	AGE	PTS	MILES	AGE	PTS	MILES					
Gorden Jenkins	63	56	52.1	66	69	50.4	66	69	50.4	8	*
Jim Burleson	61	50	40.4	66	47	27.2	69	47	27.2	6	*
Jim Harris	61	40	18	65	33	23.2	65	33	23.2	4	*
Ron Lubowicz	61	20	22	65	18	21.4	65	18	21.4	2	**
James Bone	64	18	8	66	17	37.3	66	17	37.3	4	**
Larry Byrd	62	0	19.3	65	9	3	65	9	3	1	*
				67	0	67.3	67	0	67.3	8	*
70 - 99 MALE											
Don Sanderson	74	50	33.1	CLYDESDALE - age graded			40	54	44.2	7	*
John Staciup	70	18	7	40	54	44.2	40	54	44.2	7	*
Tom Bowser	77	10	6.2	37	40	30.1	37	40	30.1	4	*
John Owens	75	9	2	44	34	38.1	44	34	38.1	5	**
Hugh Haynes	72	0	11	32	28	31	32	28	31	4	**
				59	27	25.2	59	27	25.2	5	*
				30	26	17.2	30	26	17.2	3	*
				46	19	5	46	19	5	2	*
				38	18	47.3	38	18	47.3	6	*
				32	15	7	32	15	7	2	*
				35	10	11	35	10	11	1	*

Medal Recycling Program

Last month Shirley Wigley returned over 50 medals from a variety of club races she had run in previous years. If you have more medals than you know what to do with, you might consider recycling them for use in future races. Most of our races have had the same custom designed medal used each year for awards. At a cost of \$2.75 to \$3.60 per medal, even a few individuals recycling old medals can help the club's bottom line tremendously. Your consideration of this program will be greatly appreciated.

FEMALE

Marathon Training Group Holds Initial Run

Last month your editor floated the idea of forming a marathon training group to meet on Saturdays for a long run when no WTRC races are being held. We had enough positive response to go ahead and begin the gathering on August 28. There was a modest group of five runners at this initial effort, but there were several others who indicated they were interested, and would be able to attend on an upcoming weekend. The group is starting at the Outdoor Center in Mackenzie Park at 7:00 AM. While the general concept is to put in a long run in preparation for an upcoming marathon, anyone who wants to get in a run of any length can join in. We are running loops out of the Outdoor Center parking lot, with water stored in our vehicles, so configuring a run of a variety of lengths is possible. For further information please contact John Trompler (e-mail trompler@cox.net, or phone 794-1359).

Free Pair of Gravity Inversion Boots

George Jury has a pair of gravity inversion boots he used some years ago that he is offering to give to any interested party. If you are not familiar with this equipment you can do an online search and find a wealth of information. Basically, they allow you to hang upside down as a tool for spinal decompression. They can provide relief to some who suffer from chronic lower back pain, sciatica, or other back ailments. The first person to call George at 792-3291 gets the inversion boots free.

0 - 12 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Hanna Layman	11	68	27	8	*
Jessye Raye Rodriguez	11	20	10	3	*
Allison Martin	7	9	2	1	

16 - 19 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Alyssa Preston	16	31	10	3	
Melissa Doss	19	20	9	2	
Meagan Mills	19	10	2	1	

20 - 24 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Autumn Moore	23	28	30.4	6	*

25 - 29 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Angelia Franco	26	51	35.4	7	*
Iris Rivero	28	49	29.4	5	
Mandy Cleavinger	25	15	7	2	

30 - 34 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Heather Szostak	33	30	32.1	3	
Jill Jacobus	30	29	17.2	3	*
Mallinda Colwell	30	28	22.2	4	*
Brandy Key	31	25	15	3	
Kelley Rodgers	30	19	11	2	
Marianne Miller	30	18	6	2	*
Cathy Paden	33	17	21	3	*
Rebecca Puckett	33	0	15	2	*

35 - 39 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Julie Lawley	39	40	26.2	4	*
Lourdes Juan	37	18	14.2	2	
Becky Rowley	39	11	5	1	
Hermilina Ortega	36	10	2	1	
Vanessa Reasoner	35	9	4	1	
Lisa Garner-Santia	35	8	5	1	

40 - 44 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Marsha Bennett	40	66	56.1	7	
Mary Branscome	44	39	26.2	4	
Melanie McVey	42	30	15	3	
Cynthia Pederson	44	17	8	2	
Debbie Wilson	42	0	28.1	3	*
Ida Sumpster	44	0	22	3	*

45 - 49 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Ann Hodges	46	55	46.3	8	*
Martha Martinez	48	30	7	3	
Marti Greer	45	20	10.2	2	
Jennifer Sunseri	45	10	13.1	1	
Ernie Doitson	46	9	4	1	

50 - 54 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Madonne Miner	51	71	53.4	8	*
Etta Mayer	54	67	67.3	8	**
Josie Aleman	52	47	34	8	*
Shirley Wigley	50	38	28.5	5	
Connie Berlinger	50	9	5	1	

55 - 59 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
P.J. Mitchell	59	0	13.1	1	*

60 - 99 FEMALE

NAME	AGE	PTS	MILES	EVT	VOL
Estrella Galvan	61	30	14	4	*

Athens

NAME	AGE	PTS	MILES	EVT	VOL
Susan Caudle	51	60	26	7	*

** = RACE DIRECTOR

* = VOLUNTEER

Shallowater Stampede to Offer Optional T-Shirts

The Shallowater Stampede will once again be offering participants an option to purchase a race T-shirt at the very reasonable price of \$6. If you want the T-Shirt you can purchase it on race day, or, if you want the best chance at getting the size of your choice, mail or otherwise submit your entry form with desired size checked and extra \$6 included, prior to race day.

Red Raider Road Race Volunteer Opportunities

In his monthly message, WTRC President Ron Lubowicz made a general appeal for volunteers for the annual Red Raider Road Race. How can you help specifically? Race Co-director Kirk Thomas is looking for help in the following areas:

Registration and packet pickup from 10 am to 6 PM on Friday, October 8 at RUN TECH's store on Broadway.

Race Day: Registration and packet pickup from 8 AM at the Student Recreation Center
 Course setup early race day morning and course take down following the race
 Finish line workers—timers and tag pullers
 Coordinator for race course volunteers (TTU students)
 Delivery of water and cups to aide stations

To volunteer, or to get further information, please contact Kirk Thomas at 749-1850 (daytime work number), 797-7732 (evenings), or via e-mail at kthomas@statenationalbank.com.

20 Volunteers needed for Susan Komen Race for the Cure

The WTRC will again handle race results and timing for the Race for the Cure to be held on October 2, 8:00 AM, on the Texas Tech Campus. Volunteers are needed to staff the finish line chutes. Due to the large size of this race we need 20 members to assist on race day. To volunteer, call George Jury at 792-3291 (day), or 792-1237 (night) with your T-shirt size. All volunteers will be provided a complimentary WTRC shirt to wear on race day and to keep afterwards. The club is compensated for this work, but at a reasonable rate that is much lower than race organizers can obtain from commercial vendors of these services.

Do You Train? Or do You "Just Run"

John Trompler

I am often asked at Club races, or on other occasions when I meet a fellow runner, for what race I am training. I generally refer to some race months away that I have a general plan of attending—currently my response would be the White Rock Marathon. The truth is I don't really think what I am doing is actually training. Training, to me, implies structure, discipline, and perhaps even programmatic schedules. I don't do any of that. Basically, I just run with a few general principles acting as my guide. I know I need to run some long runs in preparation for the marathon, and I know I must

"groove" the pace that I want to run on race day. That is, I must run some miles at the anticipated race pace, and ideally even some miles at faster than anticipated race pace. As I start my run each day I am aware of these principles, and aware of what I have done in recent days, then I go out and do whatever "feels" right. I do not keep a log, but I have a rough idea of my mileage over the last two to three months. I admit that I occasionally take my morning resting heart rate to preview what I am likely to feel once I begin the run. Overall, however, this approach seems something other than "training". I am really just going out and running, albeit with a significant backlog of experience, and knowledge.

Am I a faster runner for my approach to the sport? I doubt it. Looking at the approach of Lance Armstrong to mastering his discipline, cycling --a structured, guided, year round program with a dedication to achieving a single goal of winning the Tour de France obviously works. Training under the guidance of Chris Carmichael, Lance Armstrong has achieved the pinnacle of cycling success. Lance does love his sport and is an extraordinary competitor, but in a few years he will have to transition to another way of looking at his sporting life. Winning at the highest levels of competitive cycling will eventually no longer be possible. The question remains, therefore, is a highly structured approach suitable for me, or for that matter, for most endurance athletes?

My inspiration for running comes from running itself. I like to run. I want to keep it fun. Over the long haul I believe this approach will best serve someone like myself, whose greatest aspiration is to just keep on running. A much better runner than I, the late Jack Foster of New Zealand explained his approach to running this way: "I don't think of running as 'training.' When I was asked about training and schedules last time, I told the guy, 'I didn't train. I just went for a run each day....' It has to be a pleasure to go for a run, looked forward to while I'm at work. Otherwise, no dice. This fact, that I'm not prepared to let running be anything but one of the pleasures of my life, is the reason that I fail by just so much. However, this doesn't bother me. Neither does the prospect of running 2:30 or even 2:50 marathons in the future." If you are unaware of the accomplishments of Jack Foster, please note that he held (for decades) the masters record for the marathon at 2:11:19 at the age of 41, and ran a 2:20 marathon at the age of 50. Pretty good work for an older guy who just went out for a run each day after work.

Having said all this about "just running", I must admit that I am influenced by all the literature I read about training. I recently spent quite a bit of time reading Pete Pfitzinger's "Training for Serious Runners." That inspired me to begin using my heart rate monitor again and to incorporate one tempo run (85-92% maximal heart rate for 20 to 40 minutes) each week. I've also measured an approximate half mile loop for possible repeats. Don't expect to see me at the track though—that remains "no dice".

Weight and Performance in Running

John Trompler

Of all the things runners obsess over, weight has to be numero uno. We constantly weigh ourselves, pinch at any perceived fat folds, pull on the waist bands of our pants to see how loose, or tight, they have become. All the nutritionists advise us against this type of behavior, but runners can't help but persist in this obsessive behavior. The truth is weight does affect performance. Extra pounds in the form of body fat will slow you down, but some body fat is, of course, essential to maintaining good health. The devilish trick is in finding your ideal body weight and then learning to maintain that weight for at least the most important competitions. The starting point is in coming to a rough calculation of average body weight relative to height. Nancy Clark, a sports nutritionist often cited in much of the current literature including "Runners World", recommends the midrange of a healthy weight range (plus or minus 10%, depending on bone structure) for a man as 106 lbs for the first five feet plus six pounds for each additional inch of height. She suggests 100 lbs for the first five feet of a woman's height plus six pounds for each additional inch of height. This formula yields an average healthy weight of 130 lbs for a 5'6" woman and a corresponding 166 lbs for a 5'10" man. She further suggests that the "best weight goal is to be fit and healthy rather than sleek and skinny." This is probably great advice, but I'll bet that most highly competitive runners are driven to find how much lower they can go in their quest for improved running performance.

Studies do indeed suggest that the world's greatest long distance runners are, on average, significantly lighter than the average healthy body weight suggested by Nancy Clark, and also by the older formulas devised by Dr. Stillman. Are you surprised? Did you watch the Olympic Marathon races? There were short runners and some relatively tall runners. There were many with very slight builds (e.g. Paul Tergat) and there were some with relatively more athletic builds (e.g. Stefano Baldini). Yet, all were remarkably lean. A study cited in David Costill's landmark 1979 publication "A Scientific Approach to Distance Running" found the body weight of national and international caliber male runners averaged 5'10.5" in height and 143 lbs in weight. That is approaching 20% less than the average healthy weight suggested by Nancy Clark. Please do not conclude from this that you need to drop your weight to 15-20% below these averages. Many of these champion runners have a genetic design that enables them to carry a very light height to weight ratio. Just because former Olympic champion Sebastian Coe was 5'10" and weighed 120 lbs does not mean that you should try to even remotely approach that height/weight ratio. It just isn't possible. If you think you are carrying a few extra pounds aim for gradual reduction of 5 to 10 per cent and see how you feel and perform. If you feel healthy and happy just the way you are—just keep on running and don't fret!

WEST TEXAS RUNNING CLUB'S 16th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 11, 2004

REGISTRATION: 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please fill out and return form to get T-Shirt preference (T-Shirt size guaranteed to Pre-registered, and paid)
or call George before 7pm, Friday, Sept. 10th (e-mail registration before 3pm to rungwj@aol.com)

RACE START: 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT, Some dirt

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6
RACE DAY ENTRY: \$10

Long sleeved T-Shirt available for \$ 6 extra (for club members pre paid)
Proceeds benefit Shallowater H.S. Senior Safe Graduation event

AGE DIVISIONS: 10K

MEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59; 60-64; 65-69; 70 Plus

WOMEN: 13-19; 20-24; 25-29; 30-34; 35-39; 40-44;
45-49, 50-54; 55-59; 60 Plus

(Additional 6-12, 13-15 & 16-19 age groups in the 2 Mile)

AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50 percent of each division will receive awards (Maximum of 5)

Volunteers needed; call Dwayne

e-Mail, dsoakeley@nts-online.net

RACE DIRECTOR: Dwayne Coakley; 707-1473

23rd Annual Red Raider Road Race

Date: Saturday, October 9, 2004 Starting Time: 8:00 a.m.

Registration: Save \$ - Enter Early! Until October 7, 2004 - \$15* entry fee payable to the West Texas Running Club.

*please add \$2 if you want an XXL T-shirt — (limited to the first 12 entrants)

Mail-in before Oct 2nd!

Walk-In Registration & Packet Pick Up: Weekdays and Saturday at **Run Tech, 2409 Broadway** 10:00 a.m. to— 6:00 p.m. Packet and Tee Shirt pickup for pre-registered entrants also at Run Tech from October 4th through 8th.

Late Registration: \$20 — Friday, October 8, 10 a.m. — 6 p.m. at **Run Tech, 2409 Broadway.**

Race Day Registration & Packet Pick-Up: \$25 — Saturday, October 9, 6:30 a.m. — 7:30 a.m. ONLY! At Race site, inside Student Recreation Center (Main & Hartford).

Divisions:

Men: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & over

Special Divisions: Clydesdale/Athena, both races: Men 190 lbs. +; Women 150 lbs. +;

5K -- 12 & under; 13-15; 16-19

Start/Finish: Student Recreation Center

Aid Stations. At 2, 3 & 5 mile marks **Split Times:** at 1 mile (Main St. and Hartford Ave.)

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Recreation Center. A map of the course will be included in registration packet. **NOTICE:** In the event that the TTU vs. Nebraska football game is scheduled for a noontime kickoff, an off-campus course must be utilized. Call or e-mail the Race Director for updates.

Awards: Medallions will be presented to the first three finishers in each age/sex race class. First Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Sponsors: TEXAS TECH ALUMNI ASSOCIATION, CARDINAL'S SPORTS CENTERS, CENTER FOR ORTHOPEDIC SURGERY, STATE NATIONAL BANK, SOUTHWEST REGIONAL WOUND CARE CENTER, STOCK BUILDING SUPPLY, BRUNSON BRICK & STONE, PAN-TEX PLYWOOD AND LUMBER CO.

Please make checks payable to the West Texas Running Club.

For more info call: Kirk Thomas @ 806/749-1850 (d) or 797-7732 (n) e-mail, kthomas@statenationalbank.com

Detach & Return to: RRRR/WTRC, % Run Tech, 2409 Broadway, Lubbock, TX 79401

First Name	MI	Last Name	Age on race day	Sex
<input style="width: 95%;" type="text"/>	<input style="width: 20px;" type="text"/>	<input style="width: 95%;" type="text"/>	<input style="width: 40px;" type="text"/>	M F
Address				
<input style="width: 95%;" type="text"/>				
City	State	Zip code	T-shirt Size (adult) Add \$2 for XXL	
<input style="width: 95%;" type="text"/>	<input style="width: 40px;" type="text"/>	<input style="width: 100px;" type="text"/>	S M L XL XXL	
			Circle Size and Gender	
Make checks payable to: West Texas Running Club				
Area Code	Daytime Phone Number	Entered Event	FOR OFFICIAL USE ONLY	
<input style="width: 40px;" type="text"/>	<input style="width: 100px;" type="text"/>	<input type="checkbox"/> 5K <input type="checkbox"/> 10K <input type="checkbox"/> Clydesdale/Athena		

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Alumni Assn., Texas Tech University, all corporate sponsors of the event, the employees, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Red Raider Road Race 5K/10K Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____