

CALENDAR

- * Indicates WTRC Monthly Race and CHALLENGE SERIES EVENT
- MAR. 6 4th ANNUAL LCU MASTERS INDOOR TRACK MEET
For information, call Steve Ireland at 792-6430
- MAR. 6 THE RACE FOR KIDS; 12 P.M., 5K, TTU Campus, FMI, 742-3016
- MAR. 7 MOTOROLA/AUSTIN MARATHON; Austin, (512) 472-3272
- * MAR. 13 PRAIRIE DOG TOWN FOUR MILER; MACKENZIE STATE PARK, Lubbock, 9 A.M., Jim Wilhelm, Race Director, 794-8421
- MAR. 27 M.A.D.D. DASH 8K & KIDS K, Midland, Robin Dobler, (915) 698-2241
- MAR. 20 TEXAS PUBLIC HEALTH ASSN. 5K; 9 A.M., MACKENZIE STATE PARK FMI call Liz Paulk at 767-2901
- MAR. 20 MARATHON OF THE GREAT SOUTHWEST; Abilene, FMI, 915-677-8144
- MAR. 28 CAPITOL 10,000; Austin, FMI call 512-445-3598
- * APR. 10 FLIGHT LINE RACES; 9 A.M., REESE AFB, Lubbock; Half-Marathon, 10K, and 2 Miles; Ronnie Nugent, RD 793-1735, after 1 P.M.
- APR. 24 ROARING SPRINGS SPLASH & DASH; 10K & 2 Mile, 9 A.M. at Roaring Springs; Joey Thacker, Race Director, 1-348-7560
- MAY 1 RUN FOR THE ARTS; Midland, 5K and 1 Mile, FMI, 1-689-0646
- * MAY 8 HORSESHOE BEND SPRING FROLIC; 9 A.M., North of Slaton; 11, 6, and 2 Mile races, Carlos Vigil, Race Director, 767-2665 (D) or 762-1243 (N)
- MAY 22 TALL TOWN 10,000; Midland, 10K and 2 Mile, Details later
- JUNE 4 MOONLIGHT 5K; MACKENZIE PARK; 10 P.M., Michelle Jones, Race Director, 766-0282 (D), 793-2825 (N)
- * JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE; 8 A.M., 10K & 2 Mi., Bill Roger, Race Director, 894-7911
- * JULY 10 24th ANNUAL FIRECRACKER RUN; 10 Mile and 3 Mile, 1 Mile Kid's Run. 8 A.M., Brownfield, Jim Leser, Race Director, 794-2474
- * AUG. 14 HOT DAM RUN; 5 MILE, 8 A.M., Canyon Lake 6, Lubbock (23rd & Quirt), Ron Key, Race Director 747-4678 or 792-9280
- * SEPT 11 SHALLOWATER STAMPEDE; 10K and 2 Mile, 8 A.M., SHALLOWATER HIGH SCHOOL, Larry Byrd, Race Director, 832-4600
- * OCT. 9 PREDICTED TIME 5K; MACKENZIE STATE PARK, 8 A.M. Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)
- OCT. 16 RED RAIDER ROAD RACE; TTU CAMPUS, 10K & 5K, Certified Courses Details Later
- * NOV. 13 BUFFALO WALLOW RACES; BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- * DEC. 11 REDLINE 4 MILE CROSS COUNTRY; MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

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1993 PRAIRIE DOG RUN



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Lubbock, Texas 79493-6100

March 1993



BLACKTAIL PRAIRIE DOG



Newsletter
P.O. Box 2921
Lubbock, Texas 79408



March W.T.R.C. Race

PRAIRIE DOG TOWN 4 MILE

March 13, 1993; 9 A.M.

Details Inside Back Cover

WEST TEXAS RUNNING CLUB OFFICERS DIRECTORS

PRESIDENT: RON KEY
 O 747-4678 H 792-9280

INTERNAL VICE-PRES
 CARLOS VIGIL
 O 767-2665 H 762-1243

EXTERNAL VICE-PRES
 AL GROTZ
 O 792-6015 H 792-2248

SECRETARY
 THERESA MAREZ
 O 765-2925 H 1-298-2075

TREASURER
 MICHELLE JONES
 O 766-0282 H 793-2825

DENNIS BELL
 H 741-0122

GEORGE W. JURY
 O 792-3291 H 792-1237

JAMES BONE
 O 747-2448 H 792-8390

DAVID RODRIGUEZ
 O 741-4834 H 745-6927

JOE MARTINEZ
 H 794-7355

MIKE KELLEY
 O 766-0237 H 832-4885

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 second Tuesday, 7 P.M., at 3208 67th, Lubbock, Texas. These meetings are open and any member is invited to attend at any time.

AT THE RACES

Representing WTRC at the HOUSTON/TENNECO MARATHON were Carlos Vigil, 3:23; Richard Fischenich, 3:26; Joe Martinez, 3:26:40; Larry Byrd, 3:32:02; Bill Roger, 3:37:52; Barney Adams (1st Marathon) 3:42; & Jerry Wright, 4:25
 Attending the RIVER CITY 10 MILER in Austin Feb. 14th were Brett Peikert with a 57:43 and Jeffrey Jury with a 59:04.

MEMBER SERVICES

One of our newest members, Bill Mayfield, has offered to make military style "Dog Tags" for runners who would like to carry some form of ID while out running. The club voted to support the sale of these tags at \$2 per tag and \$2 per chain. These tags are very light weight and rustless. They can contain 4 lines of up to 16 characters each. Bill will be at most of our races, but you can order by mail to: B & M Marketing, 8104 Topeka, Lubbock, Texas 79424.

The W.T.R.C. logo TYVEK jackets can be obtained from Joe Martinez at 794-7355. The cost is \$22.

WEST TEXAS RUNNING CLUB'S ***EIGHT MILE COTTON PATCH RUN *** OVERALL RESULTS *** February 13, 1993

PLACE NAME	DIV	DIV	AGE	S	8M	PACE
1 RODNEY CARTER	1	M2029	22	M	48:14	6:02
2 LOLO MERCADO	1	M3034	33	M	48:54	6:07
3 MARJORY STEWART	1	F3034	34	F	50:20	6:18
4 MARK MORRIS	2	M3034	34	M	53:30	6:41
5 ROGER LOPEZ	1	M3539	36	M	54:35	6:49
6 GEORGE JURY	1	M5559	56	M	55:08	6:54
7 CARLOS VIGIL	1	M4044	44	M	56:15	7:02
8 WILLIAM FRUITT	2	M2029	26	M	56:57	7:07
9 DWAYNE OAKLEY	2	M3539	36	M	57:10	7:09
10 LARRY RENO	2	M4044	40	M	57:23	7:10
11 MICKEY WELBORN	1	M4549	45	M	59:09	7:24
12 JOE MARTINEZ	2	M4549	47	M	59:11	7:24
13 JIM WILHELM	3	M4044	42	M	1:01:01	7:38
14 BILL ROGER	1	M5054	53	M	1:01:58	7:45
15 LARRY BYRD	2	M5054	51	M	1:01:58	7:45
16 CHUCK JOHNSON	3	M3539	35	M	1:02:43	7:50
17 JIM DEEVER	4	M3539	35	M	1:02:44	7:51
18 LYNDOL ASKEW	3	M4549	47	M	1:03:09	7:54
19 MICKEY DAVIS	5	M3539	36	M	1:04:25	8:03
20 TOM JONES	3	M5054	53	M	1:05:30	8:11
21 JAMES LIVERMORE	4	M4549	45	M	1:06:41	8:20
22 MIKE KELLEY	4	M4044	44	M	1:07:18	8:25
23 JAMES BONE	4	M5054	53	M	1:07:21	8:25
24 P J MITCHELL	1	F4599	48	F	1:09:20	8:40
25 DEBBIE MALENKE	1	F2029	29	F	1:09:42	8:43
26 MOLLY RHODENBAUGH	2	F2029	28	F	1:12:27	9:03
27 BRENDA MARTINEZ	3	F2029	25	F	1:13:19	9:10
28 MICHELLE JONES	2	F3034	34	F	1:28:30	11:04
29 JEFF GOSSETT	6	M3539	38	M	1:28:31	11:04

COTTON PATCH RUN REPORT

The 1993 edition of the COTTON PATCH RUN was staged with slightly warmer than temperatures of late with about 35° at the start and about 45° by 10 A.M. A mild northwest wind was the only hindrance at all to the runners. Race Director, Dennis Bell was assisted by the following volunteers, all of whom were credited with 8 miles in the CHALLENGE SERIES. Ron Key, Shirley Wigley, Theresa Marez, Bill Harn, Frank Sumpter, Sr., David Skelton, Hugh Haynes, Al Grotz, David Rodriguez, and Bernice Neilson.

1993 CHALLENGE SERIES RULES

**** The West Texas Running Club's 1993 Challenge Series ****

The WTRC is happy to continue for 1993 the Challenge Series, a 12 month series of race events culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The tentative Schedule of Events is listed in the calendar of each newsletter, and each month's designated race will be detailed in the W.T.R.C. Newsletter prior to that race. All members desiring to participate in the 1993 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement.

The 1993 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 at those races.
- 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. All provisions for Race Directors and volunteers apply to this category.
- 4. VICTOR'S RANKINGS *** Points will be earned at each qualifying event in the following Age and Sex groupings:

- A. Divisions will include: MALE AGE GROUPS; 0-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 plus FEMALE AGE GROUPS; 0-19, 20-29, 30-34, 35-39, 40-44, and 45 Plus

- B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e. if a runner finishes last in their division, but only 3 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 10 events and earns 6 points at each would have more points than a competitor who won each of 5 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 at least 40% of the number of the top point scorers in each division. The number of awards to be given in each division will be determined at a future date after consideration of the number of Challenge Series participants. Awards will be presented at a year end membership meeting.

- D. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

To volunteer for the March 13th race, please call Jim Wilhelm at 794-8421.

To volunteer for the FLIGHT LINE RACES April 10th, please call Ronnie Nugent at 793-1735 after 1 P.M. We will need a large number of helpers for this one.

W.T.R.C. OFFICER PROFILE

Michelle A. Jones, Treasurer

Michelle was born in Denver, Colorado, and is in the "30 something" age range. She grew up in an Air Force family, travelled extensively, and attended 6 different high schools (and people wonder why she's crazy!). Following high school, Michelle yielded to her parents' preference, and, setting aside her first vocational interests of fashion design and journalism, went to Arkansas to attend a conservative, fundamentally religious college via a Home Economics scholarship. Being the "rebel" that she is, Michelle managed to survive only 3 semesters, before transferring to Abilene Christian University where she graduated in 1980, with a Bachelor's degree in Recreation. Michelle notes her academic career changed dramatically from her earlier years, as she ended with course work that would have satisfied requirements for Therapeutic Recreation, had there been such a program offered at the time. Michelle indicates that the course work she enjoyed most were Master's level courses, including Exercise Physiology, which incorporated work in the University's Human Performance Laboratory. Since graduating, Michelle has assisted in developing a Therapeutic Recreation curriculum for Texas Tech University, taken additional course work and received her Therapeutic Recreation certification in addition to Social Work certification. Michelle hopes to return to school in the future to obtain a Master's degree in Sports Health. (She said that when she "grows up", she hopes to coordinate a wellness program for a social service-oriented company.)

Michelle is employed with Lubbock Mental Health Mental Retardation Center, and has been in Lubbock for almost 7 years. She works as a Support Services Coordinator within the Mental Retardation Program, and is responsible for the overall operations of 6 different training and support services for consumers with mental retardation and their families. One of Michelle's professional and personal interests has been to assist people to integrate into community leisure and fitness opportunities. Michelle was instrumental in establishing the Achilles Track Club and in networking opportunities for people with disabilities through the WTRC. Michelle's personal commitment to this endeavor has evolved due to her personal slight birth defect in both knees, which was erroneously diagnosed as "growing pains" until she was college age, when the condition was surgically corrected. This experience, although not intensely disabling, has caused Michelle to recognize a greater appreciation for opportunities (including fitness opportunities) for all people.

Michelle is married and has 5 children, some of whom she inherited suddenly through a marriage and adoption, and says she has been blessed with a "multitude" of personal growth experiences! Related to family life, Michelle states she has a goal of teaching her children how to live a personally healthy lifestyle, a lesson they might not have been able to learn before their adoption.

Michelle first began running following her second knee surgery when she became interested in mountaineering and spelunking. Although not fast, Michelle developed significant endurance that assisted her to perform well in both sports. To the point she became a mountaineering instructor. Additionally, due to the positive results of corrective surgery and a fitness program, Michelle also became involved in orienteering. Unfortunately, Michelle went the way of many and became sedentary after getting married, and remained that way until she enrolled in a Karate class several years ago. Due to the sport's stress on her knees, she quit karate after reaching her green belt, and returned to her jogging program. It was at this time (1989?) that Michelle looked up Ron Key and joined the WTRC. Michelle credits her return into the running community to Ron's personal and patient coaching. (He ran some very slow miles with me, states Michelle). Michelle claims to be a short and slow mileage jogger, whose focus has been to re-develop a personal fitness lifestyle without debilitating knee injury, and to lose unwanted weight. Michelle states she has greatly appreciated her tenure as club treasurer, as the opportunity has provided a challenge in several personal areas. In return, she hopes her involvement in running can motivate other, previously sedentary folks (especially other moms), to get out and "JUST DO IT!"

NEWS AND NOTES

INSTRUCTIONS FOR NEWSLETTER CONTRIBUTORS

Members are invited to contribute material for publication in the newsletter. It would be very helpful to have the material print ready, so please call the editor, George Jury at 792-3291 or 792-1237 for instructions on how to comply. A print-out is available to help you.

Information for the newsletter must be in the editor's hands by the 15th of the month.

Race entry forms will be inserted in the newsletter at no charge for W.T.R.C. sanctioned events provided they are submitted machine folded to the 5.5 inch by 8.5 inch size. These must be in the editor's hands by the 20th of the month.

In order for an organization to use the term "W.T.R.C. Sanctioned" it must have approval by the board of directors.

RED RAIDER ROAD RACE

Two of our 1992 sponsors have declined to contribute this year and thus we are looking for at least two more sponsors to assure the success of the 12th annual RED RAIDER ROAD RACE. If anyone has a prospect please contact George Jury at 792-3291 (D) or 792-1237 (N). We need a volunteer to serve as assistant Race Director with the idea in mind of moving up to Race Director for 1994. The 1992 RED RAIDER ROAD RACE had the distinction of being listed as one of 10 certified 10K and one of 21 certified 5K races held in the state and 2 people were listed in the single age group records for 1992 in INSIDE TEXAS RUNNING magazine. Beatrice Briones had the best female 18 year old's time of 45:56 for 10K and Gary Schmidt's 5K time of 18:48 was the best for 55 year old men.

GEMS FROM ELSEWHERE

I only subscribe to two running journals, RUNNER'S WORLD and INSIDE TEXAS RUNNING, but receive a complimentary copy of RUNNER/TRIATHLETE NEWS and get newsletters from several clubs around the state. I have been hesitant to repeat in the newsletter information that has appeared in these publications for fear it would only be repetitive for our readers. However, a mini survey of our most active members indicates that only half get one of the publications mentioned or RUNNING TIMES for that matter, so once again I will copy on page 9 an article by Owen Anderson, PhD, an exercise physiologist and writer of the column "THE FAST LANE" in RUNNER'S WORLD magazine. I have found his advice consistently useful.

I hope in the near future to have some articles on practical nutrition by our own Marjory Stewart who is working on a PhD in nutrition. Attendees at the recent "Sports Medicine Symposium" commented that her talk was the most useful of any given.

RACE ENTRY FEE INCREASE ?

At the last business meeting the officers and directors, with reservation, voted to raise the monthly race entry fee for members to \$5 and non-members to \$6 effective with the July race. If you have opinions about this please call Carlos Vigil at 762-1243. Leave your message on his answering machine if necessary.

RECYCLE TROPHIES or OTHER AWARDS

We have two races per year, the HOT DAM RUN and the MOONLIGHT RUN (Benefiting the Achilles Track Club) for which we use recycled trophies for awards. We only have the expense then of having an award plate made to fit. If anyone has trophies to donate please bring them to a club race or the monthly meeting.

THE FAST LANE

BY OWEN ANDERSON, PH.D.

NO STREAKS ALLOWED

Keep the injury bug off your back by running fewer days in a row

There are few immutable "truths" in life, including those we associate with training.

The latest to bite the dust is a biggie: Runners and scientists used to think that the best predictor of running injuries was total mileage. But new research indicates otherwise, that a better predictor is the way in which you schedule your runs—specifically, the number of days you run consecutively.

Researchers at the University of South Carolina's School of Public Health studied 433 runners over a year's time, and 65 percent of them experienced at least one injury

severe enough to curtail their training. Plugging each injury into a larger picture that included the runner's training schedule and history, the researchers found that a history of previous injury was the single best predictor of subsequent injury.

The second most reliable predictor wasn't weekly mileage. Or intensity. It was the number of consecutive days each study participant had run. The runners who became injured had run an average of 130 consecutive days during the year, while the injury-free participants had run considerably fewer, at 104. (Someone who runs on Mondays, Tuesdays, Wednesdays and Fridays runs three consecutive days per week—Monday, Tuesday and Wednesday.)

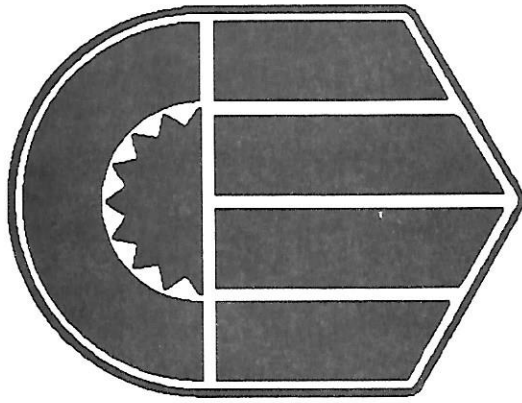
How does this information apply to you? Consider your own training schedule: If you work out every day, odds are you have no more than 22 hours to recover between runs. Inserting a full day between running workouts doubles your recovery time and packs your muscles with glycogen. As a result, minor irritations in muscles and bones

are more apt to repair themselves before they balloon into full-scale injuries.

Perhaps you usually run five days per week, about 5 miles per workout. Given the results of the South Carolina study, you should be able to lower your risk of injury by running four days per week, about 6 miles per workout. You'll log approximately the same number of weekly miles this way, but you'll cut your count of consecutive running days by half—from four to two. Likewise, if you run four times a week for a total of 24 miles, you can reduce your risk of injury further by running three 8-mile workouts a week and eliminating consecutive running days altogether.

It's true, your workouts tend to grow longer—and more stressful—as you cut back on the number of days you run per week. But you don't have to increase the length of every workout—just one. For instance, if you now run five 6-mile workouts a week and plan to reduce the number to four, do so with runs of 6, 6, 6 and 12 miles on Monday, Tuesday, Thursday and Saturday, respectively. Only two of the workouts would be consecutive, and by adding a long run, you would enhance your endurance.

What should you do on your days off? Participants in the South Carolina study simply rested, but cross-training shouldn't significantly alter the research results. One rule of thumb: Stick with nonweight-bearing exercise on your nonrunning days. Activities such as swimming, cycling or in-line skating may boost your strength and aerobic capacity without fatiguing the primary muscles, ligaments and bones used in running. ■



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Tired of the same old *runaround* when you apply for a loan at *your* bank? Well maybe it's time for a change of pace. Maybe it's time to change your bank.

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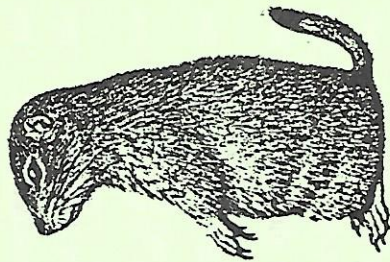
Member FDIC

WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN RUN

SPONSORED by LUBBOCK NATIONAL BANK

EVENT # 3

Of the 1993 W.T.R.C CHALLENGE SERIES



BLACKTAIL PRAIRIE DOG

WHEN: SATURDAY, MARCH 13, 1993
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
Near the Broadway Entrance

COURSE: Rolling Terrain, Asphalt
Out and Back Loop

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

AWARDS: Unique "Prairie Dog" Medals will be given to the first 3 in the following Divisions or up to 40 percent of the participants in each group

AGE DIVISIONS:

MEN 0-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59 and 60 Plus

WOMEN 0-19; 20-29; 30-34; 35-39; 40-44; 45 Plus

RACE DIRECTOR: Jim Wilhelm Office 747-0576
Home 794-8421

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