

CALENDAR

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

- APR. 4 W.T.R.C. Business Meeting, 7 P.M., 5517 74th St., Lubbock
- * APR. 13 FLIGHT LINE RACES: REESE AFB, 8 A.M., 2 Mile, 10K, and Half Marathon, Mark Wagon, Race Director, 791-0365(n), 792-1014(d)
- APR. 15 100th BOSTON MARATHON
- APR. 20 RUN FOR THE ARTS: Lubbock, 15K & 2 Mile, Children's 1 Mile, Bob Bernero, Race Director, 742-3310(d), 793-1667(n)
- APR. 27 THE RACE FOR KIDS: Open 5K and Children's 1 Mile, 8 A.M. Memorial Circle, TTU Campus, Marjory Stewart, RD, 792-1085(n)
- MAY 4 SPRING SWING RUN: Lake Ransom Canyon, 1 Mi. Kid's, 8 A.M., 5K & 10K, 8:30 A.M., Race Director, Ron Key 794-5833
- * MAY 11 HORSESHOE BEND SPRING FROLIC: 8 A.M. N. of Slaton, 11, 6 & 2 Mile Races, Richard Fischenich, RD, 792-2696(d), 792-0662(n)
- MAY 18 LCOADA SPRING HIGH RUN: 10K & 2 Mile, 8 A.M., BUDDY HOLLY PARK Jim Leser, Race Director, 746-6101(d), 794-2474(n)
- MAY 18 RUN FOR THE ARTS: Midland, 5K, Berry Simpson, 915-689-0646
- MAY 25 LONESTAR PAPER CHASE: Amarillo, 7 A.M. Marathon & Half Marathon, 8 A.M., 10K & 2 Mile Run/Walk, FMI, 806-345-3451
- JUNE 1 24th ANNUAL RUN IN THE SUN: San Angelo, 8K, FMI, 915-659-1400
- * JUNE 8 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8 A.M., 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 30 BUFFALO SPRINGS LAKE TRIATHLON: Mike Greer, 796-8213
- * JULY 4 27th ANNUAL FIRECRACKER RUN: Brownfield, 8:00 A.M., 10 Mile and 3 Mile, Children's 1 Mile Run, Jim Leser, RD, 794-2474
- AUG. 4 PRUDE RANCH RACES: Ft. Davis, Half Marathon, 10K, 5K, call Thomas Schneider in Midland at 915-520-7421
- * AUG. 10 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 A.M., P.J. Mitchell, Race Director, 794-0135
- * SEPT 14 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 A.M., Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 21 SUSAN G. KOMEN RACE FOR THE CURE: TTU Campus, Details Later
- SEPT 29 DUKE CITY MARATHON: Albuquerque, also 5K & Half Marathon
- * OCT. 5 RED RAIDER ROAD RACES: 5K and 10K, 8 A.M., Lubbock, TTU, Randy Wolcott, Race Director, 793-8869
- OCT. 26 PUNKIN DAYS 5K: Floydada, 9 A.M., Julianne Cornelius, 983-2982
- * NOV. 9 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 A.M., George Jury, Race Director, 792-3291, 792-1237
- NOV. 28 W.T.R.C. TURKEY TROT: Lubbock, 9 A.M., MACKENZIE PARK, 10 Mile and 2 Mile, Details Later

April 1996



FLIGHT LINE RACES
REESE AIR FORCE BASE
8 A.M., April 13, 1996
Details Inside Back Cover



Newsletter
P.O. Box 2921
Lubbock, Texas 79408
APRIL 1996



WEST TEXAS RUNNING CLUB

OFFICERS

President - Jim Leser
(H) 794-2474 (O) 746-6101

Internal Vice-President - Marjory Stewart
(H) 792-1085 (O) 743-2153

External Vice-President - Jon Omdahl
(H) 794-7823 (O) 766-0600

Secretary - Bill Harn
(H) 784-0806 (O) 742-3908

Treasurer - David Higgins
(H) 744-8328 (O) 744-2626

Past President - Ronald Key
(H) 794-5833 (O) 794-3300

Bob Bernero
(H) 793-1667 (O) 742-3310

Teresa Greer
(H) 762-6244 (O) 766-8866

George W. Jury
(H) 792-1237 (O) 792-3291

David Lightner
(H) 793-3484

Dwayne Oakeley
(H) 799-4473

Mark Wagnon
(H) 791-0365 (O) 792-1014

DIRECTORS

W.T.R.C RACES ARE USUALLY HELD THE SECOND SATURDAY OF EACH MONTH.
The WTRC Monthly Business Meetings are held on the first Thursday of the month, 7:00 p.m. at 5517 74th St.

1996 RUN FOR THE ARTS

The West Texas Running Club is sanctioning the 15th annual Run for the Arts with Bob Bernero as Race Director and Jim Leser as Assistant Race Director. The event is being sponsored by Pennington, Bass and Associates; the Lubbock Avalanche Journal; Norwest Banks; United Supermarkets; and KRLB. Other supporters include Action Printing; Doile Fresh Fruit; Mountain Hideaway; Quest & Sons, Inc.; Sam's Club; the Sierra Spring Water Company; and Sunkist. A registration brochure is included with this newsletter. This is a make or break year for this event--we must conduct a quality event with lots of participants. Please register to participate in the Run for the Arts. If you can't participate, then please be a volunteer. You will soon receive a call soliciting your help. This is a major fund raiser for the club. We are receiving \$1500.00 to direct this event. If successful, our contract with the Lubbock Arts Alliance calls for an increase in this director's fee to \$2000.00 in 1997 and \$2500.00 for 1998.

Much progress has been made in putting this event together. Thus far, our principal committee chairs include Ron Key, George Jury, James Livermore, David Higgins, Becky & Jon Ondahl, P. J. Mitchell, and Cheryl Benoit. All these committees need more help. Please call Bob or Jim to volunteer. Won't you please join our event management team? We need folks to man the registration and packet pickup booth in the Civic Center on Friday, April 19, from 1:00 to 7:00 p.m. We'll also need at least 10 more members to help during race day--30 would be much better. Don't wait until the last minute to volunteer, we need to know now! If we don't get enough volunteers we will have to pay others to help us. Any Boston marathon participant should not be running this race! Please volunteer and show off your finisher's medal to the world!

WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN MARCH 9, 1996 LUBBOCK, TEXAS

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	PerF
1	JAY TRUITT	LOVINGTON	18	M	1	M1619	22:04	5:31	780
2	BOB JACKSON	HOBBS	37	M	1	M3539	22:43	5:41	758
3	JEFF SEARS	LOVINGTON	17	M	2	M1619	23:23	5:51	736
4	FRANK SUMPTER	LAMESA	42	M	1	M4044	23:59	6:00	718
5	JEREMY GRANGER	HOBBS	16	M	3	M1619	24:29	6:07	703
6	TIM GREEN	LUBBOCK	30	M	1	M3034	24:38	6:10	699
7	HAWK HARRIS	HOBBS	19	M	4	M1619	24:56	6:14	690
8	IVAN DeANDA	LOVINGTON	38	M	2	M3539	25:03	6:16	687
9	JEFFREY JURY	CANYON	35	M	3	M3539	25:11	6:18	683
10	MIKE FLORES	LUBBOCK	39	M	4	M3539	25:16	6:19	681
11	JOSE CONTRERAS	HOBBS	19	M	5	M1619	25:20	6:20	679
12	JOHN KIBET	LUBBOCK	20	M	1	M2029	25:21	6:20	679
13	MARJORY STEWART	LUBBOCK	37	F	1	F3539	25:59	6:30	662
14	MARK TEMPLE	LUBBOCK	33	M	2	M3034	26:03	6:31	661
15	BILL HARN	LUBBOCK	41	M	2	M4044	26:26	6:37	651
16	ROBERT GUAJARDO	LEVELLAND	53	M	1	M5054	26:48	6:42	642
17	CHRIS ZAMORA	HOBBS	16	M	6	M1619	26:50	6:43	641
18	LUIS NEVAREZ	LUBBOCK	30	M	3	M3034	26:57	6:44	639
19	CRAIG LANGFORD	LUBBOCK	34	M	4	M3034	27:04	6:46	636
20	AL GARDNER	LEVELLAND	39	M	5	M3539	27:05	6:46	635
21	JACKIE CANNON	AMARILLO	40	M	3	M4044	27:10	6:48	634
22	RANDY WOLCOTT	LUBBOCK	39	M	6	M3539	27:18	6:50	630
23	DWAYNE OAKELEY	LUBBOCK	39	M	7	M3539	27:25	6:51	628
24	RICHARD FISCHENICH	LUBBOCK	48	M	1	M4549	27:48	6:57	619
25	DENNIS BELL	LUBBOCK	35	M	8	M3539	28:15	7:04	609
26	CHADD LOWE	LUBBOCK	15	M	1	M1315	28:22	7:06	607
27	DAVID HIGGINS	LUBBOCK	43	M	4	M4044	28:39	7:10	601
28	DON SANDERSON	TULIA	66	M	1	M6099	28:47	7:12	598
29	MICKEY DAVIS	LUBBOCK	39	M	9	M3539	28:57	7:14	595
30	BILL RITCHIE	LEVELLAND	47	M	2	M4549	28:59	7:15	594
31	FRANK GOODMAN	LUBBOCK	49	M	3	M4549	29:00	7:15	593
32	RON NUGENT	LUBBOCK	49	M	4	M4549	29:01	7:15	593
33	FRED WEBER	LUBBOCK	43	M	5	M4044	29:39	7:25	580
34	JIM HARRIS	HOBBS	53	M	2	M5054	29:42	7:26	580
35	RYAN BAILEY	LUBBOCK	29	M	2	M2029	29:43	7:26	579
36	BILL ROGER	LEVELLAND	56	M	1	M5559	29:58	7:30	574
37	HOPE JIMENEZ	LAMESA	12	F	1	F0112	30:16	7:34	569
38	DWIGHT VARNUM	LUBBOCK	38	M	10	M3539	30:46	7:42	559
39	TOMMY PARRISH	LUBBOCK	39	M	11	M3539	30:51	7:43	558
40	BILL PIATT	LUBBOCK	45	M	5	M4549	31:09	7:47	553
41	MARY LOU JIMENEZ	LAMESA	14	F	1	F1315	31:19	7:50	550
42	CHRIS DILLMAN	LUBBOCK	31	M	5	M3034	31:23	7:51	548

PRAIRIE DOG TOWN 4 MILE RUN

OVERALL RESULTS (Continued)

PLACE NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	PerF
43 GLYNETTE CARSON	LUBBOCK	26	F	1	F2029	31:30	7:53	546
44 KEITH REEGER	LUBBOCK	43	M	6	M4044	31:30	7:53	546
45 SCOTT HATCHETT	LUBBOCK	18	M	7	M1619	31:53	7:58	540
46 LARRY BYRD	SHALLOWATER	54	M	3	M5054	32:07	8:02	536
47 GREG HUNTINGTON	DALLAS	36	M	12	M3539	32:12	8:03	535
48 CHERYL WEBER	LUBBOCK	43	F	1	F4044	32:16	8:04	533
49 CINDY PIERCE	LUBBOCK	36	F	2	F3539	32:20	8:05	532
50 ANNE PLACHETKA	LUBBOCK	18	F	1	F1619	32:26	8:07	531
51 JOHN STALCUP	LUBBOCK	62	M	2	M6099	32:34	8:09	528
52 DAVID ELDER	LUBBOCK	41	M	7	M4044	32:58	8:15	522
53 GUY CAMPBELL	LUBBOCK	25	M	3	M2029	33:09	8:17	519
54 KEN MCEACHERN	LUBBOCK	55	M	2	M5559	33:13	8:18	518
55 RON HILLIS	LUBBOCK	52	M	4	M5054	33:36	8:24	512
56 RICHARD LUCERO	LUBBOCK	25	M	4	M2029	34:01	8:30	506
57 JUAN JIMENEZ	LAMESA	16	M	8	M1619	34:25	8:36	500
58 BOB BERNERO	LUBBOCK	53	M	5	M5054	34:37	8:39	497
59 JOHN WEBSTER	LUBBOCK	15	M	2	M1315	34:38	8:40	497
60 GLEN LOWE	LUBBOCK	40	M	8	M4044	34:47	8:42	495
61 IAN STEWART	LUBBOCK	7	M	1	M0112	35:19	8:50	487
62 JOHNNY SCOTT	LUBBOCK	52	M	6	M5054	35:24	8:51	486
63 MIKE STARR	LUBBOCK	55	M	3	M5559	35:50	8:58	480
64 VICKI FISCHENICH	LUBBOCK	30	F	1	F3034	36:23	9:06	473
65 BETTY JOHNSON	LUBBOCK	37	F	3	F3539	37:00	9:15	465
66 JOSIE ALEMAN	LUBBOCK	44	F	2	F4044	37:18	9:20	461
67 PAM HUBERTY	LUBBOCK	42	F	3	F4044	38:19	9:35	449
68 MIKE MALONE	WOLFFORTH	38	M	13	M3539	39:20	9:50	438
69 ADAM ANDREWS	LUBBOCK	42	M	9	M4044	40:59	10:15	420
70 KRYSTLE LOWE	LUBBOCK	13	F	2	F1315	41:47	10:27	412
71 BO MINNIS	LUBBOCK	54	M	7	M5054	41:59	10:30	410
72 WALLACE DEAN	AMARILLO	55	M	4	M5559	42:13	10:33	408
73 ROSE HOEVE	RANSOM CANYON	28	F	2	F2029	42:27	10:37	405
74 MARGARITA JIMENEZ	LAMESA	6	F	2	F0112	42:41	10:40	403
75 VERONICA JIMENEZ	LAMESA	9	F	3	F0112	49:32	12:23	347
76 KERI GUNDIFF	LUBBOCK	20	F	3	F2029	49:41	12:25	346

RACE REPORT

Construction and high water caused a rerouting of the course which resulted in 3 turn arounds instead of one and a little bit of confusion on the part of some runners. What started out as a very cold 17 degrees warmed to 29 by 9 A.M., but there was a wind chill factor of 18. Race Director, Chuck Johnson had plenty of help to monitor the course. Volunteers were; Jim Wilhelm, James Livermore, Chris Longgren, Jim Leser, George Jury, David Lightner. Mark Wagnon, Tony Aleman, P.J. Mitchell, and James Bone. Lending a hand after arriving race day were Alex Stewart (and Arden) and David Skelton.

W.T.R.C. 1996 CHALLENGE SERIES STANDINGS AFTER 3 EVENTS

YTD TOTALS
MILES PTS/EVT/VOL

Age Male(6-12)	4	10	1*
11 Matt Vaughan	17	10	3*
6 Ian Stewart	17	30	3
Age Female(6-12)	13	27	3
11 Hope Jimenez	13	17	3*
6 Margarita Jimenez	5	9	1
9 Veronica Jimenez	13	30	3
12 Krystle Lowe	13	28	3
Age Male(13-15)	9	20	2
15 Chad Lowe	6	17	2
Age Female(13-15)	17	25	3
14 Mary Lou Jimenez	13	21	3
13 Tara Jernigan	9	20	2
13 Kyrstle Lowe	19	19	2
Age Male(16-19)	13	14	2
19 Hawk Harris	8	13	2
17 Trey Jernigan	5	5	1
17 Jay Truitt	12	20	2
17 Mike Sanford	13	19	2
16 Chris Thomas	5	4	1
Age Female(16-19)	13	19	2
18 Anne Pischelka	5	4	1
Age Male(20-29)	13	19	2
28 Tim Key	5	4	1
28 Barry Henry	13	0	2*
29 Jesse Hillard	13	0	2*
Age Female(20-29)	5	10	1
24 Sydney Morris	4	9	1
28 Rose Hoeve	8	16	2
Age Male(30-34)	13	10	3*
34 Craig Langford	4	10	1
31 Chris Diltman	4	10	1
30 Tim Green	4	10	1
30 Rodney Hendrix	4	9	1
33 Mark Temple	5	8	1
30 David Preston	4	8	1
30 Luis Neverez	13	20	2
Age Female(30-34)	8	20	2
30 Sonia Aguirre	4	9	1
30 Vicki Fischentch	4	9	1
32 Maron Langford	5	9	1
34 Jenna Wobolt	13	9	2*
32 Marsha Bennett	8	0	1*
Age Male(35-39)	13	23	3
32 Molly Santese	12	20	2
39 Mike Flores	12	18	2
37 Bob Jackson	17	17	3*
38 Ivan DeArda	17	13	3
39 Randy Wobolt	17	11	3
35 Jeffrey Jury	17	11	3
39 Al Gardner	5	10	1
34 Chris Longgren	17	11	3
39 Dwayne Oakeley	5	10	1
39 Brent Tidwell	4	9	1
37 Russel Marlin	5	8	1
36 Charles Fizzell	12	8	2**
38 Chuck Johnson	17	7	3
35 Dennis Bell	6	7	1
39 Scott Finnel	17	4	1
39 Mickey Davis	5	0	1*
38 Dwight Varnum	17	30	3
38 Ed Dabrowski	13	26	3
Age Female(35-39)	12	15	2
37 Marjory Stewart	4	9	1
37 Betsy Johnson	5	6	1
36 Cindy Pierce	13	28	3
37 Dahlia Hood	8	20	2
36 Debbie Forte	12	18	2
38 Ann Davis	4	9	1

YTD TOTALS
MILES PTS/EVT/VOL

Age Male(40-44)	17	27	3
41 Bill Harn	13	23	3
40 Jackie Cannon	8	20	2
42 Frank Sumpter, Sr.	9	19	2
44 Ken Jernigan	12	14	2
43 Keith Reeger	25	13	3**
43 David Higgins	17	10	3*
42 Adam Andrews	13	10	3
40 Glen Lowe	13	9	3
41 David Elder	5	9	1
40 Jimmy Samarron	4	7	1
40 Stacy Gill	4	6	1
43 Fred Weber	4	6	1
42 J. Mark Wagnon	17	5	3*
41 Steve Nieman	5	4	1
43 Dan Brown	5	2	1
41 Matt Gallegos	5	0	1*
David Hagsstrom	17	0	3*
David Skelton	4	0	1*
44 Jim Wilhelm	13	28	3
Age Female(40-44)	5	10	1
41 Josie Aleman	5	10	1
42 Shirley Wigley	4	10	1
43 Cheryl Weber	4	8	1
42 Pam Huberty	12	20	2
Age Male(45-49)	12	20	2
48 Richard Fischentch	9	18	2
49 Frank Goodman	17	14	3*
46 James Livermore	17	14	3*
49 Ron Nugent	13	13	2
47 Mike Kelly	12	9	2*
46 David Lightner	8	6	1
45 Jim Forte	4	6	1
45 Bill Platt	17	0	3*
45 Tony Aleman	17	0	3*
49 Jim Leser	13	20	2
Age Female(45-49)	4	10	1
46 Etha Mayer	4	10	1
45 Teresa Greer	13	27	3
Age Male(50-54)	17	25	3
52 Jim Harris	17	20	3*
54 Larry Byrd	13	17	3
53 Robert Gualardo	13	17	3
52 Johnny Scott	13	15	2
50 Joe Martinez	12	14	2
52 Ron Hillis	13	12	3
54 Bo Miralis	9	10	2
53 Bob Bernero	9	10	2
51 Rick Lampe	5	9	1
52 Joe Gomez	18	6	2**
51 Richard Bray	13	5	2*
50 Jon Omdahl	17	20	3*
Age Female(50-99)	13	0	2*
P.J. Mitchell	5	0	1*
Eva Martinez	17	28	3
Maurine Bray	13	28	3
Age Male(55-59)	17	29	3
55 Bill Roger	12	17	2
55 Mike Starr	12	17	2
55 Ken McEachern	5	9	1
56 Mike Greer	5	9	1
58 Joe Naylor	17	0	3*
59 George Jury	17	0	3*
58 James Bone	17	28	3
Age Male(60-99)	8	20	2
62 John Stabup	8	20	2
66 Don Sanderson	10	10	1
62 Jacque Collins	12	15	2

* Vol. ** Race Dir.

LESER'S LINES

BOSTON BOUND. The WTRC will be represented by 12 members at the 100th running of the Boston Marathon. Scott Finnell recently moved from Waco and joined our club. He will be traveling to Boston as well. Scott is looking for a roommate, either sharing your room or his. Give me a call if you can help. In last month's newsletter I underestimated the number of runners that will participate this year. Instead of the original 25,000 field of runners there will be over 37,000! Boston Marathon officials and the RCCA are strongly recommending not to run this year's event as a bandit. It is going to be very crowded with aid stations and medical facilities taxed to the maximum. Unfortunately, I already know of one individual that intends to run as a bandit. I wish this individual would reconsider and show some courtesy to their fellow runners and registered marathoners. I believe the starting line at Hopkinton will be chaos, in spite of volunteers' best efforts. I don't know if it will work but it would be nice if we could get together before the race starts. I have a home, the Muzzis', at 9 A Street (508-435-6019), that has invited us to utilize as a base with drinks and rest rooms. My contact is Doreen Muzzi. This could be real handy. Lets exchange hotel names and numbers so we can keep in touch if need be. See you in Bean Town.

RUNNING SHORTS. You may have read that walking burns more calories than running. Actually, the faster you move there is generally a higher caloric burn. The real measure should be heart rate. A HRM will tell you what activity burns more calories per mile. Also, a higher heart rate during exercise means a longer "afterburn" following exercise. Lower heart rates or slower paces have also been reported as providing more "fat burn". While the percent of fat burned may be higher at lower speeds, you will actually burn more fat at faster paces since more overall calories will be burned. The bottom line----higher exercise intensities will result in more weight loss. Just make sure your weight loss isn't all water!

- Muscle soreness is caused by small scale trauma to muscles & tendons, not buildup of lactic acid. Building leg strength will help inoculate against excessive soreness.
- The biggest cause of injuries is not speed work but rather high mileage, failure to rest enough, previous injury history, biomechanical problems or increasing mileage too quickly. There are several ways of getting more rest: rest days, a hard/easy schedule, a three week hard-4th week reduced mileage-easy week rotation, or substituting nonrunning training for those junk miles. I've heard it all before----I need to get my endorphin fix. Well, you can with other exercises. I do. If you keep getting injured you might try a visit to the podiatrist. Otherwise consider that you are training too hard or have increased your mileage too quickly. After all, we aren't in this for money----just fun.
- When running in traffic assume you are invisible----then you won't be surprised when a kamikaze driver does something foolish.
- When is the best time to train? some people are morning people----others are PM people. However the body has more flexibility in the PM and less chance for injury. But by the PM we have been exposed to more stress----which will make afternoon or evening workouts even harder efforts. If a race is in the AM----better performance will be obtained following some AM training. The same goes for PM races.
- Not everyone was born to be an elite runner, some are slower, others less flexible, still others with biomechanical problems. Many of these problems can become more bothersome with age. I know stress does (families, jobs, money problems, etc.). That is why a pure running program isn't always advantageous. Recent studies have shown that some cross training activities, when substituted for a portion of your running, will actually provide equal benefits and sometimes may improve running performance----contrary to earlier theories. Cross training isn't just for the average runner, many elite's are into these nonrunning exercises. Deep water running is practiced by Ed Eyestone, Lynn Jennings, Bob Kempainen, Mary Decker Slaney, Rod Dixon and Joan Benoit Samuelson to name a few. Other cross training opportunities include Nordic track, bicycle, swimming, weight training, stair climbing, circuit training, in-line skating, rowing and walking----yes walking. My program currently involves running, Nordic track, cycling and water jogging----for a total of 11 hours per week. Quite a workout!
- Don't always run against traffic if you run on roads only. The high camber of our roads produces a leg length discrepancy which can lead to all kinds of injuries. In less trafficked areas, run with the traffic to save your knees.

W.T.R.C. NEWS & NOTES

THANKS

Several of our members retain W.T.R.C. membership long after they have moved away. One of these is John Price, who holds the 30-34 record for the BUFFALO WALLOW HALF MARATHON set in 1984. John now lives in Wakefield, VA. When he renewed membership this year he sent along an extra \$50 for the WTRC/TTU Scholarship fund. Such donations are sincerely appreciated.

AT THE RACES

It never fails that I miss someone when I try to get current results of marathons in the newsletter. Any Marathon finish is worthy of mention and I would appreciate members letting me know when you have accomplished the feat. (George)

HOUSTON/TENNECO MARATHON

Making the cover of INSIDE TEXAS RUNNING as an unidentified runner, was former club member Dr. Tim Loftus, (44) now of Alexandria, VA, who posted a fine 2:43:34. (John Price, maybe you can look him up?) Other members in the results were: Carlos Vigil, 47, Austin, 3:33:21, Al Becken, 67, San Antonio, 3:33:58 (1st AG), and Paul Ralph, 51, Houston, 4:16:06. A couple of LCU students who ran our BUFFALO WALLOW Half Marathon were Andrew Smith, 23, 2:44:51, and Cody Coffman, 20, 3:04:58.

AUSTIN/MOTOROLA MARATHON

Carlos Vigil led the way with a 3:17:12; Jim Deaver, 3:??; John Omdahl, 3:57:30, and Rodger Mitchell broke 5 hours for the first time with a 4:57. P.J. Mitchell and Larry Byrd teamed to run a 3:36.

FORT WORTH COWTOWN MARATHON

Johnny Scott appeared to be our only marathoner there this year as he finished in 5:39, good for 2nd in the 50-54 Big Man Class. Several members ran the 10K, led by Mike Flores, 38:27 in 99th place, 4 seconds in front of Olympic Champion, Frank Shorter. (Bill Rodgers, now 48, was 9th overall and 1st master in an amazing 32:18.!!!) Don Sanderson ran a 43:04 and James Livermore ran 28 minutes faster than last year in 53:01.

SUSAN G. KOMEN NATIONAL CHAMPIONSHIP

Marjory Stewart won a trip to Bradenton, FL by winning the local race and was in national class fast company, but still managed to finish 33rd with a time of 18:18.

While still in Marjory's paragraph I would like to appeal for volunteers for her race April 27th. Marjory puts a lot back into the club and we need to support her in this endeavor to raise funds for the Child Development Research Center. Marjory has been very busy lately, preparing her defense for a PhD which also concludes on April 27th.

VOLUNTEERS NEEDED

The next two club races with 3 distances offered at each, require many more volunteers than most. To help with the FLIGHT LINE RACES April 13th, please call Mark Wagon at 791-0365, and get 13.1 miles credit. To help at the HORSESHOE BEND RACES, May 11th, please call Richard Fishenich at 792-0862 and get 11 miles credit in the Challenge Series. Please notice that the start time for these races is 8 A.M.

MEMBERSHIP

If your mailing label has "12-31-95" on it, this will be your last newsletter. Renewal forms were placed in 3 issues in a row. We must have your form returned with the waiver signed each year.

MORE W.T.R.C. NEWS & NOTES

THIS and THAT

A note in Jim Haynes renewal application reported that his youngest son, Brendon, was named to the All Southern III. Cross Country team last fall.

On April 12, 1996 a special "Marathon" stamp becomes available at the P.O. It is time to begin making nominations and getting applications filled out for this fall's WTRC/TTU Scholarship. Applications are available from George Jure. The qualifications will be outlined in the June Newsletter.

Several members have expressed an interest in contributing to a capital fund for club improvements, such as equipment. If anyone wants to participate, please designate a check to "WTRC/EQUIPMENT". Our financial status is pretty good and there has been some discussion on updating our timing equipment which is nearly 20 years old.

If any of our newer members did not get a copy of the CHALLENGE SERIES rules (February Newsletter) please give George Jure a call. If a participant changes age groups during the year, you are given the option which one you wish to be in. If there are any errors, call Mark Wagnon.

Some races, such as the BOSTON MARATHON, require membership in UNITED STATES TRACK and FIELD to participate. You must submit an application and a fee well ahead of your entry deadline. We hope to have a club member who would take charge of this. Currently applications are available from George Jure.

FIRST ULTRA

By Weldon Kolb

Don't be alarmed by the sign that says "Do Not Feed or Harass the Alligators" as you enter Huntsville State Park. No need for concern as you are handed a Swiss Army Knife as part of the packet pickup. It's true you will be running through a thicket, around a lake, in the middle of a swamp with pine needles and oak leaves hiding roots lying in wait to bring you to your knees. Don't worry, you will have plenty of time to get used to it for you have just started the "Sunmart Texas Trails 50 Mile or 50K Endurance Run".

I have run many of the "big city" marathons and thought I had found the best put on races there are until I ran this one. It happens in December and the terrain is mind distractingly beautiful, especially that time of year. If 50 miles is too much, go for the 50K (31 miles)...that's just 5 miles longer than those marathons, come on...The scenery will carry you the extra.

For the \$40.00 entry fee, you get pre-race seminar, best pre-race banquet experienced yet, t-shirts (2), cap, water bottle, sunglasses, Swiss Army knife (??), nylon duffel bag and more. Finishers get a leather bag, Tyvek jacket and post race BBQ out in the woods. During the race, many volunteers with much food, drink and encouragement appear in the middle of nowhere.

I camped in the State Park (hookups and hot showers) and the prisoners clean up in the morning. You can rough it in Houston at the Sheraton if you prefer (reduced rate, of course). Anyway, I highly recommend this one, so kick up the miles this summer.

OUR SPONSORS

When it comes to travel ... Run with the best

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



797-7799

Call our travel experts today!

Kingsgate Center North
4210 82nd St.

800-6-TRAVEL

744-6994

1309 University
(next to Varsity Book Store)



**THACKER
JEWELRY**
Fine Jewelry - Factory Direct

JOE THACKER

4401 82nd Street
832nd & Quaker
Lubbock, Texas 79424

794-7766

(806) 792-4889

DAVID B. GREGORY, D.D.S.
FAMILY DENTISTRY

Orthodontics, Oral Surgery
Cosmetic Dentistry & Implants

3302 64th Street
Lubbock, Texas 79413

W.T.R.C. LSD TRAINING RUNS

Are held Saturdays at 7 A.M. and Sundays at 6 A.M., meeting at the Outdoor Center in MACKENZIE PARK

For information, call Ron Key at 794-3300(d) or 794-5833(n)

Running in Cyberspace

"If you want to be the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it." --Priscilla Welch, who won the NYC Marathon at age 42

The preceding quote is currently displayed on one of the newest (and best) running-related sites on the World Wide Web --- *Runner's World Online*. The electronic version of the popular magazine can be found at the following URL: <http://www.runnersworld.com> It features running news items from around the globe, updated daily! It also includes late-breaking race results, as well as many of the information departments that are found in the magazine each month (e.g., Nutrition Advice, Injuries, Shoe Buyer's Guide, Race Calendars).

South Plains area runners know that our region is home to the finest collegiate cross-country team in the nation --- the national champion Lubbock Christian University team. Two individuals who contributed enormously to the recent successes of LCU's team were in action during the weekend of March 9 and 10, not on the track or X-C course, but on the roads in Texas. At the Dallas West End 5 Mile Run on March 9, Julius Randich captured 2nd place in a time of 24:24. The following day, at the San Antonio Express-News Festival 10,000, it took a course record run of 28:25 by Eric Polonski of Texas to hold off James Bungei, who captured 2nd place in 28:30. Ageless Bill Rodgers' 32:30 earned him 1st Masters. Overall female winner Natalie Nalepa of Texas also established a new course record (33:18).

One other notable result from the world of elite road-racing: at the Citrus Classic 10k, run in Winter Park, Florida on March 2, Mary Slaney finished in 2nd place with a time of 33:20.

As this issue of the WTRC newsletter goes to press, the eyes of the running world are collectively gazing upon Boston. There are many sites on the internet that contain information pertaining to the upcoming 100th Boston Marathon. One particularly informative site can be found at the following URL: <http://www.boston.com/sports/marathon>

This year's Boston Marathon will include a technological advance that was employed earlier this month at the Los Angeles Marathon. Each runner will be carrying ChampionChip along for the 26.2 mile journey. ChampionChip is a tiny computer chip that ties onto a runner's shoelace and electronically records the time that the runner passes over the start and finish lines. The chip is also detected as it passes the halfway point of the race. Since only those chips that cross the start line and pass through surveillance points on the course yield a time at the finish line, it is nearly impossible to cheat. In fact, 63 cheaters were caught at the LA race. Another virtue of the chip is that the timing of a runner's race will not commence until he or she crosses the starting line. Many previous Boston runners have faced waits of as long as 8 minutes or more before reaching the starting line! At the LA marathon, each finisher's name and race time was flashed on a large electronic display at the instant the individual crossed the finish line.

By following results from the LA race on the internet, my wife and I learned that her aunt, Lois Fisher from Playa del Rey, CA, completed the marathon, and among the thousands and thousands of finishers, she finished 15th in her age group.

Anyone interested in learning more about running-related resources on the internet is invited to contact the author at 742-3908, or send email to pdweh@taacs.ttu.edu

- Bill Harn



FLIGHT LINE RACES W.T.R.C. APRIL CLUB RACE

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN : SATURDAY , APRIL 13, 1996

REGISTRATION: 7:00 TO 7:45 A.M.

RACE START: 8 A.M.



WHERE : REESE AIR FORCE BASE
PICNIC GROUNDS

COURSE : SLIGHTLY ROLLING TERRAIN, OUT & BACK

DISTANCE : CHOICE of THREE

2 MILE, 10K, HALF-MARATHON

ENTRY FEE : \$5 for W.T.R.C. MEMBERS

& R.A.F.B. personnel

\$6 for OTHERS

AGE DIVISIONS and AWARDS 2 Mile

Men: 0 to 12, 13-15, 16-19, 20-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60 Plus

Women: 0-12, 13-15, 16-19, 20-29, 30-34, 35-39,
40-44, 45-49, 50 Plus

10 K and Half-Marathon

Men: 13-15, 16-19, 20-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60 Plus

Women: 13-15, 16-19, 20-29, 30-34, 35-39, 40-44,
45-49, 50 Plus

CUSTOM DESIGNED MEDALLION AWARDS to the First

Three in each Age Group, or 50 % Each Group

RACE DIRECTOR : Mark Wagnon, 792-1014 (d)
791-0365 (n)