

February 1980

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West Texas Running Club
Route 1, Brownfield,
Brownfield, Texas 79316



WEST TEXAS RUNNING CLUB NEWSLETTER

February 1980

MARCH CLUB RACE

5th Annual Great 4 Mile Handicap Stampede and Grass Trampoline

DATE: Saturday March 8, 1980

TIME: 10:00 A.M.

DISTANCE: 4 Miles

LOCATION: Hodges Park, 41st and University, Lubbock, TX (See Map)

COURSE: Grass, Flat, Looped Course

DIVISIONS: All Club Members with established handicaps, or Club Members without handicaps who ran in the February race, must run in the handicap race.

Non-Club Members, and Club Members without established handicaps who did not run in the February race may not run in the handicap race and must compete separately in the following divisions:

- 15 & under
- High School
- Open
- 30 & Over
- Ladies

AWARDS: Trophies to first 20 runners across the line in the handicap race. Trophies to first three places each division in separate 4 mile race. Handicap award for Club Member will be given as usual.

ENTRY FEE: Non-Club Members \$2.00
Club Members \$1.00

HANDICAP STARTING PROCEDURE: The runner present with the greatest handicap time (lowest on the list) will start first. All other runners will start individually at the elapsed time interval representing the difference between their handicap time and that of the first runner.

DON'T MISS THIS FUN EVENT!!!

FOR MORE INFORMATION CONTACT: Gene Adams, Route 1, Brownfield, TX 79316
Phone (806) 637-6533, Work (406) 637-2521

COURSE RECORDS

Overall:	John Bednarski	29,	Odessa	20:51	1979
15 & Under:	Joe Murray	15,	Pampa	23:00	1979
Club Member:	Justin Raef	13,	Amarillo	23:56	1979
High School:	Manuel Trevino	16,	Brownfield	23:43	1978
Club Member:	None				
30-39:	Jack Petty	35,	Odessa	22:36	1979
40-49:	Tom Mayfield	40,	San Angelo	22:39	1979
50 & Over:	Tom Bowser	52,	Odessa	27:02	1979
Ladies:	Caylene Caddell	28,	Lubbock	28:43	1978
Club Member:	Sarah Lamont	31,	Lubbock	33:12	1979
Girl's:	Carol Tylka	17	Odessa	29:34	1979

SCHEDULE OF EVENTS

- * 1. Saturday March 8: 5th Annual WTRC Handicap 4 Mile Run, Hodges Park, Lubbock, TX. Contact: Gene Adams, Rt 1, Brownfield, TX 79316. Phone (work) (806) 637-2521, or (home) (806) 637-6533.
2. Saturday March 8: Diet Pepsi 10,000 Meter Run, Brackenridge Park, San Antonio, TX, 9:00 A.M. Contact: San Antonio YMCA, 903 N. St. Mary's, San Antonio, TX 78215.
3. Saturday March 22: Oil Capitol Marathon, Mohawk Park, Tulsa, Okla. 8:00 A.M. Contact: Larry Aduddell, 6200 S. 221st East Ave., Broken Arrow, OK 74012. Phone (918) 258-5008.
4. Saturday March 29: Chili Chase, 2 Mile Run Run, 10 Mile and 1/2 Marathon. Sam Houston High School, Arlington, TX, 10:00 A.M. Contact: Kevin Dinnin, (817) 274-5541.
5. Saturday March 29: 4th Annual Oil Town Mini-thon, 15K, AAU Certified. Contact: Bill Lagomarsino, Box 841, Medical Arts Clinic, Corsicana, TX 75110.
6. Saturday April 5: Arrowhead Mills Natural Foods 20K Run, 9:00 A.M., Winfrey Point, White Rock Lake, Dallas, TX. Contact: Eugene and Elaine Greer, 11317, Earlywood Drive, Dallas, TX 75218.

7. Saturday April 8:

Texas Relays Marathon, Austin, TX, 8:00 A.M.
 Contact: Ray Pool, Jr., Austin YMCA, 1100 W. First
 St., Austin, TX 78703 Phone: (512) 476-6705.

* 8. Saturday April 12:

5 Mile Run, 10:00 A.M. Amarillo, TX. Contact: Bob
 Dunbar, 6526 Fulton, Amarillo, TX 79109. Phone
 (home) (806) 353-2725, (work) (806) 378-3675.

9. Saturday April 19:

Golden Yucca Marathon, 8 Mile and 3 Mile Hobbs,
 N.M. Contact: Golden Yucca Marathon, College of
 the Southwest, Lovington Hwy, Hobbs, NM 88240.

10. Saturday April 26:

Pecos Valley Stampede, Marathon, Half Marathon, 10K
 Roswell, N.M. 8:00 A.M. Contact: Margot Purdy at
 623-3010 or Al Berrymore 623-1510, Roswell, N.M.

11. Saturday May 10:

8th Annual Horseshoe Bend Canyon, 12 Mile and 2 Mile,
 9:00 A.M., Slaton, TX.

* Regular WTRC Monthly Race

EIGHTH ANNUAL "COTTON PATCH" 8 MILE AND 3 MILE RUNS

Temperature: 21° F
 Humidity: 84%
 Wind: 14 MPH from North
 Chill Factor: -4° F
 Overcast with snow and ice

Well, it looks like we popped off too soon about last month's good weather. This month's race featured a bitter north wind and alternating areas of clear pavement and varying depths of snow. There wasn't a pair of bare legs to be seen as most of the runners were attired like Sergeant Preston or someone out of a Robert W. Service poem. A total of 39 die-hard runners did brave the elements to run in this event, some from as far away as El Paso.

In view of the conditions, Carlos Ybarra turned in an outstanding performance in winning the eight mile in 47:38, with Henry Arellano and Mike Sparks right behind him. Bobby Cunningham returned to action in this event after being out of action for several months with a bunged up achilles tendon, and in his first race in the 40-49 division, captured first place.

The three mile, which was won by Octaviano Ramirez in 17:25, featured a very exciting contest for third, fourth and fifth between Herbert Perez, Joe Hernandez and Shane Cunningham, as a total of two seconds separated the three runners.

For the benefit of new members, it is probably worth repeating to say that we never cancel a scheduled race. If conditions are extremely bad, attendance will probably be lower, but those runners who do show up will be allowed to run and will receive the appropriate awards.

4 MILE RESULTS

Overall Standings Based on Time

	1 Mile	2 Mile	3 Mile	4 Mile	Finish**** 4 Mile	Per Mile Avg.
*1. John Bednarski	4:52			20:51	20:51	5:12:75
2. Cliff McCurdy	4:53	10:10		20:53	20:53	5:13:25
3. "JJ" Jenkins	5:12	10:43		21:55	21:55	5:28:75
4. Jim Hogan	5:22	10:59		22:06	22:06	5:31:5
5. Ron Stangeland		11:05	16:47	22:25	22:25	5:36:25
**6. Jack Petty	5:06	10:50		22:36	22:36	5:39:0
7. Bill Brasch		11:25	17:04	22:38	22:38	5:39:5
**8. Tom Mayfield	San Angelo	5:17	11:06	22:39	22:39	5:39:75
9. John Leonard	Lubbock		11:08	22:49	22:49	5:42:25
10. Joe Murray	Pampa	11:14	17:06	23:00	23:00	5:45:0
11. David Stanz	Lubbock	11:30	17:22	23:13	23:13	5:48:25
12. Elmer Chavez	Arts, N.MEX.	5:27	11:29	23:19	23:19	5:49:75
13. Bobby Cunningham	Abernathy	5:43	11:48	23:39	23:39	5:54:75
14. Justin Raef	Amarillo	5:20	11:39	23:56	23:56	5:59:0
15. John Trampler	Lubbock	5:40	11:45	24:05	24:05	6:01:25
16. Kevin Hellman	Lubbock		11:43	24:05	24:05	6:01:25
17. Jack Shropshire	Lubbock	5:45		24:17	24:17	6:04:25
18. Robby Gee	Pampa	11:50	18:17	24:29	24:29	6:07:25
19. Grant Ward	Lubbock	12:20		24:45	24:45	6:11:25
20. Manuel Salinas	Lubbock	5:40	12:00	18:33	24:48	6:12:0
21. Joe Stewart	Amarillo	5:47	12:02	24:52	24:52	6:13:0
22. John Elsweiler	Lubbock	6:00		24:57	24:57	6:14:25
23. Mark Rickman	Lubbock		12:30	18:57	25:11	6:17:75
24. Ron Lubowicz	Pampa	5:51	11:58	18:11	25:19	6:19:75
25. Tom Boyle	Lubbock	5:58		25:33	25:33	6:23:25

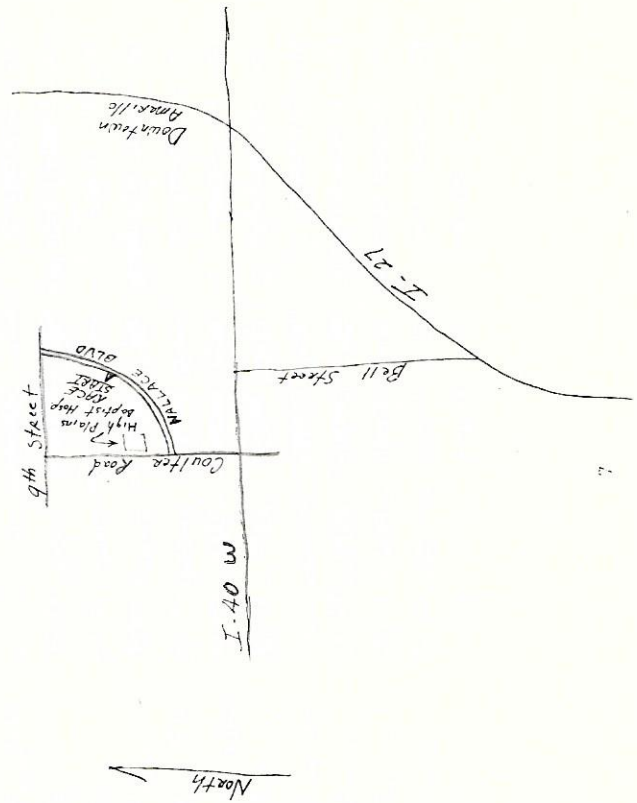
26.	Drew Diaz	15,	Lubbock	12:31	19:05	25:40	6:25:10	71	53.	George Jury	42,	Lubbock	13:56	21:16	28:39	7:09:75
27.	Don Sanderson	49,	Tulia	5:52	12:21	25:43	6:25:75	72	54.	Bill Oates'	36,	Lubbock	14:01		28:44	7:11:10
28.	Howard Willisap	43,	Odessa			25:53	6:28:25	73	55.	Bobby Birdsong	38,	Levelland	6:56		28:50	7:12:15
29.	Kevin Wilcox	15,	Lubbock	12:35	19:19	26:02	6:30:5	74	56.	Steve Shropshire	13,	Lubbock	7:04	14:18	29:02	7:15:15
30.	Gene Adams	44,	Brownfield	6:03		26:03	6:30:75	75	57.	Don Address	46,	Lubbock	14:36		29:08	7:17:10
31.	Paul Miller	14,	Lubbock	12:55	19:15	26:12	6:33:0	76	**58.	Carol Tylka	17,	Odessa			29:34	7:23:5
32.	Bob Nelson	29,	Odessa	12:37		26:13	6:33:25	77	59.	Pat McDonald	39,	Levelland	14:15	21:38	29:48	7:27:10
33.	Bobby Richardson	32,	Dumas	6:08		26:14	6:33:5	78	60.	Roy Braswell	48,	Pampa	14:36		30:07	7:31:75
34.	Roger Anderson	41,	San Angelo	13:05	19:38	26:21	6:33:5	79	61.	Buddy Wise	49,	Lubbock	7:25	15:02	30:08	7:32:10
35.	John Dupre	38,	Lubbock	13:10	19:49	26:24	6:36:0	80	62.	Mike Greer	40,	Lubbock	6:59	14:38	30:09	7:32:25
36.	Danny Kennedy	31,	McGamey	6:07	12:55	26:31	6:37:75	81	63.	Don Braswell	16,	Pampa	6:57	14:36	30:11	7:32:75
37.	Sonny McGuire	16,	Lubbock	12:53	19:45	26:35	6:38:75	82	64.	Dan Pulattie	28,	Midland	14:34		30:19	7:34:75
38.	Alan Berger	43,	San Angelo	13:15		26:48	6:42:0	83	65.	Denny Pickett	29,	Midland	14:41		30:34	7:38:5
39.	Joe Fiola	30,	Canyon	6:31	13:20	26:51	6:42:75	84	66.	Wally Hamrin	15,	Lubbock	6:28	14:12	30:44	7:41:0
40.	Tom Bowser	52,	Odessa	6:13	12:59	27:02	6:45:5	85	67.	Baugh Lewis	53,	San Angelo	15:18		30:50	7:42:5
41.	Edward Lynch	31,	Lubbock	6:28	13:30	27:37	6:54:25		68.	Doug Hale	34,	Lubbock	7:06	15:04	30:59	7:44:75
42.	Gene Coppin	46,	Plainview			27:39	6:54:75		69.	Mark Griffin	29,	Lubbock		24:16	31:12	7:48:0
43.	Mike Bobo	35,	Lubbock	13:22	20:32	27:39	6:54:75		70.	Gerald Long	44,	Lubbock	15:27		31:38	7:54:5
44.	Bob Hamrin	43,	Lubbock	6:21		27:44	6:56:10		71.	Bill Cagle	49,	Floydada	15:34		31:51	7:57:75
45.	Layton Duer	30,	Midland	13:29	20:39	27:44	6:56:10		72.	Wayne Pelchford	15,	Amarillo	14:52		32:09	8:08:25
46.	Ray Lamont	32,	Lubbock	6:27	13:34	27:57	6:59:25		73.	Frank Taylor	14,	Amarillo	14:59	23:06	32:16	8:04:0
47.	Swoose Alexander	59,	McCamey	13:38		28:03	7:00:75		74.	Sarah Lamont	31,	Lubbock	7:45	16:11	33:12	8:18:0
48.	David Hilburn	31,	Lubbock	6:38	13:53	28:05	7:01:25		75.	Jay Whitten	8,	Canyon	7:42	16:19	33:24	8:21:0
49.	Richard Morgan	35,	Lubbock	6:44	13:50	28:09	7:02:25		76.	Ed Verron	49,	Snyder			33:44	8:26:0
50.	Mark Bennett	17,	Lubbock	6:03	13:19	28:13	7:03:25		77.	Brenda Barrett	34,	Canyon	8:00	16:35	34:07	8:31:75
51.	Frank Barrow	34,	Floydada	6:40	13:56	28:18	7:04:5		78.	MaryAnn Whitten	9,	Canyon	8:18	17:06	35:26	8:51:5
52.	Warren Brown	57,	Amarillo	6:36	13:52	28:28	7:07:0		79.	Darlene Roos	37,	Canyon	8:49	17:50	35:29	8:52:25
									80.	Jerry Whitten	35,	Canyon	8:09	17:16	35:45	8:56:25

31.	Jonna Atkinson	23, Texas Tech	8:16	17:08	35:58	8:59:5
32.	Heath Stephens	12, McCamey	20:15	20:15	37:57	9:29:25
33.	James Kennedy	13, McCamey	20:17	20:17	43:32	10:53:0
34.	James Whitten	5, Canyon	14:27	14:27	47:37	11:54:25
*35.	Mike Korsene	14, Pampa	15:15	24:36		Time
36.	Shawn Stovall	20, Lubbock			DNF	
37.	Roxanne Whitten	11, Canyon	9:09		DNF	
38.	Ed Smith	46, Lubbock	13:00		DNF	

***New Course Record**

****N-w Age Group or Division Record**

***Runners were given specific instructions at start to make sure they obtained a finish stick and to make sure they turned it in.



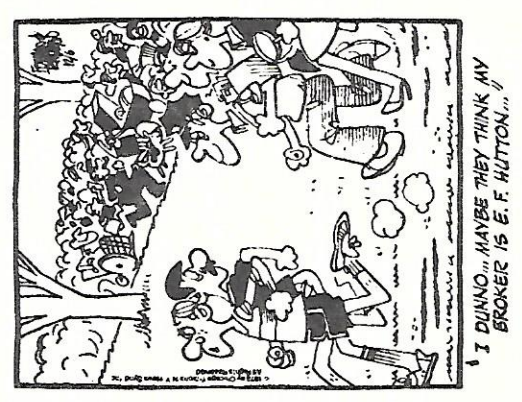
HANDICAPS FOR APRIL 14, 1979 5 MILE RUN

	Previous Avg. Performance Level	4 Mile Performance Level	New Avg. Performance Level	5 Mile Handicap Time	
1.	John Bednarski	831.0	741.5	809.7	25:18
2.	Cliff McCurdy	698.9	739.2	730.1	26:40
3.	Carlos Ybarra	694.7	-	694.7	27:20
4.	Jack Petty	718.75	626.7	672.7	27:46
5.	Robert Schooler	672.4	-	672.4	27:46
6.	Michael Jenkins	692.4	669.4	664.6	27:55
7.	Steve Stallings	663.5	-	663.5	27:57
8.	Tom Mayfield	673.0	623.7	659.6	28:01
9.	David Nelson	653.3	-	653.3	28:09
10.	Jimmy Whitley	646.3	-	646.3	28:18
11.*	Gary Harter	628.2	-	628.2	28:40 *
12.	Bruce Faulk	623.1	-	623.1	28:47
13.	Dale Thompson	621.3	-	621.3	28:49
14.	Don Hood	603.9	-	603.9	29:11
15.	Bob Dunbar	594.3	-	594.3	29:24
16.	John Trompler	563.8	542.4	564.3	30:05
17.	Rick Ricketts	560.0	-	560.0	30:11
18.	Joe Stewart	558.5	501.9	551.2	30:23
19.	Jack Shropshire	512.7	531.8	515.7	31:15
20.	Howard Meyer	515.0	-	515.0	31:16
21.	Bill Kozar	512.9	-	512.9	31:19
22.	Bob Griffin	511.8	-	511.8	31:21
23.	Frank Donaldson	499.4	-	499.4	31:40
24.	John Elsweller	446.8	497.8	496.6	31:44
25.	Bob Nelson	527.3	437.9	495.0	31:46
26.	Grant Ward	454.9	507.8	483.8	32:04
27.	Thomas Boyle	492.7	468.7	481.9	32:07
28.	Don Sanderson	467.4	460.9	477.0	32:15
29.	Howard Millsap	483.9	453.1	474.3	32:19
30.	Terry Diveley	466.6	-	466.6	32:32
31.	Roy Gee	459.4	-	459.4	32:43
32.	Ford Roberson	455.5	-	455.5	32:50
33.	Gene Adams	471.1	445.5	454.3	32:52
34.	Jeff Stewart	437.2	-	437.2	33:21

	Previous Avg. Performance Level	4 Mile Performance Level	New Avg. Performance Level	5 Mile Handicap Time
35. John Yee	434.8	-	434.8	32:25
36. Danny Kennedy	439.0	424.6	431.7	33:30
37.* Jerry Jones	426.2	-	426.2	33:40
38. Wally Hamrin	496.9	264.5	412.5	34:04
39. Rod Propst	411.3	-	411.3	34:06
40. Swoose Alexander	408.3	360.8	410.6	34:07
41. Bob Hamrin	443.6	373.4	404.2	34:19
42. Roy King	402.2	-	402.2	34:22
43. Joe Fiola	370.9	410.1	399.2	34:28
44. Edward Lynch	None	378.1	397.9	34:30
45. Gene Coppin	412.5	376.8	393.5	34:38
46. Tom Bowser	368.1	402.3	383.3	34:57
47. Ray Lamont	405.1	364.8	383.1	34:57
48.*Gene Carlisle	364.8	-	364.8	35:32 *
49. Warren Brown	356.0	344.65	356.2	35:49
50. Frank Barrow	320.5	351.0	354.4	35:53
51. Steve Shropshire	264.7	323.5	347.5	36:07
52. Mindee Mayfield	342.6	-	342.6	36:16
53. Bruce Blankenship	337.2	-	337.2	36:27
54. Robert Gorsline	327.4	-	327.2	36:47
55. Oscar Zertuche	320.8	-	320.8	37:01
56.*Virgil Davis	312.3	-	312.3	37:19*
57. Jim Farris	308.4	-	308.3	37:28
58. Richard Morgan	265.2	356.9	302.3	37:41
59. Bill Moore	301.1	-	301.1	37:43
60. Carol Tylka	311.0	304.3	298.0	37:50
61. Mike Greer	319.4	284.0	293.6	38:00
62. Clay Clark	287.3	-	287.3	38:14
63. Bill Oates	none	334.6	286.7	38:15
64. Doug Hale	231.1	256.4	254.7	39:30
65. Charles Russell	248.9	-	248.9	39:44
66. Baugh Lewis	248.2	261.3	247.6	39:47
67.*Michael Johns	244.5	-	244.5	39:54*
68. Dan Fulattie	263.7	278.4	243.7	39:56
69. Buddy Wise	none	284.6	233.9	40:21
70. Bill Cagle	none	229.2	222.8	40:49

Clyde Wilson	204.5	-	204.5	41:36
Ed Vernon	229.7	175.0	189.0	42:18
Lana Tighe	175.6	-	175.6	42:56
Jay Whittten	154.8	184.1	163.1	43:32
Hardy Williams	150.2	-	150.2	44:10
Sarah Lamont	116.1	189.8	148.4	44:15
Brenda Barrett	119.7	164.7	129.3	45:14
MaryAnn Whittten	140.3	131.0	118.1	45:50
Bob Schooler	116.0	-	116.0	45:56
Jonna Atkinson	none	118.1	114.2	46:02
Arlyne Ragan	109.7	-	109.7	46:17
Jerry Whittten	60.5	123.3	85.2	47:40
Roxanne Whittten	81.5	-	81.5	47:53
Charles Neil	26.1	-	26.1	51:22
James Whittten	0.0	below zero	0.0	53:12

*Must run in April 14, 1979 Club Race to remain on Handicap List.



I DUNNO... MAYBE THEY THINK MY BROKER IS E. F. HUTTON...

Competition For Annual Awards

Listed below are the standings in the competition for our annual awards after completion of three-fourths of the 1978-79 races. This will be the last listing until the winners are announced at the July race.

The competition is very close in most categories and with three races left anything can happen. If you are not leading, don't give up. There is always the possibility that the runner in first place will stub his toe along the way. Also, no one may win more than one annual award, per year, so the runner who finishes second or third in a particular category could win the award.

<u>Top Recruiter</u>	<u>Victor's Award</u> (Most Opponents Defeated)	<u>Attendance Award</u> (Number of Races)
1. Ray Lamont 26	1. John Bednarski 421	1. Ray Lamont 9
2. Jack Petty 11	2. Cliff McCurdy 429	2. Sarah Lamont 9
3. Otto Tetzlaff 8	3. Tom Mayfield 385	3. Jay Whitten 9
4. Bob Dunbar 6	4. Michael Jenkins 341	4. Jerry Whitten 9
5. Phillip Eggleston 3	5. John Trompler 391	5. Roxanne Whitten 9
	6. John Elswailer 295	6. Tom Bowser 8
	7. Jack Petty 274	7. Cliff McCurdy 8
	8. Thomas Boyle 251	8. Ed Vernon 8
	9. Carlos Ybarra 249	9. MaryAnn Whitten 8
	10. Bob Hamrin 248	
<u>Most Improved Runner</u>		<u>Most Effective Runner</u>
1. Ray Lamont +129.5		1. John Bednarski 38,244
2. Robert Schooler +108.7		2. Tom Mayfield 34,574
3. Jay Whitten + 81.5		3. Cliff McCurdy 28,648
4. Charles Russell + 76.3		4. John Trompler 23,973
5. Bob Nelson + 58.3		5. Michael Jenkins 23,749
6. Jack Shropshire + 49.1		6. Joe Stewart 22,164
7. Swoose Alexan'er + 41.0		7. Jack Petty 22,121
8. Bob Dunbar + 40.5		8. Bob Hamrin 21,744
9. Caylene Caddell + 36.8		9. Thomas Boyle 21,552
10. Warren Brown + 27.1		10. Ray Lamont 20,302
11. Bob Schooler + 21.6		
12. Jack Petty + 17.8		
13. Cliff McCurdy + 11.5		
14. Hardy Williams + 10.0		
15. Jerry Whitten + 8.0		

awards and handicaps will be dropped and the newsletter will consist of an announcement of the upcoming race. If you want to volunteer, write or call Gene Adams, Route 1, Brownfield, 79316, home 637-6533, work 637-2521.

We are also looking for a race director for the Slaton (Horseshoe Bend Canyon) 12 Mile Race in May. It doesn't seem reasonable that someone should have to drive 90 miles roundtrip twice to the race site to measure and mark the course and run off the race, and for all of the help to drive over from Brownfield, when we have 80 members in Lubbock, 12 miles away. If we do not receive a volunteer for race director, we will consider moving this race to another location. The race director measures and marks the course equipment provided by the club) and lines up the help (registering runners, timers, etc.) and either runs the race off or finds someone to do it for him if he wishes to race himself. The club provides trophies, watches if necessary, forms, numbers, pins, and pens and pencils.

"ACTIVE SPORTSWEAR FOR GUYS-GALS & LITTLE PALS"



JIM McWHIRTER
(806) Phone 755-9881

3002 Slide Rd - Suite B-4
LUBBOCK, TEXAS 79414

"RUNNING GEAR"

OUR SPECIALTY

- NIKE ADIDAS TIGER
- PUMA NEW BALANCE
- BROOKS ETONIC TRED-2 SAUCONY
- SUB 4 ASPEN JELENK FRANK SHORTER

GOLDEN YUCCA MARATHON '80

COLLEGE OF THE SOUTHWEST, HOBBS, N.M.

SATURDAY, APRIL 19, 1980

- T-Shirt for all entrants
- For Beginning & Veteran Runners
- For Young and Old
- For Men, Women, Children
- Age Divisions
- Certificates for All Finishers

- 3 Mile Run
 - 8 Mile Run
 - Full Marathon
 - Entry Fee \$6.00
- All Runs Start at 8 a.m. MST

After the Run You're Invited to Stay and Hear

DR. KENNETH H. COOPER, M.D.

Author of these best selling books:

"Aerobics"

"The New Aerobics"

"The Aerobics Way"

at 1:30 p.m. in the

Mabee Southwest Heritage Center

BRING THE ENTIRE FAMILY AND HAVE A FUN RUN!

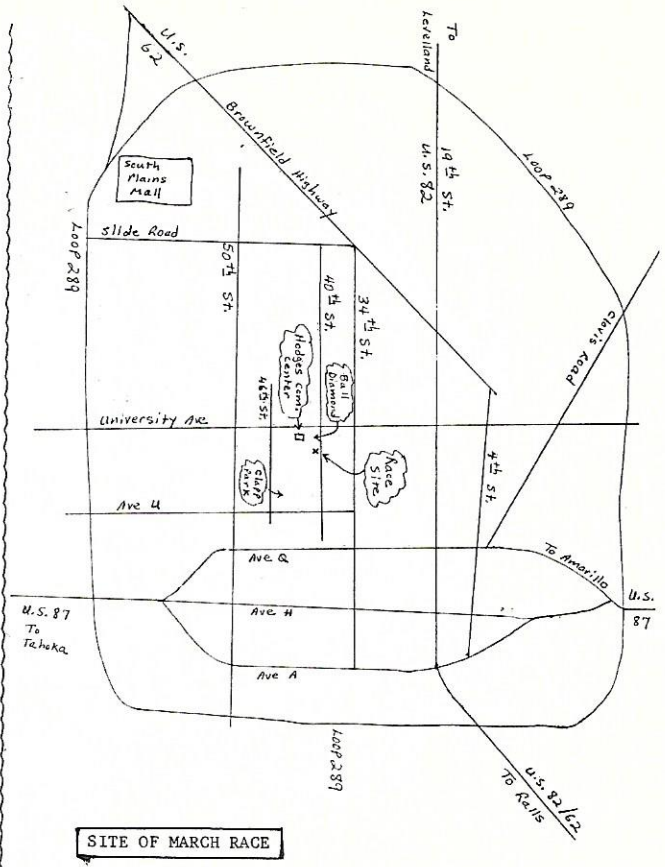
For more information and entry forms

Write: **Golden Yucca Marathon**

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Inactivity, Disease Of Heart Linked

BOSTON (AP) — A comparison of blood samples taken from marathon runners, joggers and inactive people provides new evidence that exercising may help prevent heart disease, researcher say.

The scientists noted that HDL in the blood of the runners was elevated "to a level associated with a significant reduction of coronary risk."

The study found that the more people run, the higher their blood levels of high density lipoprotein cholesterol, or HDL, a substance that is associated with a reduced risk of coronary heart disease.

The researchers said it was the amount of running, not what people ate, that determined whether they had high or low levels of this blood fat.

Unlike low density lipoprotein cholesterol, which is suspected of causing hardening of the arteries, the high density substance is believed to provide protection from heart trouble.

The study, conducted at Methodist Hospital in Houston, was published in Thursday's issue of the New England Journal of Medicine.

"Results suggest that HDL differences among the three groups were primarily the result of distance run, not dietary factors," the researchers concluded.

The researchers took blood samples from 59 marathon runners, 65 joggers and 74 inactive men, all between the ages of 35 and 66.

HDL levels were 65 milligrams per deciliter in the marathoners, 56 in joggers and 43 in non-exercisers.

Earlier studies have shown that high levels of HDL are associated with a lowered risk of heart disease. But researchers were unsure whether people could change their HDL levels by varying what they ate.

There have been reports that HDL levels go up if people drink alcohol moderately or lose weight.

The marathon runners and joggers did not differ substantially from the inactive subjects in their reported dietary habits, although they had significantly higher HDL-cholesterol levels," the researchers wrote.

They attributed the differences to the men's exercising habits. "Even the joggers, who averaged only 11 miles per week, had significantly higher HDL levels than did the inactive men."

