

Free Racing Singlet With 1989 Membership!

Renew your membership or become a new member of the West Texas Running Club before December 31, 1988, and receive a free racing singlet! Shirts will be delivered in January. Specify size (adult sizes only). Membership also includes 12 monthly newsletters and a discount at WTRC races. Hurry! Time is running out!

MEMBERSHIP APPLICATION

Make checks payable to:
West Texas Running Club
P.O. Box 2921
Lubbock, TX 79408

Payment:
\$8.00 - First Member
2.00 - Each additional family member
(at same address)

MAILING ADDRESS _____

TELEPHONE NUMBER _____

NAME _____ MALE _____ FEMALE _____ SINGLET: S _ M _ L _ XL _____

NAME _____ MALE _____ FEMALE _____ SINGLET: S _ M _ L _ XL _____

NAME _____ MALE _____ FEMALE _____ SINGLET: S _ M _ L _ XL _____

NAME _____ MALE _____ FEMALE _____ SINGLET: S _ M _ L _ XL _____

Please one:
Renewal New Member AMOUNT = \$ _____

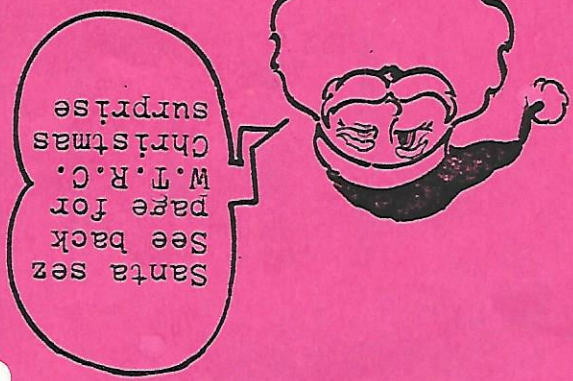
December 1988



Red Line 4 Mile
Cross Country
12-10-88

JOE POST
1717 39TH STREET
LUBBOCK TX 79407

Newsletter
P.O. Box 2921
Lubbock, Tx. 79408
December, 1988



Red Line 4 Mile Cross Country

Designated Event No. 12 of W.T.R.C. Challenge Series



Date: Saturday, December 10.
 Distance: 4 Miles; Cross country, hills.
 Time: Registration- 8:00 A.M.; Race Start- Promptly at 9:00 A.M.
 Site: Mae Simmons Park, approximately East 23rd St. & Quirt Avenue; Register in the parking lot by the football field just north of the Struggles Lisd TV building.
 Entry Fee: W.T.R.C. Members- \$3; All Others- \$4.
 Awards:

Division	Trophies	Medals
Women's Open	2	6
Men's Open	2	6
Men's 30-39	2	8
Men's 40-49	2	7
Men's 50 Plus	2	4

 More Information: Ron Key, 765-5551; Jon Masood, 797-1870; Joe Post, 747-8359

***** CHALLENGE SERIES AWARD PRESENTATION TO FOLLOW THE *****
 *** RED LINE 4 MILE AT THE OUTDOOR CENTER IN MACKENZIE PARK ***

Race Calendar

Dec. 3: O Saki To You, Beat OSU 1 & 3 Mile Run/Walk, TTU Rec.Center. \$6 T Shirt fee. 10:00 A.M. Contact- TTU Rec.Sports, 742-3351.
 Dec. 4: Dallas White Rock Marathon. Contact- (214) 522-3960 or P.O.Box 56682, Dallas, Tx. 75374.
 Dec. 17: American Diabetes Association 4 & 2 Mile. MacKenzie Park. See information sheet in this issue. Contact- Gonzalo Ramirez, 795-7338.
 Dec. 18: Jingle Bell 4 Mile Run, 2 Mile Walk, 1 Mile Kid's Run. Midland Tx. Events start 2:30 P.M. \$10 entry fee includes long sleeve T Shirt & Christmas party. Contact- Berry Simpson (915) 689-0646.
 Jan. 1: 3rd Annual Midnight Madness 2.5 Mile. Midnight, Jan. 1 at Windlands Golf Course, Midland, Tx. Contact- (915) 689-0646.
 Jan. 14: W.T.R.C. Kickoff 10K & 2 Mile. Designated Event No. 1 of 1989 Challenge Series. Reese Air Force Base. Contact- Gonzalo Ramirez, 795-7338.
 Jan. 15: Houston-Tenneco Marathon. Contact- (713) 757-2700 or P.O.Box 56682, Houston, Tx. 77027.
 Feb. 25: Cowtown Marathon & 10K. Ft. Worth, Tx. Contact- (817) 735-2033 or P.O.Box 567, Ft. Worth, Tx. 76101.

M A R A T H O N E R
 a t u l o i w o a e
 v h n o w s n b r w e
 e l n n a a / l n a r
 r e i e r h y e r d
 i t t n e d e
 c e g k

***** URGENT *****
 We need several people to begin working on the Newsletter right away! These tasks include: accumulating material (race results, articles, etc) typing; lay-out and paste-up; delivery to and pick-up from printer; folding and stapling; labelling, stamping and mailing. If you would like to insure that the Newsletter will continue to function as a timely and informative vessel, please contact George Jury, 792-1237 right away to volunteer.



I think that I can speak for the membership of the W.T.R.C. in expressing a well-deserved thanks to David Lard for his service as Newsletter Editor for 1988. Starting from scratch, "Scoop" put together a product with a style and format that rivals most professionally produced works of this type. Always timely, informative and entertaining, the Newsletter has helped attract many new members and kindled the interest of our veteran members.
 David also served the club as Race Director of this year's super successful Run For The Arts and assisted at many other W.T.R.C. events this year.

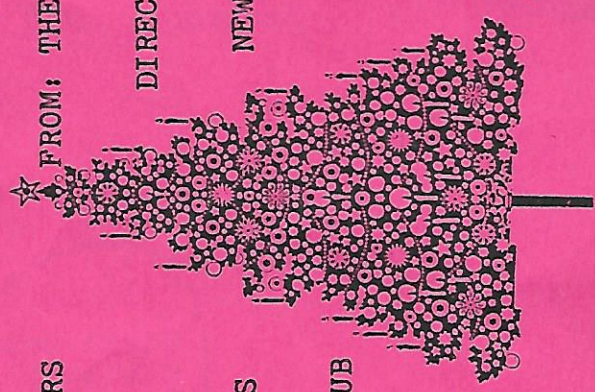
I'd like to add my personal thanks for the opportunity to have had the greatly enjoyable experience of helping "Scoop" with the Newsletter and working at the races this year. Thanks again Eugene, and pump up the wolf juice, the Gators are ready to run! jp

 West Texas Running Club
 Officers and Directors

- President: Ron Key
- External Vice : Tom West
- President
- Internal Vice : Gonzalo Ramirez
- President
- Secretary: Jan Ramirez
- Treasurer: Shirley Wigley
- *****
- Membership- Josie Aleman
- Race Calendar- Tracy Baugh
- Club Races- David Jackson
- Newsletter- George Jury
- Equipment- Ronnie Nugent
- Non-Club Races- Bill Vitalec

MERRY CHRISTMAS AND HAPPY NEW YEAR !

TO: THE MEMBERS
 OF THE
 WEST TEXAS
 RUNNING CLUB
 FROM: THE OFFICERS
 DIRECTORS AND
 NEWSLETTER
 STAFF
 OF THE



W.T.R.C.



West Texas Running Club
November Club Race
16th Annual Buffalo Wallow
Designated Event No. 11 of W.T.R.C. Challenge Series

Course records o' plenty highlighted the 16th Annual Buffalo Wallow. Running under near perfect conditions, Art Samarron raced to a 9:40(4:50 pace) to shatter the 13 year old two mile standard of 9:52 set by Marc Johnson in 1975. Not to be outdone, Sue Houle demolished the Women's Half Marathon record with her 1:34:59(7:15 pace), besting by 7:26 Jan Taylor's mark set in 1982.

"First there is a mountain, then there is no mountain, then there is." These Donovan lyrics may well have been echoing in the ears of the 43 half marathoners who tackled Buffalo's hills. Lolo Mercado won the Overall and Men's Open Division with a speedy 1:18:17(5:58 pace). Finishing second despite a toenail injury was Rodney Hendrix with a fine 1:19:31(6:04). Finishing second to Sue Houle's course record in the Women's Open was April Stein at 1:43:07(7:52).

Tom Nesbitt captured the Men's 30-39 with a 1:25:51(6:33) and new W.T.R.C. member Tim Bowman was second at 1:30:06(6:52). Ron Lubowicz took the 40-49 Division in 1:32:52(7:05) over Ron Key's 1:34:14(7:11) George Jury extended his winning streak in the 50 Plus Division, as he turned in a 1:27:08(6:39) in front of David Lard's 1:32:58(7:05). All half marathon finishers received a specially designed certificate to honor their achievement at Texas' Toughest Half Marathon.

Art Samarron's course record paced the Two Mile Men's Open with Ronnie Mata second at 11:03(5:31 pace). Jimmy Samarron took the 30-39 Division in 11:15(5:37) followed by David Jackson at 11:36(5:48). Joe Gomez gained top honors in the 40-49 grouping with a 12:32(6:16) and Larry Byrd was second in 12:58(6:29). Joe Nesbitt garnered the 50 Plus crown in 17:18(8:39). Josie Aleman led the Women's Open with a 14:25(7:12) over Sylvia Gonzalez who came in at 14:45(7:22).

Kudos to Race Director Don Kephart for another Wonderful Wallow. If anyone ever deserved to be called "Mr. Buffalo", it's certainly Don. Thanks to club member volunteers Ron Seal and Doris Stalcup for their help and to associates Brenda, Ross and Wade Kephart, Sally Post and Carolie Mullins. Don will receive Race Director credit of 26.2 miles in the Challenge Series and Doris and Ron will each be credited with 13.1 miles as Volunteers.

Wallow Wonders: Several runners recaptured past glory at the '88 Wallow. Lolo Mercado's Overall and Open Division wins in the half marathon, repeated his 1983 championship performance. Jimmy Samarron's win in the 30-39 Division in the 2 Mile was an encore from his '85 win. Jimmy also won the Open Division in '84. Josie Aleman captured the Women's Open 2 Mile for the second year in a row. George Jury's win in the 50 Plus Division of the half marathon shouldn't exactly have come as a surprise. He captured the 40-49 Division in '85 and this was his third consecutive victory as a 50 Plus competitor. In fact, George is undefeated in W.T.R.C. events since since entering the 50 Plus Division in 1986.

Buffalo Busters: Two milers bettering last year's times were led by David Jackson's 58 second improvement. Others eclipsing last year's performances were Joe Gomez by 37 seconds and Josie Aleman by 30 seconds. Half marathoners were led by Jim Wilhelm's great 8:10 improvement. Others were George Jury, 5:39; Bill Vitalec, 5:34; Shirley Wigley, 4:00; Mike Greer, 3:41; April Stein, 3:20; John Stalcup, 3:16 and Don Hunt, 3:09.

Elson Bits: The 1988 Buffalo Wallow was the best attended since 1984. The combined total of 71(28 two milers and 43 half marathoners) lagged only slightly behind the total of 75 participants in '84 and is a 36% increase over the average attendance for the last three years. The Wallow garnered the fourth highest attendance mark of the '88 Challenge Series and brings the total attendance at W.T.R.C. Challenge Series events for '88 to 780, an average of 71 per event.

Club member Rosalie Anderson had an additional incentive to complete the half marathon course. She accumulated over \$500 in pledges for the Raintree Christian Church through her 13.1 mile run. Congratulations to Rosalie for this fine effort.



West Texas Running Club
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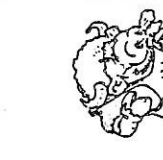
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Men's Open

- 1. Lolo Mercado 1:18:17
- 2. Rodney Hendrix 1:19:31
- 3. Russell Edwards 1:23:06
- 4. Jeff Jury 1:28:44
- 5. Herbert Perez 1:40:09
- 6. Alex Cortez 2:07:28

Women's Open

- 1. Sue Houle * 1:34:59
- 2. April Stein 1:43:07
- 3. Shirley Wigley 1:53:38
- 4. Barbara Vitalec 1:58:21
- 5. Rosalie Anderson 2:25:57

Half Marathon

- * Course Record

Men's 30-39

- 1. Tom Nesbitt 1:25:51
- 2. Tim Bowman 1:30:06
- 3. Larry Rero 1:35:34
- 4. Barney Adams 1:38:27
- 5. Al Grotz 1:39:40
- 6. Jim Wilhelm 1:44:07
- 7. Andy Luma 1:45:54
- 8. Wes Boullion 1:46:32
- 9. J.P. Ivey 1:49:13
- 10. Roger Marks 1:58:17
- 11. Walter Jordan 1:58:50
- 12. John Gayton 2:01:16
- 13. Brady Ray 2:01:44

Men's 40-49

- 1. Ron Lubowicz 1:32:52
- 2. Ron Key 1:34:14
- 3. Joe Thacker 1:36:51
- 4. Robert Guajardo 1:39:06
- 5. Charles Davis 1:39:40
- 6. Robby Timberlake 1:40:32
- 7. Bill Vitalec 1:42:27
- 8. Jon Masood 1:46:49
- 9. James Livermore 1:48:34
- 10. Mike Greer 1:49:11
- 11. Roger Green 1:51:58
- 12. Gary Perry 1:54:33
- 13. Earnest Camp 2:11:01

Men's 50 Plus

- 4. John Stalcup 1:54:11
- 5. Hugh Haynes 1:55:24
- 6. Don Hunt 1:58:03

Men's Open

- 1. Art Samarron * 9:40
- 2. Ronnie Mata 11:03
- 3. Steven Neie 11:21
- 4. Terry Baugh 13:00

Women's Open

- 1. Josie Aleman 14:25
- 2. Sylvia Gonzalez 14:45
- 3. Jan Ramirez 15:23
- 4. Tracy Baugh 16:59
- 5. Rosie Marmolejo 17:20
- 6. Tammy Aleman 20:36

Two Mile

- Time 14:25
- 14:45
- 15:23
- 16:59
- 17:20
- 20:36

Men's 30-39

- 1. Jimmy Samarron 11:15
- 2. David Jackson 11:36
- 3. Mike Merchaca 12:07
- 4. Gonzalo Ramirez 12:17
- 5. Otto Spitz 12:22
- 6. Alonzo Mendoza 12:40
- 7. Leander Johnson 13:56
- 8. Mark Garland 14:19
- 9. J.J. Gonzalez 14:22
- 10. Patrick Duffey 14:47
- 11. Tony Aleman 14:59
- 12. Jerry Badura 16:59
- 13. Dietrich Nesmith 18:51

Men's 40-49

- 1. Joe Gomez 12:32
- 2. Larry Byrd 12:58
- 3. Bill Roger 12:59
- 4. Ronnie Nugent 13:15

Men's 50 Plus

- Time 17:18
- 17:18



W.T.R.C. Challenge Series Leaders
Through Eleven Series Events

Champion's Series

Women's Open	Points	Men's Open	Points
1. April Stein	103	1. Mark Manley	59
2. Josie Aleman	66	2. Joe Post	47
3. Tracy Baugh	57	3. Dave Brandolini	36
4. Barbara Vitalec	57	5. Eric Packard	35
5. Sue Houle	50	6. Rodney Hendrix	27
6. Jan Ramirez	45	7. Mike Williams	19
7. Debra Tinnell	27	8. Chris Engebretson	17
8. Shirley Wigley	26	9. Mitch Dillman	15
9. Teresa Greer	19	10. Terry Baugh	11
10. Carolyn Walton	19	11. Michael Nugent	11
11. Mandy Malouf	18	12. Lolo Mercado	10
12. Dolores Navarro	18		

Men's 40-49

Points	Men's 50 Plus	Points	
1. Jimmy Samarron	98	1. Robert Guajardo	81
2. David Jackson	65	2. Ron Key	74
3. Tom West	65	3. Larry Byrd	61
4. Alonzo Mendoza	62	4. Bill Vitalec	61
5. Gonzalo Ramirez	59	5. Ronnie Nugent	53
6. Barney Adams	57	6. Joe Gomez	44
7. Al Grotz	41	7. Bill Roger	40
8. David Rodriguez	37	8. James Livermore	37
9. Larry Reno	36	9. Mike Greer	27
10. Mike Menchaca	26	10. Gene Payne	25
11. Jim Wilhelm	24	11. Joe Thacker	25
12. Wes Boullion	21	12. Bobby Birdsong	19
13. Robby Timberlake	21	13. Kelly Baggett	15

Men's 50 Plus

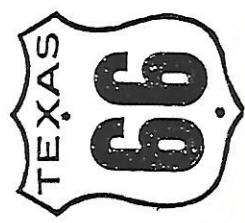
Points	Men's 50 Plus	Points	
1. David Lard	85	6. Frank Hernandez	36
2. John Stalcup	77	7. Francis Johns	17
3. George Jurey	70	8. John Hartsfield	16
4. Clint Ramsey	59	9. Charles Thrasher	16
5. John Harper	36	10. Bob Smith	13

Men's Milage Leaders

Miles	Women's Milage Leaders	Miles
1. Joe Post	1. April Stein	84.8
2. Jim Wilhelm	2. Doris Stalcup	76.6
3. Barney Adams	3. Barbara Vitalec	60.7
4. Walter Jordan	4. Jan Ramirez	36.6
5. Jon Masood	5. Sue Houle	36.3
6. John Stalcup	6. Tracy Baugh	32.4
7. Tom West	7. Shirley Wigley	30.5
8. Al Grotz	8. Betty Johnson	25.2
9. Bill Vitalec	9. Josie Aleman	22.0
10. Mark Manley	10. Rosalie Anderson	19.3
11. Ron Key		

Men's Participation

Events	Women's Participation	Events
1. Barney Adams	1. April Stein	11
2. Joe Post	2. Josie Aleman	9
3. Jimmy Samarron	3. Jan Ramirez	9
4. Jim Wilhelm	4. Doris Stalcup	9
5. Larry Byrd	5. Tracy Baugh	8
6. David Lard	6. Barbara Vitalec	8
7. Tom West		



***** W.T.R.C. 1988 Challenge Series Awards Presentations *****

The 1988 Challenge Series Awards will be presented on Saturday, Dec. 10, at the Outdoor Center in MacKenzie Park immediately following the Red Line 4 Mile at Mae Simmons Park, the final Series event. Awards will go to the male and female having run the most miles in club races; the male and female having participated in the most club races; all members having run 66 or more miles in club races; and the top seven point scorers in each of the five divisions in the Champion's Series.

We would really encourage all those members in contention for awards (see Challenge Series Standings in this issue) to attend and receive your award in person. We would encourage all club members to attend and help congratulate your fellow club members on their achievements. If you need more information or have any questions, please contact Joe Post, 747-8359.



West Texas Running Club
1989 Challenge Series Schedule
(Tentative)

- January 14; Kickoff 10 K & 2 Mile. Reese Air Force Base.
- February 11; Cottonpatch 8 & 4 Mile. Brownfield, Tx.
- March 11; Prairie Dog 4 Mile. MacKenzie Park.
- April 8; Flight Line Half Marathon, 10 K & 2 Mile. Reese Air Force Base.
- May 13; Horseshoe Bend Canyon Spring Frolic 11, 6 & 2 Mile. Slaton, Tx.
- June 10; Levelland Loop 10 K, 2 Mile & Kid's 1 Mile. Levelland, Tx.
- July 4; Firecracker 10, 3 & Kid's 1 Mile. Brownfield, Tx.
- August 12; Hot Dam 5 Mile. Martin Luther King, Jr. Memorial Area.
- September 9; Beat The Clock 5 K. MacKenzie Park.
- October ; Undetermined.
- November 11; Buffalo Wallow Half Marathon & 2 Mile. Buffalo Springs Lake.
- December 9; Red Line 4 Mile Cross Country. Mae Simmons Park.

***** IMPORTANT NOTICE TO ALL MEMBERS INTENDING TO COMPETE *****
***** IN THE 1989 CHALLENGE SERIES *****

All members wishing to participate in the 1989 Challenge Series (see information page in this issue) must volunteer to serve as a non-running Race Director or Volunteer for at least one of the above races. Volunteer duties include registration, finish line and results, water stations and split time callers.

In order to enter the 1989 Challenge Series, you must notify the W.T.R.C. by no later than March 1 and advise as to which race you would prefer to volunteer for. Also, please state a second choice, as approximately 6-10 volunteers are needed at each race and requests will be honored on a first received / first assigned basis, so if you have a specific preference you should respond immediately. You may send your entry to: W.T.R.C. Challenge Series, P.O. Box 2921 Lubbock, Tx. 79408, or call: Gonzalo Ramirez, 795-7338; David Jackson, 793-6700; or Joe Post, 747-8359.

We feel that this is the fairest way to insure that everyone has an equal chance to compete and to insure that we have a sufficient number of volunteers to produce a full schedule of Challenge Series races for 1989. It is also only fair that those who receive the benefits from this program should contribute something back to it. If you have any questions or need further information, please contact one of the individuals listed in the preceding paragraph. Remember that all Challenge Series entries must be received by March 1 or before the January and February races if you wish to volunteer for one of those races.

The W.T.R.C. is pleased to announce the 1989 Challenge Series, a 12 month series of events culminating in year-end awards for performance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in this issue, and each month's designated race will be detailed in the Newsletter prior to that race. All members desiring to participate in the 1989 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (See information below Challenge Series Schedule in this issue.)

The 1989 Challenge Series features these categories:

1. 66 Mile Club - All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 90 qualifying miles available. Any member serving as Race Director will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles in that event.
2. Mileage Award - An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. Participation Award - An award will be presented to the male and female members who participate in the greatest number of qualifying events during the year. All provisions for Race Directors and volunteers apply to this category.
4. Champions' Series - Points will be earned at each qualifying event in the following manner:
 - A. Divisions will include: Male Open, 30 - 39, 40 - 49, 50 Plus, and Female Open.
 - B. The 1st Place finisher in each division at each distance at each qualifying event will earn 10 points, the second place finisher 9 points, the third place finisher 8 points, and so on down to 1 point for the tenth place finisher. This rewards both performance and participation, i.e. if a runner finishes last in their division, but only three other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends ten events and earns six points at each would have more points than a competitor who won each of five events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points.
 - C. Awards will be presented to an as yet undetermined number of the top point scorers in each division. The number of awards to be given in each division will be announced at a future date after a consideration of the number of Challenge Series participants.
 - D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

For information or questions, contact: Gonzalo Ramirez, 795-7338; David Jackson, 793-6700; Joe Post, 747-8359; or write, W.T.R.C. P.O.Box 2921, Lubbock, Tx. 79408.

Thoughts For The Days

- "Kilimanjaro is a snow covered mountain 19,710 feet high and is said to be the highest mountain in Africa. Its western summit is called the Masai "Ngaje Ngai", the House of God. Close to the western summit there is the dried and frozen carcass of a leopard. No one has ever explained what the leopard was seeking at that altitude." - From Snows of Kilimanjaro by Ernest Hemmingway
- "No athlete is crowned but in the sweat of his brow." - Saint Jerome
- "Life always gets harder near the summit." - Friedrich Nietzsche
- "You can't be fit as a fiddle if you're shaped like a cello." - Utah Jazz Coach Frank Layden
- "He wanted to run until he recognized himself again." - Leslie Marmon Silko

Personality Profiles

Name: Joe Post	Sam Avers
Years Running: 8	12
Age: 40	26
Miles per Week: 42	25
Average Training: 6:45 - 7:15	7:30 per mile
Favorite Training: Maxey Park Area	Anywhere with no traffic
" Local Race: Buffalo Wallow Half Marathon	Red Raider Road Race
" W.T.R.C. Race (if different): Same	Run For The Arts
" Out of Town, Cowtown Marathon Race: Ft. Worth	Capitol 10 K Austin
" Race Distance: Half Marathon	5 Kilometer

Best Times:
 2 Mile: 11:36
 5 Kilo.: 18:21
 10 Kilo.: 37:48
 Half Marathon: 1:24:26
 Marathon: 3:10:28

Favorite Running Shoe: Saucony
 Occupation: Investments
 Hobbies/Interests: Writing
 Favorite Author: Rod McKuen
 " Book: Jonathon Livingston Seagull
 " Singer / Bruce Springsteen
 " Song: "Roll Me Away"
 " Movie: "Mask"
 " T.V. Show: "Alf"
 " Food: Peanut Butter
 " Cartoon / "The Par Side"
 " Comic

Running Shorts

Congratulations are in order for a special group of W.T.R.C. members who competed in the UIL State Cross Country Meet on November 12. Mandy Malouf of Levelland finished tenth overall in the Class 4A Girls Individual competition, running a 12:39 over the two mile course. The Coronado High School girls team finished fifth in the Class 5A Girls team competition, and three of the six team members are W.T.R.C. members. Christine Vasquez, only a sophomore, led the team with a 28th place finish overall, with Carolyn Walton 53rd and Carolyn Campbell 57th in a field that included not only the top teams but also the top individuals in the state. I know that these girls worked hard for this success because I saw them out training all through the heat of the summer months.

Congratulations again to all these girls. We're all proud of you and we'll be pulling for your future success.

Bill Roper ran the Two Mile at the Buffalo Wallow on November 12. So what, you say? Well, that little jog marked the second anniversary of Bill's not having missed a single day of running! Congratulations to Bill on this accomplishment, and if he has any tips on how to manage this kind of schedule without injury, we'd all appreciate hearing them!

Obsession

From: The Complete Runner's Day-by-Day Log & Calendar 1987 By: John Jerome

Among the harder perennials in the business of fitness is the addiction story. It surfaces at least once a year: some researcher notices that people who love exercise aren't too happy when forced to stop for a while. From this remarkable observation the "scientist" announces the terrible news that exercise is addictive, that the monkey is on our backs. The implication is that if we don't quit cold turkey, we're faced with some terrible fate: deteriorating personal relationships, overuse injuries, maybe even — last year's dread — bad moods!

The case of the "obligatory runner" versus the anorectic is the type example. Several years back, three psychiatric researchers who were also runners noticed some points of comparison in the psychological profiles of runners and of anorectics. They did some extremely sloppy interviewing (of each other, among others), leaped to some large conclusions, and wrote an openly speculative piece about what this could possibly mean, entitled "Running — An Analogue of Anorexia?" The prestigious and usually ultra-cautious *New England Journal of Medicine*, to its subsequent embarrassment, gave the piece public exposure.

The media, ever alert for a spark of controversy (and congenitally hostile toward exercise that is deliberately undertaken, and doesn't require a stick and a ball), jumped at the story. The death of anorectic singer Karen Carpenter at about the same time probably contributed to the swirl of publicity, although I don't recall any speculation about singing as analogous to anorexia. Talk shows invited runners to come talk about their deadly illness. More responsible researchers quickly demonstrated what airy nonsense lay behind the whole analogy, but the paparazzi had gone on to more pressing matters — rock stars' sex habits and other such ennobling subjects — and the story never quite got put right in the public mind.

"Obligatory" thus joined a list of other fun new buzzwords — addiction, compulsion, obsession — being misapplied to just about anything from which people get sustained pleasure. For some reason it seems to be exercise's wonderful dullness — its cumulative benefit — that drives the gibbering press bananas. Runners aren't satisfied just to go out and expend energy joyfully; no, we have to keep doing it day after day. This is regarded as sick behavior.

Extract the moralism (or fear of pleasure) from that attitude and the whole subject just sort of evaporates on you. The definition of addiction keeps getting watered down these days, as we find more and more things — behaviors as well as substances — that people find they prefer not to do without. It is fairly clear that the body's cells and their needs can actually be changed by nothing more than long-term, gradually accumulating exposure to an agent of change. Training is an agent of change. So maybe we're addicted to it. So what? So we're going to be miserable if we have to stop. Most of us were miserable before we started. What else is new?

Obsessive? Goodness, I hope so. I figure all I really have the right to ask of my life is to be fully engaged by it. If that means going at things a little obsessively, well, maybe that's the price you pay. Haven't those worrywarts ever noticed how happy we obsessives are?

SCIATICA ???

The accompanying information is excerpted from an article in the Nov. 88 INSIDE TEXAS RUNNING by

John C. Lowe, M.A., D.C.

(A tight Piriformis muscle may be the cause of that fire like pain running down the back of your leg [X] [X] [X])

The muscle I'm referring to is the piriformis. Figure 1 shows that the muscle begins at the front of the sacrum, travels under the meso gluteus maximus of the buttock, and attaches to the back side of the upper thigh bone. When the piriformis contracts, it rotates the thigh, leg and foot outward.

When the piriformis contracts, it may also compress the sciatic nerve. In most people the nerve travels either under or between the fibers of the muscle. While brief contractions of the muscle don't cause pain, steady contractions squeeze the nerve, and this can cause pain to radiate down from the location of the muscle, perhaps to the back of the thigh, the knee, and, in some cases, all the way to the foot.

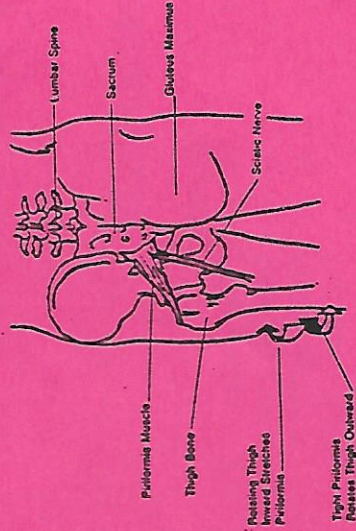


FIGURE 1

FIGURE 2

TRY THIS SIMPLE TEST

To determine if a tight piriformis muscle is the cause of your pain,

- 1) Lie face up
- 2) Bend knee on painful side and lift foot over and to the outside of the opposite knee as shown
- 3) With opposite hand, pull bent knee over to opposite side until stretching sensation is felt in hip and buttock
- 4) Hold position at least one minute

If a tight piriformis muscle is your problem, your pain may be diminished when you come out of the position. If the muscle has severely compressed the sciatic nerve, however, relief may not be felt for hours or days later.

It has been easy for doctors to misdiagnose this source of sciatic pain. Until recently, it was assumed that when x-rays showed degeneration of the lumbar spine, the cause of the patient's sciatic pain had been found. But studies have shown no necessary relation between diseased disks and sciatic pain. Patients may have severe lumbar disk disease and no pain, while others may have no degeneration yet suffer from debilitating sciatic pain. Disk disease may be the cause of your sciatica, but it's in your best interest to continue your pursuit of relief, at least until you've considered your piriformis muscle on the side of your pain.

How do you determine if your piriformis muscle is to blame for your pain? One indicator is called the positive piriformis sign. Lie face up on a flat surface such as the floor. With your thighs and legs extended and relaxed, look down at your feet. If the foot on the side of your pain is turned out more than the other foot, this may mean your piriformis on that side is too tight and rotating your thigh, leg and foot out. Have someone put his hands on the outside of your feet and gently press the insides of your feet together. If your piriformis is too tight on the side of your pain, the foot on that side may resist being pushed inward.

The most rewarding way to determine your piriformis is involved is to stretch the muscle. This can give you dramatic pain relief. Remember that the muscle attaches to both your sacrum and the back of your upper thigh. To stretch it, you simply move these two attachments as far away from each other as possible. The best way to do this is to assume a stretching position in which your upper thigh is rotated inward. One such position is illustrated in Figure 2.

In this position, you lie face up. Bend the knee on the side that's painful and lift the foot over and to the outside of the opposite knee. With the opposite hand, pull the bent knee over to the opposite side until you feel a stretching sensation in your hip and buttock on the painful side. Hold the position at least a minute. When you come out of the position, your pain is likely to be diminished or absent. But there is no guarantee. If your sciatic nerve has been severely compressed by the muscle for a long time, it may take hours or even days of self-treatment until the pain completely subsides.

*Spasm, \$11.95, McDowell Publishing Co., P.O. Box 980005, Houston, TX 77098.

The author wishes to thank Jackie Yellin for her assistance in preparing this article.

Messages

"Perfect speed isn't a number... because any number is a limit and perfection doesn't have limits. Perfect speed my son, is being there."

"You must begin by knowing that you have already arrived."

Chiang, the Elder Gull to Jonathan Livingston Seagull