

CALENDAR

* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- * NOV. 13 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half-Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 14 **SAN ANTONIO MARATHON**
- NOV. 20 **4th ANNUAL WBU "PIONEER STAMPEDE":** 7th and Vernon, Plainview 5K, 9 A.M., \$5, Scott Davis, 296-4739 (w) or 296-4801 (h)
- NOV. 25 **1ST ANNUAL W.T.R.C. TURKEY TROT:** GUADALUPE PARK, 1st and Ave.P 9 A.M., 10 Mile and 2 Mile, \$12, Ron Key, Race Director, 747-4678 (d) 792-9280 (n) (Sponsored by **THACKER JEWELRY**)
- DEC. 4 **ARTHRITIS FOUNDATION JINGLE BELL RUN:** Nautiless Fitness Center, 87th & Memphis, 9 A.M., 10K and 5K Runs, 2 Mile walk Kara Stuller, 795-0931
- DEC. 5 **DALLAS WHITE ROCK MARATHON**
- * DEC. 11 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237(d), 832-4885(n)
- DEC. ? **W.T.R.C. Winter Social and CHALLENGE SERIES Awards, TBA**
- * JAN. 8 **LOOP THE LAKE 5 MILER:** BUDDY HOLLY PARK, Lubbock, 9 A.M. Joe Post, Race Director, 747-2820
- JAN. 16 **HOUSTON TENNECO MARATHON:**
- * FEB. 12 **COTTON PATCH RUN:** Frenship High School, Wolfforth, 9 A.M. 8 Mile and 4 Mile, Jeffrey Jury, Race Director, 765-8104 or 792-1237
- FEB. 26 **COWTOWN MARATHON and 10K**
- MAR. 6 **MOTOROLA/AUSTIN MARATHON**
- * MAR. 12 **PRAIRIE DOG TOWN 4 MILER:** MACKENZIE PARK, 9 A.M., Jim Wilhelm, Race Director, 747-0576 (w), 794-8421 (h)

**** ENTRY FORMS ****

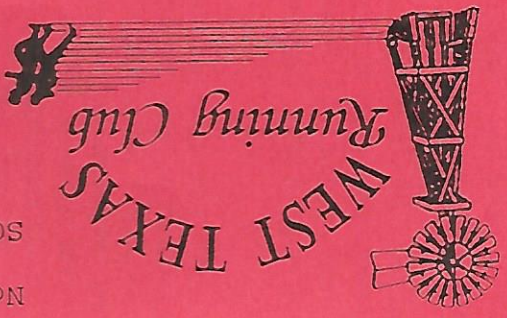
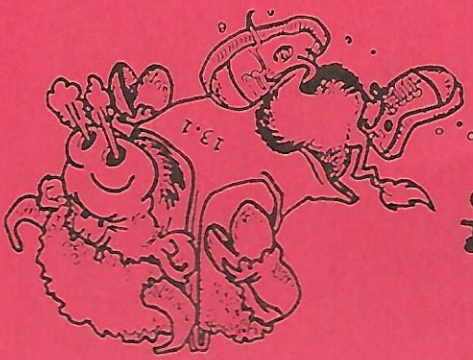
Entry forms to most major out of town races can be found at the RUNNER'S CORNER of CLEVELAND ATHLETICS, 4130 34th Street. Call 793-1300 to see if they have the one you need; club member, Frank Haist, will be glad to help.

November 1993

Race Results
Benefiting the Texas T
West Texas Running C
Academic Scholarship

RFD RAIDER ROAD RACE

November Race Sponsor
 SOUTHWESTERN PUBLIC SERVICE



Newsletter
 P.O. Box 2921
 Lubbock, Texas 79408



W.T.R.C. NOVEMBER RACE
 21st Annual BUFFALO WALLOW RACES
 Nov. 13, 1993: Details Inside

WEST TEXAS RUNNING CLUB

OFFICERS

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

INTERNAL VICE-PRES
 JIM LESER
 O 746-6101 H 794-2474

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

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

TREASURER
 BARNEY ADAMS
 O 795-2306 H 793-5058

DIRECTORS

P. J. MITCHELL
 H 794-0135

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

LARRY RENO
 O 741-2127 H 795-6019

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.

EDITORIAL NOTES

Most of this newsletter will be devoted to the RED RAIDER ROAD RACE RESULTS and report, as an insert, however I did finally get my copy of RUNNER'S WORLD with the article on backward running which I had mentioned a couple of months ago and am including a copy on page 9. In case someone had not read my comments, I personally have been helped by a moderate amount of "retro running". It helps stretch and strengthen the plantar fascia, strengthens the muscles just above the knee, and helps stretch the hamstrings a little and reduces the sciatica produced by piriformis muscle entrapment. I hope the article will be of some help to all.

IN MEMORIAM

We were extremely saddened by the sudden death of a long time Club member, John Harper on September 29, 1993. John had been out for a morning training run when he had been observed to collapse by a neighbor in his home town of Anton, and was not responsive to CPR.

One of our members, who wishes to remain anonymous has provided us with a fitting tribute to Johnnie on page 10.

Our sincerest sympathy to his wife, Marilyn and his two children.

W. T. R. C. 5K PREDICTION RUN, October 9, 1993

*** THE PREDICTION RUN ***** OVERALL RESULTS ***

PLACE NAME	DIV	DIV	AG	S	5K	PACE
1 DAVID SUMRELL	1	M3034	30	M	16:15	5:14
2 BRETT PEIKERT	1	M2029	26	M	16:49	5:25
3 JIM LESER	1	M4549	47	M	18:08	5:50
4 KEN JERNIGAN	1	M4044	42	M	18:18	5:53
5 FRANK HAIST	2	M2029	29	M	18:27	5:56
6 FRANK SUMPTER SR	1	M3539	39	M	18:29	5:57
7 TOM NISBETT	2	M4044	44	M	18:34	5:59
8 BILL HARN	2	M3539	39	M	18:51	6:04
9 DENNIS BELL	2	M3034	32	M	19:03	6:08
10 GEORGE JURY	1	M5599	57	M	19:13	6:11
11 DAVID PRESTON	3	M2029	28	M	19:28	6:16
12 JOHN WILSON	4	M2029	26	M	20:03	6:27
13 ROBERT GUAJARDO	1	M5054	50	M	20:27	6:35
14 JACKIE CANNON	3	M3539	37	M	20:34	6:37
15 JODIE RHONE	4	M3539	37	M	20:46	6:41
16 DAVE KYLE	3	M4044	43	M	20:49	6:42
17 JIM DEEVER	5	M3539	36	M	21:30	6:55
18 AL GARDNER	6	M3539	37	M	21:35	6:57
19 LARRY RENO	4	M4044	41	M	21:40	6:58
20 LARRY BYRD	2	M5054	52	M	21:55	7:03
21 JEFF WHITLEY	3	M3034	30	M	22:26	7:13
22 MARTIN HARMS	2	M5599	56	M	22:32	7:15
23 MICKEY DAVIS	7	M3539	36	M	22:37	7:17
24 DWAYNE OAKELEY	8	M3539	37	M	22:58	7:24
25 BOB BERNERO	3	M5054	51	M	23:17	7:30
26 DENISE BRAY	1	F3034	31	F	23:17	7:30
27 JON OMDAHL	2	M4549	47	M	23:32	7:34
28 RICHARD BRAY	3	M4549	49	M	23:50	7:40
29 BENTLEY GWYN	4	M4549	49	M	24:07	7:46
30 JAMES BONE	4	M5054	54	M	25:09	8:06
31 BRUCE LOKEY	3	M5599	56	M	25:43	8:17
32 JOSIE ALEMAN	1	F4044	42	F	25:53	8:20
33 DONOVAN REED	1	M6099	60	M	25:59	8:22
34 ANDY MENCHU	9	M3539	36	M	26:57	8:40
35 SHIRLEY WIGLEY	1	F3539	39	F	27:06	8:43
36 ROY SIMMONS	5	M5054	51	M	27:35	8:53
37 BILL MAYFIELD	6	M5054	51	M	27:53	8:58
38 THERESA MAREZ	2	F4044	43	F	28:08	9:03
39 KAREN RHONE	2	F3034	33	F	29:41	9:33
40 HUGH HAYNES	2	M6099	62	M	30:43	9:53
41 RONNIE NUGENT	5	M4549	47	M	37:31	12:05

* Note * The course was 70 yards short

W.T.R.C. 5K PREDICTION TIME RUN
October 9, 1993
MACKENZIE PARK

*** Prediction 5K Run ***PREDICTED OVERALL RESULTS **

PLACE NAME	DIV	DIV	AG	S	5K	PRB	5K
1 DENISE BRAY	1	F3034	31	F	23:17	23:00	0:17
2 SHIRLEY WIGLEY	1	F3539	39	F	27:06	27:45	0:39
3 JOSTE ALEMAN	1	F4044	42	F	25:53	27:00	1:07
4 KAREN RHONE	2	F3034	33	F	29:41	31:00	1:19
5 THERESA MAREZ	2	F4044	43	F	28:08	29:30	1:22
6 JIM LESER	1	M4549	47	M	18:08	18:10	0:02
7 KEN JERNIGAN	1	M4044	42	M	18:18	18:15	0:03
8 GEORGE JURY	1	M5599	57	M	19:13	19:20	0:07
9 DAVE KYLE	2	M4044	43	M	20:49	20:39	0:10
10 DAVID PRESTON	1	M2029	28	M	19:28	19:15	0:13
11 FRANK SUMPTER SR	1	M3539	39	M	18:29	18:15	0:14
12 JACKIE CANNON	2	M3539	37	M	20:34	20:20	0:14
13 DAVID SUMRELL	1	M3034	30	M	16:15	16:30	0:15
14 BRETT PEIKERT	2	M2029	26	M	16:49	17:05	0:16
15 TOM NISBETT	3	M4044	44	M	18:34	18:18	0:16
16 JEFF WHITLEY	2	M3034	30	M	22:26	22:47	0:21
17 BILL MAYFIELD	1	M5054	51	M	27:53	28:18	0:25
18 FRANK HAIST	3	M2029	29	M	18:27	18:00	0:27
19 BILL HARN	3	M3539	39	M	18:51	19:22	0:31
20 ANDY MENGHU	4	M3539	36	M	26:57	27:30	0:33
21 LARRY BYRD	2	M5054	52	M	21:55	22:30	0:35
22 ROY SIMMONS	3	M5054	51	M	27:35	27:00	0:35
23 MICKEY DAVIS	5	M3539	36	M	22:37	23:15	0:38
24 JOHN WILSON	4	M2029	26	M	20:03	20:42	0:39
25 BOB BERNERO	4	M5054	51	M	23:17	24:00	0:43
26 JODIE RHONE	6	M3539	37	M	20:46	21:35	0:49
27 DONOVAN REED	1	M6099	60	M	25:59	26:52	0:53
28 BENTLEY GWYN	2	M4549	49	M	24:07	25:04	0:57
29 DENNIS BELL	3	M3034	32	M	19:03	18:00	1:03
30 RICHARD BRAY	3	M4549	49	M	23:50	25:00	1:10
31 JON OMDAHL	4	M4549	47	M	23:32	24:45	1:13
32 MARTIN HARMS	2	M5599	56	M	22:32	23:50	1:18
33 LARRY RENO	4	M4044	41	M	21:40	23:00	1:20
34 JAMES BONE	5	M5054	54	M	25:09	23:43	1:26
35 DWAYNE OAKELBY	7	M3539	37	M	22:58	21:30	1:28
36 HUGH HAYNES	2	M6099	62	M	30:43	29:10	1:33
37 JIM DEAYER	8	M3539	36	M	21:30	19:45	1:45
38 AL GARDNER	9	M3539	37	M	21:35	24:00	2:25
39 ROBERT GUAJARDO	6	M5054	50	M	20:27	23:00	2:33
40 BRUCE LOKEY	3	M5599	56	M	25:43	28:45	3:02
41 RONNIE NUGENT	5	M4549	47	M	37:31	31:00	6:31

W.T.R.C. 1993 CHALLENGE SERIES
STANDINGS AFTER 10 EVENTS

PTS.	MILES	EVT.	40 - 44 MALE	PTS.	MILES	EVT.
58	52.6	7*	LOLO MERCADO	87	52.6	7*
59	57.3	8**	DENNIS BELL	67	65.4	9
43	35.3	7*	JEFFREY JURY	58	76.4	9**
50	25.5	5	DAVID SUMRELL	50	41.3	7**
27	13.0	3	STEAM GARCIA	58	35.3	7
16	7.0	2	SAM AYRES	45	60.5	7**
15	15.0	2	DAVID DAVIS	31	20.2	4
			TERRY RICHARDSON	28	63.5	8*
			MIKE KELLEY	27	61.3	7**
			JIM WILHELM	27	33.3	5*
			AL GROTZ	8	54.3	7*
			TONY ALEMAN			
			45 - 49 MALE			
			JAMES LESER	90	61.5	10**
			JON OMDAHL	56	52.8	9*
			RON HILLIS	45	49.3	6
			JAMES LIVERMORE	33	39.2	5*
			RANDY ALLEN	33	18.2	4
			RICHARD FISHENICH	28	28.1	3
			JOE MARTINEZ	25	49.2	7*
			JON MASOOD	24	18.0	3
			RONNIE NUGENT	28	68.7	8**
			RICHARD BRAY	30	36.2	5
			LYNDOL ASKEW	18	14.2	2
			GARY PERRY	15	20.1	6*
			RICK LAMPE	14	20.2	4
			RON KEY	14	71.6	10*
			0 - 19 FEMALE			
			TARA JERNIGAN	39	15.0	5*
			BERNICE NELSON	37	33.0	6*
			0 - 19 MALE			
			CHRIS TRUITT	40	25.2	4
			JAY TRUITT	37	14.0	4
			TREY JERNIGAN	32	13.0	4
			FRANK SUMPTER JR.	18	11.0	3*
			20 - 29 FEMALE			
			BRENDA MARTINEZ	26	30.1	4*
			DEBBIE MALENKE	19	13.0	2
			HELEN E. BARRON	28	15.2	3
			30 - 34 FEMALE			
			DENISE BRAY	77	49.5	9*
			MARJORY STEWART	60	55.4	8*
			KAY FELLOWS	18	11.2	2
			BRENDA CAMPBELL	28	15.2	4*
			GAYLE BLACKMON	17	9.2	2
			KAREN RHONE	25	12.1	3
			45 - + FEMALE			
			P.J. MITCHELL	50	55.4	7**
			60 - 99 MALE			
			JOHN STALCUP	68	25.0	8*
			HUGH HAYNES	37	61.4	8*
			** = RACE DIRECTORS . * = VOLUNTEER			
			30 - 34 MALE			
			LOLO MERCADO	58	52.6	7*
			DENNIS BELL	59	57.3	8**
			JEFFREY JURY	43	35.3	7*
			DAVID SUMRELL	50	25.5	5
			STEAM GARCIA	27	13.0	3
			SAM AYRES	16	7.0	2
			DAVID DAVIS	15	15.0	2
			35 - 39 MALE			
			FRANK SUMPTER SR.	87	36.1	10*
			JACKIE CANNON	83	36.1	10
			JIM DEAYER	60	71.6	10*
			BILL HARN	57	43.5	7*
			CHUCK JOHNSON	41	52.3	7*
			DWAYNE OAKELEY	42	38.6	7*
			ROGER STARK	29	37.1	5
			MICKEY DAVIS	30	54.4	8*
			MARLIN HAMILTON	21	15.2	3
			MARK MORRIS	19	19.0	2
			JODIE RHONE	26	16.1	4
			FRANK COOKE	17	17.4	3
			DAVID SKELTON	8	48.1	8*
			20 - 29 MALE			
			BRETT PEIKERT	58	53.6	7*
			LAWRENCE NELSON	46	38.2	7*
			DAVID PRESTON	40	44.4	8*
			RODNEY CARTER	19	17.0	3*
			PAUL LISTON	17	7.0	2
			FRANK HAIST	26	9.1	3
			JEFF WHITLEY	13	10.2	2
			50 - 54 MALE			
			ROBERT GUAJARDO	70	38.5	8*
			BOB BERNERO	65	67.6	10*
			BILL ROGER	54	69.9	8**
			LARRY BYRD	55	47.3	7*
			JAMES BONE	52	58.5	9*
			THOMAS JONES	31	33.0	4
			JOHNNY SCOTT	23	10.0	3
			W.G. BO MINNIS	22	14.2	3
			MIKE GREER	20	29.1	3
			FRANK HERNANDEZ	19	4.0	2
			MILES HYMAN	15	18.1	2
			ROY SIMMONS	16	5.1	2
			KEN MCEAHERN	7	38.3	5*
			40 - 44 FEMALE			
			JOSIE ALEMAN	57	50.2	9*
			CONNIE EVANS	43	23.2	5
			NANCY PATTON	38	44.2	7*
			THERESA MAREZ	42	47.5	8*
			55 - 59 MALE			
			GEORGE JURY	49	58.4	9*
			MARTIN HARMS	48	26.5	5
			35 - 39 FEMALE			
			SHIRLEY WIGLEY	78	59.7	9*
			MICHELLE JONES	52	43.6	7**
			** = Race Director			
			* = Volunteer			

If there is an error, please call David Rodriguez at 741-4834 (d) or 745-6927 (n)

NEWS AND NOTES

PREDICTION RUN REPORT

A wind chill in the 20's made for an unpleasant morning for this second club "Prediction Run" where the awards were cash prizes, not just to the fast, but to those best able to estimate their 5K time. \$15 was awarded to the best prediction down to \$1 for the 15th male and \$11 for the 5th female contestant. As you can see on page 4, the numbers in the left column indicate those money winners.

Club members earning challenge series points for helping Race Director, Michelle Jones, were: Ron Key, David Skelton, Nancy Patton, Carlos Vigil, P.J. Mitchell, Marjory Stewart & Jeffrey Jury. Others who helped were: Michael Jones, James Bone, Adam Andrews, Roy Simmons, David Preston and Dr. Lanny Devin, RD for the "HIGH COTTON RUN" in Idalou.

AT THE RACES

At the PORTLAND MARATHON September 26th, Jim Deaver set a PR of 3: 53:30, P.J. Mitchell a PR of 3:59:10, Carlos Vigil 3:10:09, Joe Martinez, 3:31:28 and Richard Bray 4:11:01. P.J., Carlos and Richard were running the distance again only 2 weeks after the DUKE CITY MARATHON. Richard Fischenich also attempted the race but chronic knee trouble caught up with him and he was unable to finish. He has now had knee surgery.

At the EL PASO INTERNATIONAL 15K, October 10th, Marjory Stewart ran a 58:05 to finish second woman overall by 2 seconds. Jeffrey Jury used the "Friends Fly Free" feature to tag along and posted a 55:20 which was 45th overall. This race attracts an elite field.

DUES INCREASE

For the first time in many years, the Board has decided to raise the cost of membership to \$10 per year. Additional family members may still be signed up for \$2 each. It has been a while since it has been mentioned, but newsletter cost is about \$8 per family while RRCA insurance and membership is about \$3.50 per person. We have been able to subsidize these costs with sponsorships, external race equipment rental and hopefully with a little profit from the "TURKEY TROT".

MEMBERSHIP PROMOTION

New membership chairman, P.J. Mitchell has really been busy signing up new members and selling club wear, especially while manning a table herself nearly all day long, Friday at late registration and Saturday morning with the help of, Roy Simmons, Carlos Vigil, James Bone, Dorothy Nelson and family, Jim and Hortensia Deaver, Michelle Jones and Linda (Adams girlfriend). To those she wishes to express thanks, and to anyone wanting to buy Club T-Shirts or jackets, give her a call at 794-0135.

RACE VOLUNTEERS NEEDED

The BUFFALO WALLOW HALF MARATHON needs helpers in order to stage a successful race. Volunteers will be admitted through the gates at the lake free this year. Perhaps some of our traveling marathoners could devote some time to this end before heading off to San Antonio. If you can help please give George a call at the numbers listed inside the back cover.

INSIDE TEXAS RUNNING

This popular running tabloid was provided free to the first 200 people picking up their packet for the RRRR. If you would like to try a copy, CLEVELAND ATHLETICS will be stocking it, including the current issue.

COMPUTER SCHOOL

Our computer literate president will be holding classes for those interested in learning the race scoring program on the first Tuesday of each month for the next few months so that others can do what he has been doing for the past year and a half. We will meet at the Key Real Estate office at 1613 Avenue H at 7:30, Tuesday November 2, 1993

We are our future. It's as simple as that. We control tomorrow by what we do today. One person's enthusiasm can spread to hundreds, especially when there is a story to be told. We live in God's country. We live in the one area of this nation where the climate is comfortable, with enough variations to be interesting. Our natural resources are abundant. This area's environment is pristine compared to other parts of this country. We have the space to grow in any direction literally and figuratively. We all have to tell our story and tell it again and again.

Many people from other parts of the country don't realize that we have an educational system second to none, a plentiful and willing work force, friendly people, a clean environment, and a determined, optimistic course of action to excel.

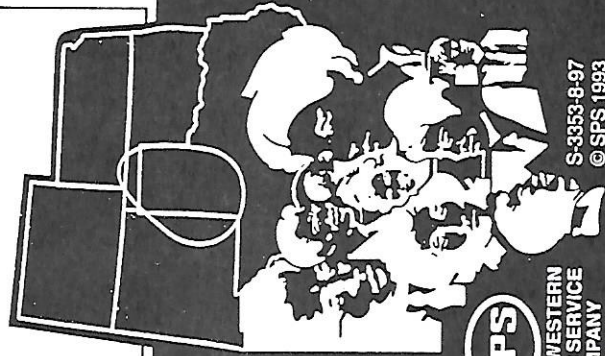
It's important how people from different places see us, and our part of the country. All of us can have an impact. We need to support our chamber of commerce, industrial development boards and individuals who are working to bring new industry and opportunities for growth to our area.

When we have the opportunity, it is our job to... Talk Up This Area.

TOGETHER
WE CAN MAKE THIS AREA GROW

SPS
SOUTHWESTERN
PUBLIC SERVICE
COMPANY

S-3353-9-97
© SPS 1993



OUR SPONSORS

806/792-5270
1-800-999-9503

VINCE HUBBARD
GENERAL MANAGER



International

Awards, Inc.

"QUALITY PEOPLE

DESERVE QUALITY
AWARDS"

5601 Aberdeen

• Lubbock, Texas 79414 USA

Members:
15% Off
Everything in
the Corner

**THE
RUNNER'S
CORNER**

"Where Quality and Service Run Together"

CLEVELAND



ATHLETICS

4130 34th Street • Lubbock, Texas 79410
(806) 793-1300

When it comes to travel ...

Run with the best

Support the West Texas Running Club by
booking your travel through Premier Travel

Call Us Today!

797-7799
Kingsgate Center

800-6-Travel
(800-687-2835)

744-6994
Texas Tech University



**LUBBOCK
NATIONAL
BANK**

4811 50th St. • P O Box 6100
Lubbock, Texas 79493-6100

From October **RUNNER'S WORLD**, by Owen Anderson, PHD
TO GET AHEAD, GO BACKWARD
Retro running strengthens, stretches and provides a great workout

Runners sometimes expect too much from their easy days. They want a workout that gives them genuine recovery time while still strengthening certain muscles, stretching others and—most contradictory of all—providing a great aerobic workout. A new form of cross-training can actually carry out this near-impossible order.

Recent research has given a big forward push to the benefits of retro running. When Tim Flynn of the William Beaumont Medical Center in El Paso, Texas, studied a group of runners with knee injuries, he found that backward running greatly reduced impact forces at the knee. In fact, it permitted many sore-kneed runners to train without knee pain.

Next, Flynn wanted to know if retro running is a good aerobic workout. He and his colleagues asked a group of 10 moderately fit runners to walk forward and backward on a treadmill at 16 minutes per mile, then run both ways at 10 minutes per mile.

Flynn's tests showed that forward walking raised his subjects' pulse rates to just 106, but backward walking sent pulses soaring to 156—higher than forward running at 10 minutes per mile! Backward running at 10 minutes per mile pushed pulses to an even higher 174.

Oxygen consumption followed a similar pattern. Backward running forced oxygen consumption to climb to 84 percent of max VO₂, compared with just 60 percent in forward running.

In addition to its remarkable effects on heart rate and oxygen consumption, backward running has an amazing strength-building effect on the quadriceps—the key

muscle group in the front upper part of the legs. "Compared with forward running, the quadriceps are active for a longer period of time in backward running," says Flynn. As a result, the quads receive a great workout.

Retro running also forces the calf muscles to stretch even as they are contracting. That occurs because backward running tends to make you land on the front portion of the foot instead of on the heel. The heel then drops toward the ground while the calf muscles contract. Many exercise scientists believe this process gradually elasticizes the calf muscles, which can lead to greater running economy.

Since the knee absorbs less impact during backward running, runners with tender knees can use reverse running and walking to maintain fitness as they recover from knee-related injuries. Retro running does have one small drawback, however: It increases stress on the Achilles tendon. "If you have trouble with Achilles tendinitis, you should approach backward running cautiously," advises Flynn.

To begin backward running or walking, remember that this is an acquired skill. Go slow in your initial workouts and expect to feel uncoordinated, not to mention out of breath and severely fatigued in the quads. At first, you may not be able to run more than a couple of minutes. Build up your time and distance gradually.

Of course, you'll also have to endure the smiles of your fellow pedestrians and health-club members. To silence their comments, carry a copy of this article with you. Maybe you can turn hecklers into converts. Following are a few retro workouts you can try:

- On a track, run 800-meter repeats backward at a hard pace. To recover, walk or jog forward for 5 minutes.

- On a treadmill, alternate 3 minutes of forward backward running with 3 minutes of forward jogging. Set the treadmill at 5 mph and 1 degree of incline for your initial workouts, and gradually increase the speed and angle.

- On a gently sloping hill about 100 meters in length, jog backward up the hill. Then jog down the hill facing forward and repeat. As you become adept at this, find steeper, longer hills.



I Remember JOHN HARPER

Are you like me? Sometimes do you ever wonder who are some of those other people who show up and run at WTRC races?

The telephone call came from a fellow WTRC member at 8PM on Friday, October 1. Had I heard about John Harper of Anton? "Is the John Harper in today's obituaries in the Lubbock AJ really the John Harper we knew from the WTRC?" he asked incredulously.

Unfortunately, as I checked the paper, I had to answer yes. The obituary said he died Wednesday morning (September 19) in a Lubbock hospital. He was a former Anton School board member (I never knew that) and he was a WTRC member.

Over the years, I remember John, not for his race performances (always the best he was capable of that day) but rather for other qualities.

Brownfield Cottonpatch Run - February 1985

John arrived and parked his Cadillac. Since at the time President Reagan was bemoaning the tough condition of the American farmer, I asked John to look at the line of parked vehicles. I asked his opinion of why his was the only Cadillac in the line. The remainder were Chevys, Fords, and some small foreign cars driven by us city folk.

He said President Reagan was not referring to farmers like him. He drove a an old tractor (no air conditioning, cassette deck, CR, etc). He drove out to the tractor in a paid for 1959 Ford pickup, not a 1965 pickup with air conditioning, cassette deck, power windows, etc. As a farmer he decided which days he worked, how long he worked each day, and what he did each day. For this, he was entitled to a nice (not luxurious) house and one nice car.

Buffalo Springs Lake 10K - July 1985

As I drove out there, ominous sounds came from under my hood. Luckily, I made it to the entrance gate. Being a runner at heart, I left my car there, caught a ride to the starting line, and ran. Afterwards, I returned to my car and diagnosed a frozen thermostat. However, I had no replacement thermostat or gasket. Offering his help was John Harper who sculpted (if you're in my predicament, sculpt is the correct word) a gasket with his pocket knife and my race number! As he said, out on the tractor, one must be resourceful.

Downtown Lubbock - August 1993

I went to start my car at lunch time but no go. The 9 month old battery had extremely corroded terminals. Inside a nearby church, I bought a classic Coke. Pouring the Coke over the terminals helped, but not enough. A church employee attempted to jump start the car, to no avail.

Still, I was convinced that if I could locate the tools to remove the terminals, clean and replace them, all would be fine. As I walked a few blocks to a small garage, some guy in a pickup truck, pulled out of a parking lot, began honking and waving at me. Attired in my monkey suit (coat & tie), I knew this must be a case of mistaken identity.

But no, it was John Harper! While in town on other business, John had just left the Social Security office after attempting to report some fraud of which he had become aware. He was thoroughly disgusted with Social Security's response - get a number, get in line, fill out the form, don't call us, we'll call you, etc.

Nothing would do but John attempt to start my car. Although he did not have the tools, John was sure he could get my car going. Once again, John was right! More importantly, working on a car under the summer sun in downtown Lubbock, you can learn a lot about a person. We discussed work, family, church, farming, right & wrong, and running. As he drove off, I once again felt fortunate to know John. I was looking forward to seeing John at the Red Raider Road Race.

I doubt John ever mentioned these events to others. After all, they were just John being himself and he didn't think he was all that special.

I don't just remember John Harper, I miss him.



WEST TEXAS RUNNING CLUB'S
21st ANNUAL BUFFALO WALLOW
HALF MARATHON and 2 MILE RACES

THE MOST CHALLENGING HALF-MARATHON COURSE IN TEXAS
USA TRACK & FIELD Certified, #TX93078ETM

EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES

WHEN:

SATURDAY, NOVEMBER 13, 1993

REGISTRATION: 8:00 to 8:45 A.M., On Site

RACE START: 9:00 A.M.

Please park further east this year near the Church for registration

WHERE:

BUFFALO SPRINGS LAKE

East of Lubbock on FM 835 (50th Street) then South on FM 1729 to entry gate.

An entry fee of \$1.00 per person is required to enter BUFFALO SPRINGS LAKE PARK

COURSE:

ASPHALT ROAD ALL THE WAY; THE TWO MILE COURSE IS OUT and BACK, FLAT

THE HALF MARATHON IS A DOUBLE LOOP OF THE LAKE WITH 3 CHALLENGING HILLS

AID STATIONS: AT 3.5, 7, and 10 MILES

SPLITS AT 1, 5, and 10 MILES

AGE DIVISIONS:

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

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

(Special 0-15 and 16-19 age groups in the 2 Mile)

AWARDS:

A UNIQUE "Buffalo" MEDAL WILL BE AWARDED to at least the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE

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

OTHERS \$6.00

RACE DIRECTOR: GEORGE W. JURY, Office 792-3291

Home 792-1237 after 6 P.M.