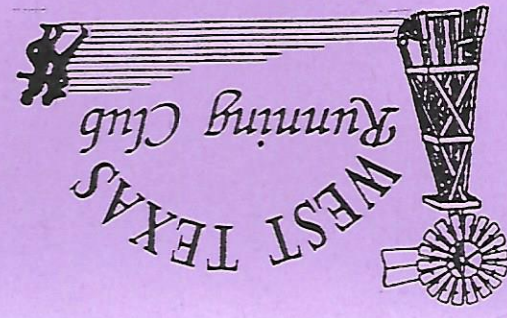
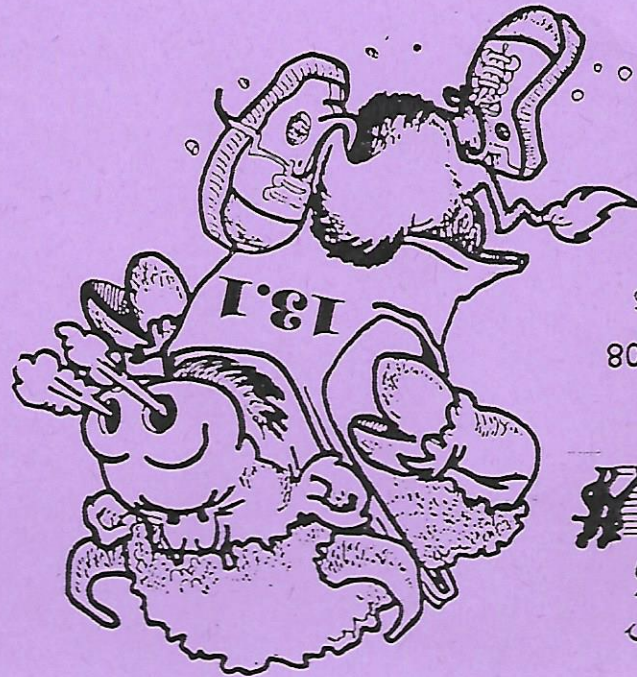


CALENDAR

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

- NOV. 7 Monthly WTRC Business Meeting, 5517 74th St.
- * NOV. 9 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- NOV. 10 **SAN ANTONIO MARATHON:** (210) 246-9652
- NOV. 28 **W.T.R.C. TURKEY TROT:** Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Joe Martinez, Race Director, 794-7355
- DEC. 7 **TOYS FOR TOTS RUN:** BUDDY HOLLY PARK, 9am, 5K & 1 Mi. Fun Run, FMI, Sgt. Benavidez, 763-2853
- DEC. 8 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- * DEC. 14 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am Marjory Stewart, Race Director, 792-1085
- * JAN. 11 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 am Richard Bray, Race Director, 792-2420(w), 792-2820(h)
- JAN. 12 **HOUSTON METHODIST MARATHON:** (713) 864-9305
- * FEB. 8 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328
- FEB. 16 **MOTOROLA AUSTIN MARATHON:** SASE to Box 684587, Austin TX 778768
- FEB. 22 **COWTOWN MARATHON & 10K:** (817) 735-2033
- * MAR. 8 **PRAIRIE DOG TOWN RUN:** MACKENZIE PARK, Lubbock, 4 Miles, 9am, Chuck Johnson, Race Director, 743-5700(w), 797-0381(h)
- * APR. 12 **FLIGHT LINE RACES:** REESE AFB, 8am, 2 Mile, 10K, and Half Marathon, Mark Wagnon, Race Director, 791-0365(h), 792-1014(w)
- APR. 13 **MARATHON OF GREAT SW:** Abilene, Box 3137, Abilene, TX 79604
- * MAY 10 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Richard Fischenich, RD, 792-2696(w), 792-0662(n)
- * JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538

November 1996



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



24th ANNUAL BUFFALO WALLOW RACES
Buffalo Springs Lake, Lubbock TX
9am, Saturday November 9, 1996
Details Inside back Cover

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 - Gayle Blackmon-Hopkins
(H) 794-3632

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

Past President - Ron Key
(H) 794-5833 (O) 747-4678

DIRECTORS

Bob Bernero
(H) 793-1667

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

David Lightner
(H) 793-3484

Dwayne Oakeley
(H) 799-4473

Brent Tidwell
(H) 795-0391 (O) 795-9537

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

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is held on the 1st Thursday of the month, 7:00 p.m. at 5517 74th Street. All members are welcome.

LESER'S LINES

Club receives well deserved kudos for community involvement. Did you know that the purposes of our club include supporting other organization's efforts to conduct distance running events? This not only provides us additional opportunities to promote distance running as a healthful exercise and competitive sport, but it also allows us to provide a service to the West Texas community. We are a part of this West Texas community and as such should want to support it---especially providing assistance to those in need. If we as a club wish the community to support us, then we need to support the community. Besides, it is the right thing to do.

We are often approached by charities to conduct running events as fund raisers. As you probably already know, racing fees rarely raise enough money to fund a charity---but sponsors do. Our club's involvement includes waiving equipment rental fees and providing registration, finish line and course management services, all for free. This contribution of services and equipment can represent a considerable donation.

Events that we have or will be involved in this year include: The Race for Kids---Child Development Research Center, Outdoor Learning Environment, Dash Against Drugs---Lubbock Council on Alcohol and Drug Abuse, Spring Swing Run---raised money for the Ransom Canyon playground, Hot Dam 5 Miller---Child Advocacy Research and Education Center for abused children, Susan G. Komen Race for the Cure, Red Raider Road Races for Texas Tech University scholarships, Alzheimer's Benefit Run, and the Toys for Tots Run. In the past we have also donated money to the South Plains Food Bank and the South Plains College Athletic Department.

P.J. Mitchell's Hot Dam 5 Miller raised \$1600 for C.A.R.E.I And our club was able to add to our Red Raider scholarship fund and still handout \$1000 dollar scholarships to two very needy and deserving students, thanks to the efforts of Randy Wolcott and his team of volunteers.

We do get letters of appreciation from these charitable organizations and we are recognized for our community efforts! Now you know what to say the next time someone asks you what your club does other than conduct races.

W.T.R.C. MEMBERS RESULTS RACE FOR THE CURE SUSAN G. KOMEN LUBBOCK, TEXAS

| PLACE | NAME | AG | S | DIV | PLACE | TOWN | ST | TIME | PACE |
|-------|-------------------|----|---|-----|-------|---------------|----|-------|-------|
| 1 | BRETT PIEKERT | 26 | M | 1 | M2529 | LUBBOCK | TX | 17:28 | 5:37 |
| 5 | MARJORY STEWART | 37 | F | 1 | F3539 | LUBBOCK | TX | 19:29 | 6:16 |
| 6 | RANDY WOLCOTT | 40 | M | 1 | M4044 | LUBBOCK | TX | 19:44 | 6:21 |
| 7 | AL GARDNER | 40 | M | 2 | M4044 | LEVELLAND | TX | 19:45 | 6:21 |
| 13 | HOPE JIMENEZ | 12 | F | 1 | F0114 | LAMESA | TX | 20:20 | 6:33 |
| 17 | JOHN TROMPLER | 49 | M | 2 | M4549 | LUBBOCK | TX | 20:43 | 6:40 |
| 18 | RUSSELL MARTIN | 38 | M | 2 | M3539 | SHALLOWATER | TX | 20:49 | 6:42 |
| 20 | PENNY SHOUSH | 30 | F | 1 | F3034 | LUBBOCK | TX | 21:27 | 6:54 |
| 22 | MARK PESSA | 42 | M | 3 | M4044 | LUBBOCK | TX | 21:28 | 6:55 |
| 29 | STEVE NIEMAN | 41 | M | 4 | M4044 | SHALLOWATER | TX | 22:01 | 7:05 |
| 31 | RANDY BROWN | 32 | M | 3 | M3034 | RANSOM CANYON | TX | 22:18 | 7:11 |
| 33 | LARRY BYRD | 55 | M | 1 | M5559 | SHALLOWATER | TX | 22:22 | 7:12 |
| 39 | KELTH SHOUSH | 32 | M | 5 | M3034 | LUBBOCK | TX | 22:49 | 7:21 |
| 46 | MARY ZIAS | 33 | F | 3 | F3034 | LUBBOCK | TX | 23:11 | 7:28 |
| 54 | MARTIN HARMS | 59 | M | 2 | M5559 | RANSOM CANYON | TX | 23:26 | 7:33 |
| 58 | RICHARD BRAY | 52 | M | 1 | M5054 | LUBBOCK | TX | 23:32 | 7:34 |
| 73 | WADE WILSON | 38 | M | 8 | M3539 | LUBBOCK | TX | 24:21 | 7:50 |
| 74 | P. J. MITCHELL | 50 | F | 1 | F5054 | LUBBOCK | TX | 24:22 | 7:51 |
| 84 | THOMAS WORD | 59 | M | 3 | M5559 | LUBBOCK | TX | 24:57 | 8:02 |
| 86 | KELLY SUE VELA | 7 | F | 7 | F3034 | LUBBOCK | TX | 24:57 | 8:02 |
| 87 | JOHN STALCUP | 63 | M | 1 | M6064 | LUBBOCK | TX | 25:05 | 8:04 |
| 113 | DENNIS RAWLS | 13 | M | 1 | M0114 | LUBBOCK | TX | 25:02 | 8:23 |
| 127 | ALEXANDRA BUCKLEY | 36 | F | 8 | F3539 | LUBBOCK | TX | 26:02 | 8:23 |
| 135 | ROBERT RHODE | 52 | M | 5 | M5054 | LUBBOCK | TX | 26:42 | 8:36 |
| 137 | MARSHA BENNETT | 33 | F | 10 | F3034 | LUBBOCK | TX | 26:54 | 8:39 |
| 154 | MOLLY SANTESE | 33 | F | 14 | F3034 | LUBBOCK | TX | 27:02 | 8:42 |
| 155 | DENISE BELL | 24 | F | 14 | F2024 | LUBBOCK | TX | 27:37 | 8:53 |
| 174 | DAN BROWN | 44 | M | 16 | M4044 | LUBBOCK | TX | 27:38 | 8:54 |
| 188 | DEBRA FORTE' | 39 | F | 11 | F3539 | LUBBOCK | TX | 28:21 | 9:07 |
| 189 | JAMES FORTE' | 46 | M | 9 | M4549 | LUBBOCK | TX | 28:52 | 9:17 |
| 248 | SHAWNA THOMAS | 12 | F | 7 | F0114 | LUBBOCK | TX | 31:45 | 10:13 |
| 407 | ARDEN KEY | 55 | F | 11 | F5559 | LUBBOCK | TX | 44:39 | 14:22 |
| 475 | LINDA CHAMALES | 51 | F | 10 | F5054 | LUBBOCK | TX | 47:27 | 15:16 |

RED RAIDER ROAD RACE KUDOS

Randy Wolcott did a terrific job directing this year's event. He was especially successful in securing sponsorship money. This increased amount made it possible to award two scholarships this year. Club members responded in a great way as 19 gave up running in order to put it on. Last year's director, Bob Bernero, put in a lot of hours securing the grounds use permit and meeting with the committee and then was there first thing race morning to set up things. Several others helped out on Friday then were able to run the race. I am especially thankful for Dwayne Oakeley's help as he hauled the scaffold and set it up Friday, then helped me set out the course markers and water before the race, then after running helped pick up all the above. Also thanks to Dwayne's friend, Eddie Champton who rode the lead bicycle. Please take note of all the Sponsors listed on the back of the race results and be sure to thank the ones responsible as often as you can.

SCHOLARSHIP WINNERS

Megan Callihan, a Junior Nursing major and Ronnie DeForrest a Sophomore Business major, both of Lubbock are the recipients of \$500 each semester this year. They were chosen from among 7 applicants.

NEWS

CROSS COUNTRY

The Jernigans have moved to Hawley, a 2A school just north of Abilene, which already has a pretty good cross country team. Good luck there, Tara and Trey. We will miss seeing you as often.

Mike Sanford was 2nd at the Plains meet Sept. 28th and Chris Thomas was 4th at the Amarillo meet. At the Lubbock meet Oct. 5th, Chris was 15th and Josh Salazar was 19th in the tough 4A/5A division and Wendy Sullivan was 6th in the 1A to 3A division.

At a multi class event in Abilene Oct. 12th, Trey Jernigan was the overall winner and Mike Sanford was 8th.

WENDY SULLIVAN

Wendy Sullivan, a 15 year old sophomore at Colorado City High, who placed 14th in the 3A Cross Country meet as a freshman last fall, has been invited to participate on a national high school cross country team that will compete in THE GREAT WALL 5K in mainland China during the Christmas/New Year's break. This team will be composed of underclass athletes who competed in last year's state meet. The International Sports Exchange is an organization that has taken more than 12,000 high school athletes and coaches abroad for competition since 1975. This will be a memorable event for these young people, who in addition to the meet will get to spend time in both Beijing and Shanghai and visit the Great Wall, Tiananmen Square, The Emperor's Palace, The Forbidden City, etc. Wendy and her family have been long time members of WTRC, and she has the distinction of having placed first in 4 of the 5 RUN FOR THE ARTS Elementary Mile runs. Wendy is also an excellent scholar and at the school's Spring Sports Banquet was named "MVP" for both the varsity cross country and track & field teams. Athletes on this trip are required to raise their own funds and donations are accepted. If anyone wishes to contribute please send your donation to:

Wendy Sullivan Fund
City National Bank
228 Elm, Colorado City, TX 79512

THANKS

Bob Bernero has donated a computer for our treasurer to use for keeping better track of our business. Thanks, Bob. If anyone has a VGA monitor from an unused computer, the club could use it to replace the bad video display on our original laptop, and we could still use it at those races that we need two computers. By the way, we recently were able to buy a laptop in really good condition at a very good price to replace the first one we have used for several years.

ELECTION

Ballots for 1997 officers/directors will be inserted in next month's newsletter. If you would be willing to serve, please call Joe Martinez at 794-7355.

RUN FOR THE ARTS

After 15 years, there probably will be no more RFA as the current director of the Arts Alliance is very negative about it. The club is working on a possible replacement event that will have a big emphasis on children's running. More later.

BUFFALO WALLOW PRE REGISTRATION

Entry forms are being placed in this issue for pre registration. There is no fee break, but future club races may offer an incentive other than not having to stand in line to sign up on a very cold or hot day. It certainly is a relief to your volunteers at the computer to have a big number entered ahead of time. If you sign up ahead of time, then can't participate we will refund the fee. We have had about a dozen requests for entry information from people a long way off.

**W.T.R.C. 1996 CHALLENGE SERIES
STANDINGS AFTER 10 EVENTS**

| MILES PTS/EVTS/VOL | | YTD TOTALS | |
|---------------------|--------------|--------------|--------------|
| | | | |
| Age Male(6-13) | 23 39 6* | 67.8 64 8** | 67.8 64 8** |
| 6 Ian Stewart | 4 10 1 | 63.5 59 10** | 63.5 59 10** |
| Age Female(6-12) | 33.3 70 7 | 38.4 54 6 | 38.4 54 6 |
| 11 Hope Jimenez | 18.1 45 5 | 24.2 54 6* | 24.2 54 6* |
| 6 Margarita Jimenez | 17 36 5* | 21.2 50 6* | 21.2 50 6* |
| 9 Veronica Jimenez | 9.1 35 4 | 21.1 38 5 | 21.1 38 5 |
| 11 Shawna Thomas | | 38.4 34 6* | 38.4 34 6* |
| Age Male(13-15) | 25.1 65 7 | 50.2 31 9* | 50.2 31 9* |
| Age Female(13-15) | 25.2 60 6 | 17.4 29 3 | 17.4 29 3 |
| 14 Mary Lou Jimenez | 47.1 60 9* | 61.8 25 9** | 61.8 25 9** |
| 13 Tara Jernigan | | 20.5 23 4 | 20.5 23 4 |
| 13 Kystle Lowe | | 55.7 20 9* | 55.7 20 9* |
| Age Male(16-19) | 62.8 84 10* | 20.3 14 3 | 20.3 14 3 |
| 19 Hawk Harris | 37.1 62 9* | 12 14 2 | 12 14 2 |
| 16 Chad Lowe | 29.4 48 6* | 33.2 13 5* | 33.2 13 5* |
| 17 Trey Jernigan | 17 32 4 | 11 10 1 | 11 10 1 |
| 17 Mike Sanford | 14 29 3 | 4 7 1 | 4 7 1 |
| 17 Jay Trull | 15 28 4 | 10.2 6 2* | 10.2 6 2* |
| 16 Juan Jimenez | 15 28 4 | 5 2 1 | 5 2 1 |
| 17 Chris Thomas | 31 25 4 | 10 2 2* | 10 2 2* |
| 16 Joshua Salazar | 4 20 2 | 14 0 2* | 14 0 2* |
| 16 Chris Zamora | 13 17 3 | 5 0 1* | 5 0 1* |
| Age Female(16-19) | 12 20 2 | 58.5 0 8* | 58.5 0 8* |
| 18 Anne Placcheika | | 35.2 78 10* | 35.2 78 10* |
| Age Male(20-29) | 30.2 28 4* | 30.2 25 5* | 30.2 25 5* |
| 28 Tim Key | 14.2 23 3 | 11 20 2 | 11 20 2 |
| 25 Guy Campbell | 5 4 1 | 4 10 1 | 4 10 1 |
| 28 Barry Henry | | 4 8 1 | 4 8 1 |
| Age Female(20-29) | 8 29 5 | 55.5 62 7 | 55.5 62 7 |
| 27 Renee West | 15 19 2 | 45.8 52 7* | 45.8 52 7* |
| 24 Sydney Morris | 6 17 2 | 46.4 50 8* | 46.4 50 8* |
| 28 Rose Hoeve | 6.2 8 1 | 67.8 47 10* | 67.8 47 10* |
| 23 Brandy Temple | 2 7 1 | 34.4 46 6 | 34.4 46 6 |
| 25 Nicole Melins | | 57.5 41 8* | 57.5 41 8* |
| Age Male(30-34) | 30.4 60 6 | 50.2 35 5** | 50.2 35 5** |
| 30 Tim Green | 32.1 37 4 | 47.3 28 6* | 47.3 28 6* |
| 33 Mark Temple | 7 27 3 | 21.1 18 2 | 21.1 18 2 |
| 32 Scott Hayward | 19.2 26 4 | 4 6 1 | 4 6 1 |
| 34 Craig Langford | 10.2 17 2 | 56.6 0 8* | 56.6 0 8* |
| 30 Luis Nevarez | 13 13 3* | 60.7 78 8 | 60.7 78 8 |
| 31 Chris Dillman | 15 10 3* | 4 10 1 | 4 10 1 |
| 30 Jesse Hilliard | 5 8 1 | 38.3 82 10* | 38.3 82 10* |
| 30 David Preston | | 45.4 79 9* | 45.4 79 9* |
| Age Female(30-34) | 59.7 61 9* | 45.4 79 9* | 45.4 79 9* |
| 32 Marsha Bennett | 33.3 51 7* | 59.8 58 9* | 59.8 58 9* |
| 30 Vicky Fischench | 18.2 26 3 | 56.4 52 7** | 56.4 52 7** |
| 34 Jemma Wolcott | 9 17 2 | 28.2 30 4 | 28.2 30 4 |
| 30 Sonia Aguirre | 20.4 9 3* | 15 26 4 | 15 26 4 |
| 32 Manon Langford | | 33.3 24 5* | 33.3 24 5* |
| 30 Laura Hopper | 51.5 81 10* | 57.7 23 7* | 57.7 23 7* |
| 32 Molly Santese | 61.8 65 9* | 28.1 20 5* | 28.1 20 5* |
| Age Male(35-39) | 77.8 61 10** | 8.1 19 2 | 8.1 19 2 |
| 39 Mike Flores | 74 43 10** | 40.2 15 5* | 40.2 15 5* |
| 36 Chris Longgren | 39.2 42 6* | 37.3 15 5* | 37.3 15 5* |
| 39 Al Gardner | 27 40 4 | 55.4 40 9** | 55.4 40 9** |
| 39 Dwayne Oakley | 14 35 5* | 45.2 10 6* | 45.2 10 6* |
| 35 Jeffrey Jury | 29.5 33 6 | 16 0 2* | 16 0 2* |
| 37 Bob Jackson | 45.4 30 7** | 17.2 0 2* | 17.2 0 2* |
| 36 Ed Dabrowski | 22 26 3 | 50.5 65 8* | 50.5 65 8* |
| 37 Russel Martin | 83.5 25 8* | 53.5 63 8* | 53.5 63 8* |
| 36 Brent Tidwell | 26.4 23 4 | 51.1 41 6* | 51.1 41 6* |
| 39 Chuck Johnson | 11.2 17 2 | 19 32 4 | 19 32 4 |
| 38 Ivan DeArda | 8 7 1 | 26.2 15 4* | 26.2 15 4* |
| 38 Mickey Davis | 11 7 1 | 2 10 1 | 2 10 1 |
| 38 Dwight Varnum | 17 7 3 | 84.7 10 10** | 84.7 10 10** |
| 38 Tommy Parrish | 53.7 30 8* | 74.7 0 10* | 74.7 0 10* |
| 39 Tommy Frizzell | 29.1 36 5* | 45 58 7* | 45 58 7* |
| 39 Scott Finnel | 18.2 28 3 | 16 39 4 | 16 39 4 |
| 35 Dennis Bell | 13 15 2 | 8 10 1 | 8 10 1 |
| Age Female(35-39) | 4 9 2* | 17.2 9 2* | 17.2 9 2* |
| 37 Marjory Stewart | 15 8 1 | | |
| 37 Betty Johnson | | | |
| 36 Cindy Pierce | | | |
| 37 Dehila Hood | | | |
| 36 Debbie Forte | | | |
| 37 Gayle Blackman | | | |
| 38 Ann Davis | | | |

*Vol. ** Race Dir.

TRAINING WITH A HEART RATE MONITOR

BY JIM NESER

Pushing Aside The Lactic Acid Waterfall

The gun went off and I was on my way to break my age group record in the 10K at the 22nd Annual Allsup's Road Races in Clovis. The only trouble was my heart rate monitor (HRM) was stuck on 100 and I knew I was running too fast. By the time I hit the 1 mile split my HR was 192 and my time was 5:28. Was my goose cooked?

I settled into my preset zone of 174-183 and got down to the business of trying to control my effort. Earlier in the month at the Red Raider Road Race I had allowed my HR to drift lower as my leg muscle discomfort increased at 4 miles, and my pace dropped off in the final miles, resulting in a slower-than-hoped time. This time I was determined not to let that happen again.

As I approached the 4 mile mark in Clovis, my HR had fallen to 177 as the effort became hard to maintain. By kicking up my HR to 183 or slightly above, I was able to maintain a fast pace and finish with a time of 36:56. But more importantly I had maintained a pace right at the lactic acid threshold (LT) without going over the edge and suffering the accompanying flood of lactic acid and subsequent dead legs.

Heart rate monitors are just as important in training as they are during competition. And by training with a HRM you can insure that you maintain a certain effort, and adaptation can push your LT to a higher pace level.

You can alter your LT by either increasing your clearing rate or by elevating your VO₂ max--the maximum rate of O₂ burn in muscles. VO₂ max is the best measure of intensity of aerobic work. Your VO₂ max is about 95% of your maximum HR. Because there is a relationship between % of VO₂ max and % of max HR, we can use the more convenient HRM to measure effort and training effect rather than changes in VO₂.

Remember that LT and anaerobic threshold (AT) are the same thing. Your LT or AT is about 90% of your VO₂ max. Therefore your LT is somewhere between

80-85% of your Maximum HR. In my case it is about 174-183 (for a max HR of 205).

Now just what exactly is the LT and why is it so important to racing performance and training? At lower activity levels, energy production from the metabolism of glucose and fat takes place in the presence of oxygen. At higher work-out intensities, there is not enough oxygen available either because of limited lung capacity or circulation capacity. This results in burning glucose in the absence of oxygen (anaerobic metabolism) and the subsequent production of lactic acid. Any exercise at this level that exceeds 30 seconds will result in lactic acid production exceeding the clearing rate.

There is no clear demarcation between aerobic and anaerobic metabolism, they grade together. Therefore the LT or AT is an estimate of when lactic acid production exceeds the clearing rate, not just when metabolism becomes 100% anaerobic.

To alter VO₂ max, run 1 mile intervals at a pace faster than your 10K pace with a 5 minute rest jog in between. This is in the 90-95 HR zone.

Lactate threshold runs would be about 15 seconds slower than your 10K pace with a 20-60 minute duration. This would be in the 75-85% HR zone.

Remember that effort is the key, not pace. If your workout effort is set according to a HR zone that is tied to improving LT, or speed, or endurance; then your pace for a given day will be correct. Stress, temperature, dehydration, insufficient recovery, etc. all can influence how fast you run at a given HR on a given day. It is the effort, not the pace that counts!

This is the third installment of a continuing series on training and specifically on the use of heart rate monitors in a training program. I am by no means an expert in this area but do read a lot of magazines and books on the subject and have been experimenting with heart rate monitor training and racing since January, 1996.

MEMORY WALK/10K RUN

Benefiting the ALZHEIMER'S ASSOCIATION, October 12, 1996

| PLACE | NAME | AG | S | DIV | PLACE | TOWN | ST | TIME | PACE |
|-------|---------------------|----|---|-----|-------|-----------|----|---------|-------|
| 1 | JOSHUA SALAZAR | 16 | M | 1 | M1619 | LAMESA | TX | 38:23 | 6:11 |
| 2 | TONY RAMOS | 20 | M | 1 | M2029 | LUBBOCK | TX | 42:07 | 6:47 |
| 3 | RANDY WOLCOTT | 40 | M | 1 | M4044 | LUBBOCK | TX | 42:16 | 6:48 |
| 4 | RICHARD FISCHENICH | 49 | M | 1 | M4549 | LUBBOCK | TX | 43:05 | 6:56 |
| 5 | AL GARDNER | 40 | M | 2 | M4044 | LEVELLAND | TX | 43:15 | 6:58 |
| 6 | DAN POPE | 33 | M | 1 | M3034 | LUBBOCK | TX | 44:05 | 7:06 |
| 7 | WAYNE OAKELEY | 40 | M | 3 | M4044 | LUBBOCK | TX | 44:28 | 7:10 |
| 8 | DAVID PAULK | 29 | M | 2 | M2029 | LUBBOCK | TX | 45:48 | 7:22 |
| 9 | LES HATCH | 33 | M | 2 | M3034 | LUBBOCK | TX | 48:16 | 7:46 |
| 10 | RICHARD BRAY | 52 | M | 1 | M5054 | LUBBOCK | TX | 48:21 | 7:47 |
| 11 | HOPE JIMENEZ | 12 | F | 1 | F0115 | LAMESA | TX | 48:21 | 7:47 |
| 12 | JOANNA ABBOTT | 30 | F | 1 | F3034 | LUBBOCK | TX | 48:55 | 7:53 |
| 13 | FRED WEBER | 45 | M | 2 | M4549 | LUBBOCK | TX | 49:01 | 7:53 |
| 14 | DAMON RICHARDS | 43 | M | 4 | M4044 | LUBBOCK | TX | 49:08 | 7:55 |
| 15 | DAMON RICHARDS JR | 19 | M | 2 | M1619 | LUBBOCK | TX | 49:34 | 7:59 |
| 16 | DREW SPEIER | 43 | M | 5 | M4044 | LUBBOCK | TX | 49:36 | 7:59 |
| 17 | JILL WILLIAMSON | 32 | F | 2 | F3034 | LUBBOCK | TX | 49:38 | 7:59 |
| 18 | FRANK GREEN | 53 | M | 2 | M5054 | ABERNATHY | TX | 50:03 | 8:03 |
| 19 | RON HILLIS | 52 | M | 3 | M5054 | LUBBOCK | TX | 50:04 | 8:04 |
| 20 | OLAN MOORE | 49 | M | 3 | M4549 | LUBBOCK | TX | 51:00 | 8:13 |
| 21 | PETER FLORES | 32 | M | 3 | M3034 | LUBBOCK | TX | 51:08 | 8:14 |
| 22 | CHERYL WEBER | 43 | F | 1 | F4044 | LUBBOCK | TX | 51:33 | 8:18 |
| 23 | JAMES LIVERMORE | 49 | M | 4 | M4549 | LUBBOCK | TX | 51:40 | 8:19 |
| 24 | P J MITCHELL | 51 | F | 1 | F5099 | LUBBOCK | TX | 52:33 | 8:28 |
| 25 | DAVID GIDEON | 24 | M | 3 | M2029 | LUBBOCK | TX | 53:17 | 8:35 |
| 26 | EVA ANDREWS | 24 | F | 2 | F2029 | LUBBOCK | TX | 53:46 | 8:39 |
| 27 | HAO NGO | 23 | F | 2 | F2029 | LUBBOCK | TX | 54:49 | 8:50 |
| 28 | LARRY BURELSMITH | 47 | M | 5 | M4549 | LUBBOCK | TX | 58:18 | 9:23 |
| 29 | NGAN NGO | 22 | F | 3 | F2029 | LUBBOCK | TX | 58:36 | 9:26 |
| 30 | SHANNON PRASEK | 23 | F | 5 | F2029 | LUBBOCK | TX | 59:21 | 9:33 |
| 31 | DIANE HENDERSON | 27 | F | 5 | F2029 | LUBBOCK | TX | 59:58 | 9:39 |
| 32 | MARSHA BENNETT | 33 | F | 3 | F3034 | LUBBOCK | TX | 1:01:07 | 9:50 |
| 33 | JOE CONIGLIO | 24 | M | 4 | M2029 | LUBBOCK | TX | 1:01:22 | 9:53 |
| 34 | MOLLY SANTESE | 33 | F | 4 | F0115 | LUBBOCK | TX | 1:03:22 | 10:12 |
| 35 | MARGARITA JIMENEZ | 7 | F | 2 | F4044 | LUBBOCK | TX | 1:05:08 | 10:29 |
| 36 | QUATA RICHARDS-JOBE | 42 | F | 2 | F4044 | LUBBOCK | TX | 1:07:08 | 10:48 |
| 37 | JOHN STALCUP | 63 | M | 1 | M6099 | LUBBOCK | TX | 1:28:53 | 14:19 |
| 38 | SHARON THOMAS | 42 | F | 3 | F4044 | LUBBOCK | TX | | |

THANKS

Volunteers for this race were Ron and Arden Key, Bob Bernero, Larry Byrd, Ronnie Nugent, James Bone and Tony, Josie and Jill Aleman.

SHOES and BOOKS

Many of the other items of "news" were discussed at the October business meeting. Also acted upon were two suggestions from membership chairman, Brent Tidwell. We will be collecting your old (but still usable) running shoes to donate to a worthy charity. Shoes should be washed first and will be collected at the December Social/Awards meeting (date to be determined). You may also turn them in to Brent ahead of time. Also, Brent pointed out that there were very few books on running in the Public Library and that we will be taking donations of books or cash donations to enhance the library's selections. It was noted that "RUNNING TIMES" magazine is available on microfilm.

TURKEY TROT

The TURKEY TROT was established to meet a need for a Thanksgiving day event and as a fund raiser for our own club. All year long many of our members volunteer hours of time to help charitable organizations raise funds. Now you can help our own club by volunteering or racing.

**RED RAIDER ROAD RACE
10K COURSE RECORDS**
Since 1982
WOMEN

| NAME | TOWN | AGE | TIME | YEAR |
|------------------|------------|-----|-------|------|
| Veronica Cavazos | Lubbock | 18 | 38:48 | 1982 |
| Idalia Casiano | Lubbock | 23 | 41:22 | 1991 |
| Beverly Watkins | Amarillo | 28 | 37:52 | 1983 |
| Marjory Stewart | Lubbock | 34 | 36:43 | 1993 |
| Marjory Stewart | Lubbock | 35 | 37:41 | 1994 |
| Bobby Jester | Amarillo | 40 | 44:41 | 1994 |
| Colleen Isdale | Belton | 45 | 46:45 | 1996 |
| Patsy Bray | San Angelo | 50 | 49:31 | 1988 |

| NAME | TOWN | AGE | TIME | YEAR |
|------------------|---------------|-----|-------|------|
| Richard Oropeza | Lubbock | 19 | 33:04 | 1988 |
| Red Cloud | Lubbock | 23 | 31:29 | 1984 |
| Steve Cathcart | Las Vegas, NM | 25 | 31:38 | 1992 |
| James Mays | Lubbock | 32 | 33:01 | 1991 |
| Scott Brickerd | Lubbock | 35 | 32:19 | 1988 |
| Bobby Cunningham | Abernathy | 42 | 34:52 | 1982 |
| Ron Lubowicz | Lubbock | 45 | 35:33 | 1988 |
| George W. Jury | Lubbock | 50 | 37:23 | 1986 |
| George W. Jury | Lubbock | 56 | 39:15 | 1992 |
| Don Sanderson | Tulia | 64 | 43:46 | 1994 |

5K COURSE RECORDS
(Since 1988)

| NAME | TOWN | AGE | TIME | YEAR |
|-------------------|---------|-----|-------|------|
| Hope Jimenez | Lamesa | 12 | 20:40 | 1996 |
| Victoria Laursen | Lubbock | 19 | 20:51 | 1992 |
| Julianne Campbell | Lubbock | 23 | 20:18 | 1994 |
| Brenda Lauten | Houston | 29 | 19:52 | 1994 |
| Kay Schmidt | Alpine | 34 | 20:39 | 1992 |
| Jennifer Ezell | Lubbock | 39 | 21:40 | 1996 |
| Caylene Caddell | Lubbock | 43 | 20:54 | 1995 |
| P.J. Mitchell | Lubbock | 48 | 23:45 | 1993 |
| P.J. Mitchell | Lubbock | 50 | 24:15 | 1995 |
| Jamie Schlueter | Lubbock | 36 | 29:58 | 1994 |

| NAME | TOWN | AGE | TIME | YEAR |
|-----------------|------------|-----|-------|------|
| Blake Lindsey | Fort Worth | 16 | 21:01 | 1992 |
| Jason Smith | Levelland | 18 | 17:21 | 1992 |
| James Garner | Lubbock | 20 | 16:21 | 1991 |
| Tim Green | Lubbock | 26 | 16:20 | 1991 |
| Martin Leodgard | Lubbock | 31 | 15:44 | 1995 |
| Bob Finn | Big Spring | 39 | 16:57 | 1994 |
| Tony Collins | Pittsburg | 44 | 17:43 | 1994 |
| James Leser | Lubbock | 47 | 17:54 | 1993 |
| Ed Craighead | Dalhart | 52 | 18:41 | 1995 |
| Gary Schmidt | Alpine | 55 | 18:48 | 1992 |
| Don Sanderson | Tulia | 63 | 21:11 | 1993 |
| Douglas Gardner | Lubbock | 30 | 19:58 | 1995 |

* Overall Men's and Women's course records

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W.T.R.C. LSD TRAINING RUNS

Are held Saturdays at 7 A.M. and
Sundays at 6:30 A.M., meeting at the
Outdoor Center in MACKENZIE PARK

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

BUFFALO WALLOW RACES, SINCE 1973
WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE
COURSE RECORDS 2 MILE

MEN

| AGE | NAME | TOWN | AGE | TIME | YEAR |
|-------|------------------|-----------|-----|--------|------|
| < 15 | John Rodriguez | Lubbock | 15 | 11:13 | 1992 |
| 16-19 | Marc Johnson | Lubbock | 19 | 9:52 | 1975 |
| 20-29 | Simon Lei | Lubbock | 22 | 9:28 * | 1995 |
| 30-34 | Martin Leodgard | Lubbock | 31 | 9:41 | 1995 |
| 35-39 | Brent Tidwell | Lubbock | 38 | 11:22 | 1995 |
| 40-44 | Bobby Cunningham | Abernathy | 43 | 11:02 | 1983 |
| 45-49 | Jim Leser | Lubbock | 48 | 11:17 | 1994 |
| 50-54 | George Jury | Lubbock | 53 | 11:33 | 1989 |
| 55-59 | George Jury | Lubbock | 57 | 12:12 | 1993 |
| 60-69 | John Stalcup | Lubbock | 60 | 14:53 | 1993 |
| 70+ | Bob Smith | Lubbock | 73 | 20:57 | 1993 |

WOMEN

| | | | | | |
|-------|--------------------|------------|----|---------|------|
| < 15 | Angela Welsh | Tarzan | 15 | 13:04 | 1994 |
| 16-19 | Isabel Navarro | Brownfield | 17 | 12:06 * | 1975 |
| 20-29 | Linda Petry | Portales | 20 | 12:22 | 1982 |
| 30-34 | Sherril Easterling | Coahoma | 32 | 12:27 | 1982 |
| 35-39 | Sandra Grice | Lubbock | 38 | 13:53 | 1990 |
| 40-44 | Ann Gordhammer | Lubbock | 40 | 14:03 | 1984 |
| 45-49 | Sandi Howard | Lubbock | 45 | 16:51 | 1991 |
| 50+ | | | | | |

HALF MARATHON (SINCE 1982)

MEN

| | | | | | |
|-------|------------------|-----------|----|-----------|------|
| 0-19 | Mike Cagle | Lubbock | 17 | 1:19:51 | 1983 |
| 20-29 | John Ruiz | Lubbock | 21 | 1:11:06 * | 1985 |
| 30-34 | John Price | Lubbock | 30 | 1:21:23 | 1984 |
| 35-39 | Corky Fritch | Amarillo | 36 | 1:17:59 | 1982 |
| 40-44 | Bobby Cunningham | Abernathy | 42 | 1:16:55 | 1982 |
| 45-49 | Bobby Cunningham | Abernathy | 46 | 1:23:19 | 1986 |
| 50-54 | George Jury | Lubbock | 50 | 1:23:58 | 1986 |
| 55-59 | David Lard | Amarillo | 57 | 1:34:39 | 1994 |
| 60-69 | Hugh Haynes | Slaton | 61 | 2:01:12 | 1992 |
| 70 + | Howard Calkin | Missouri | 71 | 2:11:24 | 1982 |

WOMEN

| | | | | | |
|-------|-------------------|---------------|----|-----------|------|
| <19 | Donna Pruitt | Levelland | 16 | 1:41:52 | 1983 |
| 20-29 | Sue Houle/Spitz | Lubbock | 27 | 1:34:55 | 1988 |
| 30-34 | Marjory Stewart | Lubbock | 34 | 1:24:14 * | 1993 |
| 35-39 | Mary Jo Rapini | Lubbock | 36 | 1:45:04 | 1994 |
| 40-44 | Teresa Greer | Lubbock | 43 | 1:47:56 | 1994 |
| 45-49 | Pam Galbraith | La Quinta, CA | 49 | 1:48:20 | 1995 |
| 50+ | Donna Cherryhomes | Midland | 51 | 2:21:22 | 1984 |

WEST TEXAS RUNNING CLUB'S
24th 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 9, 1996

PRE-REGISTRATION Available, Call 792-3291 for form
REGISTRATION: 8:00 to 8:45 A.M., On Site
RACE START: 9:00 A.M.

Please park in the church parking lot
 for registration

WHERE: BUFFALO SPRINGS LAKE

East of Lubbock on FM 835 (50th Street) then South
 on FM 835 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 2.5, 5, 7, 9.3 and 11.5 MILES
 Splits at 1 and 5 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; 45-49, 50 Plus
 (Special 0-12, 13-15 & 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 and up to 50% of each group

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.
 Or Jim Leser at 794-2474