

CALENDAR

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

- MAR. 3 W.T.R.C. Business Meeting, 7pm, 5517 74th St., Lubbock
- * MAR. 8 PRAIRIE DOG TOWN RUN: MACKENZIE PARK, Lubbock, 4 Miles, 9am, Chuck Johnson, Race Director, 743-5700(w), 797-0381(h)
- 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. 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 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 24 LONE STAR PAPER CHASE: Amarillo, FMI call (806) 345-3451
- MAY 17 DASH AGAINST DRUGS: 10K/2Mi., BUDDY HOLLY PARK, 8am, FMI call Jim Leser, 794-274(n)
- JUNE 7 JOHNNY HARRER MEMORIAL RUN: 10K/2Mi., 8am, MACKENZIE PARK FMI call Bob Bernero, 793-1667
- * 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
- * OCT. 11 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, FMI call George Jury, 792-3291(d), 792-1237(n)
- * 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

Details Inside Back Cover

March 8, 1997; 9 A.M.

PRAIRIE DOG TOWN 4 MILE

March W.T.R.C. Race



MARCH 1997

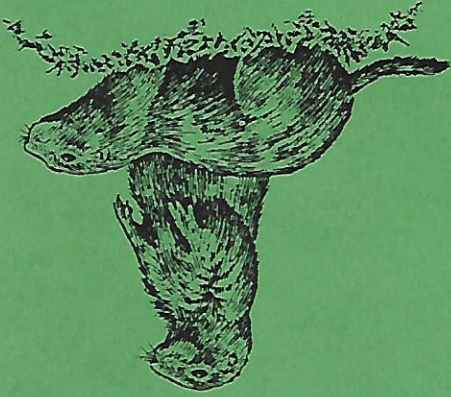
Lubbock, Texas 79408

P.O. Box 2921

Newsletter



March 1997



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

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

This month I thought I would briefly discuss the duties of the Board of Directors. This is the group that does the lion's share of the planning and implementation of club activities. While your elected Board meets formally once a month, much of their work is accomplished in between meetings.

The president presides over all meetings and exercises general supervision over the affairs of the club. The president co-signs all checks with the treasurer and approves club expenditures. The internal vice-president is next in command, can also co-sign checks with the treasurer, and oversees the duties of the internal race director, newsletter director and membership director. The external vice-president is third in command and has oversight responsibility for the external race director, equipment director, and the race calendar director. The secretary keeps minutes of all club meetings and sees to the necessary correspondence of the club. The secretary maintains an up-to-date listing of all policy decisions, sends sympathy cards and memorials to club members. The treasurer receives and disperses funds, provides accurate financial statements, and maintains club funds in a bank account. The past president serves as a Board advisor, chairs the nominating committee and serves as advisor on other committees as needed.

While directors are elected without specific duties, they conduct duties as prescribed by the president and approved by the Board. Mark Wagnon is the internal race director and works with the internal vice-president to insure successful internal club races and maintains the challenge series. Bob Bernero is the external race director and works with the external vice-president to insure the successful conduct of races sanctioned by the club in support of outside organizations. George Jury is the newsletter editor and is responsible for compiling and timely printing of the club's monthly newsletter. Frank Goodman is the equipment director and is responsible for insuring that we maintain the necessary equipment to conduct quality races. Dwayne Oakeley is the race calendar director and also delivers club mail to the appropriate individuals. Brent Tidwell is the membership director and responsible for maintaining a current membership list and conducting all recruitment activities which might involve merchandise, socials, etc.

4 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 JOSHUA SALAZAR	LAMESA	TX	1	M1619	17	M	23:06	5:47
2 TRAVIS PEREZ	BROWNFIELD	TX	1	M1315	15	M	23:24	5:51
3 ROBERT LUNA	BROWNFIELD	TX	2	M1619	17	M	23:51	5:58
4 CHRIS THOMAS	LUBBOCK	TX	3	M1619	17	M	24:04	6:01
5 RANDY WOLCOTT	LUBBOCK	TX	1	M4044	40	M	26:14	6:34
6 MIKE FLORES	LUBBOCK	TX	2	M4044	40	M	26:56	6:44
7 RICHARD FISCHENICH	LUBBOCK	TX	1	M4549	49	M	27:20	6:50
8 JIM HARRIS	HOBBS	NM	1	M5054	54	M	27:41	6:55
9 MARY ANN HERNANDEZ	BROWNFIELD	TX	1	F1619	16	F	27:49	6:57
10 DWIGHT VARNUM	LUBBOCK	TX	1	M3539	38	M	27:50	6:58
11 DAVID MANGOLD	LUBBOCK	TX	2	M4549	48	M	28:14	7:04
12 HOPE JIMENEZ	LAMESA	TX	1	F0112	12	F	28:21	7:05
13 TARA JERNIGAN	HAWLEY	TX	1	F1315	15	F	28:32	7:08
14 FRED WEBER	LUBBOCK	TX	3	M4549	45	M	29:52	7:28
15 DAVID ELDER	LUBBOCK	TX	3	M4044	42	M	31:37	7:54
16 MICHELE CROAK	LUBBOCK	TX	1	F2029	26	F	33:11	8:18
17 MARY LOU JIMENEZ	LAMESA	TX	2	F1315	15	F	33:13	8:18
18 RON HILLIS	LUBBOCK	TX	2	M5054	53	M	33:18	8:20
19 GLEN LOWE	LUBBOCK	TX	4	M4044	41	M	34:08	8:32
20 CHERYL WEBER	LUBBOCK	TX	1	F4044	43	F	34:28	8:37
21 RALPH WOLF	ABERNATHY	TX	1	M5559	59	M	34:57	8:44
22 BOB BERNERO	LUBBOCK	TX	3	M5054	54	M	35:54	8:59
23 ADAM ANDREWS	LUBBOCK	TX	5	M4044	43	M	37:09	9:17
24 PAM HILLIS	LUBBOCK	TX	2	F4044	43	F	38:20	9:35
25 JOSIE ALEMAN	LUBBOCK	TX	1	F4549	45	F	38:56	9:44
26 MIKE BELLECI	LUBBOCK	TX	1	M2029	28	M	39:35	9:54
27 WALLACE DEAN	AMARILLO	TX	1	M5559	56	M	40:08	10:02
28 MIKE KELLEY	LUBBOCK	TX	4	M4549	48	M	41:55	10:29
29 KRYSTLE LOWE	LUBBOCK	TX	3	F1315	14	F	42:45	10:41
30 KIMBERLY WRIGHTSON	LUBBOCK	TX	1	F3034	32	F	43:33	10:53
31 P. J. MITCHELL	LUBBOCK	TX	1	F5099	51	F	43:44	10:56

8 MILE OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 GEORGE CHAVES	TUCUMCARI	NM	1	M4044	43	M	48:33	6:04
2 KELDON MCFARLAND	TUCUMCARI	NM	1	M1619	16	M	51:28	6:26
3 KEN JERNIGAN	HAWLEY	TX	1	M4549	45	M	52:43	6:35
4 MARK BANNISTER	TUCUMCARI	NM	2	M1619	16	M	53:15	6:39
5 JOHN TROMPLER	LUBBOCK	TX	2	M4549	49	M	53:28	6:41
6 MARJORY STEWART	LUBBOCK	TX	1	F3539	38	F	53:46	6:43
7 CHRIS LONGREN	LUBBOCK	TX	1	M3539	37	M	54:05	6:46
8 TOM WEST	LUBBOCK	TX	2	M3539	39	M	54:39	6:50
9 CLIFF CHAMBERS	LUBBOCK	TX	1	M3034	31	M	55:24	6:56
10 LUIS NEVAREZ	LUBBOCK	TX	2	M3034	31	M	56:31	7:04
11 DWAYNE OAKELEY	LUBBOCK	TX	2	M4044	40	M	57:12	7:09
12 AL GARDNER	LEVELLAND	TX	3	M4044	40	M	58:07	7:16
13 JILL WILLIAMSON	LUBBOCK	TX	1	F3034	32	F	59:09	7:24
14 RICHARD BRAY	LUBBOCK	TX	1	M5054	52	M	1:02:34	7:49
15 CHUCK JOHNSON	LUBBOCK	TX	3	M3539	39	M	1:03:12	7:54
16 LARRY BYRD	SHALLOWATER	TX	2	M5559	55	M	1:06:18	8:17
17 RON NUGENT	LUBBOCK	TX	2	M5559	57	M	1:06:20	8:18
18 BILL ROGER	LEVELLAND	TX	1	F4044	43	F	1:07:37	8:27
19 SHIRLEY WIGLEY	LUBBOCK	TX	1	M4549	49	M	1:09:51	8:44
20 JAMES LIVERMORE	LUBBOCK	TX	3	M5054	53	M	1:11:08	8:54
21 RONALD KEY	LUBBOCK	TX	4	M4549	47	M	1:15:16	9:25
22 LARRY BURELSMITH	LUBBOCK	TX	3	M5559	57	M	1:16:46	9:36
23 JAMES BONE	LUBBOCK	TX	2	F3034	33	F	1:18:20	9:48
24 MARSHA BENNETT	LUBBOCK	TX	5	M4549	48	M	1:21:06	10:08
25 RODGER MITCHELL	LUBBOCK	TX	1	F4549	47	F	1:23:13	10:24
26 ETNA MAYER	LUBBOCK	TX						

* AGE GROUP RECORDS

RACE DIRECTOR'S REPORT

It was another great day for the COTTON PATCH RUN, pretty chilly but thank goodness there was little wind! It was certainly nice to have the indoor facilities, thanks to Friendship schools and Rodney Hendrix. We had 57 show up and finish, although P.J. Mitchell did 4 miles the hard way! She was on her way to the 8 mile turn around when a hamstring pain caused her to reverse and hobble back in, getting credit for 4 miles completed. We hope the injury is healed quickly. Thanks so much for the volunteers who made the race possible: George Jury, Jimmy Key, Brett Peikert, Tony Aleman, Jon Omdahl, Frank Sumpter, Ian Stewart, and Margarita (broken foot), J.R., Veronica, and Margaret Jimenez.

George has been researching the old newsletters and has compiled Age Group event records, and as you can see above, 5 new records were established. George gave a little history of the run in last month's newsletter, but has learned that the shorter race originally was a 3 mile out and back and was changed to a 4 mile loop in 1985. Results have not yet been located for the 1987 event, but the tentative event records are listed below.

COTTON PATCH RUNS

Since 1973

EVENT RECORDS

8 MILE

MEN

NAME	TOWN	AGE	TIME	YEAR
Carlos Ybarra	Lamesa	15	42:54	1981
Don Wise	Lubbock	16	47:37	1981
Sam Sitonik	Levelland	23	41:54	1981 *
John Bednarski	Odessa	31	44:14	1981
Scott Brickerd	Lubbock	36	43:09	1989
Tom Mayfield	San Angelo	40	45:40	1981
Bobby Cunningham	Abernathy	41	45:47	1981
Bobby Cunningham	Abernathy	46	48:14	1986
Don Webb	Coahoma	53	50:23	1981
George Jury	Lubbock	55	51:41	1992
Don Sanderson	Tulia	64	59:18	1994

WOMEN

NAME	TOWN	AGE	TIME	YEAR
Hope Jimenez	Lamesa	11	1:07:06	1996
Amy Sosebee	Ropesville	16	1:07:36	1985
Sue Houle	Lubbock	28	54:36	1990
Marjory Stewart	Lubbock	32	49:01	1991 *
Marjory Stewart	Lubbock	35	50:37	1994
Shirley Wigley	Lubbock	43	1:07:37	1997
P.J. Mitchell	Lubbock	48	1:09:20	1993
Jane Hamlyn	San Antonio	51	1:08:26	1985

4 MILE (1985)

MEN

NAME	TOWN	AGE	TIME	YEAR
Trey Jernigan	Sundown	12	26:49	1990
Travis Perez	Brownfield	15	23:24	1997
Larry Millard	Lubbock	18	21:45	1986
Jose Montoya	Hobbs, NM	20	21:02	1985 *
Jimmy Samatton	Levelland	30	23:57	1985
Ken Woody	Midland	36	23:47	1993
Frank Sumpter, Sr.	Lamesa	42	23:34	1996
Bobby Cunningham	Abernathy	45	22:48	1985
Tom Thomas	Lubbock	52	26:32	1986
Martin Harms	Ransom Canyon	56	30:06	1994
John Stalcup	Lubbock	60	31:59	1994
Don Sanderson	Tulia	66	28:17	1996

WOMEN

NAME	TOWN	AGE	TIME	YEAR
Hope Jimenez	Lamesa	12	28:21	1997
Tara Jernigan	Hawley	15	28:31	1997
Mary Ann Hernandez	Brownfield	16	27:49	1997 *
Debbie Runyan	Lubbock	29	31:02	1985
Jan Ramirez	Lubbock	30	32:31	1986
Josie Aleman	Lubbock	39	33:26	1991
Josie Aleman	Lubbock	41	31:58	1993
Theresa Greer	Lubbock	45	32:47	1996
Rosalie Anderson	Lubbock	52	39:11	1989

1997 CHALLENGE SERIES AFTER ONE EVENT

	YTD TOTALS	MILES	PTS	EVTS	VOL	YTD TOTALS	MILES	PTS	EVTS	VOL
Age Female (1-12)	5	10	1	42	Devid Elder	5	6	1		
12 Hope Jimenez	5	9	1	41	Glen Lowe	5	5	1		
7 Margarita Jimenez	5	10	1	40	Mickey Davis	5	0	1		
Age Female (13-15)	5	10	1	Age Female (45-49)						
15 Tara Jernigan	5	9	1	45	Josie Aleman	5	10	1		
14 Mary Lou Jimenez	5	8	1	39	Etta Mayer	5	9	1		
13 Kytelle Lowe	5	10	1	Age Male (45-49)						
Age Male (16-19)	5	10	1	Age Male (45-49)						
18 Trey Jernigan	5	9	1	45	Ken Jernigan	5	10	1		
18 Jay Tuit	5	8	1	47	Devid Lightner	5	9	1		
17 Joshua Salazar	5	10	1	49	James Lvenmore	5	8	1		
Age Female (30-34)	5	0	1	48	Mike Kelley	5	7	1		
33 Marsha Bennett	5	0	1	Age Male (50-54)						
Sue Houser	5	0	1	50	Jim Leiser	5	10	1		
Age Male (30-34)	5	10	1	50	Frank Goodman	5	9	1		
31 Jesse Hillard	5	10	1	54	Jim Harris	5	8	1		
Age Female (35-39)	5	9	1	51	Joe Martinez	5	7	1		
38 Marjory Stewart	5	10	1	53	Ron Key	5	6	1		
35 Melanie McVey	5	10	1	53	Ron Hillie	5	5	1		
Age Male (35-39)	5	9	1	52	Richard Bray	10	0	1	**	
39 Brent Tidwell	5	8	1	50	Ron Nugent	5	0	1		
37 Chris Lomgren	5	7	1	Age Male (55-59)						
39 Tom West	5	6	1	57	Bill Roger	5	10	1		
36 Jeffrey Jury	5	5	1	59	Ralph Wolf	5	9	1		
38 Russel Martin	5	4	1	56	Wallace Dean	5	8	1		
39 Chuch Johnson	5	10	1	55	Bob Bernero	5	0	1		
35 Rucy Hernandez	5	10	1	Age Male (60-99)						
Age Female (40-44)	5	10	1	63	John Stalcup	5	10	1		
43 Shirley Wigley	5	9	1	60	George Jury	5	0	1		
Age Male (40-44)	5	8	1	James Bone	5	0	1			
40 Mike Flores	5	8	1	57	Bill Roger	5	0	1		
42 Steve Nieman	5	7	1	59	Ralph Wolf	5	0	1		
40 Dwayne Oakeley	5	6	1	56	Wallace Dean	5	0	1		
44 David Higgins	5	5	1	55	Bob Bernero	5	0	1		

*Vol. **Race Dir.

SURFING

If anyone is using the internet and would be interested in searching for items of interest to runners, please contact the editor, George Jury. I would need you to copy the information to a disc in ASC format to make it easier to compile into the newsletter.

CLYDESDALE/ATHENA DIVISIONS

Runners who want to be classified in the Clydesdale or Athena division must declare so when registering for the races. The registrar won't know to give this designation except for the pre registered entrants. The requirements are; men over 190 lbs. and women over 150 lbs. Two age groups are; 35 and under and 36 and over. These divisions will also apply to the challenge series.

If you have any questions on your standing in the Challenge Series, please call Mark Wagnon at 791-0365(n) or 792-1014(d).

STRENGTH TRAINING FOR BETTER RUNNING

BY JIM LESER

Winter Workouts With Weights - Part II

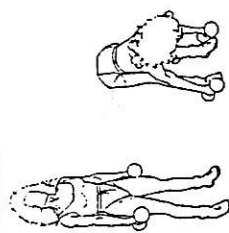
This continues the strength training column started last month. Six more exercises are shown in the right hand column. The key to a good weight training session is to go for a total body workout. Runners need both upper and lower body strength. And while running will strengthen some muscles, it doesn't hurt to had weight training exercises for these areas too. Just make sure you don't do a heavy duty leg workout the day of or the day following a stressful run such as hill repeats or speed workout. Remember that a body needs time to heal if it is to benefit from training.

Many folks are concerned about adding bulk through weight training. And we all know added weight will slow us down. The truth is, weight training need not increase weight or bulk unless you lift excessive weight. Since most weight training does intensify during the winter months, and since most people reduce their amount of exercise and increase their caloric intake, you should expect to pick up extra winter pounds---but not because of weight training.

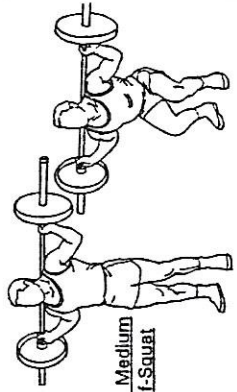
Actually weight training will increase your muscle mass which should result in an increased metabolic rate and caloric burn. Remember that as you age you generally lose muscle mass. This can be mostly offset through a balanced weight training regimen. Weight training not only strengthens muscle but also connective tissue, where so many of our injuries occur. Weight training will also strengthen bone and help stave off osteoporosis.

So remember that weight training aims to strengthen and balance all major muscle groups. This can minimize injuries, increase endurance and overall race performance. It will also make you look pretty good and feel good as well.

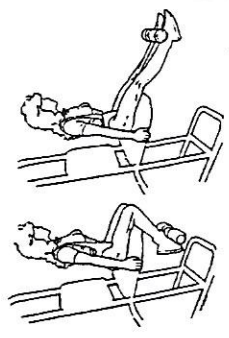
A split routine where you do half the exercises each day over a 6 day schedule rather than doing the full exercise set 3 days a week will make it easier to fit into your busy schedule.



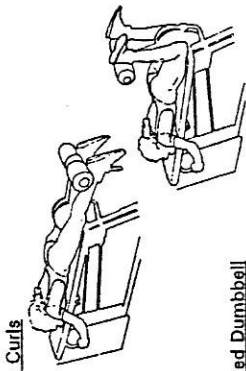
Stiff-legged Dumbbell Dead Lift
Oblique Abdominals & Lower Back



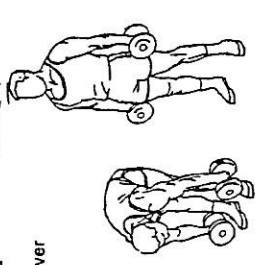
Flat-footed Medium Stance Half-Squat
Thighs



Thigh Extension
Lower thighs



Hamstring Curls



Stiff-Legged Dumbbell Dead Lift
Buttocks, Thighs, Lower Back



Jackknife Sit-up
Upper & Lower Abdominals

POLAR BEAR 5K RUN

Benefitting "Habitat for Humanity" W.T.R.C. MEMBER OVERALL RESULTS

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	JOSHUA SALAZAR	17	M		1	M1317 LAMESA	TX	17:50	5:44
2	HAWK HARRIS	20	M		1	M1823 HOBBS	NM	17:53	5:45
4	BRENT TIDWELL	39	M		1	M3039 LUBBOCK	TX	18:05	5:49
5	JIMMY SAMARRON	41	M		1	M4049 LEVELLAND	TX	18:44	6:02
6	MARJORY STEWART	38	F		1	F3039 LUBBOCK	TX	19:14	6:11
7	CHRIS LONNGREN	39	M		2	M3039 LUBBOCK	TX	19:16	6:12
12	JOHN TROMPLER	49	M		2	M4049 LUBBOCK	TX	19:35	6:18
17	WAYNE OAKLEY	40	M		4	M4049 LUBBOCK	TX	20:14	6:31
19	AL GARDNER	40	M		5	M4049 LEVELLAND	TX	20:47	6:41
20	STEVE NIEMAN	42	M		6	M4049 SHALLOWATER	TX	20:57	6:45
25	DAVID MANGOLD	48	M		7	M4049 LUBBOCK	TX	21:16	6:51
26	RUSSEL MARTIN	38	M		5	M3039 SHALLOWATER	TX	21:18	6:51
28	FRANK GOODMAN	50	M		1	M5059 LUBBOCK	TX	21:52	7:02
29	DAN TINNEY	25	M		7	M2429 LUBBOCK	TX	22:02	7:06
30	HOPE JIMENEZ	12	F		1	F0112 LAMESA	TX	22:10	7:08
31	FRED WEBER	45	M		8	M4049 LUBBOCK	TX	22:10	7:08
34	TIM DODD	37	M		8	M3039 LUBBOCK	TX	22:37	7:17
36	RICHARD BRAY	52	M		2	M5059 LUBBOCK	TX	22:50	7:21
37	MARK GARLAND	42	M		9	M4049 LUBBOCK	TX	22:55	7:23
38	J MARK WAGNON	42	M		10	M4049 LUBBOCK	TX	22:56	7:23
43	CHERYL WEBER	43	F		1	F4049 LUBBOCK	TX	23:38	7:36
48	RON HILLIS	53	M		3	M5059 LUBBOCK	TX	24:36	7:55
51	ANNE PLACHETKA	19	F		4	F1823 LUBBOCK	TX	24:46	7:58
53	LARRY BURELSMITH	47	M		13	M4049 LUBBOCK	TX	24:53	8:01
60	JOHN STALCUP	63	M		2	M6099 LUBBOCK	TX	25:19	8:09
61	MELANIE MC VEY	35	F		3	F3039 LEVELLAND	TX	25:32	8:13
64	CHRISTIE HODGE	26	F		2	F2429 LUBBOCK	TX	25:46	8:18
67	FRANK MCANDREW	60	M		3	M6099 HOBBS	NM	25:53	8:20
71	MARSHA BENNETT	33	F		6	F3039 LUBBOCK	TX	26:31	8:32
73	JOSIE ALEMAN	45	F		2	F4049 LUBBOCK	TX	26:38	8:34
76	MARGARITA JIMENEZ	7	F		2	F0112 LAMESA	TX	27:02	8:42
81	JAMES BONE	57	M		4	M5059 LUBBOCK	TX	27:42	8:55
91	PAM HILLIS	43	F		3	F4049 LUBBOCK	TX	30:16	9:45
99	WALLACE DEAN	56	M		5	M5059 AMARILLO	TX	32:29	10:27
100	CECELIA HOUSER	44	F		4	F4049 LUBBOCK	TX	32:55	10:36
105	BO MINNIS	54	M		6	M5059 LUBBOCK	TX	38:46	12:29

RACE REPORT

There were 151 finishers in this run and I chose to only list the club members results because of lack of space. Many thanks to our club volunteers who manned the finish line, set out the course and conducted registration and results compilation. David Higgins performed the computer duties assisted by P.J. Mitchell. Also assisting were; Bob Bernero, Larry Byrd, Joe Martinez and Jon Omdahl.

AT THE RACES

A review of the official results of the HOUSTON-METHODIST MARATHON, Jan. 12th, revealed several other members finishing in the frigid, windy and wet conditions and in spite of those, their times were very good. Leading the way was Christy Lammers from Midland, who just turned 40 with a 3:20:01, Randy Wolcott, 40, 3:36:03, Jill Williamson, 32, 3:38:21 in her first marathon, Richard Fischenich, 49, 3:45:50, Al Becken, 68, San Antonio, 3:46:24, Richard Titus, 44, 3:50:36, Jon Omdahl, 51, 3:58:19, Larry Byrd, 52, 3:59:25, Richard Bray, 52, 4:34:58, P.J. Mitchell, 52, 4:52:04 and Vicki Fischenich, 31, 4:55:53.

Running the 3M Half Marathon in Austin in Feb. 2nd, were Rodger Mitchell who ran a fine 2:00 time, P.J. Mitchell who got foot blisters and finished in 2:26, Jon Omdahl ran a 1:41 and Carlos Vigil also competed. At Las Vegas Feb. 8th, Jim Leser completed the marathon in 3:18:45 and Frank Goodman ran the Half Marathon in 1:43:34, a PR.

MORE ON STRETCHING

As I mentioned last month, there is a lot of misinformation about warm-up and stretching techniques for runners. Last month, I described the proper technique for bent knee sit ups (crunches). This time I would like to emphasize the hamstrings, which I am trying to rehabilitate. The very worst thing a runner can do is the so called "hurdle stretch" for the hamstrings. To review, there are three methods of stretching; the ballistic method (explosive/rapid), static (as the so called hurdle stretch is done), and active, isolated stretching. Active, isolated stretching involves contracting the muscle group opposite the group to be stretched, then gently assisting the stretch with the hands or a rope and holding the stretch for only about 2 seconds, with approximately 6 repetitions. It is impossible to describe this technique without pictorial help, so I would refer you to authoritative sources as I mentioned before, an article from the February, 1994 issue of "Runner's World", but after having reviewed the video that they are now offering, I think it is well worth the \$25.00 that it costs. If you don't subscribe to "Runner's World", you can order this video by calling 1-800-914-9358. This procedure will not only reduce your risk for injury, but increase your flexibility from neck to toes. (GJW)

RACING HOTLINE

The club has voted to establish a "Hotline" telephone number which interested individuals may call and get a recorded message of upcoming events in the area. This number will be 792-3293. The number will be provided to other club's newsletters, posted in athletic stores, and made known anywhere else it would be welcome. If anyone has ideas on getting this information disseminated please let the club know.

The LONESTAR RUNNING CLUB in Amarillo has a "Hotline" number which is (806) 345-3000. If you are going to be there, call that number to see if there is an event scheduled.

**COTTON PATCH RUNS: WOLFFORTH, TEXAS
FEBRUARY**

a poem by Jim Harris

--"He who expects to run must crawl first"

My slender son, just off several seasons of team races in high school; an antelope in his thirties just come from a marathon in Albuquerque; a compact sexagenarian who just rode a bicycle coast-to-coast.

A mile into my four, these become specks ahead on a Texas farm road shut down by two portly cops who wish they were back in town where they belong, the 7-Eleven's coffee corner.

I'm tempted to pull off the course and talk to the cops:
How long ago those stipples passed here?
I keep running, though a woman, her teen daughter pass by

as if I am having my second bagel with strawberry cream cheese.
I tell myself, oh the sky is a beautiful blue this morning.
A green monster full of cotton idles in a field of bare stalks.

A farmer in a cowboy hat hovers above the dash and steering wheel of his dualie forced into a ditch by men in shorts.
I synchronize my inhalation and exhalation with the pounding

feet making hard turns into sacrifices:
at the two-mile turnaround, sandhill cranes from Wyoming
lead, I know I can run all the way to December.

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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)

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN

Of the 1997 W.T.R.C CHALLENGE SERIES
EVENT # 3

WHEN: SATURDAY, MARCH 8, 1997
REGISTRATION 8:00-8:45 A.M.
RACE START AT 9:00 A.M.

WHERE: MACKENZIE STATE PARK
on Canyon Lake Drive, just
off Broadway, North

COURSE: Rolling Terrain, Asphalt
4 Miles, Out and Back

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

PRE-REGISTRATION: Is available, return the entry form or
call George Jury by 6pm, Friday March 7th, 792-1237

AWARDS: Unique "Prairie Dog" Medals will be given to the
first 3 in the following Divisions and to at least
50 percent of the participants in each age group

AGE DIVISIONS:

- MEN** 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49; 50-54; 55-59 and 60 Plus, Clydes <35, >36
- WOMEN** 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;
45-49 and 50 Plus, Athena <35, >36

RACE DIRECTOR: Chuck Johnson Office 743-5700
Home 797-0381

***** PRAIRIE DOG HISTORY *****

The original March club race was the 4 mile "Grass
Trampl", begun in 1976. It was held at Hodges park. This
was a handicap run in which each regular runner had a
predicted time (which Gene Adams kept the records for) and
the slowest runner was started first and the fastest last.
Theoretically everyone was supposed to cross the finish line
at the same time! I ran my first club race there in 1979 and
there was some pretty congested finish line scenes. The
double loop course there began to have too many obstructions
such as gutters and curbs, so it was moved to MACKENZIE PARK
in 1983. It was still called the "Grass Trampl", even though
it was an out and back course on asphalt. In 1985 it became
the "Prairie Dog Run". The course has been modified several
times because of construction and golf course remodeling but
it has always made a pass by "Prairie Dog Town" and has
incorporated all the tough hills.

PRAIRIE DOG RUN
4 MILE
RECORDS (Since 1983)

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Will Fewin	Lubbock	12	29:28	1984
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Jay Truitt	Lovington	18	22:04	1996
20-29	Bob Jackson	Portales, NM	24	20:53	1983 *
	Larry Millard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	37	22:43	1996
40-44	George Chaves	Tucumcari	40	21:27	1994
	Bobby Cunningham	Abernathy	43	21:58	1983
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	George W. Jury	Lubbock	53	24:18	1990
55-59	George W. Jury	Lubbock	55	24:22	1992
60-64	John Stralcup	Lubbock	61	31:14	1995
65+	Don Sanderson	Tulia	66	28:47	1996

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Tara Jernigan	Sundown	12	29:53	1994
13-15	Mary Lou Jimenez	Lamesa	14	31:19	1996
16-19	Christina Vasquez	Lubbock	16	31:24	1988
20-29	Sue Houle	Lubbock	28	26:19	1990 *
30-34	Marjory Stewart	Lubbock	32	23:58	1991
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Ann Gordhamer	Lubbock	42	30:42	1987
45-49	P.J. Mitchell	Lubbock	49	33:39	1994
50+	P.J. Mitchell	Lubbock	50	33:30	1995

***** OVERALL COURSE RECORDS *****

PRAIRIE DOG TOWN RUN: MACKENZIE PARK
MARCH

A Poem by Jim Harris
"But I will be
A bridegroom in my death, and run into 't
As a lover's bed." - Shakespeare

The headquarters for this park look ancient,
fake log out of the fifties painted chocolate
layer upon layer, a feminine roadway with
shoulders reclining, ups and downs and

conical turns that lead to ecstasy.
On the edge of an area gone to seed,
the place threatens renewal, fresh blood,
anyone who will walk beneath trees

planted decades ago with civic pride and
hope that nourishment might come to a town
turning urban in a region out of the mainstream.
For some moments at the end of four miles

of sweating, the racers stand like cottonwoods,
monuments to moments passed in
over-used sections, neighborhoods too dark
to visit, patrol cars jettisoned by old stucco homes

communities with no maps, where the heart
and head of each individual travel like lovers
seeking a warm meridian, a bed above towns
ranchera music floating up from a barrio.

Prairie Dog Town Run

Mail Registration thru Mar 5 \$5.00 WTRC members, \$6.00 non members
Make checks payable to the West Texas Running Club
Mail checks & entry forms to: Dr. George Jury
5212 44th Street
Lubbock, Texas 79414

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 for 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 Prairie Dog Run. 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 _____ 4 miles

City _____ State _____ Zip _____ Phone Number _____