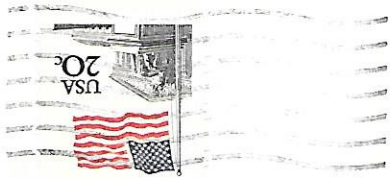


AUGUST 1984

Joe C. Post
1717 - 39th
Lubbock, TX 79412



West Texas Running Club
P.O. Box 2921 Lubbock, Texas 79408



Schedule of Events

Saturday, September 8

Amarillo Triathlon (800m swim, 40K bike, 20K run). Limited to 500. \$20, Aug 27 deadline. CONTACT: Kevin Knapp, Amarillo Chamber of Commerce, Box 9480, Amarillo, TX 79105.

*Saturday, September 8

4th Annual Bill Easterling Memorial Race, 9 & 2 mile. 8:A.M., McMahon-Rinkle Industrial Park, Big Spring. See this newsletter for more details.

Saturday, September 8

Harvest Days Run, 20K & 5K, 9:A.M. One mile fun run @8:30. First 200 entrants receive "Harvest Days" running bag. CONTACT: Harvest Days Run, 200 E. Bedford, Dimmitt, TX 79027. (806)647-3286 days.

Saturday, October 6

Amarillo National Bank 10K, 9:A.M., 2 mile fun run @ 8:30. Splits @ 1, 3 & 5 miles. Long sleeve T-shirts Fast, tree-lined course. CONTACT: ANB, Box 1611, Amarillo, Texas 79181. (806)374-7866.

Sunday, October 7

Bank One Marathon, Columbus, Ohio. Limited to 5000. CONTACT: BOM, Corporate Processing Dept, Columbus, Ohio 43271-0980.

Saturday, October 13

Stroh's Run for Liberty 1, 8K (4.97 miles), 9:A.M. Lubbock, Texas. CERTIFIED COURSE. Details to follow.

Saturday, October 13

10th Annual Allsup's Roadrace, Marathon, 2marathon, 10K and 1 mile. 7:A.M. Mountain Time. Shagetti Supper Friday evening with Jeff Galloway, speaker. No race day registration. CONTACT: Allsup's Roadrace, Box 1907, Clovis, NM 88101. (505)769-2311

Saturday, October 20

Lubbock Marathon, 7:A.M., also 2 mile fun run. Details to follow or call Paul Harper or John Price.

Sunday, October 21

America's Marathon, Chicago.

Sunday, October 28

New York City Marathon.

Sunday, December 2

Dallas White Rock Marathon. Expect 5000 runners. CONTACT: Phidippides, North Park East, 8822 N. Central Expressway, Dallas, TX 75231. (214)361-6493.

WEST TEXAS RUNNING CLUB NEWSLETTER

August 1984

"4th Annual Bill Easterling Memorial Run"

DISTANCE: 9 miles and 2 miles

DATE: Saturday, September 8, 1984

TIME: 8:00 A.M.

LOCATION: McMahon-Rinkle Airpark, Big Spring, Texas (SEE MAP)

DIVISIONS & AWARDS:

	9 mile	2 mile
Open	5 trophies	5 trophies
30-39	5 trophies	High School & Under 5 trophies
40-49	5 trophies	30-39 5 trophies
50 & Over	4 trophies	40 & Over 5 trophies
Ladies	4 trophies	Ladies (25 & Over) 4 trophies
		Girls (24 & Under) 4 trophies

ENTRY FEE: Club members: \$2.00
Non-members: \$3.00

ALL COURSE RECORDS TO BE SET AS THIS IS A NEW COURSE.

*Denotes Monthly WTRC Event

B.C.



By JONNY HART

7-28

2

RED RAIDER ROAD RACE

5K Fun Run • 10K Road Race

9:00am, September 29, 1984 (Saturday)
Texas Tech University, Lubbock, Texas

Applications are now being accepted for the 3rd Annual Red Raider Road Race. The course will start at 10 kilometers (6.2 miles) Road Race. The course will end at Lubbock. The runs in conjunction with the Texas Tech Homecoming Parade. Proceeds will benefit the academic scholarship program.

3rd Annual



For application, write:
Red Raider Road Race
Box 4068, TTU
Lubbock, TX 79408

Jim DeWaters
(806) 742-5211

Red Raider Road Race
yemurs for all finishers!

DO NOT FORGET..... THE BEST TEXAS RUNNING CLUB'S COINED "5K RACE IS THE THIRD ANNUAL RED RAIDER ROAD RACE (SEE ABOVE). SEITEBER 29, 1984 AT 9:00 AM AT TEXAS TECH UNIVERSITY, LUBBOCK, TEXAS. PLEASE ARRIVE COURSE AT A GREAT TIME!! DO NOT MISS IT -- YOU'LL SEE YOU THERE!!!

NEW LEADERSHIP NEEDED

We thought it would be appropriate to let the West Texas Running Club membership know what is involved in running the club. The main areas that need to be handled are:

Management of club equipment such as the chronomix (printing timers), digital clock, race numbers, finish line chutes, etc. This equipment is currently stored in a rented storage building (rather than in someone's garage).

Financial matters such as making deposits and paying bills.

Monthly newsletter - includes editing the newsletter, getting it to and from the printer and mailing it out. Also, the mailing list must be updated and roster maintained (renewals, etc.) Currently, records are maintained regarding attendance, mileage, opponents defeated, etc.

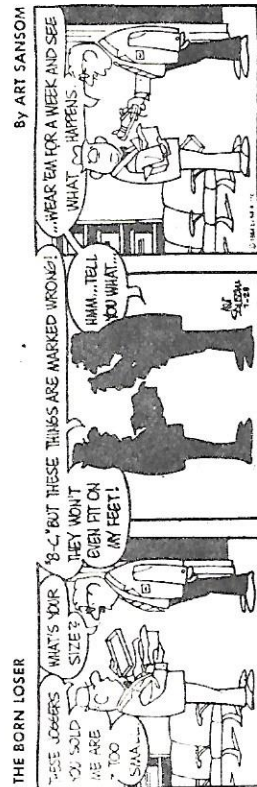
If you are interested in helping in any of these areas, please call or write Don Kephart
5401 74th St.
Lubbock, Texas 79424
806-794-4604

The current club leadership of Don Kephart, James Livermore, and Jim Wilhelm will be retiring in October of this year and if the Club is to continue as we know it, interested members need to step forward now. If you can spare some time for a good cause, please speak up. If we get no response, the club will go into "hibernation" at the end of October.

Let's keep a good thing going. Let us know what you can do to help.

Thank you,

The Directors



THE BORN LOSER

By ART SANSON

SIMPLIFIED SELF-TESTING PLAN

Physiologists are precise scientists, and as such are skeptical of self-testing methods outside the laboratory.

"Most self-type tests," writes one of the country's leading running researchers, David Costill, "are inaccurate and often misleading."

Of course nothing can replace the controlled conditions and apparatus of the lab, and the trained judgment of the physiologist. Exact measurements of physical capacity can only be made under these conditions.

But physical feedback is too important a body of information to stay in isolated testing centers. So certain field have been devised to give approximate data. A runner can do these himself, with little or no equipment or special technical know-how.

Actually runners are self-testing every time they run. It's them against time. The most obvious and reliable test is how well you, the runner, run at the distance you choose. Timed distances put the whole system on trial.

We have isolated four factors which contribute to running performance or block it. All of these can be self-tested fairly objectively and with a reasonable degree of accuracy.

The first two—oxygen intake, body fat percentage—measure running capacity. The last two—strength-flexibility and stress load—are safety checks.

Remember that no testing program, in the laboratory or on your own, can precisely predict running ability. There are too many intangibles involved on the emotional side acting as modifiers.

OXYGEN INTAKE

Maximum oxygen intake rate (often called "maximal uptake") is one of the key tests of endurance fitness. Readings are taken in the laboratory from controlled treadmill runs.

Champion distance runners have readings of 70-80 (milliliters per kilogram of body weight per minute) or sometimes higher. It does not necessarily follow that the people with the highest oxygen intake levels make the best runners, but this is still a reliable indicator of personal fitness. The higher one's own reading, the faster he should be able to run.

Exercise physiologist Jack Daniels supplies the following self-test devised by Bruno Balke.

1. Run as far as possible in 15 minutes.
2. Record the distance run in meters (*one mile = 1609.334 meters*).
3. Divide total metric distance by 15 to find speed in meters per minute.
4. Compute maximum oxygen intake using this formula: $(\text{speed minus } 135) \times 0.172 + 35.3$

(For example, a runner does 5000 meters in 15 minutes. This is 333 meters per minute. Subtracting 133 from that gives 200. Multiply by 0.172 gives 34.4, plus 35.3 is a final estimated oxygen intake of 67.7 milliliters per kilogram per minute.)

A level of about 40 (depending on age) is considered a minimum standard of every-day fitness, but even casual joggers tend to score much higher than that. Increased aerobic training adds to this capacity, as does lowered body fat.

Jack Daniels warns, however, that "this formula underestimates oxygen intake for some people and overestimates it for others. This is particularly true for growing youngsters, since it will probably underestimate his aerobic capacity—which could be discouraging."

BODY FAT LEVEL

Body fat, translated into extra weight, has a limiting effect on running. Since weight is part of the oxygen intake formula, it stands to reason that a 5% increase in body bulk shows up negatively in the oxygen system's efficiency, and vice versa.

Average mature men have 15-20% fat. For women, the figures are 25-30%. Runners of both sexes, however, tend to be below 10% fat. This is tested in the laboratory by weighing people underwater.

Ned Frederick, who wrote the introduction to this feature, has come up with a mathematical method of measuring a runner's fat content. He says it appears at best to vary about 2% either side of actual figures, but that it gives a ballpark estimate of body composition. It comes closest with individuals of average bone structure and proportions and is least accurate for extremely lanky or portly persons.

It is based on the "ponderal index," which is a ratio of height to weight. This is calculated by dividing the height (in inches) by the cube root of the weight (in pounds). Here is a chart of cube roots for various weights.

91 lbs. = 4.5	133 lbs. = 5.1	175 lbs. = 5.6
97 lbs. = 4.6	141 lbs. = 5.2	185 lbs. = 5.7
104 lbs. = 4.7	149 lbs. = 5.3	195 lbs. = 5.8
111 lbs. = 4.8	157 lbs. = 5.4	205 lbs. = 5.9
118 lbs. = 4.9	166 lbs. = 5.5	216 lbs. = 6.0
126 lbs. = 5.0		

Once the ponderal index is calculated, find it on the vertical axis of the graph. Slide left to the diagonal line. Then go down to the horizontal axis to find estimated body fat. It's charted here for a runner with a PI of 13.0.

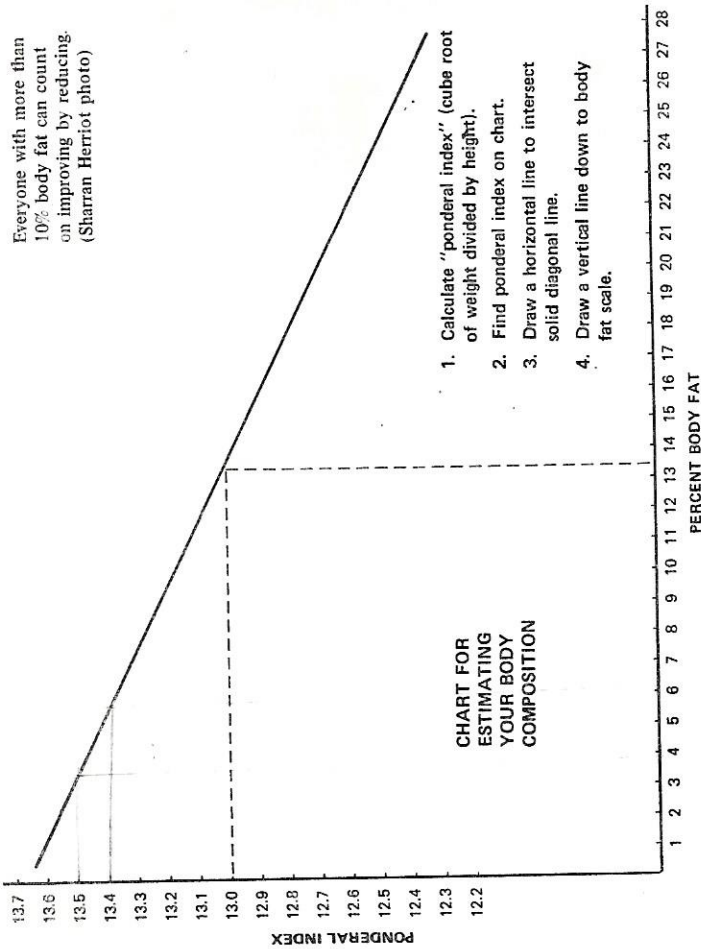
Runners showing fat percentages over 15% (and particularly, if they have thick waistline skin-folds to match) could profit by reducing their weight. Most runners, regardless of body build, do better when they cut down their fat levels.



Even healthy, fit women like this one average 10% more fat than men. (Beinhorn)



Everyone with more than 10% body fat can count on improving by reducing. (Sharran Herriot photo)



FOOTNOTES...

"You get writers who think there's some kind of magic formula, and they want to be the first to tell the world how to do it. What's the secret? Yogurt? Vitamins? Maybe I don't know. But I'll tell you one thing. You don't run 26 miles at five minutes a mile on good looks and a secret recipe."
-Frank Shorter

Club member George Jury recently (July 18, 1974) ran in a 5K race at the annual meeting of the A.V.M.A. in New Orleans, finishing 5th in a field of 85, with a P.R. of 18:12. Well done, George!

Dr. George Sheehan warns against overreacting to the Jim Fixx incident. Sheehan says very few runners have the three strikes against them that Fixx did: inherited risk, refusal of testing and ignored symptoms.

This isolated tragedy should not obscure the growing body of evidence that prudent exercise promotes cardiovascular fitness. The same week that were exposed to the spectacle of situated in over Fixx's death, the Journal of the American Medical Association published results of two studies giving aerobic conditioning high marks.

Dr. Kenneth Cooper's Institute for Aerobics Research studied about 6000 men and women whose blood pressures were normal when the project began. Four years later, these people low in fitness showed 52 percent more hypertension than the aerobic exercisers.

A Harvard study followed a larger group (17,000 subjects) for a much longer period (16 years). Regular exercisers developed heart disease only half as often as the sedentary men in this study.

Even through his death, Jim Fixx has continued to teach us about running. His last message reiterates that running does not offer immunity from heart disease. However, most authorities now agree that running does exert a beneficial effect in retarding atherosclerosis (hardening of the arteries).

The August 5 Miler at Mackenzie Park proved to be a most interesting race, with 3 feet of water already in the water crossings and threatening storm clouds overhead, a last minute course change was in order. In fact, except for the first quarter mile it proved to be an entirely new course altogether! The winning time was 27:20 and a good time was had by all. Thanks to Orlene Zermeno for hosting the first ever WTRC get-together and many thanks to Prexy Don Kephart and Director Jim Wilhelm for the work involved in measuring the new course and totting the time measuring devices. We all appreciated what youse guys did!

Good-Bye, Good Friend

The noon news on the car radio led off with the story: "The man who wrote the book on jogging has died while jogging..."

Oh, no! Kenneth Cooper! was my first thought.

"Fifty-two year old Jim Fixx..." The report went on to give sketchy details about the heart attack that had killed Fixx while he vacationed in northern Vermont.

My first reaction to the news was shock, followed quickly by anger. The reports suggested that the way Fixx died cancelled out the way he had lived. Running had killed this most famous of runners, or at least not protected him from heart disease as he said it should. Therefore, all that he stood for in his writing must be untrue. Running must be unsafe.

Running didn't kill Jim. Choosing the wrong father, a man who suffered his first heart attack at 35 and died eight years later, might have shortened Jim's life (or running might have let him outlive his dad). His own early smoking and obesity may have left seeds of destruction in his coronary arteries (or running may have delayed the growth of these seeds). His refusal to take regular physical checkups or to heed danger signs in the last weeks could have brought him to this tragic end (or he could have died from complications of bypass surgery).

If Fixx could write this final chapter of his life story, he would find a light, self-effacing way of blaming himself for what happened. That was how he wrote. He wouldn't blame the sport that made his life better, if not longer. He would advise other runners to pay more attention to the precautions he ignored, but not to let his mistakes harm running's good name.

Jim Fixx might end his story by saying that if he had to go too soon, let it be quickly and with his running shoes on.

DIARY OF A MAD JOGGER

humor by Richard Liebmann-Smith

December 28
Distance: 300 Yards

Godlike I strode, experiencing myself for the first time as what Abraham Maslow, middle-distance psychologist, has called "the spontaneous, coordinated, efficient organism functioning with a great flow of power that is so peculiarly effortless that it becomes like play - masterful, virtuosolike."

This was the fabled runner's "high," that spiritual plateau that is the true destination of any run, whatever mundane geographical terrain it may happen to traverse. Eagerly I jettisoned the weighty cargo of my day-to-day preoccupations (are Danksins for dancing, not for dancing, for not dancing, what?). My mind became all suffused with dazzling thoughts of unutterable clarity. How much I knew, and with how little effort! It occurred to me that all men are created equal. Women, too! Energy, I somehow sensed, is equal to the product of mass times the speed of light squared. Snatches of Shakespeare flitted through my consciousness, their multithued poetic radiance revealed to me for the first time: "Exeunt!" "But soft!" "Alarums within!"

Resting heart rate: 819. (Thumb on neck.)

Thought: Have a nice day!

December 29

Distance: 440 Yards

A quarter of a mile nonstop! And today I hit the Wall of Pain! Yes, I reached the very limits of human endurance. A searing agony ripped my lungs with every labored breath. All over my body, taut tendons shrieked their message of anguish along white-hot neural cords like thousands of Jewish mothers hearing that my muscles were marrying thousands of shiksas. For the life of me, I couldn't recall why I had started this running. Or where. Or when. Every time I tried to put together a coherent thought, all I got was Mungo Jerry and some hooley about DNA.

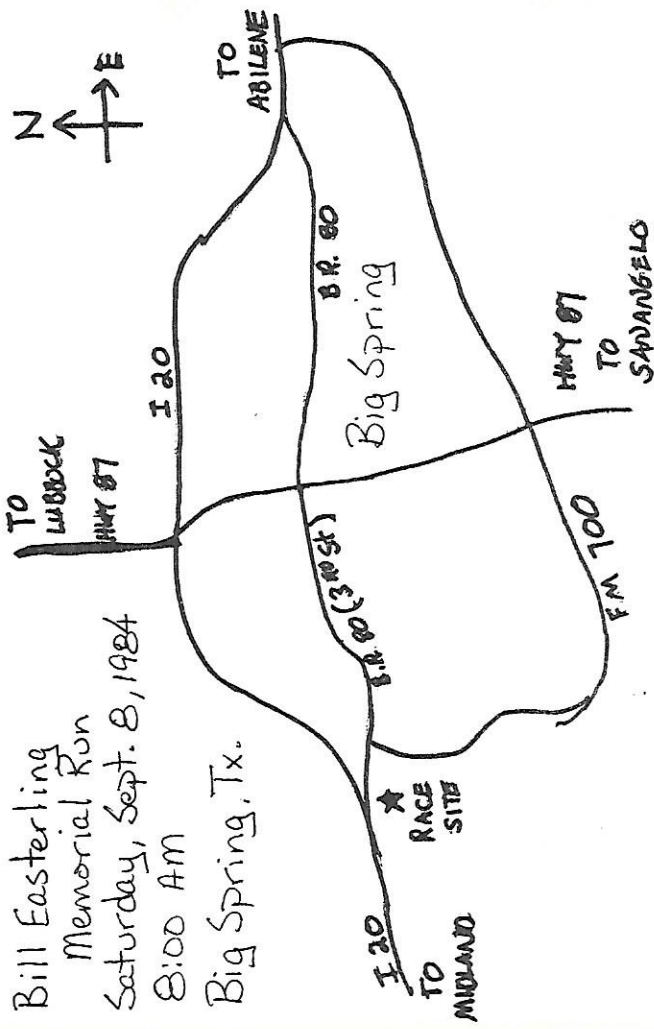
Physiologically, the Wall of Pain heralded the depletion of stored glycogen in my muscles. With its carbohydrate supply at zero, my body had either to shut down or switch to protein fuel. At 300 yards, I was burning a tuna sandwich I digested last month. At 400, I began metabolizing my underpants.

Resting heart rate: 2721.

Final thought: The body is a machine. A machine with a soul, but a machine nonetheless. Treat the body with respect and, like any finely engineered machine, it will respond with power, precision and dependability. Treat it with disrespect and, like any machine, it will fall down in the bushes and throw up.

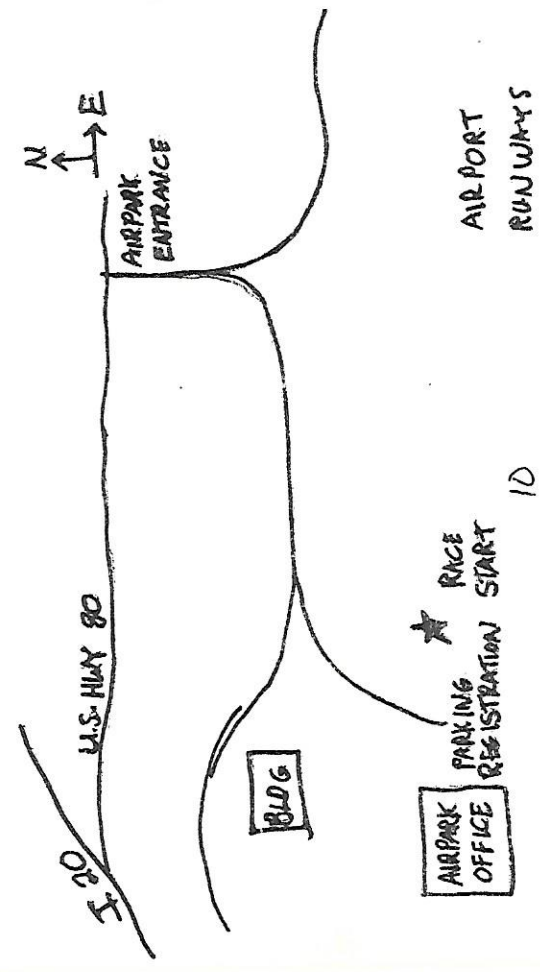
THE END!

9



ENLARGED VIEW

MCMAHON, WINKLE AIRPARK



Bill Easterling
Memorial Run
Saturday, Sept. 8, 1984
8:00 AM
Big Spring, Tx.