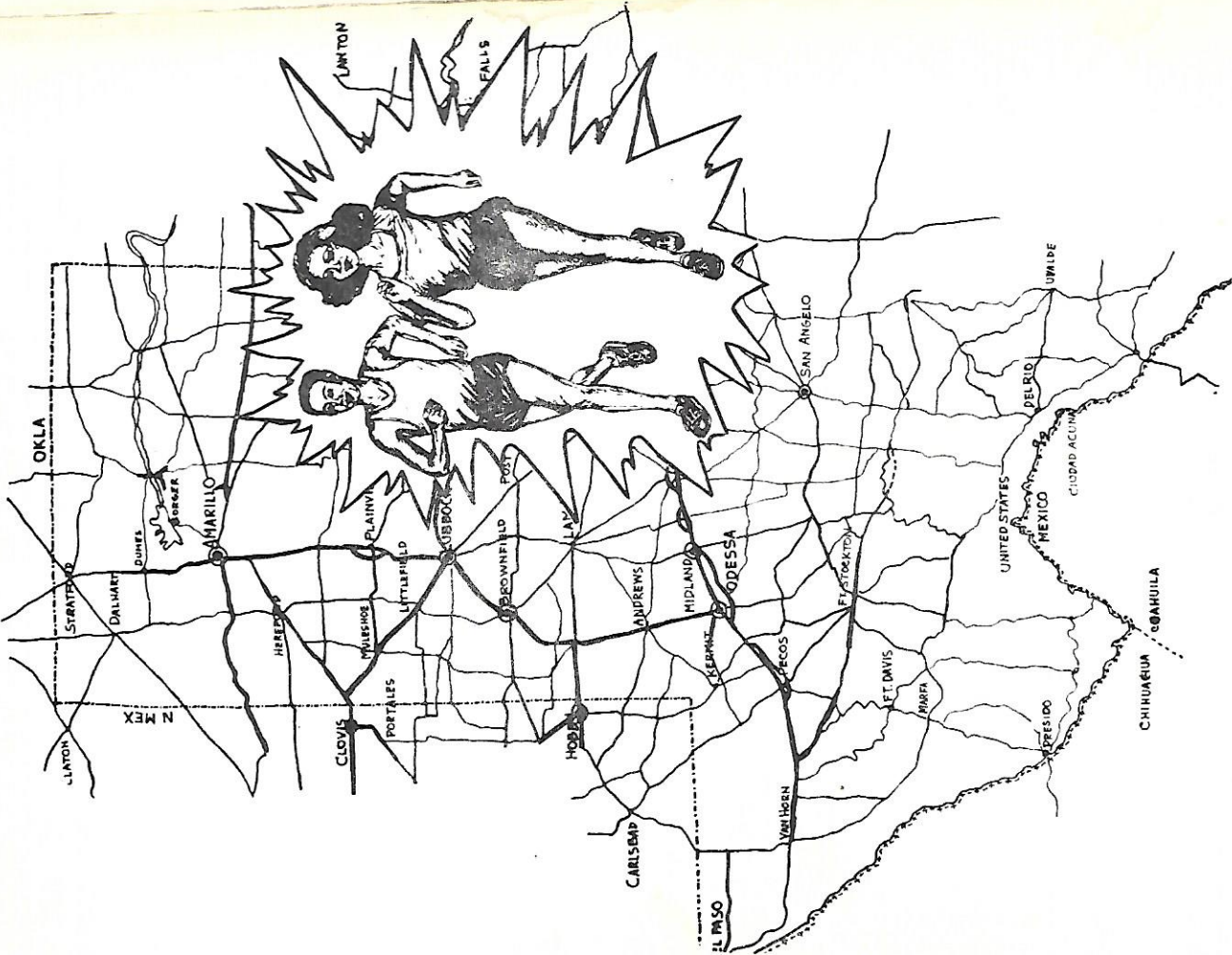


4861 RINP

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

West Texas Running Club

P.O. Box 2921 Lubbock, Texas 79408



WEST TEXAS RUNNING CLUB NEWSLETTER

JULY 1984

* * * * *

August Club Race
Mackenzie 5 Miler

DATE: SATURDAY, AUGUST 11
 DISTANCE: 5 MILES
 TIME: 8:00 A.M.
 PLACE: MACKENZIE STATE PARK, LUBBOCK (Start near Broadway entrance, see map)
 DIVISIONS: FOR PURPOSES OF AWARDS, THERE WILL BE NO AGE DIVISIONS.
 AWARDS: THE FIRST 100 FINISHERS (registered) WILL RECEIVE A TROPHY (Must be picked up at run)
 COURSE: ASPHALT ROADS, SOME ROLLING HILLS, MOSTLY FLAT.

ENTRY FEES: WTRC MEMBERS-- \$2.00
 NON-MEMBERS-- \$3.00

NOTICE:----- Due to an interaction of 3 conditions, the usual WTRC monthly race, as such, will not be held. The 3 conditions are:

1. No one willing to volunteer as race director.
2. Desire to try something different and see what happens!
3. Over the years, the club has accumulated many unclaimed trophies. They have become a storage problem. We are also looking for ways for folks who normally don't win a trophy to earn one for their mantle, desk, etc. All trophies (of various size & configuration) will say "WTRC 5 Mile, AUG 1984", on the base.

FYI: (for your information)
 1984

Finish #	TIME	PAGE	PER-MILE
1	26:38	5	20
34	35:51	7	10
78	49:46	9	57

Schedule of Events

Sunday, August 5
 Hot to Trot 10K & 2 mile, 8:A.M., Presidio, TX.
 CONTACT: Presidio RR, Box 669, Presidio, TX 79845. (915)229-3449

*Saturday, August 11
 8:00 A.M.: WTRC 5 Miler @ Mackenzie State Park.
 7:00 P.M.: Club Pot Luck Party @ Orlene Zermeno's.

Saturday, August 18
 4th Annual Wheateheart Country 10K (8:30A.M.) & 1 Mile Fun Run (8:40A.M.). Splits each mile, aid stations @ mile 2 & 4. T-shirts. Free Breakfast & free noon BBQ.
 CONTACT: Wheateheart Country 10K, Box 1085, Perryton, TX 79070. (806)435-3098.

Sunday, August 19
 Falmouth Road Race - entry closed but televised.

Sunday, August 19
 7th San Francisco Marathon.

Sunday, August 26
 Prude Ranch Races, 3 & 6 miles, Marathon & Marathon. Ft Dav is, TX. CONTACT: Melinda Green, 5009 Rio Grande, Apt 9-H, Midland, Tx 79703. (915)689-8279 PM.

Saturday, September 8
 Amarillo Triathlon (800m swim, 40K bike, 10K 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.

Sunday, October 7
 Bank One Marathon, Columbus, OH. Limited to 5000. CONTACT: EOM, Corporate Processing Dept, Columbus, Ohio 43271-0980.

Saturday, October 13
 Strohl's Run for Liberty I. 8K (4.971 miles), 9:A.M. Lubbock, Texas. CERTIFIED COURSE. Details to follow.

Saturday, October 20
 Lubbock Marathon, 7:A.M., also 2 mile fun run. Details to follow. For more info, contact Paul Harper/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.

*Denotes monthly WTRC event

1 Mile Results

GIRLS

Zoe Gordhamer	11	Lubbock	6:47
Sola Gordhamer	11	Lubbock	6:58
Alexi Woodul	11	Lubbock	7:32
Tammy Aleman	9	Lubbock	8:25
Michelle Martinez	9	Brownfield	9:40
Tracey Jackson	6	Lubbock	10:27
Kenra Jackson	8	Lubbock	11:49
Ashley Lepard	6	Sweetwater-no time	
BOYS			
Randall Lepard	10	Sweetwater	6:13
Matt McGuire	11	Lubbock	6:43
Jeremy Stallings	9	Stanton	6:47
Teddy Soliz	10	Brownfield	7:23
Clayton Bissett	9	Brownfield	7:31
Scott Kinghorn	9	---	7:48
Jerrold Stallings	6	Stanton	7:56
James Morrison	6	Lubbock	8:01
Eric Grotz	10	Lubbock	8:10
Jason Tervooren	8	Midland	8:17
Ley Woodul	6	Lubbock	8:21
Justin Tervooren	8	Midland	9:02
Kenny Pailles	8	Lubbock	9:11
Brian Lehr	10	Lubbock	9:12
Todd Bissett	5	Brownfield	9:19
Bobby Gonzales	7	Brownfield	9:35
Tucett Medrano	5	Lubbock	10:28
David Moore	11	Odessa	11:39
Daniel Moore	6	Odessa	11:50
Ty Woodul	4	Lubbock	13:33
Chris Johnson	8	Lubbock	No time

10 Mile Results

MEN			
Rodney Hendrix	18	Lubbock	57:12
Bobby Cunningham	44	Abermathy	58:07
Doug Thurston	23	Midland	58:28
Erik Packard	19	Hobbs, NM	60:58
Johnny Mercado	20	Lubbock	61:09
Richard Kleinhans	35	Midland	62:06
Joe Post	35	Lubbock	62:07
Bob Grady	38	Midland	64:37
Dwight Goodman	26	Lubbock	66:39
John Trompler	36	Lubbock	67:02
John Price	29	Lubbock	67:12
Vince Mercado	15	Lubbock	67:31
Jim Fisher	33	Lubbock	67:39
Peter Durkin	31	Lubbock	67:51
Al Grotz	34	Lubbock	71:50
Herbert Martinez	27	---	73:27
Randy Coleman	20	Lubbock	74:32
Bob McGuire	53	England	75:04
Ron Key	40	Lubbock	75:38
Francis Johns	49	Midland	76:24
Mike Greer	45	Lubbock	77:41
Lamont Johnson	45	Lubbock	77:41.6
Ray Adcock	29	Lubbock	71:18
Gerald Long	49	Lubbock	78:04
Don Kephart	32	Lubbock	79:14
Ken Gosnell	43	Midland	79:17
Jim Wilhelm	33	Lubbock	80:02
Ray Howell	33	Lubbock	81:38
John Hartsfield	51	Lubbock	84:00
WOMEN			
Veronica Cavazos	20	Lubbock	68:51
April Stein	26	Lubbock	82:33
AWARDS:			
Open	30-39	40-49	50 & Over
Rodney Hendrix	Richard Kleinhans	Bobby Cunningham	Bob McGuire
Doug Thurston	Joe Post	Ron Key	John Hartsfield
Erik Packard	Bob Grady	Francis Johns	LADIES
Johnny Mercado	John Trompler	Mike Greer	Veronica Cavazos
Dwight Goodman	Jim Fisher	Lamont Johnson	April Stein
John Price	Peter Durkin	Gerald Long	

3 Mile Results

MEN			
21	Carlos Ybarra	Levelland	15:16
30	Steve Stallings	Stanton	15:25
32	Cliff McCurdy	Canadian	15:37
18	Craig Stone	Anton	16:21
23	Eloy Hernandez	Lubbock	16:30
34	Tom Nesbitt	Lubbock	16:39
28	Dennis Miles	Lubbock	17:00
29	Jimmy Samarron	Levelland	17:30
16	Grant Adams	Lubbock	17:39
32	Ken Jernigan	Lubbock	17:41
23	Michael Soto	Lubbock	17:46
37	Mike Zinn	Midland	17:49
38	Neil Carman	Odessa	18:00.3
28	Jose Aguayo	Lamesa	18:00.8
28	Gonzalo Ramirez	Lubbock	18:20
26	Randy Johnston	Lubbock	18:23
41	Tom Brown	Lubbock	18:24
25	Michael Morgan	New York	18:31
37	Vic Keyes	Big Spring	18:33
21	Lupe Naseanceno	Lubbock	18:43
47	Robert Fuller	Big Spring	18:46
23	Lamar Thomkins	Lubbock	18:51
33	Ron Mahaffey	Lubbock	19:00
29	Steve Fraser	Big Spring	19:09
36	Dana Anatey	Lovington NM	19:19
43	Eobby Birdsong	Levelland	19:28
15	Robert Martin	---	19:41
13	Shawn Ybarra	Lubbock	19:51
43	David Kneff	Lubbock	19:55
46	Frank Hernandez	Lubbock	20:06
24	Juan Delano	Brownfield	20:12
34	Rou Lehr	Lubbock	20:13
--	Scott Hei	Lubbock	20:14
34	Paul Henry	Lubbock	20:17
26	Art Rutherford	Brownfield	20:22
34	Arnold Hernandez	Slaton	20:27
35	Mike Kelley	Lubbock	20:34
19	D.L. Swafford	Lubbock	20:36
38	John Warner	Abilene	20:37
36	Gordon Kitten	Slaton	20:42
49	John Harper	Anton	20:42.6
32	Brad Winter	Hobbs, NM	20:51
33	Tom Cantrell	Hobbs, NM	20:52
22	Jose Trejo	Lubbock	20:58
23	Joe Hernandez	Lubbock	21:04
13	Anthony Morrison	---	21:05
16	Soren Gordhamer	Lubbock	21:15
16	Rudy Ortega	Lubbock	21:17
28	R.D. Scarbrough	Lubbock	21:37
38	Larry Christian	Lubbock	21:40
21	Johnny Guerrero	Sundown	21:48
47	Gayland Roberts	Hobbs, NM	21:57
38	R. Charles Moss	Lubbock	22:11

FOOTNOTES....

You've heard the argument: Running is pounding our knees and hips to pulp. We'll all be arthritic cripples by the time we're 60.

Don't believe it, says Boston orthopedic surgeon Roger S. Sohn. His research at Children's Hospital Medical Center traced the histories of 498 men who had run as little as four years and as long as 50. These runners, whose ages ranged from 40 to 70, averaged 25 miles a week.

Dr. Sohn matched them against 287 swimmers. Both groups were similar in age and level of exercise, but those who swam were free of the pounding stress that is widely suspected of causing degenerative arthritis in runners.

No such link was found. In fact, the men who swam suffered slightly MORE arthritis symptoms than those who ran. Two percent of the swimmers and one percent of the runner reported this type of knee or hip pain.

The study found no link between the distances run or the length of a career, and the incidence of arthritis.

"Of the runners I studied who ran for 50 years," Sohn tells Ellen Hale of the Gannett News Service, "they didn't have any more disease than the others."

He concludes, "We've known running is good for your bones, and now we know it doesn't hurt your joints. It turns out that cartilage in our joints is a very good shock absorber."

* * * * *

THE WORLD ACCORDING TO COSTILL:

1. For the most part, improvements in endurance and/or aerobic capacity are determined by the distance you run in training.
2. Maximal gains in physiological endurance are achieved when the weekly mileage is between 60 and 100 miles.
3. Some training must be done at or near racing pace in order to condition the muscle fibers that will be called on during competition.
4. Speed is a function of strength specific to the muscles used in running; consequently, the training program should be designed to improve leg strength and running speed.
5. The ingredients for optimal performance include a well-developed aerobic capacity, conditioning of all the muscle fibers used during racing, and muscle strength essential for running speed.

* * * * *

The following is taken from Jim Fixx's Second Book of Running:

1. Fat is pure dead weight. To be eighteen pounds overweight is exactly like carrying a case of beer along on every run.
2. Fat is insulation. It prevents the body from ridding itself of the heat that running creates. Retained by the body rather than dissipated into the surrounding air, excess heat slows you down and, not incidentally, increases the risk of heat exhaustion and heat stroke.
3. By lowering the body's efficiency in using oxygen, fat reduces the speed of which a runner is capable.

* * * * *

NO WONDER I'M SO TIRED!!!

Finals...

22:12	Lubbock	1	3	7
22:29	Anton	2	14	442
22:30	Lubbock	3	6	112
22:33	Midland	3	8	70
22:36	Lubbock	3	24	483
23:19	Seagraves	1	6	178
23:22	Slaton	1	6	1
23:39	Lubbock	2	19	367
23:46	Lubbock	4	30	371
23:49	Lubbock	1	5	25
23:58	Lubbock	1	6	304
24:01	Gosha, NM	10	85	644
24:02	---	5	25	225
24:13	Lubbock	1	6	168
24:42	Lubbock	1	2	7
26:10	Seagraves	7	29	534
28:12	Lubbock	1	2	2
28:22	---	1	2	2
28:23	Lubbock	9	66	735
28:36	Lubbock	2	2	24
31:38	Lubbock	2	7	88
No Time	Lubbock	12	91	418
		2	25	1
		1	5	1
		5	17	419
		2	7	74
		1	2	30
		1	9	4
		4	17	203
		2	11	271
		2	11	305
		1	2	63
		9	70	385
		2	19	281
		1	3	75
		2	11	73
		8	62	494
		2	8	527
		4	20	360
		1	6	323
		5	18	35
		6	39	231
		3	29	82
		2	10	540
		7	41	199
		8	42	542
		1	6	458
		3	14	322
		1	13	31
		6	49	696
		1	3	30
		3	18	148
		1	2	49

Vicki Fuller
 Harlen Gilley
 Israel Gonzales
 Ann Gordhamer
 Robert Grady
 Jim Graves
 Melinda Green
 Rick Green
 Mike Greer
 Terry Griffith
 Don Grimes
 Al Grotz
 Robert Guajardo
 T.R. Hamilton
 Joe Dan Harper
 John C. Harper
 Johnny Harper
 Kenny Harper
 Paul Harper
 Sid Harper
 Bernard Hartman
 John Hartsfield
 Hugh Haynes
 Roger Hayes
 Frank Hernandez
 Jerry Hewett
 Sam Hill
 Ronald Hirano
 Richard Houston
 Don Hudson
 Donald Hunt
 Baddy Hutto
 Michael Jacobs
 Caesar Jaramillo
 Gary Jenkins
 Ken Jernigan
 Francis Johns
 Randy Johnston
 Ted Johnston
 Bob Jones
 Darlene Jones
 S. Jane Jones
 Henry Jordan
 George Jury
 Mike Kelley
 Don Kephart
 Vic Keyes
 Gordon Kitten
 Mike Kivistik
 Richard Kleinhans
 David Knaff
 Larry Ladd
 Pat Lara

26	Lubbock	22:12
49	Anton	22:29
40	Lubbock	22:30
37	Midland	22:33
21	Lubbock	22:36
42	Seagraves	23:19
39	Lubbock	23:22
39	Lubbock	23:39
34	Lubbock	23:46
15	Lubbock	23:49
29	Gosha, NM	23:58
46	---	24:01
53	Lubbock	24:02
28	Lubbock	24:13
55	Lubbock	24:42
12	Seagraves	26:10
29	Lubbock	28:12
29	---	28:22
33	Lubbock	28:23
40	Lubbock	28:36
18	Lubbock	31:38
	Lubbock	No Time

WOMENS 3 MILE RESULTS

34	Big Spring	19:31
23	Midland	20:30
17	Ransom Canyon	20:35
17	Slaton	21:43
40	Lubbock	21:49
48	Odessa	22:41
31	Lubbock	23:59
22	Lubbock	24:27
14	Lubbock	24:39
29	Lubbock	26:02
49	Big Spring	27:24
33	Lubbock	28:12
17	Lubbock	30:35
12	Lubbock	31:06

AWARDS

15 & Under	Robert Martin
30-39	Steve Stallings
40 & Over	Tom Brown
Open	Cliff McCurdy
15 & Under	Shawn Ybarra
30-39	Anthony Morrison
40 & Over	John Tailles
Open	David Martin
15 & Under	Robert Martin
30-39	Shawn Ybarra
40 & Over	Anthony Morrison
Open	John Tailles
15 & Under	David Martin
30-39	Steve Stallings
40 & Over	Tom Brown
Open	Cliff McCurdy
15 & Under	Shawn Ybarra
30-39	Bobby Birdsong
40 & Over	Stephanie Baker
Open	David Knaff
15 & Under	Liza Poole
30-39	LADIES
40 & Over	*Sherill Easterling
Open	Ann Gordhamer
15 & Under	Arlene Ragan
30-39	Lyn Bowie

*New Record

1983-84 West Texas Running Club
Annual Awards

Finals...

R.K. Laughbaum	1	13	39	---
Ron Leatherman	1	9	15	---
Steve Lehman	3	13	50	---
Ron Lehr	2	7	67	---
Edward Levesque	1	9	33	1
Jimmy Lewis	1	13	12	---
Kip Leyba	2	21	72	2
James Livermore	9	60	164	1
Gerald Long	5	41	370	2
Phil Long	1	4	16	1
Joe Ludivico	1	6	33	---
Steve McCleery	2	9	472	1
Cliff McCurdy	5	21	781	5
Jim McBuff	8	58	309	2
C.G. McKnight	2	11	67	2
Ron Mahaffey	5	41	521	2
Quang Mai	1	2	9	1
Richard Mason	2	9	262	---
John Medlin	2	1	16	---
Polo Medrano	1	3	1	1
Lolo Mercado	6	46	785	6
Vince Mercado	4	16	621	3
Dennis Miles	3	24	626	3
Robert Miser	4	17	108	3
Adelaida Montemayor	1	5	16	1
Clyde Moore	1	6	425	---
Leslie Moore	1	6	22	---
W.A. Moore	4	14	392	1
Anthony Morrison	5	19	138	4
William Morrison	3	9	30	1
B. Charles Meyer	3	12	128	---
Johnny Nava	5	44	65	---
Rose Nehls	1	6	90	---
John Neill	1	5	32	---
Tom Nisbett	4	14	647	4
Cande Olivias	7	29	644	3
Rudy Ortega	1	4	22	1
John Owens	5	20	32	---
Jan Pailles	1	5	13	---
Kenny Paxton	1	6	8	---
Bennie Pickrell	2	14	277	1
Charles Pillow	3	14	147	---
Liza Poole	3	16	33	---
Joe Pest	10	61	760	7
Evan Prather	2	4	49	2
John Price	10	76	779	4
Terry Proctor	1	9	3	---
Arlayne Ragan	3	18	166	3
Gonzalo Ramirez	8	41	444	3
Chris Reecer	1	6	265	---
Donovan Reed	2	16	133	1
Edna Rhodes	1	2	---	---
Harry Rhodes	1	2	5	---
Cathy Rogers	1	6	2	---
Tina Rubic	1	5	28	1
John Rucker	2	7	93	1
Jimmy Samarron	10	33	951	6
Don Sanderson	1	6	442	1
Sandi Schlaudt	1	6	311	1

ATTENDANCE AWARD:

Given to individual attending most races in a calendar year.
Number of Races

George Anferer	12
John Hartsfield	12
Jim Fisher	10
Al Grotz	10
Joe Pest	10
John Price	10
Jimmy Samarron	10
Bill Sparkman	10
April Stein	10

MILEAGE AWARD:

Individual running most miles in club races in a calendar year.
Miles Run

John Hartsfield	54
Jim Fisher	86
Al Grotz	85
Bill Sparkman	82
April Stein	82
John Price	76
Michael Jacobs	70

OPponents DEFEATED (Victors Award):

WOMEN	Opponents Defeated	MEN	Opponents Defeated
Sherill Easterling	439	Jimmy Samarron	951
Sandi Schlaudt	311	Lolo Mercado	785
Tosie Aleman	232	Cliff McCurdy	781
S. Jane Jones	231	John Price	779
April Stein	218	Joe Pest	760
Jackie Davis	196	Karl Wolfe	743
Arlayne Ragan	166	Paul Harner	735
Donna Densford	429	Quinn Smith	712

FINAL STANDINGS 7/83-6/84

NAME	# Races	# Miles	Opponents Defeated	Trophies
Jose Aguayo	4	23	586	---
Artie Aguilar	2	9	512	2
Jill Aleman	1	1	1	---
Josie Aleman	7	23	232	4
Tammy Aleman	1	1	5	---
Tony Aleman	3	7	19	---
Bob Andrews	1	3	13	---
George Angerer	12	43	371	2
Shelia Angerer	1	2	4	---
Kelly Attebury	1	2	47	---
Steve Baldwin	2	14	70	2
Frank Barker	2	5	35	---
Terry Barker	2	13	507	1
David Bass	1	6	399	---
Tommy Baugh	1	2	54	1
Bobby Birdsong	9	32	673	7
Patsy Birge	1	4	---	1
Lyn Bowie	4	31	21	3
Tom Bowser	1	7	14	2
Melissa Braannon	3	12	15	---
Ken Brown	1	6	62	3
Tom Brown	4	18	565	1
Warren Brown	1	15	4	---
Lee Burke	1	6	263	---
Victoria Burke	1	6	8	3
Tony Bush	3	33	30	1
Randy Coleman	2	9	423	---
Hal Cooper	1	4	58	---
Roger Coughran	4	28	362	8
Bobby Cunningham	8	34	405	1
Bill Davey	2	2	57	3
Chad Davis	1	1	13	---
Charles Davis	1	26	175	2
Don Davis	1	8	23	---
Jackie Davis	4	16	196	2
Benny Delacruz	1	5	60	---
Charles Delahoussaye	2	10	349	---
Bob Densford	2	11	154	---
Donna Densford	2	11	139	1
Charlie Douglas	2	6	108	2
Jim Douglas	2	14	314	---
Peter Durkin	2	19	72	2
Sherill Easterling	4	38	438	4
Eruce Ebanks	6	19	466	3
Zack Elkins	1	6	460	---
Daniel Favorite	3	28	127	---
Jim Fisher	10	86	699	8
Larry Fitzwater	1	5	9	1
Corky Fritch	1	10	42	---
Robert Fuller	2	15	469	1

Finals...

Lawrence Schovaneec	1	3	60	1
Jason Shone	1	3	17	---
Tom Siekman	1	13	38	---
Janie Sifuentes	4	10	107	2
Norma Sifuentes	2	5	38	1
Rosie Sifuentes	3	7	106	3
Tammy Sifuentes	3	7	85	2
Berry Simpson	1	3	18	---
Dennis Smiley	1	2	52	1
Bob Smith	1	6	73	1
Don Smith	2	16	410	---
Edward Smith	1	5	40	1
Lyn Smith	1	2	3	---
Quinn Smith	4	15	712	4
Stuart Smith	4	31	610	1
Bill Sparkman	10	82	579	1
Red Spicer	2	21	414	2
Charlie Stallings	6	26	237	---
Karen Stallings	1	3	5	---
Stephen Stallings	3	11	650	3
April Stein	10	82	218	7
Denise Stites	1	6	142	---
Robert Stites	1	6	281	---
Gary Stoley	1	6	210	---
Clay Strange	1	9	30	1
Craig Stone	2	8	124	1
Gaylyn Studlar	1	3	11	---
Edward Swanson	1	13	23	---
Violet Taylor	1	3	10	---
W. Dale Tervooren	1	8	14	---
Tom Thomas	1	5	27	---
Douglas Thurston	1	6	27	---
Brent Tidwell	2	8	39	1
Robby Timberlake	2	12	391	---
Mark Turnbough	1	2	32	---
Ed Vernon	1	7	3	1
Bill Vitalec	3	22	29	---
Stephen Vitalec	2	8	9	2
Donald Webb	3	29	525	3
Jim Wilhelm	8	56	471	---
Kerry Wimberly	1	6	447	---
Keith Wiseman	1	2	48	1
Karl Wolfe	5	17	743	5
Kevin Wolfe	3	25	143	2
Layton Woodul	1	3	19	---
Gregg Wright	1	6	285	---
Penny Young	1	6	80	---

A special thanks is in order to WRC member and Director JIM WILHELM, who spent many hours over the last year keeping these statistics and compiling them into the final year-end totals. This effort is in addition to his many other functions including maintaining the roster, handling correspondence, organizing races, and making decisions for the club. Thanks for your help, Jim..... we appreciate you!

DIARY OF A MAD JOGGER, BY RICHARD LIEBMANN-SMITH, PART 2
 OF 3

November-17

Distance: None
 A runner must train his mind as well as his body. We who would aspire to the pinnacles of athletic excellence must be able to endure pain, monotony, numbing repetition, disappointment and despair.

I began my mental workout listening to a Stilller and Meara comedy album. I followed this with a few brisk spins of Mungo Jerry singing In the Summertime, and finally honed my mental stamina on a world class runner's regimen of Peter Bogdanovich's grueling Al-Load-Last-Love.
 Resting heart rate: 346.
 Thought: None.

December-2

Distance: None
 A brisk late-autumn day. Warm-up exercises at the reservoir: Flexing, bending, stretching, pulling, pitting muscle against muscle in a tense ballet of anticipation, I tuned my inner spiritual ear to the subtle rhythms of my body. Twisting, reaching, gently massaging, I established a dialog with my body. It responded with deepened breathing, quickened pulse, a hint of perspiration. My body was turning on. It wanted to get together for lunch next Thursday. I accepted.

An American passed while I was getting in touch with my body. A cigarette dangled from his paunchy American lips. He called me a name. I compared him unfavorably with the Adida Indians, whose feet he was not worthy to sniff. He called a cop.

Americans have gone soft. They are a nation of spectators-overfed, underexercised, impolite. I despise the American lifestyle (deathstyle!).
 Resting heart rate: 419
 Thought: I am a foot soldier in the war on slobery.

December-16

Distance: 100 yards
 Today set foot on the track for the first time, renewing that ancient contract of sinew, sweat, and hard sweet earth. It is a contract harking back to the ancient Greeks, to semimythical Phidippides, who ran from Marathon to Athens bearing news of the invention of the goat.

Ran 90 yards before being passed by a one-legged guy and a woman on crutches.
 Resting heart rate: 525 (Sound in ears)
 Thought: Unlike other athletes, we supplicants at the temple of fleet Hermes do not compete against one another. For us, the battle is against the clock, the elements, and ourselves. I can beat a Timex and thorium. As for the race against myself, I may not win, but I figure I'm guaranteed at least a tie.

TO BE CONTINUED.....

