

- * FEB. 9 COTTON PATCH RUN: 9 A.M. FRENSHIP HIGH SCHOOL, Wolfforth 8 Mile and 4 Mile Dennis Bell, Race Director; 741-0122
- FEB. 16 ADA "MILES FOR SMILES": 5K Run and 2 Mile walk; 9:00 A.M. BUSTER LONG PARK, 58th and Bangor, north of SOUTH PLAINS MALL Ron Key, Race Director; 747-4678 or 792-9280
- FEB. 23 COWTOWN MARATHON & 10K; Ft. Worth call (817) 735-2033 or " " , Box 567, Ft. Worth, Tx 76101
- MAR. 2 LCU's 2nd ANNUAL MASTERS INDOOR TRACK MEET: LCU Fieldhouse Lubbock; Steve Ireland, Race Director, 766-0694
- * MAR. 9 PRAIRIE DOG TOWN FOUR MILER: 9 A.M.; MACKENZIE STATE PARK Shirley Wigley, Race Director; 797-4201
- MAR. 10 RATTLESNAKE RUN; Sweetwater, 10K & 2 Mi; call (915)235-5488
- MAR. 30 TEXAS TECH UNIVERSITY TRACK MEET: 10K and 2 Mile Run Wes Boullioun, Race Director, 765-3561 or 745-3607
- APRIL 6 GONE WITH THE WIND RUN; Lubbock Parks & Recreation Dept. Andy Cedillo, Race Director; 767-2690 Details Later
- APRIL 7 CAPITOL 10,000; Austin, Texas ;call (512) 445-3598
- * APRIL 13 FLIGHT LINE RACES: 8 A.M. RAFB; Half-Marathon, 10K and 2 Mile; Ronnie Nugent, Race Director, 793-1735
- APRIL 20 RUN FOR THE ARTS : Lubbock Arts Festival; 15K and 2 Mile
- APRIL 27 ROARING SPRINGS 10K & 2mi walk; Joey Thacker, 348-7560
- MAY 4 RUN FOR THE ARTS; Midland; 5K Details later
- * MAY 11 HORSESHOE BEND SPRING FROLIC: North of Slaton; 11, 6, and 2 Mile races; Hugh Haynes, Director, 842-3586
- MAY 18 TALL TOWN 10,000; Midland, Details later
- MAY 25 FUNFEST RACES; Amarillo Details later
- * JUNE 1 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE; Levelland; Bill Roger, Race Director (806) 894-7911 10K and 2 Mile plus 1 Mile Kid's Run
- JUNE 8 RUN IN THE SUN; Details Later
- JUNE 15 JUNETEENTH RUN ?
- JUNE 16 HUB CITY TRIATHLON: TEXAS TECH UNIVERSITY 7:30 A.M. Contact Betty Blanton at 742-3351
- JUNE 29 BUFFALO SPRINGS TRIATHLON; Mike Greer, 796-8213
- * JULY 4 23rd ANNUAL FIRECRACKER RACES: Brownfield, 10 Mile, 3 Mile and 1 Mile Kid's run; Mark Manley, Race Director (806) 299-1143
- AUG. 3 AUGUSTFEST FUN RUN: Idalou 10K and 2 Mile run and walk Race Director, Rosie Marmolejo, 744-5505 x760 or 892-2021
- * AUG. 10 HOT DAM RUN; MLK PARK, 23rd and Quirt, 5 Mile, Details later
- AUG. 17 "IT'S SO EASY" DUATHLON contact Art Rutherford, 797-1244
- * SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile, Shallowater, Larry Byrd, Race Director, 832-4600
- SEPT 29 DUKE CITY MARATHON; Albuquerque, Details later
- * OCT. 12 RUN FOR THE GOLD; FRENSHIP HIGH SCHOOL, Wolfforth, Michelle Jones, Race Director, 766-0282 or 793-2825

February 1991

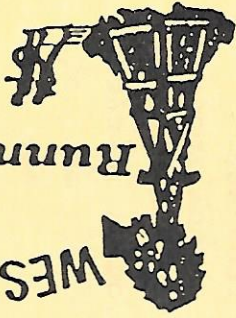


FEBRUARY 1991

Newsletter
P.O. Box 2921
Lubbock, Texas 79408

Running Club

WEST TEXAS



February W.T.R.C. Race is at
Wolfforth Feb. 9, 1991 at 9:00 A.M.
Details inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS DIRECTORS

PRESIDENT : RON KEY
 0 747-4678 H 792-9280
INTERNAL VICE-PRES
 0 793-4350 H 795-6981
ART RUTHERFORD
 0 792-3291 H 792-1237

JAMES BONE
 0 765-7620 H 797-1244
EXTERNAL VICE-PRES
 0 747-2448 H 792-8390
WES BOULLIUM
 0 765-3561 H 745-3607
SECRETARY
P. J. MITCHELL
 0 741-4834 H 792-0653
BARBARA VITALEC
 0 741-7237 H 794-0135
SHANA PIERCE
 0 796-6207 H 795-1723
TREASURER
MICHELLE JONES 0 766-0282 H 793-2825

W.T.R.C. Races are usually held the Second

Saturday of each Month

W.T.R.C. Official meetings are held monthly on the 2nd Tuesday, 7:00 P.M. at 3208 67th, Lubbock. These meetings are open and any member is invited to attend at any time

HELP WANTED

THE "RUN FOR THE ARTS" IS JUST AROUND THE CORNER AND PLANNING IS UNDERWAY. HELP MAKE THIS YEARS RACES THE BEST EVER BY BEING ONE OF THE DOZENS OF VOLUNTEERS THAT ARE NEEDED! CALL RON KEY AT 747-4678 or 792-9280

MEMBERSHIP RENEWAL

All memberships expired as of December 1990. The roster has been updated effective Jan. 22, 1991 and your mailing label should reflect your account status. A figure "91" on the label indicates paid up status. If dues payment is not received by Feb. 15, 1991 this will be your last newsletter. If there is a question about your membership please call Sandi Howard at 795-6981

WEST TEXAS RUNNING CLUB'S DR. MARTIN LUTHER KING MEMORIAL RUN January 12, 1991

The MARTIN LUTHER KING MEMORIAL RUN was favored by beautiful calm sunny weather rather than the cold north winds of 1990 or the ice covered course of 1989 on the air strip at Reese Air Force Base. Twenty four completed the 2 mile course while thirty three finished the 10K. Thanks to all the workers who helped stage the race. They were Jan Ramirez, Trey, Tara and Mrs Jernigan, Cande Olivas, Jimmy Samarron, Frank Sumpter Jr., Ed Babrowski, Sam Ayres, and George Jury. Thanks again to our volunteers staging the race and to all the participants.

Gonzalo Ramirez, Race Director

10K

PLACE	NAME	AGE	SEX	TIME	CITY	AWARD	[AGE GROUP]
01	Mark Manley	30	M	36:43	Whitharral	1st	30-39 M
02	Marjory Stewart	32	F	38:34	Lubbock	1st	30-39 F
03	Robert Guajardo	48	M	39:11	Levelland	1st	40-49 M
04	Steve Garcia	28	M	39:33	Lubbock	1st	20-29 M
05	Kurt Johnson	27	M	41:05	"	2nd	20-29 M
06	Carlos Vigil	42	M	41:43	"	2nd	40-49 M
07	Wes Boullioum	33	M	42:34	"	2nd	30-39 M
08	Dennis Bell	30	M	42:57	"	3rd	30-39 F
09	Ron Key	47	M	42:54	"	3rd	40-49 M
10	Ronnie Nugent	44	M	43:23	"	4th	40-49 M
11	Dennis Humphrey	44	M	43:50	"	5th	40-49 M
12	Joe Martinez	46	M	43:50	"	6th	40-49 M
13	Frank Goodman	44	M	44:57	"	7th	40-49 M
14	Larry Byrd	49	M	45:14	"	8th	40-49 M
15	Bill Roger	51	M	45:31	"	1st	50 + M
16	Hal Wilkerson	45	M	45:36	Tulia	9th	40-49 M
17	Al Grotz	41	M	45:42	Lubbock	10th	40-49 M
18	Ken McEachern	50	M	47:22	Lubbock	2nd	50 + M
19	James Livermore	43	M	48:17	"	"	"
20	Rick Deaver	34	M	48:38	"	4th	30-39 M
21	Mickey Davis	33	M	48:45	"	5th	30-39 M
22	Teresa Greer	40	F	48:48	"	1st	40 + F
23	Shirley Wigley	37	F	49:04	"	2nd	30-39 F
24	Mike Greer	52	M	49:55	"	3rd	50 + M
25	Roberta Thompson	37	F	49:57	"	3rd	30-39 F
26	Chuck Johnson	33	M	50:11	"	6th	30-39 M
27	Mike Kelley	42	M	50:22	"	"	"
28	Jon Masood	45	M	51:13	"	7th	30-39 M
29	Don Kephart	38	M	51:27	"	4th	50 + M
30	James Bone	51	M	53:38	"	"	"
31	Tony Aleman	41	M	54:13	"	"	"
32	P. J. Mitchell	46	F	57:13	"	2nd	40 + F
33	Lucy Hernandez	28	F	68:04	"	1st	20-29 F

2 Mile

01	Raymond Avalos	18	M	11:24	Frenship	1st	0 -19 M
02	Ken Jernigan	39	M	11:57	Sundown	1st	30-39 M
03	Roger Robles	29	M	12:06	Lubbock	2nd	20-29 M
04	Frank Sumpter, Sr.	37	M	12:07	Lamesa	2nd	30-39 M
05	Tommy Parrish	34	M	12:52	Lubbock	3rd	30-39 M
06	Alan Valderaz	15	M	13:05	Slaton	2nd	0 -19 M
07	Mike Read	29	M	13:11	Lubbock	2nd	20-29 M
08	David Rodriguez	40	M	13:20	"	1st	40-49 M
09	Gary Perry	45	M	13:21	"	2nd	40-49 M
10	Joe Gomez	47	M	13:26	"	3rd	40-49 M
11	Rudy Hernandez	29	M	13:36	"	3rd	20-29 M
12	Steve Ireland	49	M	13:55	"	4th	40-49 M
13	Luis Perez	27	M	14:24	Levelland	4th	20-29 M
14	Tanner Pounds	15	M	14:36	Lubbock	3rd	0 -19 M
15	Chris Scott	26	M	14:40	"	5th	20-29 M
16	John Scott	47	M	15:04	"	5th	40-49 M
17	Josie Aleman	39	F	15:37	"	1st	30-39 F
18	Mark Valencia	12	M	15:54	"	4th	0 -19 M
19	Guadalupe Valderaz	34	M	16:05	Slaton	4th	30-39 M
20	Frank Hernandez	52	M	16:48	Lubbock	1st	50 + M
21	Charles Thrasher	60	M	17:29	O'Donnell	2nd	50 + M
22	Diana Hernandez	24	F	18:01	Lubbock	1st	20-29 F
23	Elizabeth Robles	25	F	20:41	"	2nd	20-29 F
24	David Skelton	35	M	26:36	"	5th	30-39 M

LUBBOCK ARTS FESTIVAL
RUN FOR THE ARTS

Gary Perry has consented to be the race director for the 1991 RUN FOR THE ARTS. April 20, 1991. Ron Key will serve as assistant race director.

Gary was co-director last year and did a fine job. Gary is an executive with the EAGLE-PICHER CORPORATION and as many of you know, that company is undergoing some difficulties and thus Gary is suffering some personal turmoil with job uncertainty. Let's all back Gary with an intense effort to make this year's events the best ever. Some of the best news to report is that METHODIST HOSPITAL has agreed to underwrite the entire sponsorship. Let's remember that in order to have a quality race that will attract out of town participants, many of us who would like to run it must make some sacrifices to ensure it's success so be prepared to step up quickly to help in one of the areas outlined below.

A minor change in the planning is to allow 2 Mile participants to be on a corporate team as well as compete for individual honors. Once again a 2 Mile walk is planned with Age groupings and awards as last year. A 15K race of course is the feature event. A complete listing of committee chairmen will be in the March Newsletter, but to volunteer for helping on any of the areas listed below please call Gary Perry at (W) 747-4663 or at (H) 795-0842 or Ron Key at (W) 747-4678 or (H) 792-9280.

ADVERTISING & PROMOTION

REGISTRATION

SPONSORSHIP

COURSE LAYOUT

CHILDRENS' RUN

AID STATIONS & SPLITS

FINISH LINE

TREASURER

AWARDS

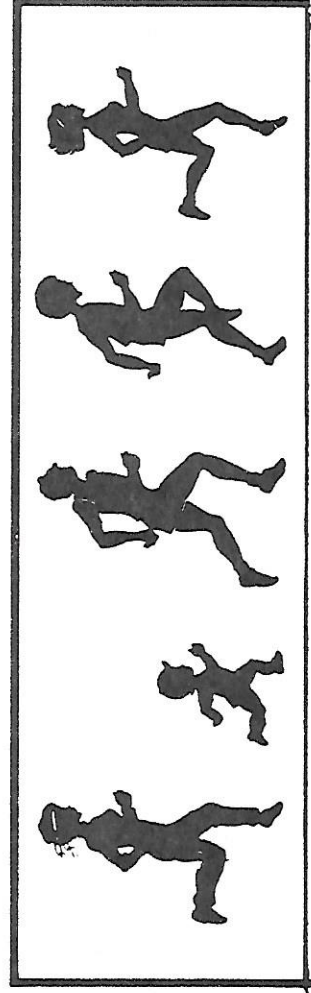
PRE RACE DINNER

CORPORATE RUN

WALK

W.T.R.C. 1991 CHALLENGE SERIES
STANDINGS

PTS.	MILES	EVT.	40 - 49 MALE	PTS.	MILES	EVT.
10	6.2	1	ROBERT GUAJARDO	10	6.2	1
10	2.0	1	DAVID RODRIGUEZ	10	2.0	1
9	6.2	1	CARLOS VIGIL	9	6.2	1
9	2.0	1	GARY PERRY	9	2.0	1
8	6.2	1	RON KEY	8	6.2	1
8	2.0	1	JOE A.GONEZ	8	2.0	1
7	6.2	1	RONNIE NUGENT	7	6.2	1
7	2.0	1	STEVE IRELAND	7	2.0	1
6	6.2	1	DENNIS HUMPHREY	6	6.2	1
6	2.0	1	JOHN SCOTT	6	2.0	1
5	6.2	1	JOE MARTINEZ	5	6.2	1
4	6.2	1	FRANK GOODMAN	4	6.2	1
0	12.4	1**	LARRY BYRD	3	6.2	1
0	6.2	1*	HAL WILKERSON	2	6.2	1
0	6.2	1*	AL GROTZ	1	6.2	1
			JON MASOOD	0	6.2	1
			MIKE KELLEY	0	6.2	1
			JAMES LIVERMORE	0	6.2	1
			TONY ALEMAN	0	6.2	1
			0 - 19 FEMALE			
			TARA JERNIGAN	0	6.2	1*
			0 - 19 MALE			
			RAYMOND AVALOS	10	2.0	1
			ALAN VALDERAZ	9	2.0	1
			TANNER POUNDS	8	2.0	1
			MARK VALENCIA	7	2.0	1
			TREY JERNIGAN	0	6.2	1*
			20 - 29 FEMALE			
			LUCY HERNANDEZ	10	6.2	1
			DIANA HERNANDEZ	10	2.0	1
			ELIZABETH ROBLES	9	2.0	1
			30 - 39 FEMALE			
			MARJORY STEWART	10	6.2	1
			JOSIE ALEMAN	10	2.0	1
			SHIRLEY WIGLEY	9	6.2	1
			ROBERTA THOMPSON	8	6.2	1
			JAN RAMIREZ	0	6.2	1*
			** = RACE DIRECTORS			
			* = VOLUNTEER			
			OTHER VOLUNTEERS			
			MRS. JERNIGAN	0	6.2	1*
			FRANK SUMPTER JR.	0	6.2	1*
			SAM AYRES	0	6.2	1*



As you can see from looking at the calendar on the back cover, there is a pretty busy schedule for anyone trying to cover the road racing scene in West Texas. Several months ago your officers and directors voted to deny sanction to any local races which might go head to head with some of the larger races in our neighboring cities so as to preserve these events for our future enjoyment. As you must know, the larger races such as our RUN FOR THE ARTS and the RED RAIDER ROAD RACE could not maintain status without the support of a lot of out of town participants so we feel that we should do our part to not detract from the success of our neighbors' efforts.

Along these same lines, the PERMIAN BASIN ROADRUNNERS (Midland/Odessa) has proposed a friendly challenge competition between the running clubs of the West Texas area, and this is why the club voted to change the date of the June Levelland Lope to June 1, 1991 to avoid conflict with San Angelo's annual RUN IN THE SUN held on June 8, 1991. Other cities' running clubs to be included are Abilene, San Angelo and Lubbock. Internal Vice-President, Art Rutherford, is working on the coordination of this proposed event so we will be up-dating you in future Newsletters.

In going through the 3,000 or so names of WHITE ROCK MARATHON finishers we missed 3 names of our members from the Tulia community. (Tulia must have the highest per capita running population of any of our smaller cities as at least 4 regularly participate in local runs) Our apology to these and if we missed anyone else please let the editor know as I feel such an accomplishment deserves recognition. Hal Wilkerson (45) 3:43:21; Robert Blevins (41) 3:37:15; & Rudolpho Moreno (38) 3:40:10

Among membership renewals is a note from John Price from North Carolina with a report of having completed the CHARLOTTE-OBSERVER MARATHON Jan 5, 1991 with a PR time of 2:51:58. He says he is training up to 140 MPW in preparation for the Birmingham Track Club 50 Mile Road Race, Feb 9th.

As editor my job consists of just putting information together for your enjoyment. My creative abilities are very limited and certainly I would not try to wax philosophical on any subject, however in our neighboring city to the north (Amarillo) resides one long time runner, that many of you know who I would have to say is West Texas' answer to George Sheehan. Johnny Grill serves as editor for the LONE STAR RUNNING CLUB'S Newsletter and I enjoy his wit and humor so much that I want to share it with you from time to time as I have on page 10 of this issue. Thank you, Johnny!!!

I would like to praise those who helped Gonzalo with the MLK race and helped get our new year off on the right foot. Remember that to remain eligible in the CHALLENGE SERIES you must serve as a non-running volunteer at one of the monthly club races. And you don't even have to be a runner to enter the competition: You may qualify for the "66 Mile" club by working enough races to get credit for over 66 miles. The reward for this is a nice W.T.R.C. T-Shirt with the unique (66) emblem. As we go to press only 2 have

ARE YOU A RUNNER OR A JOGGER?

By Anne Lang

Okay, we've all heard it before, that well-meaning but dreaded question: "Hey, are you still JOGGING these days?"

For anyone who takes their running seriously enough that the mere mention of jogging sets their teeth on edge and their eyes rolling involuntarily upward, well, lighten up: the average person doesn't think there is a difference, and they don't care anyway because they don't run OR jog.

Most of us who hit the streets or trail (on at least a fairly regular basis) with a rhythmic stride more elevated than any official form of walking (the key word here is elevation, not necessarily speed) probably classify ourselves as **RUNNERS**.

However, if you partake of this exhilarating exercise but can't decide which category you fall into more consistently -- **RUNNER** or **JOGGER** -- the handy guide below may help you determine your appropriate niche.

A **RUNNER** plans his entire work, home, and social life around his running.

A **JOGGER** plans his jogging around his work, home, and social life -- i.e., if there's time left over, he might go for a jog.

A **JOGGER** proudly wears this year's Capitol 10,000 t-shirt on the Town Lake trail as soon as it arrives in the mail.

A **RUNNER** wouldn't be caught dead in this year's Capitol 10,000 t-shirt -- or any year's -- unless it's at least as old as 1985.

For a **JOGGER**, a 5K race is a big energy output, deserving of at least a week's rest afterward.

A **RUNNER** uses a 5K race as a brisk warm-up to her regular weekend 20-miler.

A **RUNNER** faithfully puts in his daily mileage, even on major holidays.

A **JOGGER** sees holidays as an excuse to be a couch potato -- including Ground-Hog's Day, Mother-in-Law Day, and Eeyore's Birthday.

The pre-race routine of a **RUNNER** consists of pasta-loading and a 9:30 bedtime.

The **JOGGER** will party at Scholtz's past midnight, limbing several pitchers with his buddies -- after all, beer's sort of a carbohydrate, isn't it?

A **JOGGER** feels underdressed **without his stereo** headphones, cassette attachment, **mirror sunglasses**, pace-setting device, fanny pack, and dog (or two) on a leash.



A **RUNNER** ties his car keys to his shoelace and he's ready to go.

The interior of a **RUNNER's** car is likely to smell like a gym bag.

The interior of a **JOGGER's** car might smell like one, too; but the difference is, a **JOGGER** is concerned about it.

A **JOGGER** complains to anyone and everyone about the miles he didn't have time to put in that week.

A **RUNNER** is reluctant to tell anyone how many miles he did run because they'll think he's either a fanatic or a liar.

After a long slow-distance run, a **RUNNER** might reward herself with Gatorade, an orange, and some yogurt with the occasional pancake splurge.

A **JOGGER** celebrates the end of a two-miler with a triple Wendy's, large fries, and a chocolate shake.

A **JOGGER** won't set foot out the door without making sure his jogging outfit is color-coordinated from head to toe.

A **RUNNER** will put on whatever's clean . . . if he even bothers to make such a distinction.

A **RUNNER** thinks nothing of running two marathons one month apart.

A **JOGGER** saw the Boston Marathon on TV once.

A **JOGGER** might suffer from periodic shin splints or toe blisters, self-remedied by a few days' rest or a bandage.

A **RUNNER** is apt to be on a first-name basis with a local chiropractor, podiatrist, orthopedic surgeon, and masseuse.

RUNNERS sweat.

JOGGERS perspire...

Note: If after reading this, you realize you possess more jogger traits than runner traits and therefore think your status is inferior, you couldn't be more wrong! Because Runners AND Joggers are superior to anyone whose only form of exercise is changing channels on the remote TV control -- after all, at least we're out there **doing something!**

So keep running, keep jogging, and keep looking for the humor in life.

Anne Lang is an Austin freelance writer and Runner who admits to occasional Jogger-like tendencies.

TRIATHLETE NEWS

WINTER WORKOUTS-Finding motivation, setting routines

Since winter weather has a tendency to bring even the heartiest triathletes in doors the question of how to get a good workout in or how to keep up the motivation to workout in doors becomes a major problem. The reality of the situation is that you actually workout without going anywhere, which bothers some people. Someone once said, "I rode a stationary bike for a whole month one day." Here are some suggestions: SWIM—from what I can determine this discipline of the triathlon is just naturally boring, no matter what. So what I suggest, when you have no choice but to swim laps, is to vary the workouts using different training aids. For example, you can swim some sets using the fins, then switching to the pull buoys and then going to the board. By doing this you take out some of the monotony and increase your swimming performance. Of course there are headphones available for swimming, so this might be a good suggestion. As a climax you might time trial yourself to see how fast you can really go or practice flip turns. BIKE—much to my surprise riding the bike indoors can be a great workout. The secret is to have as many gadgets as possible and don't be afraid to sweat all over the place. I recently bought a CT1000 so that I could train indoors using my own bike. By doing this I am able to have a feel for the bike I will be riding outdoors and my body will feel the positions required in using aero bars and shifting the gears. This particular trainer has all of the gadgets you will need, i.e., you can climb the hills with a grade setting, you can determine your speed with the speedometer, you can measure you mileage with the odometer, you can determine the amount of calories you burn, you can gauge the amount of watts you are generating, which gives you a feel for the intensity of the workout and last but not least you can measure the time it takes you to go 20 miles at 19 miles per hour, etc. The only equipment I might add is the heart monitor, which can be used in your swimming or running, also. RUN—I ran a marathon one time with -40 degree(chill factor), while running through 20 water crossings, so it is my opinion that it has to get real cold before it is "too" cold to run outdoors. However, I do know that other factors such as rain, snow, wind, can make it too cold to go outdoors. The obvious replacement for running outdoors during unbearable cold weather is the powered, grade capability treadmill. This should have all of the gadgets listed above and you will have a great indoor workout. Other fun things to do inside are jogging in place, jump rope, stair climber, etc. GOOD LUCK AND HAPPY WINTER TRAINING!

JUST RELEASED: If you want to train for your first triathlon and you consider yourself a recreational 10K runner then you should be able to do the Olympic distance triathlon on 6-8 weeks of specific training. The buildup Swim Monday and Thursday. Start with whatever feels comfortable-as little as 10 minutes, add 3-5 minutes a week, till you reach 30 minutes. Bike-Tuesday and Friday. Start with 30 minutes and add 5 minutes a workout until you are comfortable with 90 minutes. Run-Wednesday and Saturday. Start with 20 minutes(depending on you), and add 5 minutes a workout up to 60 minutes. Do not be afraid to combine walking and running, even during the race. Now you got it, get ready for THE GREATER BUFFALO SPRINGS LAKE TRIATHLON, June 29, 1991. Olympic distance.

Mike Greer

WEST TEXAS⁹ RUNNING CLUB

MEMBERSHIP APPLICATION

Date _____

\$8.00 First member
\$2.00 each additional
Family member at the
same address

Make Check Payable to:

WEST TEXAS RUNNING CLUB
P.O. Box 2921
Lubbock, Texas 79408

Your Name _____

Street or Box # _____

City, State, Zip _____

Telephone # _____

Your

NAME _____

Sex M or F

Date of Birth _____

Age [] / /

ADDITIONAL FAMILY MEMBERS

NAME _____

M or F

Date of Birth _____

Age [] / /

NAME _____

M or F

Date of Birth _____

Age [] / /

NAME _____

M or F

Date of Birth _____

Age [] / /

Please x one []

Renewal [] New Member [] Amount enclosed \$ _____

Checks only please

January is the start of a new W.T.R.C year; all Memberships expire and payment of dues is required to continue receiving the Newsletter and have reduced club race fees.

W.T.R.C. is a volunteer non-profit organization If you would like to be a part of sustaining the principles of the club please check which area you might be able to assist; Membership [], Newsletter [], Equipment [], Club Races [], External Races [], Social [],

JOHNNY SEZ

Someone said that "We reach our limits of motivation, capacity for hard work, and perseverance before we reach our limits of aptitude."

This must be true for most of us. I rather doubt that any of the runners I know have explored the absolute limits of their ability, though some must come very close.

In my puny attempts to return to what I consider an acceptable level of mediocrity, I am always encountering failures of one kind or another in my own character. I have never been very good at "seriously" setting goals, and even worse at staying with a program to achieve that goal. Focus is not one of my strong points. I tend to let my mind trail off into the plum thickets, and this is terrible for the runner who wishes to do well and explore his/her limits.

Another tragic flaw I have is the failure of patience. I can't wait for my injured body to heal properly. I can't start tempo running or speedwork at a level consistent with my age and detrained state. This has to be a very childish characteristic, but I seem to have a lot of company in this one.

But the most severe deficiency, the sharpest arrow in my quiver of guilt, is a lack of courage (guts) to put myself through what I well know is required to return to form.

I do hope that this will stimulate you to think about your own problems, and I urge you to not do as I do but do as I say -- work hard, set goals, be patient, have courage and you will enjoy the thrill that comes only from achievement at the very limits of your talent.

Johnny Grill, Newsletter
Editor. L.S.R.C.

W.T.R.C. COTTONPATCH RUNS8 MILE and 4 MILE RUNS

WHEN: SATURDAY, FEBRUARY 9, 1991
REGISTRATION: 8:00 TO 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL
From Lubbock, take US highway 62/82 to Loop 193, procede to intersection with highway 179, turn right across RR tracks north past the Frenship High School and turn left

COURSE: ASPHALT ROAD. 4 Mi: OUT and BACK, Flat
8 Mile: OUT and BACK, Mostly Flat
WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$4.00 OTHERS \$5.00

AGE DIVISIONS,**AWARDS:****MEN**

0 TO 19
20 TO 29
30 TO 39
40 TO 49
50 AND OVER

WOMEN

0 TO 19
20 TO 29
30 TO 39
40 AND OVER

RACE DIRECTOR: Dennis Bell 741-0122

NEW BALANCE SPICY YEAST PANCAKES

1½ cups whole wheat flour pinch ground ginger
1½ cups dry milk powder ¼ teas. ground nutmeg
1 package dry yeast 2 cups very warm water
2 Tables. sugar ½ cup vegetable oil
½ teaspoon salt 3 eggs

In large mixer bowl, combine flour, dry milk, yeast, sugar, salt, ginger and nutmeg: mix well. Add water and oil to flour mixture. Add eggs. Blend on low speed with mixer until moistened: beat on medium speed until smooth. Cover: (this takes about 1 hour.) Stir down. Bake on a greased griddle over medium heat until browned. (I also add some cinnamon.) Serves 6 to 8

Submitted by Sandi Howard from RUNNER'S COOKBOOK.