

CALENDAR

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

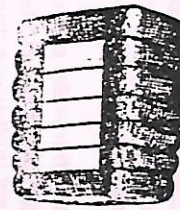
- FEB. 3 W.T.R.C. Business Meeting, 7pm, 5517 74th St., Lubbock
- * FEB. 8 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328
- FEB. 16 MOTOROLA AUSTIN MARATHON: SASE to Box 684587, Austin TX 778768
- FEB. 22 ROAD WARRIOR CROSS COUNTRY: Hobbs, NM, 10am(MST), 5K, \$8 Registration on site, Bob Jackson, (505)392-1555
- 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. 5 ANCHOR RUN; Blindness Prevention Run, Details Later
- APR. 6 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- * 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 THE RACE FOR KIDS: Details Later
- MAY 3 SPRING SWING RUN: Lake Ransom Canyon, 1 Mi. Kid's, 8am, 5K & 10K, 8:30am, Ron Key, Race Director 794-5833
- * MAY 10 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 3 Mile Races, Richard Fischenich, RD, 792-2696(w), 792-0662(n)
- MAY 17 DASH AGAINST DRUGS: Location and details later
- * JUNE 14 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- * JULY 4 28th ANNUAL FIRECRACKER RUN: Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- * AUG. 9 HOT DAM 5 MILER: 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
- * OCT. 11 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Randy Wolcott, Race Director, 793-8869
- * NOV. 8 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, Ronald Key, Race Director, 747-4678, 794-5833
- * NOV. 27 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Details Later
- DEC. 7 WHITEROCK MARATHON: Dallas, (214) 526-5318
- * DEC. 13 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)

February 1997



Newsletter
P.O. Box 2921
Lubbock, Texas 79408

FEBRUARY 1997



THE COTTON PATCH RUN
FRENSHIP HIGH SCHOOL, Wolfforth
February 8, 1997; 9 A.M.
See 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

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

Leser's Lines

A new year is upon us but I trust all of you have survived the gluttony of the holiday season. Winter is a time of healing, a time to relax and reflect on past accomplishments as well as on past shortcomings. It is time to plan for the remainder of this year and set goals for your running program. The same is true for the WTRC. Our club has a right to be proud of what it and its members accomplished in 1996. But we can do better! Won't you take the time to make constructive suggestions for improving our club's program and pass these on to a director or an officer? Please give us a call.

Please join me and welcome Frank Goodman as a new director. He replaces David Lightner. Chuck Johnson also ran for a director position but was not elected. I would like to personally thank Chuck for showing his dedication to assisting the club and agreeing to run. Not many are willing to commit.

You will notice that we have made a few changes to the Challenge Series which should improve it even more. At the suggestion of some members we have added Athena and Clydesdale divisions for runners that have large body builds. We all know that more weight means slower times. And not everyone that is big is overweight. There will be 2 age subdivisions: under 35 years of age and 36 or older. Make sure you indicate your desire to be in one of these new categories when you register to race. We have also added a minimum participation requirement for Challenge Series age group awards. You will have to run in a minimum of 3 races to qualify. We also added a thirteenth event to the series, The Turkey Trot Races in November. The Red Raider Road Races will again be included in the Challenge Series. Remember, the purpose of the Challenge Series is to encourage participation and insure sufficient volunteers to conduct quality events. Until next time.

Jim Leser

THE 6th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE

***SEVENTH NUMBER 1 OF THE WTRC CHALLENGE SERIES ***
JANUARY 11, 1997
LUBBOCK, TEXAS

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	TREY JERNIGAN	HAWLEY	TX	M	1619	18	M	28:17	5:39
2	JAY TRUITT	LOVINGTON	NM	M	1619	18	M	28:27	5:41
3	JIM LESER	LUBBOCK	TX	M	5054	50	M	30:56	6:11
4	BRENT TIDWELL	LUBBOCK	TX	M	3539	39	M	31:00	6:12
5	MIKE FLORES	LUBBOCK	TX	M	4044	40	M	32:07	6:25
6	JOSHUA SALAZAR	LAMESA	TX	M	1619	17	M	32:38	6:32
7	KEN JERNIGAN	HAWLEY	TX	M	4549	45	M	32:49	6:34
8	MARJORY STEWART	LUBBOCK	TX	F	3539	38	F	33:32	6:42
9	CHRIS LONNGREN	LUBBOCK	TX	M	3539	37	M	33:35	6:43
10	TOM WEST	LUBBOCK	TX	M	3539	39	M	33:57	6:47
11	JEFFREY JURY	AMARILLO	TX	M	3539	36	M	34:50	6:58
12	STEVE NIEMAN	SHALLOWATER	TX	M	4044	42	M	36:04	7:13
13	DWAYNE OAKELEY	LUBBOCK	TX	M	4044	40	M	36:32	7:18
14	RUSSEL MARTIN	SHALLOWATER	TX	M	3539	38	M	37:08	7:26
15	DAVID LIGHTNER	LUBBOCK	TX	M	4549	47	M	37:14	7:27
16	FRANK GOODMAN	LUBBOCK	TX	M	5054	50	M	37:40	7:32
17	TARA JERNIGAN	HAWLEY	TX	F	1315	15	F	37:43	7:33
18	JIM HARRIS	HOBBS	NM	M	5054	54	M	37:45	7:33
19	DAVID HIGGINS	LUBBOCK	TX	M	4044	44	M	37:48	7:34
20	CHUCK JOHNSON	LUBBOCK	TX	M	3539	39	M	38:19	7:40
21	HOPE JIMENEZ	LAMESA	TX	F	1012	12	F	39:33	7:55
22	JAMES LIVERMORE	LUBBOCK	TX	M	4549	49	M	40:20	8:04
23	DAVID ELDER	LUBBOCK	TX	M	4044	42	M	40:45	8:09
24	RUDY HERNANDEZ	LUBBOCK	TX	M	3539	35	M	40:54	8:11
25	SHIRLEY WIGLEY	LUBBOCK	TX	F	4044	43	F	41:01	8:12
26	BILL ROGER	LEVELLAND	TX	M	5559	57	M	41:26	8:17
27	JOE MARTINEZ	LUBBOCK	TX	M	5054	51	M	41:39	8:20
28	RON KEY	LUBBOCK	TX	M	5054	53	M	42:54	8:35
29	JOHN STALCUP	LUBBOCK	TX	M	6039	63	M	43:16	8:39
30	SANDY BAILEY	LUBBOCK	TX	F	4044	44	F	43:42	8:44
31	RON HILLIS	LUBBOCK	TX	M	5054	53	M	44:34	8:55
32	RALPH WOLF	ABERNATHY	TX	M	5559	59	M	44:59	9:00
33	MELANIE MCVEY	LEVELLAND	TX	F	3539	35	F	45:29	9:06
34	MIKE KELLEY	LUBBOCK	TX	M	4549	48	M	45:37	9:07
35	MARSHA BENNETT	LUBBOCK	TX	F	3034	33	F	45:43	9:09
36	MARY LOU JIMENEZ	LAMESA	TX	F	1315	14	F	46:44	9:21
37	JOSIE ALEMAN	LUBBOCK	TX	F	4549	45	F	47:03	9:25
38	GLEN LOWE	LUBBOCK	TX	M	4044	41	M	47:49	9:34
39	ETTA MAYER	LUBBOCK	TX	F	4549	47	F	49:35	9:55
40	KRYSTLE LOWE	LUBBOCK	TX	F	1315	13	F	52:29	10:30
41	WALLACE DEAN	AMARILLO	TX	M	5559	56	M	53:53	10:47
42	MARGARITA JIMENEZ	LAMESA	TX	F	1012	7	F	54:34	10:55

RACE DIRECTOR'S REPORT

LOOP THE LAKE 5 MILE
I would first like to thank all the runners and volunteers who endured the extremely cold weather which was in the teens with moderate winds and cloudy skies that prevailed during the entire course of the event. The conditions were so harsh that most of the calls I received prior to the race were not for information about the race...but whether it had been cancelled.

This year's total of 42 finishers was approximately half the number of last year's participants. This isn't bad considering that last year's weather was near perfect. Also, several of our members were in Houston for the Houston Methodist Marathon.

In spite of the conditions, the event concluded with Trey Jernigan of Hawley, Texas, finishing first place overall with a time of 28:17, setting a new record for age group 16-19. As usual, Marjory Stewart was first overall in the female division with a time of 33:32. Jim Leser set a new record for the 50-54 age group with a time of 30:56, which would be envious in any younger age group.

Again, thanks to the volunteers: Marjory Stewart, Sue Houser, Bob Bernero, James Bone, Tony Aleman, Jesse Hilliard, Maurine Bray, George Jury, Ron Nugent, Mickey Davis, and Phillip Conaster for their excellent assistance in the production of this race.
Richard Bray

As a veteran of 25 years of running and having logged 30,289 miles in the last 18 1/2 years, I have experienced nearly every injury a runner could get except serious knee problems. I had a close call with them, when as part of an inflammatory bowel syndrome at the end of 1992, they swelled to enormous painful proportions. I had already stopped running because of a groin pull in November and after a 2 month treatment for the bowel syndrome the knees responded and I no longer have any problem with them. I have a little simple exercise that I do post run which I credit with keeping them strong. Most of my injuries have involved the feet and ankles primarily because I have trouble stabilizing my extremely narrow, pronating feet.

As a result of many of these injuries I have learned several simple preventive exercises which can prevent such things as plantar fasciitis, knee injury, back trouble and sciatica.

Unfortunately, the last 7 years I have been unable to run at all about half the time and when I did run it has been with pain, which I recently learned was caused by the previous sciatica which resulted in very tight hamstrings and a couple of outright hamstring tears with a lot of scar tissue. Although I have not had sciatica during these 7 years, the pain and disuse mimic it. A recent MRI proved that I did not have back trouble.

After running only one race in over a year, The Hot Dam 5 Mile, in pretty good time for such a long lay off, the extra effort and the little hills caused a return of such severe pain in my buttocks and especially the left hamstring that I had to stop completely again. After 2 months, during which I only swam 3 times a week and biked a little when I could, I could still not even walk without the pain. I then decided that rest was not going to get me back on the road and that I must find professional help. The only medical help that gave any relief was an occasional injection of cortisone into the gluteotuberal bursa, but this was not a long term solution.

In October I consulted with our own club member, Dr. Randy Wolcott, whose specialty is physical and rehabilitation medicine, who recognized that I had very scarred and shortened hamstrings and gluteals. He advised a course of physical therapy and stretching. This treatment and increased attention to stretching did not get much results and after six weeks he ordered an MRI. He then prescribed a different physical therapist who also incorporated a vigorous massage routine and miraculously my pain was reduced by about half after one treatment. Also, she discovered flaws in my stretching technique which actually did more harm than good.

After a 5 month layoff I tested my hamstrings with a short run on Dec. 30th, without the pain! I officially began my comeback with a 4 mile run on Jan. 1st. My plan is to run short easy runs 3 times a week, swim twice a week and ride the bike twice a week. Thank goodness, my son Jeffrey gave me a really good bike trainer for Christmas that I can set my bike on indoors.

The thing I'd like most to do is to point out to you that there is a lot of misinformation persisting about warm-up exercises and stretching, which I would like to emphasize in future newsletters. The most important of these for the runner are proper bent knee sit ups (crunches, see page 8) and the hamstring stretching. For those who would like to get into a proven and safer program I would refer you to an article in the February 1994 issue of RUNNERS WORLD on "Active Isolated Stretching". This technique involves first, contraction of the muscle group opposing the group to be stretched, then assisting the stretching with either a hand or a rope and holding for only 2 seconds. Outdated and harmful are the so called "ballistic" and "static" stretches. The magazine is now offering a video on the technique at a pretty reasonable charge.

GWJ

1997 CHALLENGE SERIES RULES

*** 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:

- 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.
- 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.
- PARTICIPATION AWARD ***** An award will be presented to the male and female members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
- 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.
- VICTOR'S RANKINGS ****** Points will be earned at each qualifying event in the following Age and Sex groupings:
 - 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) **CLYDESDALE & ATHENA** (Over 190 and 150 lbs. respectively) 0-34 and 35 and Over
 - 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 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)
 - 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.
 - To win an award a member must have participated in at least 3 events
 - Monthly Challenge Series Statistical Updates will appear in the Newsletter.

STRENGTH TRAINING FOR BETTER RUNNING

BY JIM LESER

Winter Workouts With Weights

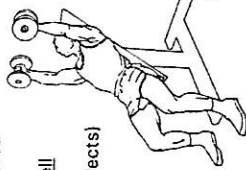
Distance runners can definitely benefit from the use of weight lifting to strengthen major muscle groups, and most importantly, avoid many injuries. You might think that running itself would make you strong enough but the truth is, supplemental exercises are necessary to fully develop muscle strength in your legs. Hill training can provide some of this strength training, as can certain kinds of cross training, but this training does not address all of the leg muscles nor does it improve upper body strength.

Strength training can minimize muscle imbalances, injuries, loss of form loss of muscle mass and osteoporosis. As you get older, these last two items become much more important.

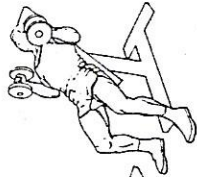
How many times have you been in a long distance race and found your form failing you in the last miles? With the loss of form comes impairment of breathing and poor running biomechanics. Strength training can help you hold your form longer into the race even though you are tired. This will lead to better performances.

Many injuries are compensatory ones in which one muscle group picks up the slack for another, and in so doing it gets asked to do more than it is designed to. If your quadriceps are weak, then your iliotibial band, which helps your quads to extend your leg, will work harder and may become inflamed — and then you won't be able to run.

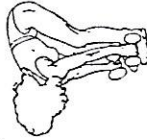
A regular routine of lifting free weights for 30-50 minutes, 3 times per week or a split routine of 15-20 minutes, 6 times per week is more than sufficient. Body groups to work include: chest, back, shoulders, triceps, biceps, upper and lower abdominals, quads, hamstrings and calves. The following are some of the exercises you might consider. There are of course many more available. Bill Pearl's book, "Getting Stronger", is an excellent source. More on strength training to follow next month.



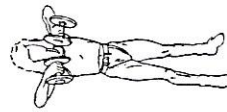
Incline Dumbbell Press
Chest (Upper Pects)



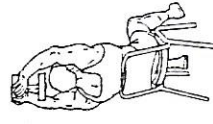
Bent-Over Two-Arm Dumbbell Rowing
Upper back & lats



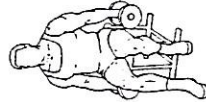
Standing Upright Rowing
Shoulders
(Front Delts & Traps)



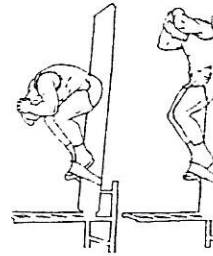
Seated-Back Supported Dumbbell Triceps Curl



Seated Dumbbell Curl
Biceps & Arms



Bent-Knee Sit-Up
Upper Abdominals



MEMBER NEWS

John Price who still holds the 30-34 age group record in the BUFFALO WALLOW HALF MARATHON has maintained his membership for over 10 years since he moved east and now lives in Wakefield, VA, near Washington. His membership renewal once again included a "hello" to his old friends. He is now 42 years old and recently completed the Kiawah Island Marathon in a time of 2:56:20. Congratulations, John, and thank you.

DONATION

An anonymous gift has been sent to our TTU/WTRC Scholarship fund and is thankfully acknowledged. Other donations to this fund will certainly be appreciated. Our current scholars are Megan Callinan and Ronnie DeForrest.

HOUSTON METHODIST MARATHON

Several of our members were hoping to escape the cold and snow here on Jan. 12th, but had to run in even worse conditions than we had. Richard Bray reported that he had to go into aid tents at 18 and 21 miles to try to warm up. New member Rich Titus who ran his first marathon there in about 3:40, was still having tingling sensations in his hands by the 14th. Another runner reported frostbite of some very important extremities! There was a continuous drizzle and many frozen areas on the course, so everyone's times were not what they had hoped for. Just being able to finish was quite an accomplishment. Others known to have run were: P.J. Mitchell, Jim Deaver, Larry Byrd, Richard & Vicki Fischenich, Jon Omdahl, Randy Wolcott.

CHALLENGE SERIES AWARDS

Many were unable to get to the awards social in December, and there are quite a few that need to be picked up. Marjory Stewart will have them at each of the next two races but if you need, you can call her at 743-2153 to arrange a time to get your award.

1996 "66 Mile Club"

1 George W. Jury	101.8	12 David Skelton	75.6
2 Al Gardner	94.9	13 Ron Key	74.8
3 Wayne Oakeley	91.1	14 Ron Nugent	74.6
4 James Bone	87.8	15 Tony Aleman	73.7
5 Randy Wolcott	84.9	16 David Elder	72.8
6 James Livermore	84.9	17 Frank Goodman	72.6
7 David Higgins	80.6	18 Chris Lonngren	67.6
8 J. Mark Wagnon	81.6	19 Mickey Davis	67.5
9 Etta Mayer	77.8	20 Glen Lowe	67.3
10 Marsha Bennett	76.8	21 Hawk Harris	66.8
11 Jim Leser	76.6	22 Larry Byrd	66.6

THE COTTON PATCH RUN

This will be the 25th annual COTTON PATCH RUN. The first 17 were held on the east edge of Brownfield near the high school football stadium and was run around a one section cotton field. (2 loops for the 8 mile) I ran my first 8 miler there in 1980 in a blinding snowstorm at 18 degrees. The last race there in 1989 had 3 people from Brownfield, and 1 each from Midland and Seagraves, otherwise the other 50 were from Lubbock or nearer than Brownfield, so the club decided to make the move to Wolforth where there was a convenient "Cotton Patch" as well. We were no longer able to get a race director from Brownfield and it is very difficult to organize and get enough volunteers to go to a remote site. The race has been well attended since the move. Come out and be a part of the 25th COTTON PATCH RUN. We have the cafeteria for protection from inclement weather before and after the run.

W. T. R. C. BOARD MEETING HIGHLIGHTS
Gayle Blackmon-Hopkins

The meeting was called to order at 7:00 p.m. on January 14, 1997, by Jim Leser, President. The 1996 officers and directors were acknowledged for a job well done, and new officers and directors were welcomed.

David Higgins gave the treasurer's report: The total current balance as of Jan. 14th, is \$10,381.51 of which \$2,310 is designated for Achilles programs and \$1,000 is for the WTRC/TTU Scholarships to be disbursed right away and \$100 to be deposited in the Endowment Fund. The endowment fund year end report will be available about March.

Bob Bernero and David Higgins reported on two upcoming races: Polar Bear Run and the Cotton Patch Runs. Check your race calendar for details. The WTRC is encouraging club members to donate used or new books on running to the Mahon Public Library. Call Brent Tidwell or Jim Leser if you have questions or would like to make a donation.

Mark Wagnon reported on the 1997 WTRC Challenge Series. This year the series will add Clydesdale and Athena race divisions. Check your February newsletter for series information.

The club is exploring the possibility of creating a WTRC telephone hotline, which will give updated race information, club news, calendar of events and other running information.

The WTRC board meetings have been changed to the first Monday of the month. The next meeting will be February 3, 1997.

EDITOR'S NOTES

Other information reported at the January meeting was that we now have accumulated 257 member units consisting of approximately 310 individuals and that 101 units had been renewed as of Jan. 14th. The board voted to let the March newsletter be the last to be sent to those not paid up, and that those not renewing by the PRAIRIE DOG RUN, March 8th, be required to pay the non-member entry fee. We also send 43 complimentary newsletters.

Also the board voted to continue pre-registration for the monthly club races as 40 percent had taken advantage of this for the last 3 races.

BENT KNEE SIT-UPS

As I mentioned in the article on page 4, I would like to share some things I have learned the hard way, from the many injuries I have sustained. The first thing to consider is what muscles are already strong because of your running. Your back muscles on the outside of your spine are one of these groups. The sit-up when done as shown in Jim Leser's article on page 6, makes these muscles stronger, but causes an imbalance, because it is the muscles inside the abdomen along the spine that need building up to help counteract the outside muscles and assist in good posture and running form. The correct way for the runner to perform this exercise is the "crunch" in which the knees are bent only slightly (do not catch toes under anything) and the shoulders just barely get off the floor while the head and neck remain relatively straight. My routine to warm up before a run is to perform 40-50 of these, gently stretch the hamstrings and piriformis and 15 to 20 push-ups. Exercise physiologists recommend several sets of 20 of these "crunches" between other exercises.

CONGRATULATIONS

Joey and Anne Thacker are the parents of a new baby girl, born January 16, 1997. She is their third child.

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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)

**"LOOP THE LAKE 5 MILE RUN"
WEST TEXAS RUNNING CLUB'S ANNUAL JANUARY RACE**

EVENT RECORDS (Since 1992)

MEN			
AGE	NAME	TOWN	YEAR
0-12	Matthew Vaughn	Midland	1995
13-15	Jay Truitt	Lovington	1994
16-19	Trey Jernigan	Hawley	1997
20-29	Adolfo Carillo	Levelland	* 1994
30-34	David Sumrell	Lubbock	1994
35-39	Bill Harn	Lubbock	1993
40-44	Ken Jernigan	Sundown	1992
45-49	Jim Leser	Lubbock	1993
50-54	Jim Leser	Lubbock	1997
55-59	George W. Jury	Lubbock	1992
60+	Don Sanderson	Tulia	1995

AGE	TIME
10	54:04
15	29:43
18	28:17
23	26:26 *
30	28:04
38	30:11
40	31:21
46	30:48
50	30:56
55	30:58
65	34:40

WOMEN			
AGE	NAME	TOWN	YEAR
0-12	Hope Jimenez	Lamesa	1995
13-15	Angela Welsh	Tarzan	1995
16-19	Precilla Howard	Lubbock	1995
20-29	Sydney Morris	Lubbock	1996
30-34	Marjory Stewart	Lubbock	1993
35-39	Marjory Stewart	Lubbock	* 1994
40-44	Teresa Greer	Lubbock	1995
45-49	P.J. Mitchell	Lubbock	1993
50+	P.J. Mitchell	Lubbock	1996

AGE	TIME
10	38:46
15	34:32
19	35:06
24	36:51
34	31:15
35	30:40 *
44	39:47
47	41:47
50	41:41

*** OVERALL COURSE RECORDS**

EDITORIAL MISTAKE

I had failed to update the last year's age group revisions in last month's newsletter, so with my apologies to Jay Truitt, Sydney Morris and P.J. Mitchell, I am presenting the corrected version this month. Unfortunately Jay Truitt's record of last year was wiped out by Trey Jernigan this year.

1996 CHALLENGE SERIES

Apologies to Glen Lowe for our failing to credit his last four miles at the RED LINE, which made him a member of the 66 mile Club. All 66 milers are listed elsewhere in this issue.

FEBRUARY W.T.R.C. BUSINESS MEETING

Will be Monday, February 3, 1997 at President Jim Leser's house. 5517 74th st at 7pm

W.T.R.C. COTTONPATCH RUNS

2 MILE and 4 MILE RUNS

WHEN: SATURDAY, FEBRUARY 8, 1997
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: WOLFFORTH; FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to Loop 193, proceed to intersection with highway 179, turn right across RR tracks, north to FRENSHIP HIGH SCHOOL and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00

Pre-Registration Available: Return form in Newsletter or call George Jury by 6pm, Friday February 7th.

AGE DIVISIONS,

AWARDS: Souvenir Cotton Bales; 3 deep & up to 50 Percent deep in each age division below

MEN 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+
WOMEN 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+

(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 744-2626(d), 744-8328(n)

We will have access to the High School cafeteria and indoor bathrooms for registration and the awards ceremony.

Volunteers are needed, please call David at one of the phone numbers above.

MEMBERSHIP RENEWAL

Renewal forms have been inserted once again in this newsletter, for those who have not yet renewed. Please be prompt in in returning your forms and be sure to check your area of interest as to how you can help the club.

The mailing address label on the cover will indicate if you are paid up through 12-31-97. If for some reason your label is not correct, please call Brent Tidwell, Roster Chairman. at 795-0391 or 795-9537. who will look into it