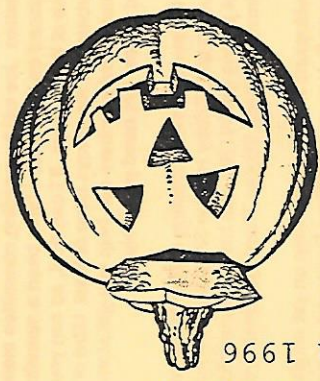
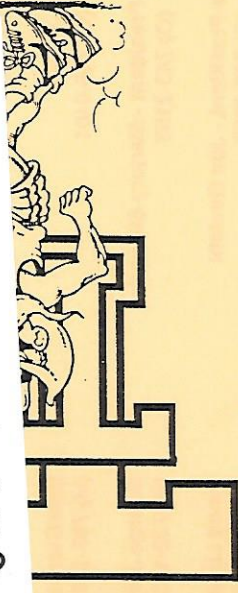


CALENDAR

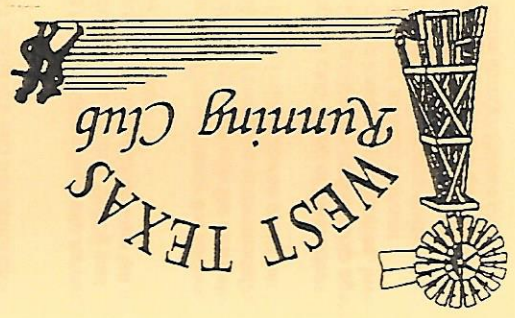
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- OCT. 3 Monthly WTRC Business Meeting, 5517 74th St.
- * OCT. 5 RED RAIDER ROAD RACE: 5K and 10K, 8:30am, Lubbock, TTU, Randy Wolcott, Race Director, 793-8869
- OCT. 12 MEMORY RUN/WALK: 10K Run/2 Mile walk, Alzheimer's Benefit Run, 9am, BUDDY HOLLY PARK, Susan Reigel, 743-1799
- OCT. 19 ALLSUP'S ROAD RACES: Clovis, 1 Mi., 5K, 10K, Half Marathon, Bob Pitcock, 505-769-2311
- OCT. 26 PUNKIN DAYS 5K: Floydada, 9 am, Julianne Cornelius, 983-2982
- * NOV. 9 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- 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. 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 Wagon, Race Director, 791-0365(h), 792-1014(w)
- * MAY 10 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2

OCTOBER 1990



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



15th ANNUAL RED RAIDER ROAD RACE
TTU Campus, Lubbock, Texas
8:30am, Saturday October 5, 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

Fall has arrived, and with it, cooler temperatures and a full race calendar. I guess I can start running after work rather than at six in the morning. It is hard to get your heart rate up in the morning when your body is still in sleep mode. With races occurring almost every weekend, there are lots of opportunities to compete. But don't forget there are also lots of opportunities to volunteer too. This is also a good opportunity for us to solicit new members. Please call to volunteer. Don't wait until someone calls you.

Elections for 1997 officers and directors is just around the corner. I have asked Joe Martinez to chair the nominating committee. Joe will be needing committee members and above all, he will need members to volunteer to be placed on the ballot. I have been a member of the WTRC for 5 years and have served the board for three of those years. If I can do it, so can you. I realize we don't have a training program for new board members but we always have at least 1/3rd of our board members returning each year. These experienced board members can help you get started. Please call Joe or me and ask about board opportunities and duties. We need your help!

I ran into Bobby Cunningham at a meeting earlier in the month. He said he was getting back into running after a long hiatus. In fact, Bobby ran the Shallowater 2 mile race on just a week's training. Bobby was before my time of joining the WTRC. But his performances and numerous age group records were left as a legacy. Glad to have you back Bobby. Thank goodness you aren't in my age group!

Gayle Blackmon-Hopkins has agreed to help on yet another WTRC function. She is already the secretary, has agreed to assist P. J. on the Hot Dam Race next year and also assist George Jury with the newsletter. But Gayle wanted more. She wanted the prestige of being a race director, and being the accommodating fellow that I am, I agreed to pass on the directorship of the Firecracker Runs. I will of course assist her.

I am sometimes approached by members with suggestions for improving our club. Many of these ideas have been good ones and have been incorporated where appropriate. I am asking the membership again what they want or expect out of the WTRC? Do you want clinics, more group training opportunities, invited speakers, more or different socials, different race locations or formats, different awards, different newsletter format or content? Just what do you want? How about a Clydesdale and Athena division? How about newsletter classifieds? What about a listing of group training sessions and/or runners looking for partners? How about better coordination of out-of-town trips? I think there are a lot of things we could be doing. How about donating a running magazine subscription or books to the library? Please call and let me know your ideas. We can make the WTRC even better! *Jim Leser*

THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS Shallowater, Texas SEPTEMBER 14, 1996 10K OVERALL RESULTS

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	PerF
1	JAMIE GOOD	LUBBOCK	22	M	1	M2029	36:49	5:56	749
2	HAWK HARRIS	HOBBS NM	19	M	1	M1619	37:31	6:02	735
3	MIKE FLORES	LUBBOCK	39	M	1	M3539	39:45	6:24	693
4	MARJORY STEWART	LUBBOCK	37	F	1	F3539	41:22	6:40	666
5	CHRIS LONNGREN	LUBBOCK	37	M	2	M3539	41:37	6:42	662
6	RANDY WOLCOTT	LUBBOCK	40	M	1	M4044	41:44	6:43	660
7	TOM FORD	ERICK OK	56	M	1	M5559	41:50	6:44	659
8	GILBERT GARCIA	CLOVIS NM	43	M	2	M4044	42:18	6:49	652
9	RICK SYPERT	LUBBOCK	40	M	3	M4044	43:11	6:57	638
10	AL GARDNER	LEVELLAND	40	M	4	M4044	43:36	7:01	632
11	CRAIG LANGFORD	LUBBOCK	35	M	3	M3539	43:59	7:05	627
12	RUSSELL MARTIN	SHALLOWATER	38	M	4	M3539	44:17	7:08	622
13	DENNIS SMITH	LAMESA	36	M	5	M3539	44:21	7:08	621
14	HOPE JIMENEZ	LAMESA	12	F	1	F0112	45:44	7:22	603
15	FRANK GOODMAN	LUBBOCK	49	M	1	M4549	46:45	7:32	590
16	STEVE NIEMAN	SHALLOWATER	41	M	5	M4044	47:01	7:34	586
17	BILL ROGER	LEVELLAND	57	M	2	M5559	48:09	7:45	572
18	MICKEY DAVIS	LUBBOCK	39	M	6	M3539	49:21	7:57	559
19	JOHN McILVEEN	BROWNFIELD	24	M	2	M2029	51:02	8:13	540
20	DONALD ROBERTS	SHALLOWATER	42	M	6	M4044	51:17	8:15	537
21	RICHARD BRAY	LUBBOCK	52	M	1	M5054	51:35	8:18	534
22	WADE WILSON	LUBBOCK	38	M	7	M3539	51:43	8:20	533
23	BOB BERNERO	LUBBOCK	54	M	2	M5054	52:05	8:23	529
24	THOMAS WORD	LUBBOCK	59	M	3	M5559	52:22	8:26	526
25	DEBBIE MARTIN	SHALLOWATER	45	F	1	F4549	52:49	8:30	522
26	JAMES LIVERMORE	LUBBOCK	49	M	2	M4549	53:40	8:38	514
27	MIKE KELLEY	LUBBOCK	47	M	3	M4549	53:50	8:40	512
28	ETTA MAYER	LUBBOCK	47	F	2	F4549	55:52	9:00	493
29	RAY BRADY	LUBBOCK	52	M	3	M5054	56:46	9:08	486
30	MARSHA BENNETT	LUBBOCK	33	F	1	F3034	57:42	9:17	478
31	RICK LAMPE	LUBBOCK	52	M	4	M5054	1:01:58	9:59	445
32	MOLLY SANTESE	LUBBOCK	33	F	2	F3034	1:02:22	10:02	442

RACE DIRECTOR'S REPORT

The weather was certainly more cooperative this year for the 8th annual Shallowater Stampede Races. Although the mist turned to heavy drizzle for a time, the "big rains" promised by forecasters held off until the races were over.

I truly appreciate all of the race volunteers who came out to help this year. We had many "Stampede Veterans", as well as several new faces. Helping before, during and after the race were: Larry Byrd, George Jury, Ron and Arden Key, Tony Aleman, John Trompler, Tim Key, Laurie Lopez, Gagan and Manisha Toor, Alex and Marjory Stewart, Frank Sumpter, David Elder, Bryan Frapp, James Bone, P. J. Mitchell, and Sheri and Dustin Oakeley. Our runners were led through the course by cyclist Eddie Champion. A big thanks to all--I couldn't have done it without you!

(to page 4)

THE SHALLOWATER STAMPEDE

2 MILE OVERALL RESULTS

PLACE	NAME	TOWN	AG	S	DIV	PLACE	TIME	PACE	PERF
1	JIMMY SAMARRON	LEVELL	41	M	1	M4044	11:53	5:57	691
2	ROBERT GUAJARDO	LEVELL	53	M	1	M5054	12:48	6:24	641
3	DAVID HIGGINS	LUBBOCK	44	M	2	M4044	13:06	6:33	626
4	JIM HARRIS	HOBBS NM	53	M	2	M5054	13:32	6:46	606
5	FRANK GREEN	ABERNATHY	53	M	3	M5054	13:52	6:56	592
6	ROBERT FORTNEY	LUBBOCK	43	M	3	M4044	13:54	6:57	590
7	CHADD LOWE	LUBBOCK	16	M	1	M1619	13:58	6:59	588
8	ED DABROWSKI	EARTH	38	M	1	M3539	14:02	7:01	585
9	BOBBY CUNNINGHAM	ABERNATHY	56	M	1	M5559	14:17	7:09	574
10	MARY LOU JIMENEZ	LAMESA	14	F	1	F1315	14:29	7:15	567
11	JUNIOR MENDOZA	LEVELL	38	M	2	M3539	14:52	7:26	552
12	GLEN LOWE	LUBBOCK	41	M	4	M4044	15:20	7:40	535
13	IAN STEWART	LUBBOCK	8	M	1	M0112	15:32	7:46	528
14	CHIP DARDEN	SHALLOWATER	12	M	2	M0112	16:04	8:02	511
15	LESLI GUAJARDO	LEVELL	24	F	1	F2029	16:28	8:14	498
16	VICKI FISCHENICH	LUBBOCK	30	F	1	F3034	16:38	8:19	493
17	VERONICA JIMENEZ	LAMESA	9	F	1	F0112	17:02	8:31	482
18	JONATHAN ELDER	LUBBOCK	13	M	1	M1315	17:19	8:40	474
19	WHITNEY MARTIN	SHALLOWATER	12	F	2	F0112	17:19	8:40	474
20	MARGARITA JIMENEZ	LAMESA	7	F	3	F0112	17:47	8:54	461
21	JOSIE ALEMAN	LUBBOCK	45	F	1	F4549	17:55	8:58	458
22	DAVID SEWELL	SHALLOWATER	37	M	3	M3539	17:57	8:59	457
23	LARRY HOUSE	SHALLOWATER	39	M	4	M3539	18:02	9:01	455
24	SHAWNA THOMAS	LUBBOCK	12	F	4	F0112	18:07	9:04	453
25	KRYSTLE LOWE	LUBBOCK	13	F	2	F1315	18:18	9:09	448
26	TARA SEWELL	SHALLOWATER	12	F	5	F0112	18:23	9:12	446
27	DENISE ADAMS	SHALLOWATER	29	F	2	F2029	19:23	9:42	423
28	JONATHAN MITCHELL	LUBBOCK	6	M	3	M0112	19:47	9:54	415
29	NANCY LOWE	LUBBOCK	40	F	1	F4044	27:38	13:49	297

New, and totally unexpected, this year was the bonus of having "Shallowater Stampede" tee shirts (75 shirts were given out to as many runners and volunteers as possible, for as long as they lasted). These great long sleeved tees were arranged by Donald Roberts. It would be great if this could become an annual addition to the race. (We'll see what can be done for next year). Thanks, Don!

The overall male and female finishers in the two mile were: Jimmy Samarron with an 11:53 (Jimmy was last year's male 2 mile winner) and Mary Lou Jimenez with a 14:29. Overall 10K male and female winners were: Jamie Good with a 36:49 and Marjory Stewart with a 41:22 (Marjory was also last year's female 10K winner). Congratulations to all who ran.

Thanks again to all of you who helped in any way. I'm looking forward to next year.

Dwayne Oakeley
Race Director
Editor's Note: Welcome back to Bobby Cunningham whose last race prior to this was the 1989 Stampede. (7 years ago) This makes the second "old timer" (in terms of membership years) to return to running and racing the past two years. In 1995, John Trompler returned after about a 10 year layoff.

W. T. R. C. 1996 CHALLENGE SERIES
STANDINGS AFTER 9 EVENTS

YTD TOTALS		MILES PTS ETVQ		YTD TOTALS		MILES PTS ETVQ		
AGE	NAME	MILES	PTS	MILES	PTS	MILES	PTS	
Age Male(9-12)	6 Ian Stewart	23	39	8	6	55.4	64	7
	11 Matt Vaughan	4	10	1		60.4	55	9
Age Female(9-12)	Age Female(9-12)					24.2	34	6
	11 Hope Jimenez	30.2	60	6		38.4	54	8
	6 Margarita Jimenez	17	36	4		21.2	50	6
	6 Veronica Jimenez	15	36	5		39.4	34	6
	11 Steven Thomas	6	27	3		18	31	4
Age Male(13-15)	Age Male(13-15)					47.1	31	8
	13 Tara Jernigan	25.2	60	6		75.4	25	8
	13 Krystal Lowe	47.1	60	9		11.2	20	2
Age Female(13-15)	Age Female(13-15)					49.5	19	6
	14 Mary Lou Jimenez	22	55	6		17.4	17	3
	19 Hawk Harris	56.6	74	9		12	14	2
	16 Chadd Lowe	34	57	8		33.2	12	5
	17 Trey Jernigan	29.4	48	6		17.2	12	2
	17 Mike Santord	17	32	4		11	10	1
Age Male(16-19)	Age Male(16-19)					4	7	1
	17 Jay Trutt	14	29	3		4	6	1
	16 Juan Jimenez	15	25	4		5	2	1
	17 Chris Thomas	31	25	4		10	2	2
	18 Joshua Salazar	4	20	2		14	0	2
	16 Chris Zamora	13	17	3		14	0	2
Age Female(16-19)	Age Female(16-19)					52.3	0	7
	18 Anne Plachetka	12	20	2				
Age Male(20-29)	Age Male(20-29)							
	28 Tim Key	30.2	28	4				
	25 Guy Campbell	14.2	23	3				
	26 Barry Henry	5	4	1				
Age Female(20-29)	Age Female(20-29)							
	27 Renee West	8	29	5				
	24 Sydney Morris	15	19	2				
	28 Rose Hoove	6	17	2				
	23 Brandy Temple	6.2	6	1				
	25 Nicole Molins	2	7	1				
Age Male(30-34)	Age Male(30-34)							
	30 Tim Green	30.4	60	6				
	33 Mark Temple	32.1	37	4				
	32 Scott Hayward	7	27	3				
	34 Craig Langford	19.2	26	4				
	30 Luis Naveaz	10.2	17	2				
	31 Chris Dillman	13	13	3				
	30 Jesse Hillard	15	10	3				
	30 David Preston	5	8	1				
Age Female(30-34)	Age Female(30-34)							
	32 Marsha Bennett	53.5	57	7				
	30 Vicki Fischnich	30.2	47	6				
	34 Jenna Wolcott	25.2	28	4				
	30 Sonia Aguirre	13	20	2				
	32 Menon Langford	9	17	2				
	30 Laura Hopper	6.2	10	1				
	32 Molly Santese	14.2	9	2				
Age Male(35-39)	Age Male(35-39)							
	39 Mike Flores	48.4	71	9				
	36 Chris Longren	56.5	58	8				
	39 Al Gardner	74.7	52	9				
	37 Bob Jackson	27	40	4				
	39 Dwayne Oakeley	67.8	38	9				
	38 Ed Dabrowski	14	35	5				
	35 Jeffrey Jury	33	32	5				
	38 Ivan DeAnde	22	26	3				
	37 Chuck Johnson	39.2	25	6				
	37 Russel Martin	28.4	23	5				
	39 Mickey Davis	57.3	23	7				
	38 Brent Tidwell	12	20	3				
	38 Dwight Varnum	20.2	15	3				
	39 Tommy Parrish	9.2	14	2				
	38 Charles Fizzelli	5	8	1				
	39 Scott Finnell	8	7	1				
	38 Tom West	11	7	1				
	35 Dennis Bell	17	7	3				
Age Female(35-39)	Age Female(35-39)							
	37 Marjory Stewart	47.5	60	7				
	37 Betty Johnson	29.1	36	5				
	36 Cindy Pierce	16.2	28	3				
	37 Dahlia Hood	13	15	2				
	38 Debbie Little	4	0	1				
	38 Debbie Little	4	0	1				
Age Male(40-44)	Age Male(40-44)							
	40 Randy Wokott	29	78	9				
	43 David Higgins	11	20	2				
	40 Jimmy Samarron	27	19	4				
	44 Ken Jernigan	4	10	1				
	42 Frank Sumpler, Sr	4	8	1				
	41 Bill Harn	4	8	1				
	40 Jackie Cannon	4	8	1				
	40 Glen Lowe	4	8	1				
	42 J Mark Wagnon	4	8	1				
	40 Kenneth MacInnes	4	8	1				
	41 David Elder	4	8	1				
	41 Steve Nieman	4	8	1				
	43 Keith Reeger	4	8	1				
	42 Adam Andrews	4	8	1				
	42 Mark Pessa	4	8	1				
	40 Weldon Kolb	4	8	1				
	40 Stacy Gill	4	8	1				
	43 Fred Weber	4	8	1				
	43 Dan Brown	4	8	1				
	41 Matt Gallegos	4	8	1				
	44 Jim Wilhelm	4	8	1				
	David Hagstrom	4	8	1				
	David Sketon	4	8	1				
Age Female(40-44)	Age Female(40-44)							
	45 Josie Aleman	49.3	53	6				
	42 Shirley Wigley	81.6	47	9				
	40 Nancy Lowe	34.4	46	6				
	43 Cheryl Weber	47	46	6				
	42 Pam Huberty	39.8	42	6				
	48 John Trompler	40.2	40	7				
	49 Ron Nugent	51.3	36	7				
	48 Richard Fischnich	50.2	35	5				
	46 David Lighner	47.3	26	6				
	45 Jim Forte	21.1	16	2				
	45 Bill Platt	4	6	1				
	45 Tony Aleman	50.4	0	7				
Age Female(45-49)	Age Female(45-49)							
	46 Etta Mayer	54.5	68	7				
	45 Teresa Greer	4	10	1				
Age Male(50-54)	Age Male(50-54)							
	53 Robert Guajardo	45	79	9				
	53 Jim Harris	33.2	74	9				
	54 Bob Bernero	53.8	52	8				
	51 Richard Bray	50.2	44	6				
	52 Johnny Scott	45	26	4				
	51 Rick Lampe	33.3	24	5				
	51 Ron Key	51.5	23	6				
	52 Ron Hill	22	23	6				
	54 Bo Minnis	28	10	5				
	50 Joe Martinez	40.2	20	5				
	50 Jon Omdahl	31.1	15	4				
	52 Joe Gomez	5	9	1				
Age Female(50-99)	Age Female(50-99)							
	P J Mitchell	49.2	40	8				
	Eva Martinez	45.2	10	6				
	Maurine Bray	16	0	2				
	Mary Harris	18.1	0	2				
	Arden Key	11	0	1				
Age Male(55-59)	Age Male(55-59)							
	56 Bill Roger	44.4	55	7				
	55 Larry Byrd	50.4	44	7				
	55 Ken McEachern	51.1	41	6				
	55 Mike Starr	19	32	4				
	56 Mike Greer	20	15	3				
	58 Jimmie Key	2	10	1				
	58 George Jury	79.5	10	6				
	58 Joe Naylor	5	8	1				
	56 James Bone	68.5	0	9				
Age Male(60-99)	Age Male(60-99)							
	62 John Stakup	45	58	7				
	62 John Stakup	10	10	4				
	62 John Stakup	10	10	4				

BY JIM LESER

Getting Ready For Speed

Some people are into the sheer joy of running--not interested in being competitive, not concerned about going fast. But for others, improvement and better race performance is important.

This is the second installment on training with a heart rate monitor (HRM). It is important to recognize that the HRM is just another tool and not an end in itself. It can be a great help, but you can also become a slave to it, ultimately taking all the fun out of running.

Your ability to run fast depends on several factors. Some you were born with (your genetics) and other you can develop through training. The components that contribute to performance include: strength or power, endurance, speed and biomechanics.

Your biomechanics can greatly influence the amount of power you can develop and can also affect your ability to perform without excessive fatigue for long periods of time. I will not discuss this area except to say that some biomechanical problems can be overcome through form training.

Strength or power training is also important but don't really involve the use of HRM's. Weight training and hill workouts would be the two most important aspects of increasing power.

Most competitive runners do a variety of workouts that can involve long runs, intervals, tempo runs, cruise intervals threshold runs and recovery days. Endurance training usually incorporates long runs, tempo and cruise interval workouts, and threshold runs; while speed training usually consists of intervals involving 200's, 400's, 800's or 1600's (or one mile repeats).

The HRM fits perfectly into endurance and speed workouts because it insures that you train at a predetermined level--it prevents slacking off. But HRM's also force you to relax during recovery days. This is equally important for there will be no improvement without giving the body a chance to repair the damage that occurs during hard efforts

Last time I discussed ways of establishing your maximum heart rate (MHR). I also indicated that the several formulas promoted are not reliable at all. determine your MHR by running multiple 800 intervals or hills at a very hard effort level (maximum). Your HR at the end of the second or third interval or hill should be close to your MHR. Or run a hard 5K and add 5% to your HR at mile 2.

Remember that your MHR is established genetically. Whether it is high or low does not matter or effect you level of performance. But you can improve your endurance and speed.

HRM's will help you achieve the proper effort for a given workout. Some days this may mean your actual pace will be slower or faster. HR is affected by mental and physical stress, dehydration, low energy level, etc.

The use of HR target zones will greatly improve your training efforts. Intervals should be done at 90-95%, tempo runs at 80-85%, and long runs at 60-75% of MHR. Recovery days should be run at no more than 70%.

Your HR during races would reach about 80% for marathons, 85% for 15K to 10 miles, 90-92% for 10K, and 95-100% for 5K races. These efforts of course are for runners that are putting out maximum effort. Putting out more effort at the longer distances is inviting the lactic acid wall.

The actual percentages will vary according to your fitness level and are related to your lactic acid threshold (LT) or anaerobic threshold (AT). The LT is such an important concept for HRM training that I am going to devote the entire column next time to its discussion.

This is the second 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 since January, 1996.

BUFFALO WALLOW RACES

This will be my 8th year to direct the BUFFALO WALLOW, and I'd like to retire from that post after this year, so if there is one who would like to take this race on for a few years, please step forward and help with this year's race on November 9th. I had hoped that I would be able to run it this year (in a new age group) but as of now that seems unlikely. That course is my favorite of all the club races. We need a lot of manpower to put this one on so get your challenge miles the easy way and give me a call at 792-3291 or 792-1237. GWJ

AT THE RACES

Making the ascent up PIKE'S PEAK this year were: Bob Bernero, Ron Key, Ken McEachern, Eva Martinez, P.J. Mitchell, Jerry Wright, Carlos Vigil and Jim Deaver.

Competing in the recent TALL CITY TRIATHLON at Midland were: Gayle Blackmon, 5th AG, Richard Fischenich, 3rd AG, Vickie Fischenich, 3rd AG, and Richard Bray, 4th Clydesdale.

At the HOTTER N HELL bike rides at Wichita Falls, Jim Leser rode the 100 miles in just over 5 hours. Also completing 100 miles were Jim Deaver, Richard Fischenich, and Richard Bray. Completing 100K were Gayle Blackmon, Bill Hopkins, Eva Martinez and P.J. Mitchell. It was relatively nice and cool there!

The Cross Country season debuted Sept. 7th in Brownfield with Trey Jernigan picking up where he left off, with a winning time of 15:46 in the small school division. Chris Thomas was 1st in the large school division with a 16:38 followed by Joshua Salazar in 16:41. Mike Sanford was 7th in 17:04. Tara Jernigan was 4th in the small school division and Bob Jackson's daughter, Laci, finished 10th in the girls large school race.

September 14th in Plainview, Trey Jernigan was first by 35 seconds in 16:01 and Tara was second girl in 12:32. At the TECH meet, Chris Thomas was 2nd in 16:33, 1 second behind the winner and Josh Salazar was 5th.

September 21st, at Mae Simmons, Chris Thomas was 1st in a time of 16:28.

RACE FOR THE CURE

Overall winners of this 5K were club members Brett Peikert in 17:28 and Marjory Stewart in 19:29. Several other club members did well also, but I will have to sort through the 13 pages of results and try to get them in next month.

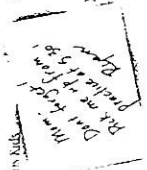
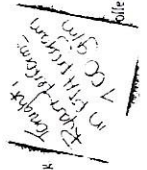
After agreeing early on that there would be no race day registration, the Komen leadership decided to open it up anyway, and allowed 75 to 80 people to sign up, then brought about 75 of those to the computer table 15 minutes before start time! Had we at the finish line not know the first place finisher, he would not have been recognized at the awards. These late entrants and the fact that 40 people chose to "Bandit" made it pretty hectic for us.

I want to recognize 13 club members who really worked hard on this one. Pat Jury entered over 1,000 people in the computer prior to race day, then Ron Key and Jim Leser pulled the nerve wracking duty at the computer. Also putting in a full morning's work were: Gayle Blackmon, James Livermore, Chris Lonngren, Dwayne Oakeley, Bob Bernero, David Higgins, James Bone, Joe Martinez, Dennis Bell and George Jury. Also, thanks to Jon Omdahl for lining up the volunteers prior to the race. Trainees were Rhonda Frazier and Julia from Dr. Wolcott's office who are working on the RED RAIDER ROAD RACE.

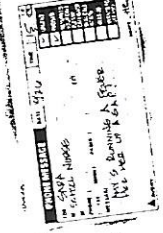
We recorded 743 times for 502 women and 171 men, the 40 bandits and 30 unknown entrants. This compares to 416 women and 141 men last year.

METHODIST HOSPITAL Co-Sponsor of the HOT DAM RUN

Since you have enough complicated things in your day, we designed our clinics to be as *convenient* as possible. Our Southwest Lubbock location provides you with easy access and parking is built around yours. You never know when you may need us, so we offer extended hours, including several evenings until 7 p.m. HealthPlus Kids even offers Saturday hours. (See information below for our special Saturday location.) Best of all, you have the choice of calling ahead for an appointment or simply walking in.



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.....

At Least One Thing In Life Is Simple

.....

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Women: Since 114-788-4521
Monday 8 a.m. - 7 p.m.
Tuesday-Friday 8 a.m. - 5 p.m.
Medical and Medication Pending accepted.
Walk-ins and appointments accepted.

HEALTHPLUS Kids
Clarence Whiteside, M.D.
6809 Slide Road
(in the same shopping center as Great Clips)
798-7577
Monday-Thursday 8 a.m. - 7 p.m.
Friday 8 a.m. - noon
Please call for appointment
11 a.m. - 8 p.m. at Methodist Medical Group
7601 Quaker Ave. (next to Quaker) 791-5444
Walk-ins accepted.

Members of Methodist Medical Group

RED RAIDER ROAD RACE

There is plenty of time to either register to run or call Randy Wolcott and volunteer. Remember the entry fee goes toward our own scholarship at Texas Tech, and you get one of the nicest long sleeved T Shirts there is. Volunteers also get a shirt! If you would like to make an additional donation for the scholarship, just increase the amount with your registration. Please don't wait until race day to register as you may be the one who makes everyone else wait past the announced starting time.

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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)

MORE GOOD NEWS FOR ATHLETES

The July 17, 1996 issue of the Journal of the American Medical Association was devoted entirely to the topic of athletes. Many scientific experiments were presented which validated what we runners have "known" for a long time. Repeating all of these studies would take several pages, but the high points are as follows:

- There is an inverse relationship between a person's level of physical activity and their risk of heart attack.
- There is an inverse relationship between a person's level of physical activity and their risk of dying from most common causes.
- Even athletes with bad habits are healthier than the non-athlete with those same bad habits. For example, a smoker that runs is usually healthier than a non-running smoker. A cyclist with high cholesterol is most likely in better health than a sedentary person with high cholesterol.
- Lifetime physical activity appears to "promote wellness and thereby decrease health care costs by reducing the need for hospitalization".
- Long term running does not appear to cause any increases in arthritis in middle-aged athletes, but it does improve bone density and strength.
- Even one day of intense exercise causes improvements in your levels of cholesterol and free radicals. Since these good effects are temporary, however, regular exercise is preferable for long term benefits.

Now, really, this all makes sense, doesn't it? Haven't most of you sort of suspected that we were doing the right thing, even if you couldn't explain exactly why? While none of these studies told us anything shockingly new, they did add validity to our long held beliefs. If you are staying active, you are on the right track.

Please understand, you cannot ignore the rest of your lifestyle. Watch your diet, control your stress, drink in moderation and cut out tobacco products also. While there are few absolute guarantees in life, if you follow these common sense rules, you can "add years to your life and life to your years".

To paraphrase Bob Givens (LSRC), exercise long, exercise well. Also, contributed by Mike Flores

From Weight Watchers Magazine, September, 1996, comes the following advice:

Common Drug Dangers: Just because a drug is sold over the counter, don't assume it is safe. The National Kidney Foundation (NKF) attributes 5 to 10 percent of all kidney failure cases to habitual use of painkillers, such as aspirin and nonsteroidal anti-inflammatory drugs. The worst offenders: products that contain two painkillers such as aspirin combined with acetaminophen. The NKF is calling for a ban on over-the-counter sales of these combination products and for explicit warning labels on those that are sold by prescription. "Safety depends on the length of time these products are taken. Some studies show that if taken long term--every day for three or more years--there may be some effect on kidney function", says William Henrich, M. D., professor and chairman of the department of internal medicine at the Medical College of Ohio, Toledo. This sort of steady use isn't unusual in the elderly and in patients suffering from chronic pain. "You should not take these medicines unless you need them and if you do, your doctor should know about it so he or she can monitor your kidney function", says Henrich.

WEST TEXAS RUNNING CLUB'S
15th ANNUAL RED RAIDER ROAD RACE
10K and 5K RUNS
USA T&F CERTIFIED
10K #TX92052ETM 5K #TX92051ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES
(FOR 1996)

WHEN: SATURDAY, October 5, 1996
RACE START: 8:30 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, TX
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in
at Tech Ex Students Bldg. to Oct 3rd
\$12

Late Reg; Friday, Oct 4, University
Center, N. side, \$15
Raceday; 6:30 to 8 A.M. only, \$20

AGE DIVISIONS:

	5K		10K	
	MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under			
13 - 15	13 - 15	19 & Under	19 & Under	19 & Under
16 - 19	16 - 19	20 - 24	20 - 24	20 - 24
20 - 24	20 - 24	25 - 29	25 - 29	25 - 29
25 - 29	25 - 29	30 - 34	30 - 34	30 - 34
30 - 34	30 - 34	35 - 39	35 - 39	35 - 39
35 - 39	35 - 39	40 - 44	40 - 44	40 - 44
40 - 44	40 - 44	45 - 49	45 - 49	45 - 49
45 - 49	45 - 49	50 - 54	50 - 54	50 Plus
50 - 54	50 Plus	55 - 59	55 - 59	
55 - 59	60 Plus		60 Plus	

AWARDS: 1st Place Male and Female as well as 1st Master(Age Graded) each race receive a special Plaque. 1st 3 in each Age Group receive medals Clydesdales, 1st 3 male and female Long sleeved T Shirts to all entrants

RACE DIRECTOR: Randy Wolcott, 793-8869