

# CALENDAR

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

- APR. 5 **THE RACE FOR KIDS:** Open 5K Run and Children's 1 Mile Run, 8am TTU Campus, Marjory Stewart, Race Director, 792-1085
- APR. 7 **W.T.R.C. Business Meeting,** 7pm, 5517 74th St., Lubbock
- \* APR. 12 **FLIGHT LINE RACES:** REESE AFB, 8am, 2 Mile, 10K, and Half Marathon, Frank Goodman, R. Director, 797-3804(h), 866-4397(w)
- APR. 19 **ANCHOR RUN:** Prevent Blindness Benefit; BUDDY HOLLY PARK, 8am, 10K/2Mile, FMI call Ron Key, 747-4678(d), 794-5833(n)
- MAY 3 **SPRING SWING RUN:** Lake Ransom Canyon, 1 Mi. Kid's, 8am, 5K/10K, 8:30am, Ron Key, Race Director 747-4678(d) 794-5833(n)
- \* 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)
- MAY 17 **WESTWOOD RUN FOR THE ARTS:** 5K, 8:30am, Midland, (915)694-6314
- MAY 17 **DASH AGAINST DRUGS:** 10K/2Mi., BUDDY HOLLY PARK, 8am, FMI call Jim Leser, 794-274(n)
- MAY 24 **LONE STAR PAPER CHASE:** Amarillo, FMI call (806) 345-3451
- JUNE 7 **JOHNIE HARPER MEMORIAL RUN:** 5K/2Mi, 8am, MACKENZIE PARK Race Director, P.J. Mitchell, 794-0135
- \* JUNE 14 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 28 **RUN FOR THE GREEN:** 5K/10K RUNS, 5K Walk, 8am, Breedlove Dehydration Plant, MLK Blvd. & N Loop 289, FMI call 741-8700
- JUNE 29 **BUFFALO SPRINGS LAKE TRIATHLON:** Mike Greer, 796-8213
- \* JULY 4 **28th ANNUAL FIRECRACKER RUN:** Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- JULY 26 **OLD SETTLER'S 5K:** Hico, 8:30am, Sherill Johnson, 817-796-4785
- \* AUG. 9 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 794-0135
- \* SEPT 13 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- SEPT 27 **MEMORY RUN/WALK:** Alzheimer's Benefit, BUDDY HOLLY PARK, 8am, 5K Run, FMI call Bob Bernero, 793-1667
- SEPT 28 **DUKE CITY MARATHON:** Albuquerque, also Half Marathon, 5K Run & 5K Walk, FMI call 505-890-1018
- \* OCT. 11 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, FMI call George Jury, 792-3291(d), 792-1237(n)
- OCT. 25 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- \* NOV. 8 **BUFFALO WALLOW RACES:** BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, Ronald Key, Race Director, 747-4678, 794-5833

April 1997



FLIGHT LINE RACES  
 HALF MARATHON, 10K, 2 MILE  
 REESE AIR FORCE BASE  
 8 A.M., April 12, 1997  
 Details Inside Back Cover



Newsletter  
 P.O. Box 2921  
 Lubbock, Texas 79408  
 APRIL 1997

# 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) 744-2628

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

## DIRECTORS

Bob Bernero  
(H) 793-1667

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

Frank Goodman  
(H) 797-3804 (O) 866-4397

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 1<sup>st</sup> Monday of the month, 7:00 p.m. at 5517 74th Street. All members are welcome.

### Leser's Lines

There are a number of exciting things happening in the club that I thought members should know about. First, we have launched our hotline for race event updates. This should prove especially useful for nonmembers, both local and out-of-towners. George Jury has graciously agreed to maintain this and is providing the telephone line free of charge to the club.

Second, our club has finally decided that enough is enough and has set a moratorium on the permanent marking of courses. This has created problems with some groups in the past and is creating an eyesore, especially in those areas where several race courses traverse. We will be using colored tape, washable spray paints and the upright mile markers that Bob Bernero made last year. Race directors should call Frank Goodman for more information.

Third, we are real close to finalizing our club's donation of running books to the library. Brent Tidwell is working closely with John Trompler on this. I hope this is an annual donation on our part. This one effort won't just provide a valuable resource to folks that already run but hopefully will encourage others to join in participating in this athletic endeavor and perhaps join our club. The inside cover of each book will recognize our club as the donor.

Fourth, we agreed to support Mike Greer's Buffalo Springs Triathlon this June. Mike will pay the club \$750.00 for this effort to marshal the water stops on the run course. I will again coordinate volunteers. Won't you call me to help?

Poster-sized race calendars were provided by George Jury and are being placed in sporting good stores, fitness centers and other such appropriate places.

Marjory Stewart is working with folks from Southwestern Bell Yellow Pages. They have expressed an interest in financially supporting our club in some way. More information on this will follow as it develops. *Jim Leser*

WTRC HOTLINE - (806) 792-3293 FOR LOCAL RUNNING EVENT UPDATES

## WEST TEXAS RUNNING CLUB'S PRAIRIE DOG TOWN 4 MILE RUN MARCH 8, 1997 LUBBOCK, TEXAS

### OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
*	1 ANDREW SMITH	LUBBOCK	TX	24	M	1	M2029	21:08	5:17
*	2 SI REID	TUCUMCARI	NM	18	M	1	M1619	21:20	5:20
	3 BOB JACKSON	HOBBS	NM	38	M	1	M3539	21:34	5:24
	4 GEORGE CHAVEZ	TUCUMCARI	NM	43	M	1	M4044	22:42	5:41
	5 CODY COFFMAN	LUBBOCK	TX	21	M	2	M2029	22:43	5:41
	6 BRENT TIDWELL	LUBBOCK	TX	39	M	2	M3539	23:24	5:51
	7 FABIAN GUIITERREZ	HOBBS	NM	16	M	3	M1619	23:25	5:51
	8 KELDON MCFARLAND	TUCUMCARI	NM	16	M	3	M1619	24:06	6:02
	9 TIM KEY	LUBBOCK	TX	29	M	3	M2029	24:16	6:04
	10 ROBERT FOJTASEK	LUBBOCK	TX	29	M	4	M2029	24:21	6:05
	11 MARK BANNISTER	TUCUMCARI	NM	16	M	4	M1619	24:34	6:09
	12 MARCO RAMIREZ	HOBBS	NM	14	M	2	M1315	25:31	6:23
	13 THOMAS ARAGON	TUCUMCARI	NM	15	M	1	M1315	25:37	6:24
	14 MARJORY STEWART	LUBBOCK	TX	38	F	1	F3539	25:39	6:25
	15 RANDY WOLCOTT	LUBBOCK	TX	40	M	2	M4044	25:41	6:25
	16 CHRIS LONNGREN	LUBBOCK	TX	37	M	3	M3539	25:47	6:27
	17 CLIFF CHAMBERS	LUBBOCK	TX	31	M	1	M3034	25:51	6:28
	18 ARMANDO ACOSTA	TUCUMCARI	NM	15	M	3	M1315	25:57	6:29
	19 TOM WEST	LUBBOCK	TX	39	M	4	M3539	25:59	6:30
	20 LUIS NEVAREZ	LUBBOCK	TX	31	M	2	M3034	26:00	6:30
	21 MIKE FLORES	LUBBOCK	TX	40	M	3	M4044	26:12	6:33
	22 VINCENT SURAGE	AMARILLO	TX	32	M	3	M3034	26:13	6:33
	23 AL GARDNER	LEVELLAND	TX	40	M	4	M4044	26:14	6:34
*	24 MICHEAL BOX	HOBBS	NM	15	M	4	M1315	26:17	6:34
	25 LACI JACKSON	HOBBS	NM	15	F	1	F1315	26:33	6:38
	26 JACKIE CANNON	AMARILLO	TX	41	M	5	M4044	27:12	6:48
	27 RICHARD FISCHENICH	LUBBOCK	TX	49	M	1	M4549	27:14	6:49
	28 JASON JOHNSON	LUBBOCK	TX	27	M	5	M2029	27:15	6:49
	29 DWAYNE OAKELEY	LUBBOCK	TX	40	M	6	M4044	27:27	6:52
	30 ROBERT GUAJARDO	LEVELLAND	TX	54	M	1	M5054	27:33	6:53
	31 JEFFREY JURY	AMARILLO	TX	36	M	5	M3539	27:43	6:56
	32 COLLIN BARRY	TUCUMCARI	NM	16	M	5	M1619	28:23	7:06
	33 ALONZO ACOSTA	TUCUMCARI	NM	14	M	5	M1315	28:24	7:06
	34 DWIGHT VARNUM	LUBBOCK	TX	38	M	2	M3539	28:32	7:08
	35 FRANK GOODMAN	LUBBOCK	TX	50	M	2	M5054	28:40	7:10
	36 FRED WEBER	LUBBOCK	TX	45	M	2	M4549	29:03	7:16
	37 HOPE JIMENEZ	LAMESA	TX	13	F	2	F1315	29:06	7:17
	38 MIKE DAILEY	LUBBOCK	TX	45	M	3	M4549	29:14	7:19
*	39 SARA ARAGON	TUCUMCARI	NM	12	F	1	F0112	29:41	7:25
	40 CHRIS ZAMORA	HOBBS	NM	17	M	6	M1619	29:42	7:26
	41 BILL ROGER	LEVELLAND	TX	57	M	1	M5559	30:02	7:31
*	42 RICHARD BRAY	LUBBOCK	TX	52	M	3	M5054	30:06	7:32
	43 SHIRLEY WIGLEY	LUBBOCK	TX	43	F	1	F4044	30:09	7:32
	44 IAN STEWART	LUBBOCK	TX	8	M	1	M0112	30:13	7:33
	45 DAVID HIGGINS	LUBBOCK	TX	44	M	7	M4044	30:16	7:34
#	46 LARRY BYRD	SHALLOWATER	TX	55	M	2	M5559	30:20	7:35
	47 MARK WAGNON	LUBBOCK	TX	42	M	8	M4044	30:34	7:39
	48 DAVID ELDER	LUBBOCK	TX	42	M	9	M4044	30:45	7:41
	49 JENNY EZZELL	LUBBOCK	TX	40	F	2	F4044	30:49	7:42
	50 CHERYL WEBER	LUBBOCK	TX	44	F	3	F4044	30:50	7:43
	51 ROBERT BROSELOW	LUBBOCK	TX	56	M	3	M5559	30:58	7:45
*	52 MARK GARLAND	LUBBOCK	TX	42	M	10	M4044	31:05	7:46

\* AGE GROUP RECORDS

# CLYDESDALE AWARD WINNERS

PRAIRIE DOG TOWN 4 MILE OVERALL RESULTS, Continued

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE	MILES	PTS	EVTS	VOL	YTD TOTALS	
53 MARTIN HARMS	RANSOM CANYON	TX	59	M	4	M5559	31:11	7:48	4	9	1	41 Glen Lowe	13 21 3	
54 MIKE LASS	LOCKNEY	TX	34	M	4	M3034	31:39	7:55	17	9	3*	40 Randy Wolcott	8 19 2	
55 MICKEY DAVIS	LUBBOCK	TX	40	M	11	M4044	31:53	7:58	12	0	2*	42 David Elder	13 16 3	
56 MITCHELL DYE	DUNCANVILLE	TX	23	M	6	M2029	32:05	8:01	12	10	2*	40 Al Gardner	12 15 2	
57 RON NUGENT	LUBBOCK	TX	50	M	4	M5054	32:07	8:02	12	10	2*	44 David Higgins	25 11 3**	
58 KEITH PIPKINS	LUBBOCK	TX	25	M	7	M2029	32:34	8:09	13	29	3	42 Mark Wagnon	4 10 1	
59 JIMMIE KEY	LUBBOCK	TX	59	M	5	M5559	32:35	8:09	9	20	2	42 Steve Nieman	5 9 1	
60 RON HILLIS	LUBBOCK	TX	53	M	5	M5054	32:50	8:13	9	18	2	41 Jackie Cannon	4 6 1	
61 MICHELE CROAK	LUBBOCK	TX	26	F	1	F2029	32:57	8:14	9	16	2	43 Adam Andrews	8 6 2	
62 STACIA WOLFE	ROSWELL	NM	22	F	2	F2029	33:05	8:16	4	10	1	42 Mark Garland	4 1 1	
63 GREG VINES	GRAPEVINE	TX	33	M	5	M3034	33:07	8:17	Age Male (13-15)	4	10	1	Jim Wilhelm	4 0 1*
64 MIKE GREER	LUBBOCK	TX	58	M	6	M5559	33:23	8:21	Age Female (16-19)	4	0	1*	40 Mickey Davis	4 0 1*
65 CHARLENE CALVERT	TUCUMCARI	NM	14	F	3	F1315	33:55	8:29	Age Male (16-19)	9	18	2	43 Frank Sumpter	8 0 1*
66 JONATHON ELDER	LUBBOCK	TX	13	M	6	M1315	34:02	8:31	17 Joshua Salazar	5	10	1	Age Female (45-49)	13 30 3
67 GLEN LOWE	LUBBOCK	TX	41	M	12	M4044	34:04	8:31	18 Trey Jernigan	5	9	1	45 Josie Aleman	13 19 2
68 JOHN STALCUP	LUBBOCK	TX	63	M	1	M6099	34:23	8:36	18 Jay Trutt	5	9	1	Age Male (45-49)	8 20 2
69 SHAWN BEAN	LUBBOCK	TX	35	M	7	M3539	34:24	8:36	17 Chris Thomas	4	8	1	49 Richard Fischenich	8 20 2
70 SONIA AGUIRRE	LUBBOCK	TX	31	F	1	F3034	34:24	8:36	17 Juan Jimenez	8	20	2	45 Ken Jernigan	13 20 2
71 RELISSA SMITH	LUBBOCK	TX	16	F	1	F1619	34:35	8:39	Age Female (20-29)	8	8	1	45 Fred Weber	8 17 2
72 CHRISTIE HODGE	LUBBOCK	TX	26	F	3	F2029	34:43	8:41	26 Michele Croak	4	8	1	49 James Livermore	17 16 3*
73 TODD WHALEN	FLOYDADA	TX	35	M	8	M3539	34:50	8:43	28 Christie Hodge	4	8	1	48 Mike Kelley	13 14 3*
74 JAMES BONE	LUBBOCK	TX	57	M	7	M5559	35:09	8:47	Age Male (20-29)	4	8	1	47 David Lightner	5 9 1
75 JERRY WHITTEN	AMARILLO	TX	53	M	6	M5054	35:19	8:50	29 Tim Key	4	8	1	48 David Mangold	4 9 1
76 CHRISTY REID	TUCUMCARI	NM	15	F	4	F1315	35:43	8:56	27 Jason Johnson	4	6	1	49 John Trompler	12 9 2*
77 ADAM ANDREWS	LUBBOCK	TX	43	M	13	M4044	35:56	8:59	Brett Peikert	8	0	1*	45 Mike Dailey	4 8 1
78 BOB BERNERO	LUBBOCK	TX	54	M	7	M5054	36:40	9:10	Age Female (30-34)	8	19	2	47 Larry Bureis Smith	8 7 1
79 JOSIE ALEMAN	LUBBOCK	TX	45	F	1	F4549	37:27	9:22	32 Kimberly Wrightson	8	19	2	48 Rodger Mitchell	8 6 1
80 KIMBERLY WRIGHTSON	LUBBOCK	TX	32	F	2	F3034	39:44	9:56	33 Marsha Bennett	17	19	3*	Age Female (50-99)	17 0 3*
81 ALAYNA CHAMBERS	LUBBOCK	TX	34	F	3	F3034	39:57	9:59	31 Sonia Aguirre	4	10	1	51 P. J. Mitchell	8 10 2*
82 WALLACE DEAN	AMARILLO	TX	56	M	8	M5559	40:19	10:05	32 Jill Williamson	8	10	1	Maurine Bray	5 0 1*
83 SUE HOUSER	LUBBOCK	TX	44	F	4	F4044	41:38	10:25	Age Male (30-34)	12	18	2	Age Male (50-54)	13 20 3
84 SHAWNA THOMAS	LUBBOCK	TX	12	F	2	F0112	51:02	12:46	31 Luis Nevarez	4	7	1	53 Ron Hillis	22 18 3**

RACE REPORT

# CLYDESDALE AWARD WINNERS

We had a record attendance of 84 for the 15th PRAIRIE DOG RUN. The weather was in the mid 50's with a light mist falling. There were 5 new age group standards set. As you can see in the listings, we had a big turnout of Hobbs and Tucumcari runners

Race Director Chuck Johnson was assisted by; George Jury, James Livermore, Jim Wilhelm, John Trompler, Mike Kelley, Tony Aleman, P.J. Mitchell, Marsha Bennett, David Skelton and Juan, Mary Lou, Veronica and Margarita Jimenez.

\*Vol. \*\*Race Dir.

## CHECKING OUT DUATHLONS

BY JIM LESER

### Cross Training With a Purpose

Running day after day can be a real drag sometimes. Now I know there are those of you that are streakers, (and I don't mean the kind that run naked through the streets), but some of us like a little variety in life.

Still others physically can't run every day without creating problems with tight muscles. Maybe this is more a problem for older folks but it certainly is a problem for inflexible people like me. I never have been able to sit Indian style without intense pain.

Enter cross training with a purpose. Running is my first love, maybe because I am a much better runner than cyclist. But sometimes it feels great to be pedaling a bike some days rather than pounding the pavement. This is not just a relief from the physical stress of running but also a mental break.

Cycling need not interfere with your running unless you feel obligated to run every day. It does provide good exercise for those muscles that oppose the running muscles. This can't help but to improve your running form. At the very least you could use cycling to replace your recovery runs. A ride of about one hour seems to be the shortest trip that works for me.

My personal training schedule now includes 4 running sessions and 5 cycling sessions plus 3 weight lifting sessions. This is probably a little much for most people and certainly is more than is necessary to do sprint or Olympic distance duathlons. But I am training for the world championship long course duathlon to be held at the Powerman Duathlon in Switzerland June 1st. This event involves a 5 mile trail run followed by a 93 mile bike ride followed by a final trail run of 18.5 miles. I qualified for this event last July at the

Powerman Colorado Duathlon by taking 2<sup>nd</sup> place in my age group. This duathlon took me over 5½ hours to complete. I intend to try to complete Switzerland in 8 hours.

Most duathlons in our area are 5K run/30K bike/5K run events. This would take about the same time as a ½ marathon but you would feel better afterward. I've already competed in the Frost Yer Fanny Duathlon in Richardson in January (finishing 2<sup>nd</sup> in my age group) and the Blue Norther duathlon in Seguin in March (finishing 3<sup>rd</sup> for my age group). My wife came on the first trip but took the wrong medication and

turned into sleeping beauty, missing the entire race. Some cheering section. As a side note, Mike Greer also competed in the FYF Du, improving his time by several minutes over last year. Needless to say he was quite pleased.

I traveled alone to the duathlon in Seguin. I sure could have used some company and someone to share the expenses. The next event on the calendar is the Strutters Duathlon in San Angelo on April 19<sup>th</sup>. There will be two races: a 5K run/30K bike/5K run and a 10K run/60K bike/10K run. The second event will take about as much time as a full marathon (but again you will feel so much better than following a 26 miler). The Its So Easy Duathlon of Kevin Lair's will not be held the end of June but may get rescheduled for the week of the Buddy Holly celebration in September. A world duathlon short course championship qualifier will be held in Arlington June 14<sup>th</sup>. I have entry forms for all these races and have competed in these events.

If you are interested in trying a duathlon, want advice on equipment, training programs or racing tips, I can help. I also would like some company.

### ABOUT OUR RACES

The primary reasons for our club conducting a monthly event for many years has been to provide an event with accurate distance, and low fee entry so that everyone could afford to enter, and yet have nice awards. Also these events are to serve as a venue for self improvement rather than competition and to foster camaraderie among runners.

The last few years the "HOT DAM RUN" has served as a club fundraiser for the Child Advocacy Research Center. The officers have voted to raise the entry fee for this race, which will have T Shirts, to \$8 for members and \$10 for non-members. The 1996 race earned over \$600. The RED RAIDER ROAD RACE was made a monthly race last year and naturally it must have higher fees and good sponsorship to benefit our scholarship fund. The majority of our races will continue to be low fee events.

Let's all get out and support Marjory's RACE FOR KIDS, April 5th, by entering or volunteering. This race will benefit the Child Development Research Center. There will be many nice draw prizes for entrants, including a pair of SW Airlines tickets. Also this will be our annual attempt to promote childrens running by conducting a one mile event. For a \$6 fee, each child will receive a T Shirt and finishers award, as well as medals to the first 3 boys and girls in each grade. This year we will attempt to "score" the kids mile to provide a print out of results to be posted at each school.

On June 7th, we will conduct the "JOHNIE HARPER MEMORIAL RUN", in Mackenzie park. The family of Johnnie, a long time club member, who died of a massive heart attack while out for a run September 29, 1993 is supporting the event financially and wishes the profits to go toward club equipment.

### AT THE RACES

At the Austin MOTOROLA MARATHON Feb. 16th, former club member and holder of many local age group records, John Bednarski, 47, now of Albuquerque, ran a 2:34:52 and was 4th master. Frequent visitor to our races, Ed Craighead, 53, of Dalhart was 1st in the 30-54 category after the 1st three were honored in the "Senior" awards. He had a time of 3:06:09. Carlos Vigil had a 3:27:16, Al Becken, 68, was 2nd "Veteran" with a 3:28:47, Richard Fischenich, 3:39:50, Richard Bray, 4:01:50, Larry Byrd, 4:07:04, and Rodger Mitchell, 5:09:23.

At "COWTOWN" Feb. 22nd, John Trompler ran his first marathon in many years, posting a fine 3:13:49 for 41st overall and placing 3rd in the age group. There were 834 finishers. Jon Omdahl did a 3:55:59, and Bill Hopkins did a 5:47 in the "Big Man Division". Mike Flores ran the 10K in 39:03, 8th AG and 85th overall among over 11,000 runners.

Bill Hopkins also completed the DISNEY WORLD MARATHON, Jan. 5th. Gayle had also dreamed of doing this one until knee surgery changed that. Bob Jackson held a successful "ROAD WARRIOR 5K CROSS COUNTRY" run on Feb. 22nd, with a turnout of 50. Among WTRC members, the following times were recorded: Hawk Harris, 4th, 19:26, Jimmy Samarron, 5th, 19:38, Ivan DeAnda 9th, 20:25, Hope Jimenez, 1st Female, 18th, 21:54, Mark Veteeto, 20th, 22:06, Jim Harris, 21st, 22:25, Laci Jackson, 22nd, 22:53, Cecilia Santana, 32nd, 24:57, Lee Truitt, 35th, 25:47, Wendell Berry, 41st, 28:25, and Patti DeAnda, 45th, 29:08.

### HEALTH FAIR

The W.T.R.C. will have a booth at the City-Wide Health Fair at SP Mall on Friday, April 4th from 10am to 9pm. Call Brent Tidwell at 795-9337 or 795-0392 to reserve a one hour shift to help promote running and the WTRC.

### ROAD RUNNERS CLUB OF AMERICA (RRCA) ANNUAL CONVENTION

The RRCA will meet in Colorado Springs, June 5-7, with the famous "GARDEN OF THE GODS 10 MILE" Race to follow on Sunday, June 8th. Anyone who would like to learn more about club functions and running promotion would really enjoy it. For information and registration form, call 703-836-0558.

\*\*\*\* The West Texas Running Club's 1997 Challenge Series \*\*\*\*

The WTRC CHALLENGE SERIES continues for 1997, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers and provide awards for the heavier runners (Clydesdale for males and Athena for females). All members desiring to participate in the 1997 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1997 Challenge Series features these categories:

1. **66 Mile Club \*\*** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as RACE DIRECTOR will be credited with double mileage for the most miles in that event. Any member who serves as a volunteer will be credited for the most miles at those races with more than one distance.
2. **MILEAGE AWARD \*\*** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD \*\*\*** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR \*\*** Up to three awards will be given to those Non Runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS \*\*\*** Points will be earned at each qualifying event in the following Age and Sex groupings:
  - A. Divisions will include: **MALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 Plus
  - FEMALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus (Those less than 12 must run in the shortest races offered) **CYDESDALE & ATHENA** (Over 190 and 150 lbs. respectively) 0-35 and 36 and Over
6. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend in that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 12 years of age must run in the shortest race)
7. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. Awards will be presented at a year end membership meeting.
8. To win an award a member must have participated in at least 3 events
9. Monthly Challenge Series Statistical Updates will appear in the

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**W.T.R.C. LSD TRAINING RUNS**

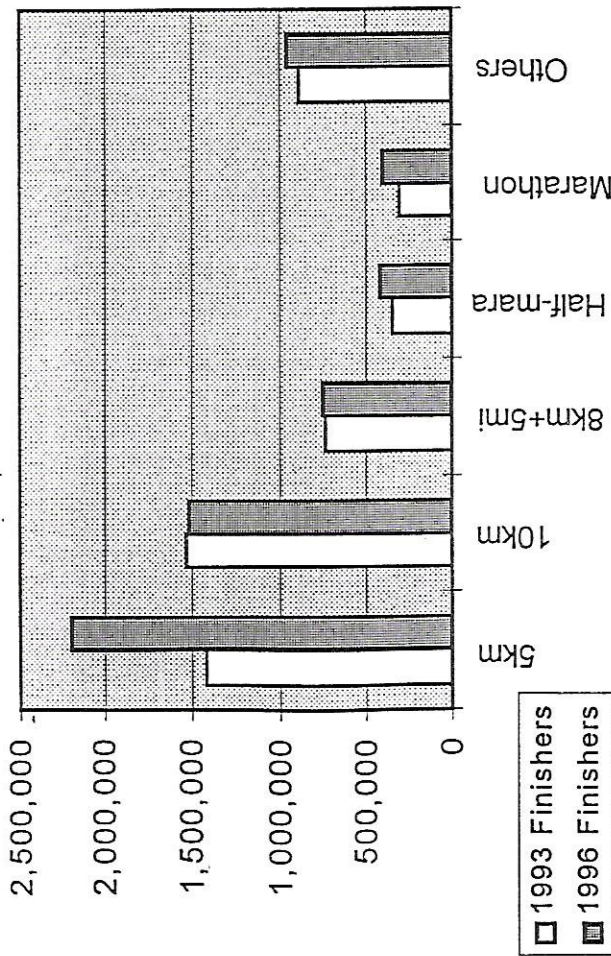
Are held Saturdays at 7 A.M. and  
Sundays at 6:30 A.M., meeting at the  
Outdoor Center in MACKENZIE PARK

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

**NOTEWORTHY  
THE RUNNING BOOM**

In case you have been wondering if the "running boom" was over, the USA T&F Road Running Information Center recently provided figures that disprove this. There are approximately twice as many road racers now than during the peak of the original "boom". The graph of active runners over the last three decades begins with a flat line, has a steep dramatic rise and then continues in a steady, upward slope. The chart below illustrates U.S. road race participation over the last 3 years.

**Road Racing Growth by Distance 1993-96**



*In 1996, the USAITF Road Running Information Center estimates that there were 6.2 million finishers (and 7.7 million entrants) of U.S. road races compared to 5.2 million finishers in 1993.*

**RACE RECORD CHANGES**

As was mentioned last month, your editor has been researching old newsletters to provide current age grouping records for our longstanding 10 of races. Those statistics, barring any oversights, are now complete for 10 of our 12 monthly races. One of the oversights on the first draft of the "Cotton Patch" runs was my overlooking Bill Harn's overall winning time in the 1990 four mile of 23:39, which would have given him the 35-39 record, except for the fact that I was able to go to the AJ library and find the 1987 results, which showed that John Bednarski had run a 21:16 at age 37. If anyone suspects a mistake on any of the records, please let me know.

**RED RAIDER ROAD RACE**

Because it is unlikely that I will be racing any time in the near future, I have decided to direct the RRRR again this year. I will appreciate any help that you can give and need to have several take charge of specific responsibilities in the near future. I would encourage some of you, who like me are unable to race, to stay active in the running movement as advised by Norm Green in another article in this newsletter. Dr. Wolcott has agreed to help in the securing of sponsors, and Bob Bernero is helping with the campus use permit. GWJ

**HEALTH MATTERS**

As a participant in the Harvard School of Public Health, Health professionals study since 1985, a yearly summary of findings is received from which some interesting statistics are found. Of the 38,000 participants answering both the 1986 and 1994 questionnaires, less than half of those who smoked in 1986 did so in 1994. The following paragraphs summarize some of the other findings.

**Prostate Cancer**

Previous studies have inconsistently suggested that men who consume high levels of beta-carotene may be at a reduced risk for prostate cancer. Between 1986 and 1994, 1,400 new cases of prostate cancer occurred. Beta-carotene and most carotenoids were not related to a lower risk of prostate cancer. The only carotenoid related to a lower risk was lycopene, which is found almost exclusively in tomato products. The strongest benefit appeared to occur with tomato sauce. Men who consumed two or more servings of tomato sauce a week had approximately a 35% reduction in risk of prostate cancer. Tomato sauce was also the strongest predictor of lycopene levels in the blood.

**Colorectal Cancer**

Of the above group, 350 men were diagnosed with colorectal cancer. It was found that the most physically active men had about half the risk of developing this cancer as the least active men, and this benefit persisted even when controlled for diet and lifestyle factors. Even moderate levels of activity were associated with a lower risk of colorectal cancer. For example, men who ran one hour per week, played two hours of tennis, or walked three hours at a moderate pace had approximately 20% reduction in risk. Also, overweight men had a higher risk of colon cancer. The abdominal pattern of obesity appears to be an independent risk factor for colon cancer, as well as increasing risk of heart disease, stroke, and benign prostatic hyperplasia.

**Heart Disease and Stroke**

Coronary heart disease (CHD) was reduced among men who were lean, drank alcohol moderately and used vitamin E supplements. Increased dietary fiber intake also reduced the risk significantly, even in some individuals who had a high saturated fat intake.

It was found that among men over 65 years of age, the size of the waist was a more important predictor of heart disease risk than overall body weight. For example, for a given weight, men with a waist larger than 40 inches were twice as likely to develop heart disease than men with a waist less than 35 inches. For stroke, there was even a clearer differentiation between overall obesity and abdominal obesity. A healthy diet and active lifestyle that prevent weight gain and obesity can substantially reduce risk of CHD or stroke. Poor oral health and tooth loss are also associated with a 30% increased risk for heart disease.

**AGE IS NO EXCUSE FOR GETTING INJURED**

says an article in the March RUNNING TIMES. In fact, a study reported in the American Journal of Sports Medicine found that as age increased, the incidence of running injuries decreased, despite the fact that the runner's mileage increased after age 45. There are some physiological changes that occur with aging that need to be considered and some adjustments are required. Dr. Gabe Mirkin says "It takes about 48 hours for a person over 35 to recover from a hard workout, or about twice as long as younger runners." Dr. George Sheehan understood the importance of that recovery time and during his peak masters running years, ran only 3 days a week. His "speedwork" was usually a race and his other two workouts were 10 millers. (For more on the three day a week training program, see the article by Owen Anderson on another page in this newsletter)

(from previous page)

A study from a sports medicine clinic showed that 85% of the injuries in older runners were due to overtraining and more often involved the toe joints, bones, and heel and knee cartilage than younger runners. They were also 2.5 times more likely to have arthritis pain. Bill Rodgers writes in his new book that as he entered the 40's he noticed a perpetual soreness in the legs that wasn't there before.

But the aches and pains shouldn't be ignored. Soreness may be due to arthritis which is often helped by staying active. On the other hand, the pain could also be due to an injury that needs to be addressed. Find a good doctor with an understanding of the sport who can offer the best advice and temper the athlete's eagerness to "just go do it." Rev. Norm Green, an over 60 masters runner and holder of many age group records advises "seek medical advice and follow it." He is currently getting back to running after prostate surgery. "I'm in running for life," he says "therefore I will sustain periods of non running with expectation that there will be a return to running at some later point."

Injured athletes tend to want to get back to taking part in their favorite sport as soon as possible---too quickly in many cases, says masters runner Trevor Smith, editor of *Running & FitNews*. "I've seen many cases where runners remained injured up to 2 years. By making adjustments in training sooner, the injury term could have been shortened." (allow sufficient healing time also, courtesy of your editor)

In addition to cross training there's evidence that weight lifting protects the joints and allows athletes to continue their activities with few injuries. In general, older runners get ankle and knee injuries, and tendinitis around the joints. That's where strength training helps out. Older runners shouldn't expect to get injured more, or to see an end to running in their future. By using the wisdom of their age, incorporating more rest and strength training into their program, they can continue to reap the benefits and rewards of master running.

#### COPING

Masters runners have to attend to the psychological baggage that comes along with their sports injuries. "There comes a time when 10K times slow down," says psychologist and masters runner Lee Hoffman, Ph.D. "Some runners begin to hate themselves because they used to do a three hour marathon and now they do it in four. So when they get hurt, they think that their injury is just another sign of their body turning on them."

Masters runners should adopt Norm Green's attitude. Injuries happen--to the old and the young. The same coping mechanisms apply:

- ...keep active while you're injured through cross training.
- ...take an active part in your rehab so you feel you have control over the outcome.

- ...hang with your running friends: just because you can't race doesn't mean you shouldn't go to the race. Help out at registration or work the water stops. One of the best things about running is the people you meet doing it.

"Good mental imaging and attitude are key to master athletes recovering successfully from injuries", adds Hoffman.

#### RETRO RUNNING

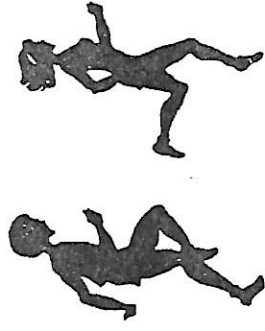
In a previous news letter, your editor expounded the benefits of running backward. Recently the AJ medical advice column (Dr. Donohue) mentioned this procedure as good for strengthening the quadriceps and thus less chance of injuring the knee. I agree with this and also think that it also strengthens and stretches the plantar fascii (preventing heel spur syndrome) and also benefits the Achilles tendon. A word of caution, however. I would advise trying this only on a rubberized surface, such as a track, and only do 50 or so yards to start, then work the distance up as you become more adept. A stumble and fall once resulted in a badly sprained wrist and a jammed shoulder that took 6 to 8 weeks to heal!

## THE FAST LANE THE MAGIC OF THREE

by Owen Anderson, Ph.D

Finish with a 10-minute jog.

**Workout #3: The power builder.** For this final piece of your training trioka, find a fairly steep hill—and run up and down the darn thing! The hill should be at least 25 meters from bottom to top, though 50 meters is probably better. Warm up, then run the hill



at close to top speed, concentrating on powerful knee lift and arm swing. Jog down, and take a few moments to recover before starting up the hill again.

Begin with just four repetitions, but make the workout more difficult over time by increasing the number of repetitions, decreasing recovery time or finding a steeper or longer hill. End with a couple of fast 100-meter strides on flat ground, then jog for 10 minutes. If there aren't any good hills where you live, you can always use a treadmill (1-minute repeats at a 10 percent grade), a stair-climber (1-minute intervals at high intensity), stadium steps or a stairway in a tall building.

What should you do if you occasionally get more than three workout days in a week? Simple. Your "Big Three" already give you the quality you need, so simply run at an easy pace—keeping leg muscles relaxed and loose—for 30 to 60 minutes. Or get on an exercise bike or stairclimber for the same amount of time. Or go to the gym for some strength work. Cross-training can make you stronger and give your cardiovascular system a boost at the same time.

The bottom line: Your busy schedule does not have to affect your fitness level. Sure, you'll be working hard on those three days, but you'll have the results to show for it, too. **R**

from RUNNER'S WORLD, March 1997

Social commentators are always telling us we're busier than ever. No doubt you feel that way about your own life. Which, of course, makes it tough to run as much as you'd like. More to the point, it makes it tough to get as fit as you would like.

The solution: Run less often, but when you do run, make it count. If you do this right, you can lose weight, boost your energy, attain high fitness levels, and run some great 5-Ks and 10-Ks—on just three workouts a week.

The first workout—the long run—should develop strength and endurance. It should gradually build up your muscles, joints and connective tissues, so that injuries won't cut into your already-limited training time. And it should develop your ability to exercise without fatigue, so that you can run longer without stopping.

The second training session should be high-intensity. After all, intensity is the most potent producer of fitness, even more so than the other two training variables you can tinker with: mileage and workout frequency.

The third workout should increase the power and coordination of your leg muscles, so that you can take longer strides, move more efficiently, and run faster during training and racing. Now for the specifics.

**Workout #1: The endurance builder.** To start with, this one will simply be the longest run you're now doing. (This workout is best done on the weekend, when you have a bit more time.) No matter how long the distance, begin increasing it by a half-mile every other week until you reach 12 to 15 miles. Speed doesn't really matter, at least not at first. Your task is to cover the distance. Once this long run begins to feel fairly easy, you can toughen things up by moving the workout to a hillier area, or by doing two or three 1-mile repeats at 10-K race pace within the run.

**Workout #2: The speed builder.** For this high-octane effort, go to a track or a measured section of trail or roadway, warm up thoroughly, then run 1200-meter repeats at your 5-K race pace. (If you don't run 5-Ks, do the repeats at about 90 percent effort, or fairly close to full speed.) Start with three, recovering with 5 minutes of easy jogging between repeats. Over time, you can increase the number of repeats or shorten the recovery.

**FLIGHT LINE RACES  
SINCE 1987  
WEST TEXAS RUNNING CLUB'S ANNUAL APRIL RACE  
COURSE RECORDS**

**2 MILE  
MEN**

AGE	NAME	TOWN	TIME	YEAR
0-15	Chadd Lowe	Lubbock	13:32	1996
16-19	Brian Brashears	Lubbock	11:02	1989
20-29	Mike Williams	Clarendon	10:46	1987
30-34	Milt Brownfield	Lubbock	10:59	1992
35-39	Frank Sumpter, Sr.	Lamesa	11:26	1993
40-44	Jimmy Samarron	Levelland	11:25	1995
45-49	Jim Leser	Lubbock	11:45	1994
50-54	Robert Guajardo	Levelland	12:51	1994
55-59	John Harper	Anton	14:44	1991
60 +	John Stalcup	Lubbock	15:19	1994
<b>WOMEN</b>				
0-15	Angela Welsh	Tarzan	12:43	1995
16-19	Mica Hood	Lubbock	13:30	1990
20-29	Cristi Props	Lubbock	15:27	1995
30-34	Geri Russel	Lubbock	13:58	1987
35-39	Josie Aleman	Lubbock	14:36	1990
40-44	Josie Aleman	Lubbock	17:12	1996
45-49	Eva Martinez	Lubbock	18:16	1992
50+	Wynonia Kitchens	Lubbock	22:14	1995

**10 K**

AGE	NAME	TOWN	TIME	YEAR
0-19	Brad Raven	Lubbock	38:14	1988
20-29	Haffis Banire (LCU)	Lubbock	33:39	1995
30-34	Tim Green	Lubbock	36:49	1996
35-39	Jimmy Samarron	Levelland	38:21	1990
	Bill Harn	Lubbock	38:21	1993
40-44	Ken Macinnes	Lubbock	37:59	1996
45-49	Jim Leser	Lubbock	37:59	1995
50-54	George Jury	Lubbock	38:13	1987
55-59	George Jury	Lubbock	40:25	1995
60-69	Jacq Collins	Lubbock	55:13	1995
70 +	Bob Smith	Lubbock	1:02:05	1990
<b>WOMEN</b>				
0-19	Tara Jernigan	Sundown	49:06	1996
20-29	Sue Houle (Spitz)	Lubbock	42:05	1987
30-34	Cheryl Benoit	Lubbock	44:01	1987
35-39	Roberta Thompson	Lubbock	52:03	1990
40-44	Teresa Greer	Lubbock	49:42	1994
45-49	P.J. Mitchell	Lubbock	55:36	1991

**HALF MARATHON**

AGE	NAME	TOWN	TIME	YEAR
0-19	Alfred Hinojosa	Lubbock	1:21:58	1992
20-29	Pedro Ruiz (LCU)	Lubbock	1:11:58	1995
30-34	Lolo Mercado	Lubbock	1:17:55	1990
35-39	Scott Brickerd	Lubbock	1:16:24	1989
40-44	Joe Post	Lubbock	1:31:53	1989
45-49	Robert Guajardo	Levelland	1:27:41	1991
50-54	Gary Schmidt	Alpine	1:25:52	1990
55-59	Bill Roger, Sr.	Levelland	1:40:03	1994
60 +	Don Sanderson	Tulia	1:41:24	1994
<b>WOMEN</b>				
0-19	Sue Houle(Spitz)	Lubbock	1:34:06	1990
20-29	MarJory Stewart	Lubbock	1:29:13	1993
35-39	MarJory Stewart	Lubbock	1:29:16	1995
40-44	Barbara Vitalec	Lubbock	2:07:01	1990
45-49	P.J. Mitchell	Lubbock	1:55:02	1993

**WEST TEXAS RUNNING CLUB'S**

**11th ANNUAL FLIGHT LINE RACES**

**HALF MARATHON, 10K and 2 MILE RACES**

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

**WHEN:** SATURDAY, April 12, 1997

**REGISTRATION:** 7:00 to 7:45 A.M., On Site

**RACE START:** 8:00 A.M.

**PRE REGISTRATION:** Available, fill out and return entry form or call George Jury at 792-1237 by 6pm, Friday the 11th, then pay fee race day



**WHERE:** REESE AIR FORCE BASE

Picnic Grounds

West of Lubbock on

19th or 4th Street

**COURSE:** ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

**AID STATIONS:** Every 2.5 Miles  
Splits at 1 Mile

**AGE DIVISIONS:** Half Marathon

**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)  
(0-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena 0-35 and 36 and up

**AWARDS:** Custom Designed "Pilots Wing" Medallions 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:** Frank Goodman, 866-4397(d)  
797-3804 (n)



# FLIGHT LINE RACES

Mail  
Registration  
thru April 9

\$5.00 WTRC members, \$6.00 non members  
Make checks payable to the West Texas Running Club  
Mail checks & entry forms to: George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race start at 8 am at Reese  
Air Force Base Picnic Grounds

**Waiver - all entrants must read and sign**

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 1997 Flight Line Races. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

**This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.**

Signature of entrant \_\_\_\_\_ Signature of guardian(minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Street Address \_\_\_\_\_ Race Distance \_\_\_\_ 2 mi. \_\_\_\_ 10K \_\_\_\_ 13.1 mi.

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_

# Anchor Run

**Date:** Saturday, April 19, 1997

**Starting Time:** 10K and 2mile @ 9:00 a.m. 1 mile fun-run @ 9:30 a.m.

**Registration:** \$12.00 entry fee payable to Delta Gamma before April 14.

(The first 150 entrants will receive an official race day t-shirt. Additional t-shirts will be sold the day of the race.)

**Walk-in Registration:** \$15.00 day of race from 7:30 to 9:00 a.m.

## Classes for 10K:

**Men:** 6-19, 20-24, 25-29, 30-34, 35-40, 40-44, 45-49, 50-54, 55-60, 60+

**Women:** 6-19, 20-24, 25-29, 30-34, 35-40, 40-44, 45-49, 50-54, 55+

**Additional Classes for 2 mile:** 6-13, 14-15, 16-19 for men/women

**Start/Finish:** Buddy Holly Memorial Park

**Awards:** Medallions will be presented to the first three finishers in each age/sex race class for 10K and 2 mile.

**Awards Ceremony:** Presentation at 11:30 a.m. at the Clubhouse.

**RACE BENEFITS PREVENT BLINDNESS OF LUBBOCK, CENTER FOR VISUALLY IMPAIRED AT TEXAS TECH UNIVERSITY, AND DELTA GAMMA FOUNDATION.**  
PLEASE MAKE CHECKS PAYABLE TO DELTA GAMMA.

For more info, call Sunnye Linn at 747-2780 or Jennifer Burns at 797-6094.

Detach and return to Sunnye Linn c/o Delta Gamma/ P.O. Box 4404 Tech Station/ Lubbock, TX 79406

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CIRCLE ONE: 10K 2MI 1MI

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_ T-SHIRT SIZE: M L XL XXL  FOR OFFICIAL USE ONLY

Warning: Participation in the Anchor Run can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Gamma Xi Chapter of Delta Gamma, Texas Tech University, all sponsors of the event, employees, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participation in the Anchor Run - 10K, 2 mile, or fun run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD, RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant \_\_\_\_\_ Signature of Guardian \_\_\_\_\_

**2<sup>ND</sup> ANNUAL RANSOM CANYON  
RUN WITH A VIEW**  
*Benefiting the Ransom Canyon Park & Playground*

**DATE:** Saturday, May 3, 1997

**STARTING TIME:** 1 Mile Children's Run/Walk – 8:00 a.m.; 5K/10K Run/Walk – 8:30 a.m.

**REGISTRATION:** (Now until May 1, 1997) \$10.00 entry fee payable to the Ransom Canyon Playground Committee. No fee for the Children's Run/Walk

**RACE DAY  
REGISTRATION:** \$12.00, Saturday, May 3<sup>rd</sup>, 7:00-8:00 only at Ransom Canyon Party House

**DIVISIONS**

**CHILDREN'S 1 MILE RUN/WALK\*:** 12 and under

**5K RUN/WALK\*:**     **MEN:** 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over

**WOMEN:** 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 50 and over

**10K RUN/WALK\*:**   **MEN:** 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over

**WOMEN:** 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over

*\*Bicycles, skates, baby joggers/strollers, dogs, & headphones are prohibited. Strollers will be permitted in the Children's Run/Walk.*

**COURSE:** All 3 races include the fantastic scenery of the town of Ransom Canyon. 10K includes rolling hills. A map of each course is available at Ransom Canyon Realty office, 829-2828, as well as race day registration.

**START/FINISH:** Ransom Canyon Party Island Entrance

**AID STATIONS:** Every 2 miles

**AWARDS:** 1<sup>st</sup> place overall male and female winners will receive custom engraved plaques. Medallions will be presented to the first three finishers in each age/sex race class.

**PLEASE MAKE CHECKS PAYABLE TO RANSOM CANYON PLAYGROUND COMMITTEE.** For more information call Chris Farthing 748-1181 or Janet Williford 829-2121. Detach entry form and return to R.C. Run with a View / 8 Foothill Drive / Ransom Canyon, TX 79366

-----  
LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_ SEX (M) (F)

ADDRESS \_\_\_\_\_ AGE AS OF 5/3/97 \_\_\_\_\_

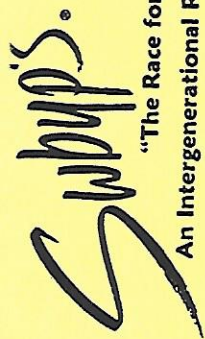
CITY, STATE, ZIP \_\_\_\_\_ T-SHIRT SIZE (M) (L) (XL)

DAYTIME PHONE \_\_\_\_\_ ENTERED EVENT: (5K) (10K) (CHILDREN'S RUN/WALK)

**WARNING: PARTICIPATION IN THE RANSOM CANYON RUN WITH A VIEW CAN BE A THREAT TO THE HEALTH OF INDIVIDUALS WHO ARE NOT IN PROPER CONDITION AND HEALTH.**

**WAIVER STATEMENT:** West Texas Running Club, the Ransom Canyon Park & Playground Committee, the City of Ransom Canyon, the Ransom Canyon Property Owners Assn., all corporate sponsors of the event, the employees, agents or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the Ransom Canyon Run With A View - 5K/10K Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. THIS ENTRY IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD.

Signature of Entrant: \_\_\_\_\_ Signature of Guardian (minors) \_\_\_\_\_



**"The Race for Kids"**  
An Intergenerational Run/Walk Event

**Saturday, April 5, 1997**

**Texas Tech University, Memorial Circle**

7:00 a.m. Race Day Registration

7:45 a.m. Human Sciences Bldg., TTU

8:20 a.m. Elementary Mile Challenge

9:00 a.m. Relay Race

9:00 a.m.-10:30 a.m. Pancake Breakfast & Awards

(At the TTU Track, across Drive of Champions from the Coliseum.)

**REGISTRATION**

5 Km Road Race - \$10

Team Relay - \$30

Elementary Mile - \$6

Children in Mile or 5 Km participants do not pay again to participate on a relay team.

**SANCTION:**

The Race For Kids is sanctioned by the WTRC, benefitting the Child Development Research Center, in the College of Human Sciences, at Texas Tech University.

**THANK YOU TO OUR SPONSORS:**

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The Texas Running Club

Premier Travel

Southwest Airlines

Arrowhead Mills

Bell Dairy

**CHOOSE YOUR EVENT!**

**Laid Back 5 Km Team Relay Run/Walk**

Open to EVERYONE (grandparents, infants in wagons etc.) - walk, run, or push a stroller for 1 km as part of a team. Teams of five must include one child (12 or under). \*Teams without five people can have members run more than once.

**Elementary School Mile:** Boys and girls in grades K-6 race around Memorial Circle and Engineering Key. (Course is closed to traffic.) Medals to all finishers. Awards to top three boys and girls for each grade. There will also be participation prizes and awards for top schools!

**OPEN 5km Run:** A timed 3.1 mile run. Awards three places deep in 5 yr age groupings.

## 5 Km Run Entry Form

(Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

T SHIRT SIZE (Circle one): ADULT M L X L

**Waiver:** In consideration of your accepting this entry, as a voluntary participant, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors and administrators, waive and release any and all rights and claims I may have against the West Texas Running Club, Marjory Stewart, race director and their representatives, successors and assigns for any and all injuries suffered by me in this event. In consideration for participating, I hereby agree to assume full responsibility for my safety and the safety of my property and I agree to release, indemnify, and hold harmless Texas Tech University, its Board of Regents, officers, agents, and employees, the Child Development Research Center, and the College of Human Sciences, its officers and agents, from any and all liability for personal injury including death or for damage to property that may occur to myself or to others as a result of my participation in this event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. I further agree to assume responsibility for my minor age child(ren) in my care and/or if they are participating on a team with an adult other than myself. I am aware of the potential risks involved in an athletic event of this nature, and I have no known medical condition which might put me at risk of harm if I walk/run the race I am entering. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings of any other record of this event for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race director reserves the right to reject any entry.

Signature of Entrant/ Signature of Parent or Guardian if under 18 years of age

INFORMATION COMPLETE & READABLE

WAIVER SIGNED

\$10.00 FEE ENCLOSED (Checks: "The Race For Kids")

Mail to: Marjory Stewart, 3003 25th St., Lubbock, Texas 79410

PARKING SUGGESTIONS: Enter TTU off University, at Broadway, Race officials will direct you to parking lots if you are not familiar with campus. Recommended lots will be the administration Bldg lot (N. of UC), the bookstore, the coliseum lots, "R-2" and "R-14" for TTU folks who know their way around.

**GRAND DRAW PRIZES:**

• Two Southwest Airline tickets to any destination

• Getaway weekend to Dallas

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**Stemler Travel**

**THE Children's Hospital**  
ATUMC

## Laid Back Relay Entry Form

(Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ Grade: \_\_\_\_\_

T SHIRT SIZE (Circle one): ADULT M L X L

S M L

**Waiver:** In consideration of your accepting this entry, as a voluntary participant, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors and administrators, waive and release any and all rights and claims I may have against the West Texas Running Club, Marjory Stewart, race director and their representatives, successors and assigns for any and all injuries suffered by me in this event. In consideration for participating, I hereby agree to assume full responsibility for my safety and the safety of my property and I agree to release, indemnify, and hold harmless Texas Tech University, its Board of Regents, officers, agents, and employees, the Child Development Research Center, and the College of Human Sciences, its officers and agents, from any and all liability for personal injury including death or for damage to property that may occur to myself or to others as a result of my participation in this event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. I further agree to assume responsibility for my minor age child(ren) in my care and/or if they are participating on a team with an adult other than myself. I am aware of the potential risks involved in an athletic event of this nature, and I have no known medical condition which might put me at risk of harm if I walk/run the race I am entering. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings of any other record of this event for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race director reserves the right to reject any entry.

Signature of Entrant/ Signature of Parent or Guardian if under 18 years of age

INFORMATION COMPLETE & READABLE

WAIVER SIGNED

ALL TEAM MEMBERS FORMS TOGETHER IN ONE ENVELOPE

\$30.00 FEE ENCLOSED (Checks: "The Race For Kids")

Mail to: Marjory Stewart, 3003 25th St., Lubbock, Texas 79410

PARKING SUGGESTIONS: Enter TTU off University, at Broadway, Race officials will direct you to parking lots if you are not familiar with campus. Recommended lots will be the administration Bldg lot (N. of UC), the bookstore, the coliseum lots, "R-2" and "R-14" for TTU folks who know their way around.

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## Elementary School 1 Mile Run Entry Form

(Please print)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Sex: \_\_\_\_\_ Grade: \_\_\_\_\_

T SHIRT SIZE (Circle one): ADULT S M L

SCHOOL \_\_\_\_\_

**Waiver:** In consideration of your accepting this entry, as a voluntary participant, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors and administrators, waive and release any and all rights and claims I may have against the West Texas Running Club, Marjory Stewart, race director and their representatives, successors and assigns for any and all injuries suffered by me in this event. In consideration for participating, I hereby agree to assume full responsibility for my safety and the safety of my property and I agree to release, indemnify, and hold harmless Texas Tech University, its Board of Regents, officers, agents, and employees, the Child Development Research Center, and the College of Human Sciences, its officers and agents, from any and all liability for personal injury including death or for damage to property that may occur to myself or to others as a result of my participation in this event. I attest and verify that I am physically fit, and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. I further agree to assume responsibility for my minor age child(ren) in my care and/or if they are participating on a team with an adult other than myself. I am aware of the potential risks involved in an athletic event of this nature, and I have no known medical condition which might put me at risk of harm if I walk/run the race I am entering. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings of any other record of this event for any legitimate purpose. This entry is invalid unless signed by entrant. If entrant is under 18 years of age, parent or guardian must sign entry. The race director reserves the right to reject any entry.

Signature of Parent or Guardian

INFORMATION COMPLETE & READABLE

WAIVER SIGNED

ALL TEAM MEMBERS FORMS TOGETHER IN ONE ENVELOPE

\$6.00 FEE ENCLOSED (Checks: "The Race For Kids")

FORM MUST BE GIVEN TO SCHOOL P.E. TEACHER WHO WILL SUBMIT ALL FORMS TO JON AND BECKY OMDAHL, 5504 77th STREET, BY Apr 2/97. Participants will be given their T-shirts and race numbers at their school. Please bring the number to the race.

PARKING SUGGESTIONS: Enter TTU off University, at Broadway, Race officials will direct you to parking lots if you are not familiar with campus. Recommended lots will be the administration Bldg lot (N. of UC), the bookstore, the coliseum lots, "R-2" and "R-14" for TTU folks who know their way around.

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