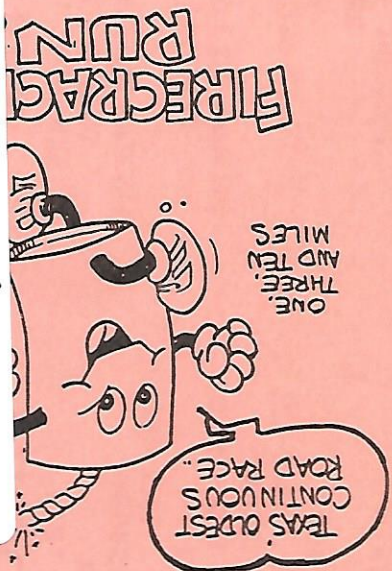


# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- JUNE 25 WTRC SUMMER SOCIAL: ZOOKINI'S, 82nd & Quaker, 5:30 to 7:30 PM  
\$2.50 Salad Bar Buffet (Call P.J. Mitchell, FMI, 794-0135)
- \* JULY 4 25th ANNUAL FIRECRACKER RUN: Brownfield, 8:00 A.M., 10 Mile and 3 Mile, 1 Mile Children's Run, Jim Leser, Race Director, 746-6101 (D), 794-2474 (N)
- JULY 16 CELEBRATE SEAGRAVES RUN: Seagraves, 10K and 3 Mile, 1 Mile walk, 8 A.M., Jim Pillow, 1-546-2171
- JULY 23 3rd ANNUAL ACHILLES CHALLENGE RUN: 8 A.M., MACKENZIE STATE PARK, Outdoor Center, 10K & 2 Mile, Michelle Jones, 793-2825(h), 766-0282 (w)
- AUG. 7 PRUDE RANCH RACES: Ft. Davis, Half-Marathon, 10K, 5K, Johnny Lemmons, 1-915-366-4947
- \* AUG. 13 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, 23rd and MLK BLVD. 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- AUG. 20 WEST TEXAS SENIOR SPORTS CLASSIC: (50+) 10K & 5K Roadraces, For information, call 767-2679
- AUG. 27 WOMEN'S DISTANCE FESTIVAL & CHASE AFTER THE WOMEN: 5K's, 7:30 A.M., Midland, call Alexandria (Alex) Rose, 1-915-694-4271
- \* SEPT 10 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 11 DUKE CITY MARATHON: Albuquerque, Also 5K and Half Marathon, 505-890-1018,
- SEPT 17 HARVESTFEST 5K: Wolfforth, 5K run, 1 Mile children's, 8 A.M. Rodney Hendrix, 745-7754
- SEPT 24 RED RAIDER ROAD RACE: TTU Campus, 10K and 5K Certified, 8 A.M. George W. Jury, Race Director, 792-3291 (D), 792-1237 (N)
- \* OCT. 8 PREDICTED TIME 5K: MACKENZIE STATE PARK, 8 A.M., Michelle Jones, Race Director, 766-0282 (D) 793-2825 (N)
- OCT. 22 ALLSUP'S ANNUAL FALL ROAD RACES: Clovis, 5K, 10K, & Half Marathon, 505-769-2311
- OCT. 29 PUNKIN DAYS 5K: Floydada, 8 A.M., Julianne Cornelius, Race Director, 983-2982
- \* NOV. 12 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon & 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 24 W.T.R.C. TURKEY TROT: GUADALUPE PARK, 1st & Ave. "P" 9 A.M., 10 MILE & 2 MILE, \$12, Ron Key, Race Director, 792-9280 (n)
- \* DEC. 10 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 9 AM Mike Kelley, Race Director, 766-0237 (D) 832-4885 (N)

July 1994



## 25th ANNIVERSARY FIRECRACKER RUNS

Newsletter  
P.O. Box 2921  
Lubbock, Texas 79408  
July 1994

Monday, July 4th, 1994  
Late registration: 7:00-7:45 am  
Races Start: Children's 1 mile - 7:40 am  
3 & 10 mile - 8:00 am  
TERRY COUNTY PARK

Terry County, Brownfield, Texas  
From Lubbock on Hwy. 62, go to the last stoplight, turn left on Buckley St. To Old Lamesa Rd., turn right into swimming pool.

# 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 798-2790 H 793-5058

## DIRECTORS

P. J. MITCHELL  
H 794-0135

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

LARRY RENO  
O 741-2513 H 795-6019

JAMES LIVERMORE  
O 762-5281 H 792-5815

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.

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### 25th ANNIVERSARY FIRECRACKER RUNS

July 4, 1994 in Brownfield, the WEST TEXAS RUNNING CLUB will celebrate the 25th running of the "FIRECRACKER RUNS", Texas' longest standing continuous road race. As was mentioned last month, we are going to make this race very special, with commemorative T Shirts, yet still maintain the low entry fees of \$5 for members and \$6 non members, if Pre-Registered.

We will handle the registration a little different than our usual race day sign up, by having Pre-Registration by mail, at the fees stated above, with the deadline being July 2, 1994. Race day registration will be available at \$10. Children will be able to sign up on race day for \$5 or \$1 if they wish to run without getting a T Shirt. Club member families may still register at the \$10 entry fee if all are paid club members, however only 2 T Shirts would be given per family.

Volunteers for this race will also be awarded T Shirts. Please get your entry forms in the mail soon as we will have to decide on June 30th if we have ordered enough T Shirts. If you mailed late and wonder if you got registered, give George a call Saturday P.M., July 2nd at 792-1237.

Bobby Birdsong Memorial Leveland Lope  
2 Mile and 10K Road Races  
Leveland, Texas JUNE 11, 1994 8:00 A.M.

### OVERALL RESULTS TEN KILOMETER

PLACE NAME	TOWN	DIV	DIV	AG	S	10	PACE	Perf
1 CHRIS TRUITT	LOVINGTON	1	M0119	19	M	34:58	5:38	788
2 CARLOS PEREZ	BROWNFIELD	2	M0119	17	M	35:52	5:46	768
3 MARJORY STEWART	LUBBOCK	1	F3539	35	F	38:29	6:12	716
4 JIM LESER	LUBBOCK	1	M4549	47	M	38:38	6:13	713
5 TREY JERNIGAN	SUNDOWN	3	M0119	16	M	39:07	6:18	705
6 KEN JERNIGAN	SUNDOWN	1	M4044	42	M	40:06	6:27	687
7 JASON WILLIAMS	LUBBOCK	4	M0119	18	M	40:25	6:30	682
8 RANDY WOLCOTT	LUBBOCK	1	M3539	38	M	40:39	6:33	678
9 ROGER LOPEZ, JR.	LUBBOCK	2	M3539	38	M	40:57	6:36	673
10 JIMMY SAMARRON	LEVELLAND	3	M3539	39	M	41:14	6:38	668
11 GREGG KIRBY	BROWNFIELD	5	M0119	15	M	41:32	6:41	664
12 GARY SCHOVAJSA	MORTON	2	M4549	49	M	41:51	6:44	659
13 RICHARD FISCHENICH	LUBBOCK	3	M4549	47	M	41:51	6:44	659
14 WELDON KOLB	LUBBOCK	4	M3539	38	M	42:44	6:53	645
15 ROBERT GUAJARDO	LEVELLAND	1	M5054	51	M	43:40	7:02	631
16 RODNEY HENDRIX	WOLFFORTH	1	M2029	29	M	44:18	7:08	622
17 DAVID HIGGINS	LUBBOCK	2	M4044	41	M	44:34	7:10	618
18 FRANK GOODMAN	LITTLEFIELD	4	M4549	47	M	45:03	7:15	612
19 KEITH YAKTUS	LUBBOCK	5	M3539	35	M	45:50	7:23	601
20 AL GARDNER	LEVELLAND	6	M3539	37	M	45:58	7:24	600
21 CHUCK JOHNSON	LUBBOCK	7	M3539	36	M	46:19	7:27	595
22 BRANDON NOVIAN	BROWNFIELD	6	M0119	19	M	46:36	7:30	591
23 GEORGE RAYHONS	LUBBOCK	5	M4549	45	M	46:49	7:32	589
24 JIM DEAVER	LUBBOCK	8	M3539	36	M	47:44	7:41	577
25 OTTO SPITZ	LUBBOCK	9	M3539	37	M	48:15	7:46	571
26 RICHARD BRAY	LUBBOCK	2	M5054	50	M	48:44	7:51	566
27 DAVID LIGHTNER	LUBBOCK	3	M4044	44	M	49:01	7:53	562
28 BOB BERNERO	LUBBOCK	3	M5054	52	M	49:49	8:01	553
29 JOHN STALCUP	LUBBOCK	1	M6099	61	M	49:59	8:03	551
30 JIM WILHELM	LUBBOCK	4	M4044	43	M	51:08	8:14	539
31 P. J. MITCHELL	LUBBOCK	1	F4599	49	F	51:13	8:15	538
32 IVAN APPLETON	HALE CENTER	5	M4044	44	M	53:25	8:36	516
33 KEELI STUMBO	LUBBOCK	1	F3034	30	F	55:14	8:54	499
34 SHIRLEY WIGLEY	LUBBOCK	1	F4044	40	F	56:13	9:03	490
35 MARY KRENEK	LUBBOCK	2	F3539	36	F	57:00	9:11	484
36 JENNA LONGLEY	LUBBOCK	2	F3034	32	F	57:40	9:17	478
37 GREG BROWN	LUBBOCK	1	M3034	30	M	1:00:10	9:41	458
38 ADAM ANDREWS	LUBBOCK	6	M4044	40	M	1:01:32	9:54	448
39 VICKI FISCHENICH	LUBBOCK	1	F2029	28	F	1:03:37	10:15	433

Bobby Birdsong Memorial Levelland Lope  
2 Mile and 10K Road Races  
Levelland, Texas JUNE 11, 1994 8:00 A.M.

OVERALL RESULTS 2 MILE

LACE NAME	TOWN	DIV	DIV	AG	S	2	PACE	Perf
1 QUENT BEARDON	LUBBOCK	1	M0119	19	M	10:38	5:19	772
2 JAY TRUITT	LOVINGTON	2	M0119	16	M	10:44	5:22	765
3 TONY VALDEZ	LEVELLAND	3	M0119	15	M	11:16	5:38	728
4 FRANK SUMPTER, SR.	LAWESA	1	M4044	40	M	11:19	5:40	725
5 TOBY REEP	MORTON	4	M0119	15	M	11:30	5:45	714
6 BILLY PEREZ	LEVELLAND	5	M0119	16	M	11:49	5:55	694
7 DAVID RODRIGUEZ	LUBBOCK	2	M4044	43	M	11:50	5:55	693
8 JESSE ALTAMARINO	HOBBS	6	M0119	17	M	11:53	5:57	691
9 HERBERT PEREZ	BROWNFIELD	1	M3034	33	M	12:28	6:14	658
10 FREDDY TREVINO	BROWNFIELD	7	M0119	15	M	12:38	6:19	650
11 ERIC MORIN	MORTON	8	M0119	14	M	12:45	6:23	644
12 ADRIAN LEYBA	MORTON	9	M0119	14	M	13:24	6:42	612
13 TRAVIS PEREZ	BROWNFIELD	10	M0119	12	M	13:25	6:43	612
14 TARA JERNIGAN	SUNDOWN	1	F0119	13	F	13:40	6:50	600
15 TERRI APPLETON	HOBBS	2	F0119	17	F	13:41	6:51	600
16 CANDACE WAITMAN	BROWNFIELD	3	F0119	14	F	14:16	7:08	575
17 BECKY GARCIA	BROWNFIELD	4	F0119	16	F	14:47	7:24	555
18 JOHNNY SCOTT	LUBBOCK	1	M5054	51	M	15:23	7:42	533
19 JACLYN MORIN	BROWNFIELD	5	F0119	15	F	15:25	7:43	532
20 ALICE GARCIA	BROWNFIELD	6	F0119	15	F	15:34	7:47	527
21 ROSEMARY GARCIA	BROWNFIELD	7	F0119	13	F	15:54	7:57	516
22 KEITH ROBERTSON	ABERNATHY	2	M3034	31	M	16:37	8:19	494
23 UZOR ABANOBI	LUBBOCK	11	M0119	9	M	18:16	9:08	449
24 MIKE JONES	LUBBOCK	3	M4044	44	M	19:44	9:52	416
25 BOB CREY	LUBBOCK	1	M2029	21	M	19:45	9:53	415
26 BRANDON CHAPMAN	LUBBOCK	2	M2029	22	M	20:06	10:03	408
27 IAN STEWART	LUBBOCK	12	M0119	5	M	20:41	10:21	397
28 MICHELLE JONES	LUBBOCK	1	F3539	36	F	20:42	10:21	396
29 DONAVAN REEDER	LUBBOCK	3	M2029	23	M	23:21	11:41	351
30 SHEILA TURNER	LUBBOCK	1	F2029	27	F	24:05	12:03	341
31 JOHNNY MARTINEZ	LUBBOCK	1	M3539	38	M	26:05	13:03	315
32 GREG WILLIAMS	LUBBOCK	4	M2029	25	M	30:38	15:19	268

RACE DIRECTOR'S REPORT

Bill Roger

Thanks to our many helpers at this 15th running of the Levelland Lope. Club members earning their miles were: George Jury, Joe Martinez, Jeffrey Jury, Helen Barron, Tony and Josie Aleman, Jon Omdahl, James Bone, Al Irotz, Carolyn Miller, Ron Nugent, David Skelton, Lawrence Nelson, and Wayne Oakeley. Also thanks to Sally and Teresa Roger and Ida Sumpter.

W.T.R.C. 1994 CHALLENGE SERIES  
STANDINGS AFTER SIX EVENTS

PTS	MILES	EVENTS	40 - 44 MALE	PTS	MILES	EVT.	
39	54.3	6**	Jeffrey Jury	49	36.4	6	
36	41.1	5*	Lolo Mercado	48	19.0	6*	
24	14.2	3	Greg Brown	45	29.4	5	
23	29.1	3	Dennis Bell	34	47.3	6*	
18	4.0	2	Bill Jones	31	10.0	4	
17	10.2	2	Roger Robles	29	18.2	3	
15	8.0	2	Clay Pearce	25	38.3	4*	
10	5.0	1	David Sumrell	23	17.0	3	
7	13.1	1	John Povelones	22	20.2	4	
7	4.0	1	Sam Ayers	19	34.4	5**	
58	27.2	6	Randy Wolcott	18	4.0	2	
43	47.3	6*	Roger Lopez Jr.	17	24.0	3*	
38	31.4	6	Keith Yaktus	15	5.0	1	
36	36.1	4	Rick Sybert	11	23.2	4	
22	25.4	4*	Dwayne Oakeley	7	24.0	3*	
26	30.3	3	Weidon Kolb	5	5.0	1	
25	40.4	6*	Chuck Johnson	5	39.3	5*	
17	23.0	4	David Armstrong	50	31.2	5	
17	9.0	4	Bill Harn	35	53.3	5**	
16	30.1	4	Mickey Davis	29	42.3	5*	
18	30.2	4	Jim Deaver	27	47.3	6*	
7	4.0	1	Roger Stark	16	43.3	6*	
6	30.1	4*	Charlie Jackson	16	36.1	3*	
6	4.0	1	Frank Cooke	14	6.0	2	
5	4.0	1	Tommy Farris	13	17.2	2	
5	4.0	1	Rick Deaver	11	32.3	4*	
4	6.2	1	Cecilio Santana	11	20.0	3	
3	6.2	1	Kenny Maines	10	17.1	2*	
2	6.2	1	David Skelton	9	5.0	1	
0	21.2	3*	David Skelton	9	33.0	4**	
31	30.1	4	Johnny Garza	8	2.0	1	
23	30.2	5*	Lawrence Nelson	30	10.0	3	
18	11.0	2	Brett Peikert	19	4.0	2	
10	6.2	1	Brant Fryar	10	7.0	2*	
10	4.0	1	David Blanco	38	15.0	4	
0	12.0	2*	David Preston	34	25.2	5*	
47	47.3	6	Richard Bray	20	11.2	2	
36	10.0	4	Johnny Scott	10	6.0	2	
34	47.3	6*	Bob Bernero	PTS			
32	40.4	6*	James Bone	20 - 29 FEMALE			
30	21.2	4*	Robert Guajardo	Helen Barron	28	26.4	5*
27	41.1	5*	Larry Byrd	Vicki Fischenich	38	23.4	3
26	13.0	3	Robert Russell	Kelly Porter	10	4.0	1
23	45.2	4**	Ken McEachern	Amy Hutchinson	9	13.1	1
23	15.0	4	W.G. "Bo" Mannis	Molly Griggs	9	2.0	1
10	6.2	1	John Eschle	Kate Magri	8	4.0	1
8	2.0	1	Roy Simmons	Brenda Martinez	0	13.1	1*
0	41.1	5*	Ron Key	35 - 39 FEMALE			
40	23.2	4	Theresa Greer	MarJory Stewart	40	30.2	4
36	39.3	5*	Shirley Wigley	Michelle Jones	39	15.0	5*
25	43.3	6*	Josie Aleman	Brenda Campbell	20	4.0	2
9	4.0	1	Nancy Patton	Betty Johnson	19	10.2	2
46	53.5	6**	Bill Roger	Karen Hagner	19	15.0	2
20	9.0	2	Mike Greer	60 - 99 MALE			
10	4.0	1	Martin Harms	John Stalcup	39	17.2	4
9	5.0	1	Joe Naylor	Don Sanderson	30	26.1	3
0	47.3	6*	George Jury	Hugh Haynes	20	21.2	3*
45 +			45 +	Bob Smith	9	4.0	1
40	47.3	6*	F. J. Mitchell	30 - 34 FEMALE			
28	26.1	4*	Eva Martinez	Jenna Longley	46	35.4	5
				Denise Bray	30	13.0	3
				Chris Strathman	20	24.1	2
				Maria Jeffery	9	2.0	1

\*\* = RACE DIRECTORS  
\* = VOLUNTEER

LONESTAR PAPER CHASE RACES

Amarillo, TX May 28, 1994

MARATHON RESULTS

PLACE	NAME	AGE	SEX	TIME	AGE GROUP	PLACE
06	Johnny Garza	28	M	3:45	1st	20-29
12	P.J. Mitchell	49	F	3:58	1st	45-49F
13	Richard Fischenich	47	M	3:59	4th	45-49
18	Richard Bray	50	M	4:19	4th	50-54
19	Sam Ayers	31	M	4:20	1st	30-34

HALF-MARATHON RESULTS

02	Brett Peikert	26	M	1:17	1st	25-29
05	Marjory Stewart	35	F	1:24	1st	Overall
27	David Higgins	41	M	1:40	4th	40-44
27	Bill Roger	55	M	1:40	1st	55-59
40	Larry Byrd	53	M	1:47	2nd	50-54
49	Bob Bernero	52	M	1:53	3rd	50-54
57	James Bone	54	M	1:57	4th	50-54
61	Helen Barron	26	F	1:59	2nd	25-29F
66	Rodger Mitchell	46	M	2:14	7th	45-49

10K RESULTS

14	Shannon Anderson	23	M	41:14	1st	20-24
17	Jackie Cannon	38	M	42:12	3rd	35-39
38	George Rayhons	45	M	46:17	2nd	45-49
93	Mary Krenek	36	F	57:05	2nd	35-39F
103	Vicki Fischenich	28	F	1:00:36	3rd	25-29F
118	Maurine Bray	53	F	NTA	2nd	50-54F
120	Joe Naylor	56	M	NTA	4th	55-59

2 MILE RESULTS

Bill Roger was the winner of SOUTHWEST AIRLINE tickets in the drawing. Bill Roger posted a 17:06 and Casey Sumpter did 18:56. Stewart posted a 17:06 and Casey Sumpter did 18:56. Bill Roger was the winner of SOUTHWEST AIRLINE tickets in the drawing.

MIDLAND "RUN FOR THE ARTS" 5K

May 7, 1994

The following times were posted by club members: Rick Marquez, 19:24, Patrick Spert, 21:02, Cecilio Santana, 22:43 and Joe Naylor, 26:56.

W.T.R.C./TTU SCHOLARSHIP

The board voted to increase the stipend this year to \$600 and to award two \$400 scholarships. Deadline for submission of applications and nominations is August 15, 1994. See George Jury for applications.

RED RAIDER ROAD RACE

METHODIST HOSPITAL has once again become one of the major sponsors this year along with CARDINAL'S SPORTS and FIRST NATIONAL BANK of West Texas. Race day is September 24, 1994 and we are in dire need of someone who will consent to be assistant director with the plan to be Race director for the next two years. Because of the resignation of the current director, George Jury is having to act as director again. Folks, if there is no one willing to get involved, then there is no way this race can continue. It is a shame, too, because this is a worthwhile event, benefitting our own scholarship fund. It seems that it's the same people over and over doing the volunteer work so that all anyone else has to do is run the race. Well, believe me, I'd like to run this one myself, since I will have gone 9 months since being able to race. I plan to run my first club race in August. If anyone would like to get informed about the job of race director please feel free to call Bill Harn, who has directed the last two years at 784-0806.

CONGRATULATIONS

To John Stalcup, who qualified for the 1995 SENIOR NATIONAL GAMES in San Antonio, by garnering a Bronze medal in the 800 M dash at the meet at UT, Arlington.

To Dr. Randy Wolcott and Jenna Longley, who are to be married.

OFFICER ELECTIONS

Officer and director election is held in September and now is your chance to get involved in the operation of the WEST TEXAS RUNNING CLUB. It is time some of the current officers were given a rest and some "new blood" starts coursing through the club's veins. It would be fair to expect a nominee to serve for two or three years as it takes awhile to get indoctrinated. One of the main requirements is to attend the monthly business meetings and two unexcused absences is cause for removal. President Ronald Key is working on a nominating committee and we will list a slate of officers in the August Newsletter to be elected in September. If you would be willing to serve please call and leave a message at Ron's, 792-9280.

THE CHALLENGE SERIES

Once again I'd like to ask you to check your Challenge list figures and if you find a discrepancy, please call George Jury to get it corrected. Remember, this is a program that includes volunteering at a race as well as the points & miles figures. A race director needs to know who he can count on well ahead of race day, so don't walk up at start time and expect to be utilized at that late time. Also if there is anyone who knows LOTUS, please call James Livermore to help get this program and the Improvement program set up on automatic!

THE MOST IMPROVED RUNNER CATEGORY

To qualify for this award at the half way mark a member must have a minimum of 3 races to have a starting average, then have run at least 4 of the 6 races or 3 plus a volunteer stint. The top eleven are Adam Andrews (30), Trey Jennigan and Randy Wolcott (28), Dwayne Oakeley and Bill Roger (25), Richard Bray and Frank Goodman (22), Keith Yaktus (20), Jeffrey Jury (19), Shirley Wigley (18), and Jay Truitt (17).

LESER'S LINES

The Pikes Peak Marathon is less than two months away. I hope all of you that are going to participate in this event have already started marathon training; otherwise, this race could very well be your "ascent into hell". In this final article I'll provide some training tips and a little on race day strategy. Remember that this is really nothing more than a hard marathon with a very large vertical component. Two elements of regular marathon training are key to your preparation. These include endurance workouts--the long, slow weekly runs, and interval workouts of 1/2 to 1 mile at race pace followed by a complete recovery jog in between.

Most of the stress will be on your quadriceps (front legs) and gluteus (rear end) and not your hamstrings. Therefore, cycling and hill training would be excellent for building strength in these muscles. You must also master a technique to address the steep sections of the trail. This technique involves switching from a short-stride jog to a long-stride walk and then back again. This speed hiking is much like climbing stairs, two at a time. You will be doing a lot of this during the race. Find a long steep hill and start jogging until out of breath. Then switch to a fast hike until recovered. Keep repeating this until the top of the hill is reached. Don't practice much on downhill technique--this is the greatest cause of pre-race injuries. Just do enough to get the feel of moving in a "controlled fall" fashion--not resisting gravity too much, not putting in the brakes much, not leaning too far back, not slamming feet down and not running off hairpin turns.

General race strategy is similar to regular marathons. Start slowly. Don't get in a hurry to pass people on the narrow trail in the first few miles. Know the difference between fatigue and altitude sickness. Stopping won't help altitude sickness--only going back down below around 10,000 feet will do the trick. Watch out for the faster return runners on the way up and the slower ascent runners on the way down. Watch your footing. There are lots of roots, rocks, and gravel on some parts of the trail. Smile for the cameras as you approach the turn-around at the top. You want to prove that you are having fun to all your friends! Spend a few minutes at the top changing into heavier, dry socks and tightening shoe laces. Also put on a long-sleeved shirt or windbreaker if cold. Drink some water and have a snack and then head on back down. You'll be surprised at how good it will feel to start down at last.

Wear the clothes you would normally use for a marathon (race start temperature is usually 60 degrees F). Don't forget the petroleum jelly and sun screen. The thin air will not screen out much UV light! Suggested items to carry with you include: 1 water bottle, energy bar or other compact food, long sleeved shirt or light wind/rain jacket, extra pair of socks, light gloves, hat? and a fanny pack to haul all the stuff. We Remember, for us normal humans, this is a fun run and not a time trial. We will be out on the trail for quite some time. These extra goodies will come in handy.

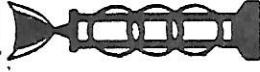
If you haven't contacted me about this event, but still want to participate, it isn't too late! Give me a call at 806-794-2474. I think we'll have some fun, certainly will have a bunch of stories to tell and definitely will have gained mucho bragging rights!

Jim Leser

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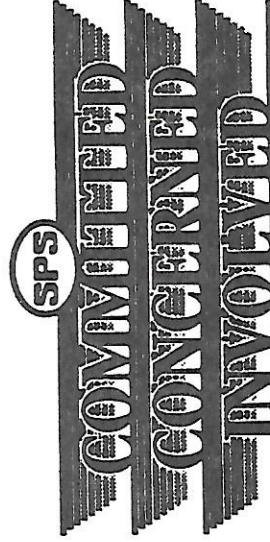
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IT'S SO EASY DUATHLON MAY 22, 1994 HANDLE WITH CARE Stress can make us the best we can be, if we manage it well

by Dr. George Sheehan

RUNNERS WORLD ■ SEPTEMBER 1983

We are all too familiar with the pervasive presence of stress in our lives and its negative effects. Nearly all of us have had to deal with pain and injury, guilt and shame, separation and death. We have domestic, professional, financial, social, legal and spiritual problems.

Stress can reduce our immunity to infection and can contribute to a variety of potentially fatal disorders. Its effect on our emotional state, our levels of anxiety, depression, anger and tension is well documented. Our professional performance, creativity and a host of other human activities suffer when we are unable to handle stress.

But stress is not entirely bad. Without it we would lose the ability to cope. We would lose physical energy, mental performance and spiritual enlightenment. We must risk stress in our lives in return for our growth as individuals. As Nietzsche wrote, "What does not destroy me makes me strong."

That remark sums up the challenge that faces us. How do we best reap the rewards of stress without being "destroyed" in the process? How can we use it so that we sharpen our skills and build character while at the same time avoiding its baneful consequences?

We start with the body. We need to train the body to provide maximum energy, yet avoid the staleness and possible sickness that comes from overtraining. Overtraining isn't limited to running and exercise; it extends to our lifestyle. Long hours and insufficient rest can drive a body past peak performance into the pit below. Respiratory infections are the usual consequence, but hypertension, heart attacks and stomach ulcers also occur. Pushing beyond what is possible for our constitution is bound to bring the world down on our head.

We must tend to our mental needs as

well. The body's reaction to emotional stress—such as fear and anger—is mediated most-ly through the sympathetic nervous system—the one that generates adrenaline and adrenalinelike substances. The flip side—the antistress nervous system—is the parasympathetic. When the sympathetic side of the nervous system dominates, it can worsen high blood pressure and high cholesterol.

Thus we must concentrate on promoting parasympathetic dominance in our bodies. One way is to participate in cheerful activities (as the 19th century psychologist William James writes, "If you would be cheerful, you must act cheerfully"). We can also follow the cardiac rehabilitation program designed by British cardiologist Peter Nixon. It includes: rest, sleep, breathing retraining, massage, physical training and relaxation techniques. All of these practices tend to dampen sympathetic tone and increase the influence of the parasympathetic system. They slow the pulse, lower blood pressure, lower cholesterol and normalize glucose tolerance.

I have no doubt that spirituality can also play a role in reducing stress. James called religion "the supreme antidote for anxiety." Being in touch with a higher power and the consequent "assurance state" as James called it is, I believe, our best shield against the "slings and arrows of outrageous fortune."

A man dies of his entire life. Everything we do has consequences. But a man also lives by his entire life. The Greek "moderation" did not mean mediocre. It meant attaining "arete," to be the best possible you. I see that as training to accept more and more stress. And, with each adaptation to that stress, rising to a new plateau.

Thoreau said, "The greatest art is to change the quality of the day." For most of us, our art is the art of living so that we ourselves become a work of art. Stress is the chisel that helps us make those changes. ■

Table with columns: Place No., Name, City, State, Run, Bike, Split, Cum, Time, Ptc, Bike, Split, Cum, Time, Ptc, Run, Split, Cum, Time, Ptc, Total. Rows include athletes like Will Visser, Joe T. Whillock, Rick Gardner, Jimmy R. Moreno, Chris Gundersen, Jeffrey H. Jury, etc.

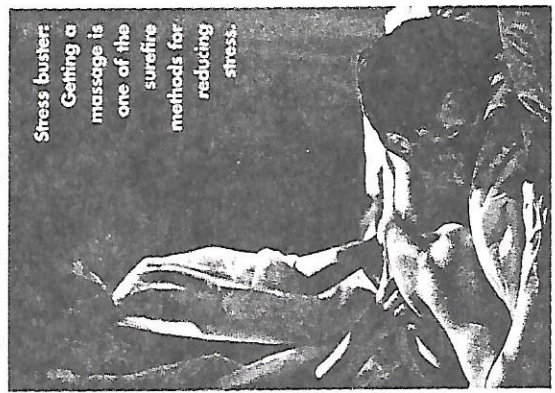
Table with columns: Run, Bike, Split, Cum, Time, Ptc, Bike, Split, Cum, Time, Ptc, Run, Split, Cum, Time, Ptc, Total. Rows include athletes like Joel K. Barr, Jack Weiss, James Boddy, Jr., Joel D. Lancaster, Art Carrasco, etc.

Table with columns: Run, Bike, Split, Cum, Time, Ptc, Bike, Split, Cum, Time, Ptc, Run, Split, Cum, Time, Ptc, Total. Rows include athletes like Dennis A. Bell, Don Garrett, William J. Carpenter, Landra Fowler, etc.

Table with columns: Run, Bike, Split, Cum, Time, Ptc, Bike, Split, Cum, Time, Ptc, Run, Split, Cum, Time, Ptc, Total. Rows include athletes like Craig Yates, David Bagley, Brian Cavern, Mike Roberts, etc.

Table with columns: Run, Bike, Split, Cum, Time, Ptc, Bike, Split, Cum, Time, Ptc, Run, Split, Cum, Time, Ptc, Total. Rows include athletes like William R. Smith, Steve Vradenburg, Michael Bergenthal, etc.

\* W. T. R. C. Members



Stress busters: Getting a massage is one of the surefire methods for reducing stress.

## THE ACHILLES CHALLENGE RUN JULY 23, 1994

### THE DOGGEDNESS OF THE LONG-DISTANCE RUNNER

(The following is an excerpt from New York Divided published November 15, 1993)

The word handicap connotes physical disability, it is widely believed, because the disabled have often been reduced to begging, cap in hand. Wrong. The word actually derives from an old practice of racetrack bookmakers, who would draw odds from a cap. This is an important distinction to Dick Traum, president and founder of the Achilles Track Club - because begging irritates him, and he's passionate about beating the odds.

"When I see disabled panhandlers working rush-hour traffic in their wheelchairs, I never give them money," says Traum, who lost his right leg to an auto accident in 1965. "The disabled can do most anything anyone else can, whether it's running a corporation or running a marathon. Traum knows; he's done both.

After leaving Celanese Corporation in 1972, he launched Personnelmetrics, a human-resources consulting firm. Along the way, Traum devolved from collegiate jock to corporate couch potato.

But in 1975, after a friend died of a heart attack, Traum began a training program. It took three months before he could jog for ten minutes on his prosthetic leg. But within a year, Traum ran a five-mile race (a precedent for amputees). Next, a half-marathon. "And bear in mind," he deadpans, "that for a person with one leg, a half-marathon is like a full marathon to most people."

In the fall of 1976, he ran his first marathon. (He's now run ten.) In 1983, he formed the Achilles Track Club, which next week will field 192 handicapped runners, from eighteen countries, in the New York City Marathon.

Achilles has come to provide more than just training. One success story: a Mongolian runner whose sight was restored with a corneal transplant arranged by Achilles. The next year, he ran in the Barcelona Olympics.

Traum is now working with Chemical Bank to raise money for similar operations and for equipment. A top-of-the-line prosthetic leg, for example, can cost \$16,000.

But what drives the man? In his new book, *A Victory for Humanity* (WRS Publishing; \$19.95), Traum describes a recurring dream: At his retirement party, leaving the dais with a plaque in his hand, he suddenly asks himself . . . So what?

"Being a success in business, being rich - none of that makes any difference," says Traum. And then he looks up at his office wall, covered with photographs of Achilles runners crossing various finish lines. "This," he says quietly, "makes a difference."

- Matthew McCann Fenton

Join us in welcoming Dick Traum to Lubbock at the 3rd Annual Achilles Challenge Run and the Pasta Dinner ! !

Dick Traum's book is available at Bailey's Bookstore at 4835 50th Street.

WEST TEXAS RUNNING CLUB

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5:30PM-7:30PM

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BROWNFIELD, TEXAS JULY 4th**

COURSE RECORDS

10 MILE

	NAME	TOWN	AGE	TIME	YEAR
19 & Under	Kim Wrinkle	Big Spring	17	55:57	1975
20-29	Jorge Pacheco	Levelland	22	52:34 *	1990
30-34	Lolo Mercado	Lubbock	30	60:24	1990
35-39	Bobby Cunningham	Abernathy	39	57:59	1979
40-44	Bobby Cunningham	Abernathy	44	58:07	1984
45-49	Frank Wright	New Orleans	45	68:37	1980
50-54	George Jury	Lubbock	50	63:28	1987
55-59	George Jury	Lubbock	55	68:54	1992
60 Plus	Don Sanderson	Tulia	63	76:30	1993

**WOMEN**

19 & Under	Idalia Casiano	Lubbock	23	67:52	1991
20-29	Marjory Stewart	Lubbock	32	65:30 *	1991
30-34	Caylene Caddell	Lubbock	37	72:30	1989
35-39	Teresa Greer	Lubbock	42	84:07	1993
40-44	P. J. Mitchell	Lubbock	47	86:24	1993

3 MILE

	NAME	TOWN	AGE	TIME	YEAR
15 & Under	Carlos Ybarra	Lamesa	15	15:58	1978
16-19	Curtis Conaway	Lubbock	18	14:44	1979
20-29	Dennis Williams	Lubbock	29	14:23 *	1975
30-34	Steve Stallings	Stanton	30	15:02	1982
35-39	Cliff McCurdy	Sanger	35	15:57	1989
40-44	Bob Dunbar	Amarillo	44	16:44	1978
45-49	George Jury	Lubbock	49	17:47	1986
50-54	George Jury	Lubbock	52	17:45	1989
55-59	George Jury	Lubbock	56	19:03	1993
60 Plus	John Stalcup	Lubbock	60	22:57	1993

**WOMEN**

19 & Under	Debra Tinnell	Lubbock	18	20:10	1988
20-29	Isabel Navarro	Brownfield	21	18:21 *	1979
30-34	Isabel Torres	Brownfield	34	21:04	1992
35-39	Josie Aleman	Lubbock	36	22:25	1988
40-44	Ann Gordhammer	Lubbock	40	21:49	1984
45 Plus	Arlene Ragan	Midland	48	22 41	1984

West Texas Running Club  
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**25th ANNIVERSARY  
FIRECRACKER RUNS**

Monday, July 4th, 1994

Late registration: 7:00-7:45 am

Races Start: Children's 1 mile - 7:40 am

3 & 10 mile - 8:00 am

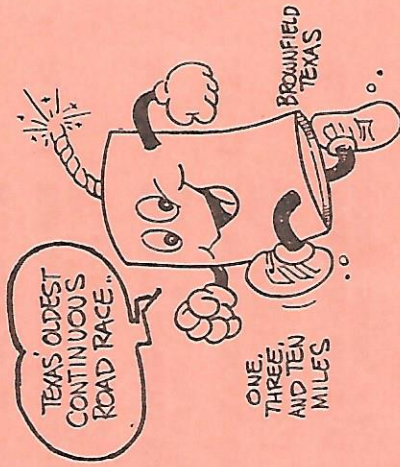
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**FIRECRACKER  
RUN!**

**Entry Fees:**

Children's 1 mile run - \$1.00 (no T-shirt) or \$5.00 with T-shirt

3 & 10 mile runs - \$5.00 for WTRC members and \$6.00 for non-members if postmarked on or

before July 2, 1994. \$10.00 for both WTRC members and non-members after July 2, 1994. WTRC

families can register all paid club members in their family for a total of \$10.00 but will receive only

two T-shirts at this price.

Special, new commemorative medallions will be awarded this year to the first 3 in each age group and to least 50% of the contestants in each age group.

All registered participants will receive special 25th anniversary commemorative T-shirts.

3 Mile Run

Male	Female
15 and under	15 and under
16-19	16-19
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-plus
50-54	55-59
55-59	60-plus

10 Mile Run

Male	Female
19 and under	19 and under
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-plus
50-54	55-59
55-59	60-plus

Children's 1 mile run: overall 1st place boy and girl receive special commemorative medals, grades pre-school through 7th, medals for first place boy and girl in each grade. Finish ribbons for the remainder.

Contact: race director Jim Leser - (806) 746-6101 (day) or (806) 794-2474 (night)