

CALENDAR

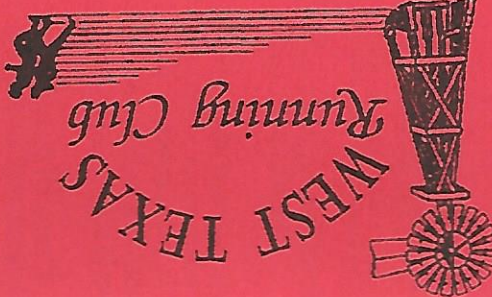
* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT

- DEC. 7 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- * DEC. 12 **REDLINE 4 MILE CROSS COUNTRY:** MAE SIMMONS PARK, Lubbock, 10 am
David Higgins, Race Director, 744-2626(d), 744-8328(n)
- DEC. 12 **W.T.R.C. HOLIDAY SOCIAL:** Bailey's Bookstore, 6pm,
Pot luck supper, 4835 50th Street
- DEC. 13 **WHITEROCK MARATHON:** Dallas, (214) 526-5318
- DEC. 19 **FROSTY 4:** Amarillo, 9am, Monte Wells, 358-6347
- * JAN. 9 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 am
Richard Bray, Race Director, 792-2420(w), 792-2820(h)
- JAN. 17 **METHODIST/HOUSTON MARATHON:** FMI Call (713) 957-3453
- FEB. 6 **POLAR BEAR RUN:** 5K, 10am, TTU Campus, Charles Elliott, 792-1866
- FEB. 7 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 13 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 14 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 27 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- MAR. 7 **FORT SAM HOUSTON MEDCOM MARATHON:** San Antonio, (210) 732-1332
- * MAR. 13 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
- MAR. 27 **MARATHON of the GREAT SW:** Abilene, FMI, Call (915) 677-8144
- * APR. 10 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 Mi, 10K, Half Marathon,
Jim Harris, Race Director,
- APR. 11 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- * MAY 8 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2
Mile Races, Vicki Fischenich, RD, 792-0662(m), 792-1011 x4690
- MAY 29 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451

Season's Greetings
from
The Officers and Directors
of the
West Texas Running Club

- December 1998 -


December W.T.R.C. RACE
RED LINE CROSS COUNTRY 4 MILE
10am, Saturday, December 12, 1998
Details Inside Back Cover



WEST TEXAS
Running Club

Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

December 1998



RRCA
RUNNING RACE AND CROSS COUNTRY ASSOCIATION

WEST TEXAS RUNNING CLUB

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Equipment Director - Jimmie Key
(H) 796-7637

Race Calendar Director - Dwayne Oakeley
(H) 799-4473

Membership Director - John Trompler
(H) 794-1359

Internal Race Director-Vacant

The WTRC monthly business meeting is on Monday, December 7, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

CHRISTMAS SOCIAL The social will be held the evening of December 12th. We always have a great time and I encourage you to come and participate. Bring your family, bring a friend. This will also be your last opportunity to turn in your ballot for 1999 officers and directors. Please do vote! Only about 10% of our members ever vote for board members. If you don't know anyone, then doesn't this suggest you become more active in club activities? Everyone has an idea or two that could enhance the benefits of the WTRC. We will also announce who the 1999 board members are at the party. Make sure you thank John Trompler, Bob Bernero and P. J. Mitchell for putting together a great social.

STUDENT MEMBERSHIP COSTS In Leser's Lines in the last newsletter I discussed the super membership renewal offer. Renew for two years and save \$10.00. Over a 30% savings. I failed to mention that the Board also approved a reduced rate membership rate for full time students. We want you in the club but know that money is at a premium. Therefore, while a single year's membership fee went up to \$15.00 starting for 1999, it will remain at \$10.00 for student members.

JULY FIRECRACKER RUNS Gayle Blackmon-Hopkins has been race director of this event since 1997, after I stepped out of that role. She has done a fantastic job both years and was looking forward to the 30th anniversary of this race in 1999. Because of continuing health problems, Gayle has asked to be replaced as director. I will be taking back the race director position and intend to make the 1999 event the best one ever. Be there or be square!

CHALLENGE SERIES The December Redline Cross Country Race is your last chance to be a volunteer to qualify for the Challenge Series. Don't wait till the last minute to call Race Director David Higgins. *Ann Leser*

WTRC LSD Training Runs Saturdays at 7:00 a.m. and Sundays: 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park For more information call Bob Bernero at 799-1667 (N)

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

The 26th ANNUAL BUFFALO WALLOW RACES

NOVEMBER 14, 1998

BUFFALO SPRINGS LAKE, LUBBOCK, TEXAS

HALF MARATHON OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	JOHN SEAVER	WHITESBORO	TX	34	M	1	M3034	1:28:26	6:45
2	GLEN POKLIKUHA	LUBBOCK	TX	27	M	1	M2029	1:29:27	6:50
3	MIKE FLORES	AMARILLO	TX	42	M	1	M4044	1:29:47	6:51
4	PAUL WILSON	LUBBOCK	TX	45	M	1	M4549	1:31:47	7:01
5	TERRY ANDERSON	CANYON	TX	23	M	1	M2029	1:33:37	7:09
6	GLENN DUTCHER	CANYON	TX	19	M	1	M1619	1:33:38	7:09
7	JOHN TROMPLER	LUBBOCK	TX	51	M	1	M5054	1:34:28	7:13
8	MARC SWINNEY	SAN ANGELO	TX	30	M	2	M3034	1:35:15	7:16
9	CHUCK ARMSTRONG	AMARILLO	TX	26	M	3	M2029	1:37:16	7:26
10	CHUCK SPAUGH	LUBBOCK	TX	41	M	1	M4044	1:39:40	7:37
11	TOM WEST	LUBBOCK	TX	41	M	2	M5054	1:39:44	7:37
12	COLIN CREWE	HOUSTON	TX	53	M	2	M5054	1:40:11	7:39
13	DAVID STEADMAN	LUBBOCK	TX	29	M	4	M2029	1:40:25	7:40
14	DARREN EKEY	LUBBOCK	TX	19	M	4	M1619	1:40:33	7:41
15	TODD HEGSTROM	LUBBOCK	TX	43	M	3	M4044	1:42:23	7:49
16	JANDA IBBETSON	LUBBOCK	TX	29	F	1	F2029	1:42:45	7:51
17	RICHARD FISCHENICH	LUBBOCK	TX	51	M	3	M5054	1:42:48	7:51
18	JOE POST	LUBBOCK	TX	50	M	4	M5054	1:43:05	7:52
19	BRYAN TINDER	AMARILLO	TX	40	M	3	M1619	1:43:23	7:54
20	CLYDE WHITTEN	PAMPA	TX	40	M	4	M4044	1:43:29	7:54
21	LORY KNOWLES	LUBBOCK	TX	22	F	2	F2029	1:43:43	7:55
22	TANDRA BRILLHART	LUBBOCK	TX	23	F	3	F2029	1:43:44	7:55
23	WADE WILSON	LUBBOCK	TX	40	M	5	M4044	1:44:14	7:58
24	KATHERINE WOLKEN	HOUSTON	TX	22	F	4	F2029	1:44:52	8:01
25	THOM DUSEK	ABILENE	TX	35	M	2	M3539	1:45:52	8:05
26	DAN ADAMS	WHITEFACE	TX	41	M	6	M4044	1:47:29	8:12
27	STEVE NIEMAN	SHALLOWATER	TX	46	M	7	M4044	1:48:03	8:15
28	RICH TITOS	LUBBOCK	TX	46	M	2	M4549	1:48:17	8:16
29	PAUL PAULK	LUBBOCK	TX	31	M	3	M3034	1:48:41	8:18
30	PAUL JONES	AMARILLO	TX	35	M	3	M3539	1:49:34	8:22
31	MICHAEL BARRETT	LUBBOCK	TX	31	M	4	M3034	1:49:42	8:23
32	CHRISTY HODGE	LUBBOCK	TX	28	F	5	F2029	1:50:19	8:25
33	MIKE KELLEY	LUBBOCK	TX	49	M	3	M4549	1:51:10	8:29
34	CAYLENE CADDELL	LUBBOCK	TX	46	F	1	F4549	1:51:32	8:31
35	BRUARDO CUELLAR	LUBBOCK	TX	23	M	5	M2029	1:53:44	8:41
36	GILBERT ALVARADO	SEMINOLE	TX	29	M	6	M2029	1:54:05	8:43
37	JIMMIE KEY	LUBBOCK	TX	61	M	1	M6099	1:54:25	8:44
38	GREGORY BRUECK	LUBBOCK	TX	25	M	7	M2029	1:55:07	8:47
39	DWIGHT VARNUM	LUBBOCK	TX	38	M	4	M3539	1:56:15	8:53
40	CHRIS WARD	AMARILLO	TX	28	M	8	M2029	1:57:18	8:57
41	W. DAVE HIGGINS	LUBBOCK	TX	46	M	4	M4549	1:57:28	8:58
42	SCOTT HOWARD	AMARILLO	TX	31	M	5	M3034	1:57:52	9:00
43	DAVID S. HIGGINS	AMARILLO	TX	39	M	5	M3539	1:57:58	9:00
44	DARREL McMILLEN	LUBBOCK	TX	51	M	5	M5054	2:02:02	9:19
45	BRAD EWING	LUBBOCK	TX	34	M	6	M3034	2:02:22	9:21
46	MARK WAGNON	LUBBOCK	TX	44	M	8	M4044	2:02:40	9:22
47	BARBARA SLATON	MIDLAND	TX	39	F	1	F3539	2:05:37	9:35
48	ETRA MAYER	LUBBOCK	TX	49	F	2	F4549	2:06:33	9:39
49	JIM WILHELM	LUBBOCK	TX	48	M	5	M4549	2:06:33	9:40
50	MARE WOLFF	SAN ANGELO	TX	25	F	6	F2029	2:07:06	9:42
51	MICKEY DAVIS	LUBBOCK	TX	41	M	9	M4044	2:07:45	9:45
52	RICHARD THOMAS	LUBBOCK	TX	42	M	10	M4044	2:10:09	9:56
53	RONNIE NUGENT	LUBBOCK	TX	52	M	6	M5054	2:10:41	9:59
54	CLIFFORD CLICK	AMARILLO	TX	64	M	2	M6099	2:10:48	9:59
55	JENNIFER KOSTOHRYZ	DALLAS	TX	25	F	7	F2029	2:11:57	10:04
56	LARRY BURELSMITH	LUBBOCK	TX	49	M	6	M4549	2:12:17	10:06
57	SUSAN JONES	AMARILLO	TX	34	F	1	F3034	2:14:00	10:14
58	CONNIE BERKHAHN	GOODFELLOW AFB	TX	22	F	8	F2029	2:15:08	10:19
59	MAFSA BENNETT	LUBBOCK	TX	35	F	2	F3539	2:15:16	10:20
60	MIKE BREER	LUBBOCK	TX	59	M	1	M5559	2:15:28	10:21
61	RAYMOND BRADY	WHITE DEER	TX	55	M	2	M5559	2:20:14	10:42
62	MARGARET PUNCH	CASPER	WY	57	F	1	F5099	2:21:00	10:46
63	RUGH RAYNES	SLATON	TX	43	M	11	M4044	2:25:29	11:06
64	DAVID MARTIN	LUBBOCK	TX	40	M	12	M4044	2:44:00	12:31
65	EARL MOUSE	LUBBOCK	TX	49	M	7	M4549	2:44:01	12:31
66	FRANK EARNEY	LUBBOCK	TX	49	M	7	M4549	2:44:01	12:31

* = New Age Group Record

The 26th ANNUAL BUFFALO WALLOW RACES
2 MILE OVERALL RESULTS

Table with columns: PLACE NAME, TOWN, ST AG S DIV PLACE, TIME, PACE. Lists race results for 47 participants from various towns like Lubbock, Lamesa, and Pampa.

* = NEW AGE GROUP RECORDS RACE REPORT

George W. Jury
We had a beautiful day for this edition of the Buffalo Wallow Races. We also broke last year's all time attendance with 119 starters and 113 finishers, 47 in the 2 Mile and 66 in the half. In 21 years, I have only missed this race twice, once because of my father in laws death and once for my college reunion in Missouri. This is my favorite course and I hope to be able to run it again next year. That means I'd like to have someone step up and volunteer to direct it for a few years!

I had a super group of volunteers many of whom put in a lot of time. My wife, Pat, helped for the "umpteenth" time. She actually ran the 2 mile in 1990 but has been able to only walk in recent years because of bad knees. My thanks to Jim Lesser, Shirley Wigley, Tony Aleman, Sally Post, P.J. Mitchell, Larry Byrd, Bill Roger, Melanie McVey, Bob Bernero, Weldon Kolb and his friend, Eric, and David Skelton. Four new age records were established, including Ed Craighead's erasure of one of mine!

W.R.T.C. 1998 CHALLENGE SERIES
STANDING AFTER 11 EVENTS

MALE
YTD TOTALS PTS MILES EVENTS 40-44 MALE (cont.) PTS MILES EVENTS
0-12 MALE Kenneth Kinzenbaw 87 29.1 10
13-15 MALE Cody Lass 38 19.2 5
16-19 MALE Chris Thomas 44 18 5
20-29 MALE Hawk Harris 45 33.2 6*
30-34 MALE Tim Key 79 67.4 10
35-39 MALE Chris Lonngren 85 58.7 9
40-44 MALE Al Gardner 88 56.9 11**
45-49 MALE David Higgins 81 83.8 11**
50-54 MALE Jim Lesser 80 68.6 9*
55-59 MALE Jim Harris 78 27.1 9*
60-69 MALE Ralph Wolf 66 36.5 8*70-74 MALE Don Sandersen 20 5.1 11**

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 1998 CHALLENGE SERIES
STANDING AFTER 11 EVENTS

FEMALE

YTD TOTALS		YTD TOTALS		YTD TOTALS			
0 - 12 FEMALE	PTS	MILES	EVENTS	35 - 39 FEMALE	PTS	MILES	EVENTS
Margarita Jimenez	50	18	5	Melanie McVey	95	71.9	11*
				Marjory Stewart	70	45.4	7
				Marsha Bennett	75	81.6	10*
13 - 15 FEMALE	60	33.2	7*	Becky Miller	21	16.4	3
Hope Jimenez	55	15	6	Molly Santese	19	16.2	3*
Shawna Thomas				Jenna Wolcott	5	14.1	2*
				G. Blackmon-Hopkins	0	39.2	4**
16 - 19 FEMALE	30	13	3				
Tara Jernigan	29	9.1	3	40 - 44 FEMALE			
Stephanie Alvarez				Shirley Wigley	90	74.7	10*
				Marli Greer	38	40.3	6*
20 - 29 FEMALE	36	22.4	4	Pam Hillis	25	8.1	3
Sara Solloway	25	32.1	4*	Nola Richards	25	12.1	3
Brandy Temple	18	8	2	Teresa Dalley	10	6	2*
Cassandra Rivas	13	9	2				
Christy Marez	15	18.1	2	45 - 49 FEMALE			
Christie Hodge				Ella Mayer	86	71.8	9
				Josie Aleman	68	44.2	10*
30 - 34 FEMALE	38	34	5**	Cheryl Weber	39	19	5*
Vicki Fischenich	27	21.2	3	Theresa Marez	16	9	2
Judy Lawley	20	10.2	2	Rhonda Kauk	0	6.2	1*
Laura Hopper							
				50 - 99 FEMALE			
** = RACE DIRECTOR				Eva Martinez	10	19	3*
* = VOLUNTEER				Maurine Bray	10	11	2*
				Delores Key	10	31.2	5*
				Mary Harris	0	4	1*
				P.J. Mitchell	0	58.6	6**

Dr. George Sheehan

November 1st was the 5th anniversary of Dr. Sheehan's death at 75 years. His original book "RUNNING and BEING" had been out of print, but has recently been reissued and is available in book stores. His family has also set up a web site which contains selected essays. Dr. Sheehan divided his topics by "Right Brain (Philosophical)" which are articles on philosophy and experience, and "Left Brain (Practical)" which are articles on Advice/Training/Injury/Medical.

My plan as editor is to try to publish one article from each "side" over the next several months.

the website... <http://www.georgesheehan.com>

SURVEY

As those of you who read the newsletter have noticed, I have been trying to incorporate pertinent articles which I have found on the internet, and would like to have other members input as to the content. If you find articles on the internet that you would like to share with the rest of the members, please let me know. My E-mail is rungrwj@aol.com.

Also we would like to know just what other running related information that our members read, so that I just don't repeat stuff that you've already seen. Please fill out your membership form completely and let us know what magazines you read and if you surf the internet.

CONGRATULATIONS

Tara Jernigan has been awarded an athletic scholarship at ABILENE CHRISTIAN UNIVERSITY. Tara won the class 1A race and led her team to a 3rd place finish. Coach Herb Perez's girls were the 3A cross country champions and his boys placed 4th. The boys were led by Miguel Lira's 3rd place and Travis Perez's 4th place. One of the best runners was injured otherwise the boys may have won as well.

One of Jimmy Samarron's nephews, Malachi Samarron of Springlake/Earth placed 14th in boys class 1A with a 5K time of 18:50.

GOING THE DISTANCE

BY JIM LESER

First Experiences With Ultra-marathoning

You're going to do what? Run a 50 miler? Are you crazy? This was the response I got from most of my non running friends and surprisingly, many of my running buddies too. Yes, I was going to try my hand at ultramarathoning, at the Palo Duro Trail 50.

Why do this you say? Some say its is another mid life crisis. Others think maybe I needed a little more buildup of my self esteem. While never the one to psycho-analyze myself, I really wanted only to see what ultramarathoning was all about. After all, our club has members that really do nothing but ultras, and the Lone Star Running Club in Amarillo is famous for its pack of ultra runners. What was the allure of running distances beyond the 26.2 miles of a marathon?

What did I find out? Running ultras is about mental discipline, intimate running buddies, running on trails in beautiful settings, and escaping from civilization. Ultras are about finding the right combination of fueling and hydration to make it to the finish line. You see, most dedicated runners are competing against the clock on the shorter distances but most ultra-runners are happy just to finish under the time limit. Sound familiar? It should. Many of the folks that are participating in marathons in our latest running boom are interested only in finishing, not breaking time barriers. Is there anything wrong with this attitude? Not in the least. After all, not everyone can or wants to qualify for Boston (marathon).

What did I like about ultramarathoning? Well it is much more laid back and relaxed. No one is running warm-up miles prior to the event. And no one is jockeying for position at the starting line. Most training runs are slow, allowing for more conversation and bonding with fellow run-

ners. Remember, speed is only for the few that are actually racing the ultra. Most participants are in it for the finish. Did I mention the post event parties? Yes, they have them and they are a blast. After all, the number of ultrarunners is relatively small and events give participants a great opportunity to become friends. It is like one big happy family.

For the Palo Duro Trail 50, I felt my training was more than adequate. But I failed to capitalize on my training by making mistakes on race day and was unable to complete the event due to severe muscle cramps in both legs beginning at mile 30. It was a tough decision to give up at 32 miles and in 4th overall position but I couldn't even walk without cramping up. I would have gladly walked the last 18 miles to complete the event if I could. I do not consider this a failure, but rather a learning experience. DNF (Did Not Finish) doesn't have to be such a bummer as it is to many folks. I prefer to look at DNF's as "Did Nothing Foolish" or "Did Nothing Fatal".

What went wrong? First of all I didn't drink enough fluids and got dehydrated. Secondly, I lost too much sodium and messed up my electrolyte balance. And lastly, I went out too fast on the 1st 12.5 mile loop with Tim Key. I felt good and Tim was holding back. Silly me, forgetting that Tim is a much more talented runner and younger to boot! By the way, look at George's race results column for the times of those club members that did complete either the 25 or 50 mile trail runs. Congratulations to all! Tim almost bagged first overall on his first trail ultra. Way to go Tim!

Before closing, I would like to compliment all of the folks that made the Palo Duro Trail Runs a success. In spite of my DNF, I enjoyed the beautiful scenery of the Givens-Spicer-Lowery Trail and all of the great camaraderie. Hope to see you some of you at Sunmart. (This all depends on my recovery from a bad case of shingles I contracted two days after Palo Duro).

RED RAIDER ROAD RACE
Race Director Report

Saturday, October 10, was a perfect day for the 17th running of the Red Raider Road Race. The weather was magnificent, the volunteers were on time, the runners were enthusiastic and times were fast! Three hundred twenty of three hundred thirty-nine registrants showed up to compete in the race. Lubbock resident, Michael Njenga, in his first running of the RRRR blazed to a first place finish in the 10K with 30:57. (This is a new overall course record!) WTRC's own Marjory Stewart won the women's 10K in 42:40. Setting the pace for the larger field of 5K runners was Tim Key with a winning mark of 16:46. Tulia High School cross country runner Kelsi Vaughn crossed the finish line at 21:07 to win the women's 5K.

There were two significant occurrences during this year's race which I hope will continue as part of the RRRR tradition. First, some out-of-town high school teams joined Lubbock high school cross country runners to add a great dimension of youthful energy to the race. We hope that trend continues and we will invite high school cross country teams to join us next year as part of their racing schedule. Second, Marsha Sharp, Coach of the perennially top ranked TTU women's basketball team joined us as the guest race starter. Coach Sharp is a class act and we appreciate her adding her genuine friendliness and character to the RRRR.

I was listed as Race Director, but that is not exactly true; I was more of a race director in training. George Jury, our veteran race director, and the sustaining energy behind the RRRR taught me, led me, checked up and did whatever needed to be done to keep my first race from being a disaster. George handled the hours of registration details, lined up volunteers, coached me through my duties, and handled the finish line results with all the computer work and stress that job entails. This race and its reputation for being a superbly organized and managed event would not be possible without George. His wife, Pat, helped in many ways.

Of all the volunteers, two in particular need to be recognized for outstanding contributions of time and hard work in key roles. Dwayne Oakeley was the course manager for the second year in a row, making sure scaffold, signs, barricades were all in the right places. Larry Burelsmith managed the water stop chores, setting up the two stations and making sure the fluids to sustain over three hundred runners was available. Joe Post, Glen Poklikuna, Ron Lubowicz, David Martin, Pat Jury, Dusty McGord, Wade Wilson, David Higgins, and Jon Omdahl worked the Friday registration and packet pick-up. On Saturday morning, helping Pat with early morning registration chores were Rhonda Kauk, Mike Kelley, Jimmie & Delores Key, Jeannie Leser, David Skelton and Gayle Blackmon-Hopkins.

At the finish line helping George with the stressful task of running computers, pushing the timer buttons, and pulling tags to ensure accurate race results were Jimmie & Delores Key, Joe Post, Tony & Josie Aleman, Jeanie Leser, Pat Jury, Gayle Blackmon-Hopkins, Rhonda Kauk, Mike Kelley, Jeff Key and our two scholarship winners Jill Aleman and Holly Weaver. Ron Hillis worked with Dwayne and George to make sure the course was measured true and marked clearly. David Skelton ran the back up clock on our first one hundred finishers.

The volunteer list this year had a strong influence from the world of law enforcement. Chris Bruening, a Lubbock Police Officer, paced the runners on his bicycle; fellow officer Bill Carter was a split timer, along with Lubbock County Probation Officers, Teresa, Linda and Margie. Lubbock County District Attorney employees and their families filled many posts: Katie, Josh and Paul Ladd staffed water stop #1, while Brett Walrath, Joe Brown and Keisha Brown manned water stop #2. Druce Farmer enlisted the corner marshals that add so much to the highly acclaimed RRRR course on the Tech campus. Those marshals were Marilyn Lutter, Heather Tidmore, Matt Reeves, Susan Rowley, Tom Slavik, Jeff Nicholson, Melissa McNamara, and Chris Stroud. Tom & Sherry Stanfield managed the food court; Sherry left Tom to cut oranges on his own after a bit to be the monitor at the Flint parking lot drive. (to page 9)

RRRR REPORT (Continued)

Irene Ladd filled in to help run the store along with other WTRC volunteers. Ferrel Martin directed traffic at the finish chute. Mike & Marti Greer did an outstanding job on the scaffold acting as our announcer/spotter team, playing the music, talking to the crowd, giving instructions and pumping up those finishers coming down the stretch! Mike did double duty at the award ceremony announcing the medalists and becoming the hero of the Tulia cross country team.

The RRRR sets the standard for high quality 10K/5K runs in West Texas. The volunteers we have listed, and the volunteers that we inevitably miss, are the key ingredient to this cherished tradition of the Tech homecoming hoopla. This year's running for the RRRR was a tremendous accomplishment that leaves us looking forward to next year with an even bigger field and even more fun!

Rusty Ladd, Race Director 1998 RRRR

1998 TOYS FOR TOTS 5K RUN
November 7, 1998

PLACE	NAME	AG	S	DIV	PLACE	TOWN	ST	TIME	PACE
1	LUIS NEVAREZ	33	M		M3034	LUBBOCK	TX	21:05	6:48
2	FELIPE AZUA	22	M		M2029	PLAINVIEW	TX	21:35	6:57
3	LYNN MOSLEY	25	F		F2029	LUBBOCK	TX	21:38	6:58
4	TROY JOHNSON	33	M		M3034	LUBBOCK	TX	21:45	7:01
5	STEVE NIEMAN	44	M		M4044	SHALLOWATER	TX	22:03	7:06
6	CHUCK SPAUGH, JR	38	M		M3539	LUBBOCK	TX	23:04	7:26
7	RUSSEL MARTIN	40	M		M4044	SHALLOWATER	TX	23:21	7:31
8	JAKE WOFFORD	26	M		M2029	LUBBOCK	TX	24:08	7:47
9	MARK LOPEZ	30	M		M3034	LUBBOCK	TX	24:13	7:48
10	RALPH WOLF	61	M		M6099	ABERNATHY	TX	24:26	7:52
11	DALE BENNETT	36	M		M3539	LUBBOCK	TX	24:28	7:53
12	MOIRA RIDLEY	33	F		F3034	LUBBOCK	TX	24:43	7:58
13	KURT WILKES	40	M		M4044	LUBBOCK	TX	25:04	8:05
14	TOD HARDIN	36	M		M3539	LUBBOCK	TX	25:11	8:07
15	FRANK GREEN	56	M		M5559	ABERNATHY	TX	25:36	8:15
16	STEPHEN GONZALES	27	M		M2029	LUBBOCK	TX	26:10	8:26
17	DAVID MANGOLD	50	M		M5054	LUBBOCK	TX	26:11	8:26
18	MICHAEL REILLY II	34	M		M3034	LUBBOCK	TX	26:39	8:35
19	RON HILLIS	54	M		M5054	LUBBOCK	TX	26:44	8:37
20	LARRY KUNARD	47	M		M4549	LUBBOCK	TX	27:17	8:47
21	GREG FLOYD	34	M		M3034	LUBBOCK	TX	27:24	8:50
22	WAYNE WESLANDER	54	M		M5054	LUBBOCK	TX	27:49	8:58
23	MARSHA BENNETT	35	F		F3539	LUBBOCK	TX	29:40	9:33
24	PAM HILLIS	44	F		F4044	LUBBOCK	TX	29:56	9:39
25	YESENIA SANCHEZ	24	F		F2029	LUBBOCK	TX	31:14	10:04
26	KARLA LESLIE	38	F		F3539	RANSOM CANYON	TX	31:48	10:15
27	JOHNNY TARIN	23	M		M2029	LUBBOCK	TX	34:47	11:12
28	DAVID MORRIS	10	M		M0112	LUBBOCK	TX	37:02	11:56
29	CHERIE KEY	31	F		F3034	LUBBOCK	TX	40:24	13:01
30	HEATHER BEASLEY	22	F		F2029	LUBBOCK	TX	43:54	14:08
31	SUE AQUIPEL	27	F		F2029	LUBBOCK	TX	45:24	14:37
32	RANDY AQUIPEL	29	M		M2029	LUBBOCK	TX	45:27	14:38

A much used cliché in West Texas is: If you don't like the weather here, hang around a few minutes and it will change. Sure enough on race day, the drizzle came down and the wind picked up at the start of the 5K. Then, at the end of the race, the sun broke through the clouds, the wind died down and it began to turn out very nice. Special thanks to Jim Leser, Mike Kelley and Jimmie Key, who took care of the finish line. To John Omdahl for helping set the course on Friday. And a big thanks to David Higgins for his second year in a row to work the registration. The race brought in a good amount of money to buy toys. Thanks go out to the WTRC for supporting the U. S. Marine Corps Reserve and the Toys for Tots Campaign. Next year, we plan to make it a 10K and 5K on a better route. Ron Hillis

**W.T.R.C. NEWS
CROSS COUNTRY**

Several of our club members won their respective District meets and Coach Herbert Perez qualified both his Brownfield girls and boys for the State meet. Another frequent participant, Miguel Lira of Brownfield did very well and is listed as well. Placing and times are listed for each meet. Outstanding times are also listed for other area athletes who are not WTRC members. (*) (Texas girls run 2 miles, and boys, 3 miles) (state course was 5K for the boys)

District	Regional	State
1A Girls		
*Katherine Duncan, Roscoe	1 12:13	DNF ?
Tara Jennigan, Miles	1 12:07	1 12:34
Miranda Cornelius, Wellman	4 12:44	3 12:58
3A Girls		
Mindy Sullivan, Colorado	1 12:24	16 13:02
Hope Jimenez, Lamesa	3 12:32	20 13:10
3A Boys		
Ryan Cruz, Shallowater	1 15:13	1 16:26 (5K)
Travis Perez, Brownfield	3 16:15	4 16:49
* Miguel Lira, Brownfield	2 16:20	3 16:42
4A Girls		
*Brionge Yosten, Hereford	1 11:33	2 11:54
*Jennifer Marable, Canyon	2 11:50	3 12:03
*Amy Crox, Hereford	3 12:00	
5A Boys		
Cullen Shaw, Lubbock	1 17:54	

New Mexico 4A Girls
 1 18:17(3miles)
 Coach Jackson's girls were the 3rd place winners at the state meet.

AT THE RACES

* = not currently WTRC Members

NEW YORK MARATHON

* Angela Hegstrom, 32, Lubbock, 4:30:04, Mary Zias, 36, Lubbock, 4:38:50
 * Alix Buckley, 39, Lubbock, 4:54:18, * Don Robertson, Lubbock, 5:13:32,
 * Steven Cate, Lubbock, 5:13:32,

MARINE CORP MARATHON

* Greg Hogan, Lubbock, 3:43:43, Christy Hodge, Lubbock, 4:20:12, Judy Lawley, Lubbock, 4:20:13.

SAN ANTONIO MARATHON

Larry Byrd, Shallowater, 4:12:27, Bill Roger, Levelland, 4:41:00, Bob Bernero, Lubbock, 4:44:10, Jeff Key, Lubbock, 5:03:47

PALO DURO TRAIL RUNS

50 MILES (27 Finishers)
 Tim Key, 2nd overall, 7:28:17, Weldon Kolb, 12th overall, 9:48:00.

25 MILES (43 Finishers)

David Steadman, 17th overall, 4:08:35, Jeffrey Jury, 22nd overall, 4:22:20, Steve Vrooman, 27th overall, 4:45:50.

GREAT FLORIDIAN TRIATHLON (Full Ironman Distances)

Glen Poklikuha, 11:46:50, Marti Greer, 14:50:08, Mike Greer, 15:16:05.

MARATHON MADNESS

By Roy Benson (Rekowned coach and advocate of heart rate training)
 (taken from the internet)

I wonder what the success rate is for marathoners. How many actually meet their goals each time they go to the line? I wish we had some statistics about this. I'm guessing, of course, that no one would decide to run that far without first, or at least eventually, picking some sort of target time to shoot for at the finish, from clues gleaned from their training. However, I am not aware of any research that supplies an answer to this weighty question. "But Coach Benson," you ask, "What exactly, in the mind of a marathoner, do you think is a goal? Aren't there as many as there are runners?" Yes, of course, there are. But, let's assume that those goals can be defined and then limited to these three categories:

- A) to simply finish without a time goal
- B) to finish with some time limit and set a PR in the process
- C) to finish better than some other competitors

Now let me add this important qualifying assumption -- no one in their right mind would deliberately plan to run a marathon, meet whatever goal they have set for themselves, and not want to ... FINISH SMILING! In other words, who wants to suffer the ignominy, pain, torture, and agony of hitting the wall? So, let me rearrange our list of goals thusly:

#1. to finish smiling while A) just finishing, B) running a PR, and/or C) beating as many other runners as possible. Why do I add this important qualifier? Because I have it on really good authority that the friends, coworkers, training partners, and families of marathoners are sick and tired of all the moaning, groaning, and complaining from those sorry souls who turn training for and running marathons into "gruelathons." Well, maybe TV loves to broadcast pictures of stragglers "heroically" enduring the pain of collisions with the wall as they "bravely" struggle with the great demons of the marathon's course. But, I'm sure that non-runners are tired of having to endure obsessively endless reports of how fast marathoners ran on their last long run or for the first 20 miles of the race and then how courageously they slogged on to the finish nursing themselves through a nightmare of life-threatening fatigue, sore muscles, aching joints, black toe nails, and blistered feet as they failed to realize that it isn't supposed to be this way. Yes, I think that it is time for a reality check. Because, if some changes of attitude aren't made soon, marathoners may find themselves enjoying a historical regression back to the days of the "loneliness of the long distance runner." So how can marathoners avoid the wailing wall and be sure that they will hit the finish line with a smile instead of a grimace?

(continued)

Coaching Tip #1

Don't over-train. Avoid being psychologically and emotionally and physically trashed at the starting line by limiting the training period to fewer than the usual 16 to 26 weeks recommended by most experts. That is simply too long a period for a normal adult runner with a full life to be so focused. Maybe elite runners can survive such regimens, but it's almost impossible to for others to avoid becoming obsessed because it seems like such an impossible task with no end to the training in sight. To be eligible for the 10-12 week training plans that I recommend, first time marathoners should have at least a couple of years experience of training and racing the shorter distances before they attempt a marathon. With their long runs at a usual and customary 10-12 miles each week, they are then poised to start their first marathon training long run at 15 miles. (Veteran marathoners must also be in competitive 10K shape to try this.) Following the usual and customary Galloway build-up with shorter recovery runs in between the increasingly longer training runs, the scheduled miles would then go: 15, 12, 18, 12, 21, 12, 23-24, 14-15, 8-9, 26.2. Counting the weeks that include that first 15 miler, the plan covers just 10 weeks. This limits the chances of the runner coming down with a case of the dreaded Marathon Focussitis.

Coaching Tip #2

Follow a weekly pattern that duplicates the recovery idea of taking two weeks between long runs. Therefore, I recommend a weekly mileage total of 10 to 15 miles less than the week of the longer run. This weekly mileage plan looks like: 35, 25, 45, 30, 50, 30, 55, 40, 25, and the final taper week of 12-16 miles, plus the race.

Coaching Tip #3

Follow a 14-day cycle of workouts. During the high mileage, long run week, keep the workouts at an aerobic level of intensity. Nothing should be run at more than 80 percent effort, or at the so-called steady state pace where one can still talk, at least in short sentences. During the following week of lower mileage, and shorter recovery long runs, crank up the intensity of the hard workouts to 85-90 percent to keep the level of cardio-respiratory fitness near competitive 10K levels. One or two interval workouts or Anaerobic Threshold (AT) runs these weeks will result in the right effort at close to 10K race pace. The goal of all this is to stay fresh with strong legs as race day approaches. Once the race is under way, marathoners must stick with the planned pace no matter how easy or slow it seems during the first 20 miles. If they can smile at 20, it's okay to pick up the pace a bit. As long as it is easy and they're still grinning, it may be possible to sneak the pace down 10-15 seconds per mile. They just need to keep telling themselves that if Brazilian Ronaldo Da Costa, who recently set the world record at the Berlin Marathon, can run splits of 1:04:42 and then 1:01:23 for the first and last 13.1 miles, finishing fast is the secret to finishing smiling. It's the one time in life when something negative brings smiles.

HOW TO AVOID HITTING "THE WALL"

By Jeff Galloway

At any given time, most of the running population is either running a marathon, training for one, or thinking it would be a wonderful accomplishment to do either of these. Even if you want to increase your endurance limit from one to three miles, you must first deal with "the wall," but with conservative training and, if available, support from a training group, you can push beyond it without pain and agony.

"What is the 'THE WALL'?" Your endurance limit, or "wall," is the length of your longest endurance session during the past two to three weeks. Through a series of increasingly longer long runs, you can gradually extend this. It's crucial to pace yourself at least two minutes per mile slower than you could run that distance on that day, to reduce the fatigue and soreness to almost nothing. A one minute walk break, every three to eight minutes, will also speed recovery.

Moving THE WALL: In the marathon itself -- or in any long training run, your "wall" will start with the distance of your previous long one within the last two - three weeks. There's still hope, however, for those who are doing a marathon this month and haven't come close to the race distance yet. From the beginning of the marathon you must go slower than you've trained to run and take more walk breaks from the beginning. By doing this, you'll move the wall closer to finish (or even beyond it). Those who have done a 26-miler in training, and pace themselves in the marathon, usually have a very positive experience in the marathon -- and come back to enjoy many more of them.

How long? I've seen runners improve their times in 10Ks by increasing the length of the long ones to 15-17 miles. Even 5K runners will experience faster times when the long one increases to 10-12 miles. Marathoners have improved times by simply increasing the length of the long run to a maximum of 29 miles.

It helps to have a group. Marathon training groups are helping thousands to train for marathons -- folks who wouldn't be able to do so by themselves. Even a "group" of one other person will get you out there on days when you'd otherwise roll over in bed. You'll be held back on the days when you're feeling a bit too frisky. On the hot, rainy, cold miserable days when you'd cut the distance short running alone, the group will help you do what you should do. As you develop lifelong friends, running becomes fun. You receive as much by giving support as in receiving it.

Note: Olympian Jeff Galloway has helped more than hundreds of thousands of people who run set up their training programs, while having fun through training groups, interactive software, run camps, and his best-selling books: Galloway's Book On Running and Marathon!. For his free newsletter with training and fat burning information call 1-888-282-1502. (Taken from the internet- <http://www.runningnetwork.com> {Running Journal})

**REDLINE CROSS COUNTRY
4 MILE
EVENT RECORDS (Since 1986)**

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Trey Jernigan	Sundown	12	26:08	1990
13-15	Larry Knapp	Lovington	15	24:36	1993
16-19	Frank Sumpter, Jr.	Lamesa	18	22:31	1992
20-29	Jackson Makene	Levelland	22	21:00	1996 *
30-34	Mark Manley	Whitharral	30	22:50	1990
35-39	Bob Jackson	Hobbs, NM	38	21:52	1996
40-44	Bob Finn	Big Spring	40	23:21	1994
45-49	Robert Guajardo	Levelland	48	24:04	1990
50-54	George W. Jury	Lubbock	51	25:12	1987
55-59	George W. Jury	Lubbock	55	25:59	1991
60-64	Don Sanderson	Tulia	64	29:47	1993
65+	Don Sanderson	Tulia	67	31:25	1996

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Hope Jimenez	Lamesa	12	30:08	1996
13-15	Christina Vasquez	Lubbock	15	26:47	1989 *
16-19	Amanda Castro	Lubbock	17	30:33	1989
20-29	Sue Houle	Lubbock	28	27:17	1989
30-34	April Stein	Lubbock	31	31:10	1989
35-39	Caylene Caddell	Lubbock	35	28:12	1986
40-44	Ann Gorchamer	Lubbock	42	33:20	1986
45-49	P.J. Mitchell	Lubbock	48	34:25	1992
50+	Eva Martinez	Lubbock	50	37:49	1994

* OVERALL COURSE RECORDS

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**WEST TEXAS RUNNING CLUB'S
RED LINE FOUR MILE CROSS COUNTRY RUN**

Final event of the 1998 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, DECEMBER 12, 1998

REGISTRATION: 9:00-9:45 A.M.

RACE START AT 10:00 A.M.

WHERE: MAE SIMMONS PARK, East 24th St. & MARTIN LUTHER KING AVE. Register in parking lot at the bottom of the hill by the football field. Enter at top of hill by the school

COURSE: RUGGED, HILLY, FOUR MILE CROSS COUNTRY

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

OTHERS = \$ 6.00

PRE REGISTRATION AVAILABLE: To prevent waiting to sign up race day, send in form or call George at 792-3291 or 792-1237 before 7pm, Friday, December 11th

AWARDS: Will be given to the first Three or up to 50% of the participants in the Divisions

AGE DIVISIONS:

MEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60 & Over

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50 and Over

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

*****MEMBERSHIP RENEWAL*****

MEMBERSHIP RENEWAL

Membership renewal forms are inserted in this issue as our new year begins with January. Please fill out the forms completely and use a separate form for each person. The new membership fee is \$15 + \$2 for each additional family member at the same address. A special offer for renewal for 2 years at the old rate of \$20 + \$4 for each family member is available until December 31, 1998.

West Texas Running Club Christmas Social

Your officers and directors cordially invite you and your family to a Christmas party featuring a potluck dinner; soft drinks, coffee and tea provided. We would ask you to bring a covered dish of your choice (vegetable, meats, salad, desert, etc.) to share with others.

SPECIAL ATTRACTIONS:

Chinese gift exchange. Bring a wrapped gift for each person participating, value not to exceed \$5.00.

Running stuff display. Bring your favorite stuff to display (T-shirt, poster, medal, photos, etc.).

DECEMBER 12TH, 1998

6:30 P.M.
BAILEY'S BOOK STORE
4835 50th STREET

RSVP by December 5th to John Trompler at 794-1359

