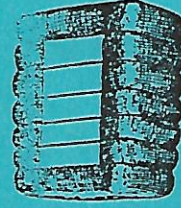


CALENDAR

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

- FEB. 2 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- FEB. 7 POLAR BEAR RUN: 5K, 10am, TTU Campus, Charles Elliot, 792-1866
- * FEB. 14 COTTON PATCH RUNS: FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 15 MOTOROLA MARATHON: Austin, FMI call (512)505-8304
- FEB. 21 2nd ANNUAL ROAD WARRIOR 5K X-C: Hobbs, 10am(MST) call Bob Jackson, (505) 392-1555 (directions and info at next 2 races)
- FEB. 28 COWTOWN MARATHON & 10K: (817) 735-2033
- * MAR. 14 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR. 29 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- APR. 4 MARATHON of the GREAT SW: Abilene, FMI, call, (915) 677-8144
- * APR. 11 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mj, 10K, Half Marathon, Frank Goodman, Race Director, 797-3804(h), 866-4397(w)
- APR. 18 THE RACE FOR KIDS 5K: Children 1 Mile, Open 5K, Details later
- APR. 26 MEDCOM MARATHON: San Antonio, FMI, call, (210) 221-3185
- * MAY 9 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 792-1011 x4690
- MAY 23 LONE STAR PAPER CHASE: Amarillo, FMI call (806) 345-3451
- * JUNE 13 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 28 BSL TRIATHLON:
- * JULY 4 29th ANNUAL FIRECRACKER RUN: Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Gayle Blackmon/Hopkins, RD, 794-3632
- * AUG. 8 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- * SEPT 12 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- * OCT. 10 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793
- OCT. 31 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- * NOV. 14 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, Ronald Key, Race Director, 747-4678, 794-5833
- * NOV. 26 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Chris Lonngren, Race Director, 796-0665
- DEC. 6 WHITEROCK MARATHON: Dallas, (214) 526-5318

February 1998



FEBRUARY 1998

Newsletter Editor
5212 44th Street
Lubbock, Texas 79414



February W.T.R.C. Race
THE COTTON PATCH RUNS
9am, Saturday, February 14, 1998
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

President - Jim Leser
(H) 794-2474 (O) 746-6101

Internal Vice-President - Tim Key
(H) 796-1824

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

DIRECTORS

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

External Race Director - Chris Lonngren
(H) 791-1774

Equipment Director - Jimmie Key
(H) 795-7637

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

Membership Director - John Trompler
(H) 794-1359

Internal Race Director - Randy Wolcott
(H) 793-8869

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Monday, February 2, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

A new year is upon us. I am sure many of you made new year's resolutions about weight loss, better running programs, better time management, etc. Won't you also commit to helping the running club, and more specifically, giving guidance to your Board? Many club members are satisfied with just showing up for the races each month. Still others want to be heavily involved in club business. But there is a middle ground too! Members are encouraged to provide suggestions to board members about what they want or expect from the club. I would have to say that in my 4 years on the Board, I have had very few suggestions provided. Are you satisfied to have a select few determine what your club does and how it spends its money? I would think not! Do you even know or care what we do at monthly board meetings?

We will be more conscientious in upcoming newsletters to provide you a brief summary of our Board meeting minutes. January's Board meeting is late in the month because of many other meeting conflicts. Items on the agenda include: whether to order more of the new club singlets, training new Board members, discussion of pre-registration incentives, RRCA dues and insurance, whether to increase membership dues, and consider establishing lifetime membership category.

Again, if you want anything from the club that is not already being provided, or have any suggestion what so ever, please get in contact with one of the Board members listed above. You are also invited to come to our meeting. *Jim Leser*

WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays at 6:30 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park
For more information call Ron Key at 794-3300 (ID) or 794-5833 (N)

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

THE 7th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE *****EVENT NUMBER 1 OF THE WTRC CHALLENGE SERIES *** LUBBOCK, TEXAS JANUARY 10, 1998

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	DIV	RESULTS	AG	S	TIME	PACE
1	JACKSON MAKENE	LEBANON	1	M2029	26	M		26:45	5:21
2	RYAN CRUZ	SHALLOWATER	1	M1619	16	M		28:50	5:46
3	TIM KEY	LUBBOCK	1	M3034	30	M		29:12	5:50
4	J.R. DUTCHOVER	LUBBOCK	2	M2029	20	M		29:15	5:51
5	HAWK HARRIS	HOBBS	3	M2029	21	M		30:33	6:07
6	JIM LESER	LUBBOCK	1	M5054	51	M		31:23	6:17
7	BOBBY SAIN	LUBBOCK	2	M1619	16	M		32:17	6:27
8	VERNON SEXTON	LUBBOCK	3	M1619	16	M		32:19	6:28
9	BRENT TIDWELL	LUBBOCK	1	M4044	40	M		32:22	6:28
10	RANDY WOLCOTT	LUBBOCK	2	M4044	41	M		32:28	6:30
11	CHRIS WRIGHT	LUBBOCK	1	M1315	15	M		32:44	6:33
12	JOHN TROMPLER	LUBBOCK	2	M5054	50	M		32:48	6:34
13	CHRIS LONGRENN	LUBBOCK	1	M3539	38	M		32:51	6:34
14	MARJORY STEWART	LUBBOCK	1	F3539	38	F		33:17	6:39
15	WILLIAM TRIPPE	LUBBOCK	2	M3034	32	M		34:03	6:49
16	CULLEN SHAW	LUBBOCK	2	M1315	15	M		34:12	6:50
17	RICK SPERT	LUBBOCK	3	M4044	42	M		34:14	6:51
18	MICHAEL HENDRIX	LUBBOCK	3	M1315	15	M		34:38	6:56
19	CHRIS BUENROSTRO	LUBBOCK	4	M1619	16	M		34:44	6:57
20	TARA JERNIGAN	BAIRD	1	F1619	16	F		34:48	6:58
21	KEN JERNIGAN	BAIRD	1	M4549	46	M		34:49	6:58
22	MIKE DAILY	LUBBOCK	2	M4549	46	M		35:10	7:02
23	RICHARD FISCHENICH	LUBBOCK	3	M5054	50	M		35:14	7:03
24	DEMETRI INGRAM	LUBBOCK	4	M2029	28	M		35:28	7:06
25	AL GARDNER	LEVELLAND	4	M4044	41	M		35:40	7:08
26	DAVID HIGGINS	LUBBOCK	5	M4044	44	M		35:56	7:11
27	WENDY SULLIVAN	COLORADO CITY	2	F1619	16	F		36:28	7:18
28	JIM HARRIS	HOBBS	1	M5559	55	M		36:45	7:21
29	RODNEY HENDRIX	LUBBOCK	3	M3034	32	M		37:19	7:28
30	TIM ST. ONGE	LUBBOCK	5	M2029	26	M		37:34	7:31
31	FRANK GOODMAN	LUBBOCK	4	M5054	51	M		37:37	7:31
32	FRED WEBER	LUBBOCK	3	M4549	46	M		37:40	7:32
33	SHAWN BEAN	LUBBOCK	2	M3539	36	M		38:33	7:43
34	SHIRLEY WIGLEY	LUBBOCK	1	F4044	44	F		38:48	7:46
35	JOE POST	LUBBOCK	4	M4549	49	M		39:26	7:53
36	RICHARD VERRONE	LUBBOCK	4	M3034	30	M		39:37	7:55
37	MARK ALBUS	WHITEFACE	6	M4044	41	M		39:59	8:00
38	HOPE JIMENEZ	LAMESA	1	F1315	13	F		40:13	8:03
39	BILL ROGER	LEVELLAND	2	M5559	58	M		40:45	8:09
40	MELANIE MCVEY	LEVELLAND	2	F3539	36	F		41:01	8:12
41	JIMMIE KEY	LUBBOCK	1	M6099	60	M		41:30	8:18
42	JAMES BONE	LUBBOCK	3	M5559	58	M		41:31	8:18
43	CHERYL WEBER	LUBBOCK	2	F4044	44	F		41:34	8:19
44	MIKE LASS	LOCKNEY	3	M3539	35	M		42:52	8:34
45	LARRY BURELSMITH	LUBBOCK	5	M4549	48	M		43:06	8:37
46	BOB BERNERO	LUBBOCK	4	M5559	55	M		43:26	8:41
47	MARY LOU JIMENEZ	LAMESA	2	F1315	15	F		43:44	8:45
48	JAMES LIVERMORE	LUBBOCK	5	M5054	50	M		44:33	8:55
49	MIKE KELLEY	LUBBOCK	6	M4549	48	M		44:36	8:55
50	JOHN STALCUP	LUBBOCK	2	M6099	64	M		44:59	9:00
51	SONIA AGUIRRE	LUBBOCK	1	F3034	32	F		45:05	9:01
52	CODY LASS	LOCKNEY	4	M1315	13	M		46:31	9:18
53	DOUG TRIPLETT	LUBBOCK	7	M4549	48	M		46:33	9:19
54	JOSIE ALEMAN	LUBBOCK	1	F4549	46	F		47:46	9:33

THE 7th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE
 *** OVERALL RESULTS *** (Continued)

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
55 VICKI FISCHENICH	LUBBOCK	TX	2	F3034	32	F	48:43	9:45
56 DENNIS RAWLS	LUBBOCK	TX	5	M1315	14	M	50:39	10:08
57 MARGARITA JIMENEZ	LAMESA	TX	1	F0112	8	F	51:06	10:13
+* MONTE LASS	LOCKNEY	TX	1	M0112	11	M	52:49	10:34
59 DON ROBERTS	SHALLOWATER	TX	7	M4044	43	M	52:53	10:35
+ 60 KENNETH KINZENBAW	LUBBOCK	TX	2	M0112	9	M	53:24	10:41
61 FRANK EARNEY	LUBBOCK	TX	8	M4549	48	M	56:37	11:19
62 BO MINNIS	LUBBOCK	TX	5	M5559	55	M	58:30	11:42

+ = New Members * = Age Group Records

RACE DIRECTOR'S REPORT

A total of 62 runners turned out to brave the sub-freezing temperature and cloudy skies which we experienced during this year's LOOP THE LAKE event. The temperature rose from 28 degrees at the start to a balmy 29 degrees at the finish. I felt no sympathy for the scantily clad John Stalcup.

Of the male participants, Jackson Makene, a former SPC student, now of McKendree College of Lebanon, Illinois for which he finished 7th at the NAIA cross country meet last fall, was the winner with a time of 26:45. He is a native of Tanzania. Marjory Stewart, as usual, was first female with a time of 33:17. Three new age group records were set as Monte Lass was first in the male 12 and under division, Tara Jernigan in the female 16 to 19 group and Shirley Wigley in the women 40 to 44 group. Shirley is beginning to worry some of us runners. She has made some impressive improvements in her running times.

I wish to thank the volunteers, Larry Byrd, Tony Aleman, Maurine Bray, George Jury, Marsha Bennett, David Skelton, Adam Andrews and Linda Capshaw, Ron Nugent (formerly known as "Runnin' Ron"), Mickey Davis and Frank Sumpter for their excellent assistance in the production of this race.

Richard Bray, Race Director

THE RACE FOR KIDS

Marjory Stewart is working on this event, scheduled for April 18, 1998, which features a 1 mile run for elementary kids as well as the open 5K race. This is our club effort to stimulate youngsters interest in running and each kid gets a T Shirt and finishers medal. We need a lot of club members to help with this event, as we may well have 600 to 800 kids this time. We managed to time and score the kids run last year, with only a few volunteers, but about 20 adults are needed to do it properly. Please call Marjory at 795-1085 to volunteer.

MISSING

As was mentioned in the December newsletter, one of the club's 100 split handheld stopwatches is missing and would cost about \$45 to replace. If anyone has any idea where it may be, please call Jimmie Key.

CERTIFIED COURSES

The COTTON PATCH RUNS will be held on the newly certified course as will the PRAIRIE DOG RUN and the above mentioned RACE FOR KIDS 5K. If we are to get other courses, such as at Brownfield and Levelland, certified, we need someone who is an engineer with an "EPM" to lay out a temporary calibration course nearby, in order to facilitate the procedure. If any of our members have access to the equipment and are willing to help the club, please talk to George Jury.

"THERE IS A HEAVEN!"

Now that 1997 has been safely tucked away, I would like to take this opportunity to reflect on some things that happened, that may be of interest. First, THANKS AGAIN to all of those that helped with the BUFFALO SPRINGS LAKE TRIATHLON. As you know we had more participants than ever and the success of the event hinged around the volunteer efforts. The W.T.R.C., with the outstanding leadership of Jim Leser, did it again with outstanding aid stations and wonderful enthusiasm for the triathletes as they completed this very difficult course. P.J. was very creative and I know everyone enjoyed her station. Second, the BSLT will be an Ironman Qualifier and National Long Course Championship. So, what that means is even more entries (1000 for the long course and 300 for the sprint course) and one BIG event. Of course your help is again requested and appreciated very much. Please, get ready for a big one on June 28, 1998 at Buffalo Springs Lake. Since we are all volunteers it is quite a feat to put this on effectively and safely and we do know that the volunteers make the difference between average and excellent. You are the biggest factor in our excellent race, so reach around and pat yourself on the back! You deserve it! One note, Marti Greer is the Executive Director for the event and is working daily to get everything ready.

Now for some personal items, between us, Marti and I completed 34 triathlons (19 for me and 15 for her), and 6 road races in 1997. We did not do an Ironman distance but plan on one for 1998. Since 1997 was Marti's first year at this sport she is working on her running base (she swims like a fish and bikes like Paula) so she will be ready. I will continue the same, train on weekends at the event I do and start out slow and taper off. We hope to do more running club events but have trouble being two places at one time. We like to do races in the Southwest Triathlon Series, if anyone is interested let us know.

In the 22 years I have been in the endurance thing (34 marathons, 165 triathlons, 50,000 miles of running) I finally have a medical story. After completing a 5k road race in Huntsville, Alabama on Thanksgiving day (with a respectable time of 25:18) I crossed the finish line, stopped my clock, passed out, and collapsed on the pavement, hitting my head on the curb (requiring six stitches), remained unconscious and then dramatically went into a gramorous seizure (you know distorted face, frothing at the mouth, extended, apparently paralyzed right arm, shaking). The next thing I know I wake up in the ambulance for a few seconds, pass out again and then wake up in the emergency room. This time I wake up for good, somewhat confused as to what happened and where I was. At first, because all of the nurses around me were so pretty, I thought I had died and gone to heaven!!! The cause? Probably caused by the after effects of a migraine headache just minutes before the race which caused an unusual amount of blood flow to the brain (they did find one in the Cat Scan). Felt great after 3 hours in the ER (never saw Clooney), played 18 holes of golf the next day, ran 7 miles the next, did a sprint triathlon on December 13, rode the motorcyle through the canyons, etc., etc. Marti was great during all of this (even though I do not remember) and she has enjoyed telling how I looked with the cracked head and foaming at the mouth. What an unpleasant thought, but now at least I have a medical story to tell and the feeling of peacefulness while being unconscious. It had to be what it will be like in heaven, if not, just humor me because it sounds good anyway. See you at the races!

Mike and Marti Greer

CLUB NEWS

There are 15 W.T.R.C. members who have maintained membership for 18 or more years. They are: Gene Adams, Al Becken, Tom Bowser, Bobby Cunningham, Ed Dabrowski, Mike Greer, Hugh Haynes, George Jury, Mike Kelley, Don Kephart, James Livermore, Cliff McCurdy, Jimmy Samarron, Don Sanderson, and Jim Wilhelm.

Last month we had discount subscription leaflets for RUNNER/TRIATHLETE MAGAZINE and this month the other Texas magazine devoted to running (INSIDE TEXAS RUNNING) has provided discount subscription coupons for your convenience. Both of these are good "Texas" publications and you can always find something interesting or useful in them both. They have a complete calendar of events so that if you are going to be in a certain city some week end and want to find a race, you will find it in these. They also have "Web Sites" for you internet ready computer buffs. In fact in the space below I am reprinting a listing of "Running" web sites compiled by Gary Ryon, Newsletter Editor for the PERMIAN BASIN RUNNING CLUB. Thanks, Gary, I would probably not get all the letters and ".coms" in the right places!

Surfs up...Internet Running Homepages

The Running Network
<http://www.runningnetwork.com/index.html>

Runner's World Online
<http://www.runnersworld.com/>

Sportsite
<http://www.sportsite.com/>

The Running Page
<http://sunsite.unc.edu/drears/running/running.html>

The Internet Resources for Runners
<http://irfr.com/>

Runner Triathlete News
http://www.runningnetwork.com/members/runner_triathlete/

Inside Texas Running
<http://www.runningnetwork.com/TexasRunning/>

RRCA
<http://www.rrca.org/~rrca/>

Road Runner Sports
<http://www.roadrunnersports.com/>

Do It Running
<http://www.doitsports.com/running/runhome2.html>

Raceme.com
<http://www.raceme.com/>

To save "paper weight" and thus postage I am having the Cotton Patch Pre Registration forms printed on the back of the ITR flyers, so just cut them in half and use both sides!

Also in this issue are entry forms for the POLAR BEAR RUN. Notice that there is a 7 member team competition, including some mixed gender teams. It would be nice if several groups of our members could register together. This is a precisely measured course, with the start west of the English Building on Canton and the finish on Canton at "Raider Alley".

RUNNING & FITNESS

AMERICAN RUNNING AND FITNESS ASSOCIATION

Achieve Your Goals for the New Year!

New Year's resolutions can be self-defeating—the more you attempt, the more likely you are to fall short. We suggest a different approach. Try to set just one new goal for 1998 that will improve your lifestyle. Here's a list of suggestions to get you thinking along positive lines. Go for just one change. You're sure to achieve it.

1 Try one new sport or exercise activity. "Variety tends to make exercise more enjoyable," says AR&FA Editorial Board Member Lewis Maharum, M.D. What's more, your new sport may become a godsend if you need to cross train through an injury.

In This Issue



2 Try a new race distance, shorter or longer than usual. If nothing else, you'll set at least one PR.

3 Where's your long run? Gone any further lately? Increase the length of your long run by two or three miles, every two to three weeks. You won't have to change a thing during your week, but you may find you'll have more stamina than usual.

4 Have your Monday to Friday runs become a routine? Spice them up by varying your pace and changing your route from time to time. Or run your regular route in the opposite direction. Variety adds interest, and your mid-week runs don't have to be repetitive.

5 Run a race on a new course. Many runners tend to go back to well-organized races on familiar courses they like. There's nothing wrong with that. But look for a new one at least once this year, and you may find another course to add to your race schedule.

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10 Run a race on a new course. Many runners tend to go back to well-organized races on familiar courses they like. There's nothing wrong with that. But look for a new one at least once this year, and you may find another course to add to your race schedule.

6 Learn something new. Running and fitness is good for your health, but your mind needs workouts, too. Get your brain to do something different, and you'll become more versatile and add to the things you enjoy.

7 Add speedwork to your training. If you want to race faster you need to train faster once or twice a week. Speed play (fartlek) is one way, but intervals are more disciplined. Many recreational runners make the mistake of running intervals too fast. Then each interval becomes slower, especially towards the end of the workout. Run intervals at a pace that you can keep up, or even improve by a second or two, as you complete your workout.

8 Look at your health risks. Is there something you can improve? The principal recognized health risks are smoking, high blood pressure, high cholesterol, being overweight, inactivity, diabetes, increasing age, family history of certain diseases, and stress.

Running and fitness and proper diet will counteract several of these. For those you can't change, such as family history and age, talk with your doctor to make sure you are on the lookout for potential problems. If you are going to develop a serious health problem, in most cases the earlier you detect it and treat it, the better your chances of curing or controlling your condition.

9 Make sure you recognize that recovery is an important part of your training. This is when the changes occur that improve your endurance and strength. They do not occur while you are working out. It's okay to work out hard once or twice a week, but for each hard workout you should feel completely recovered before you do another. If you do not feel refreshed, take it easy until you do. Remember, too, the first effect of aging on athletes is not loss of speed, or loss of endurance, it is a need for longer recovery periods.

10 Do you weight train? Studies show that this one activity not only improves performance but also reduces your risk of injury. Try free weights or weight machines, whatever is most convenient. If you already weight train, pick a new muscle group to work on. Many runners neglect their upper body, when in fact stronger arms and shoulders help you to run faster and fatigue less quickly.

Don't go overboard and try all of the above. Many people set their sights on a major makeover at the start of the New Year, only to find that by year's end they are no closer to achieving their goals than they were when they began. Choose one worthwhile and achievable goal, and you will be on the way to improving in 1998. (TS)

The American Running and Fitness Association is a nonprofit educational association of runners. Together with our sister organization, the American Medical Athletic Association, we promote health and physical fitness among all ages. For more information, contact 4405 East West Highway, Suite 405, Bethesda, MD 20814, 1-800-276-ARRA, arfa@arfa.org or visit our website at arfa.org or our site in America Online at keyword ARFA.

**** The West Texas Running Club's 1998 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 1998, 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.

All members desiring to participate in the 1998 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 1998 Challenge Series features these categories:

1. **66 Mile Club **** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with **double mileage** for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD **** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD ***** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR **** Up to three awards will be given to those **Non Runners** who help the most at **club sanctioned events**. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS ****** Points will be earned at each qualifying event in the following Age and Sex groupings:
 - A. Divisions will include: **MALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 Plus
 - FEMALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus
 - (Those less than 12 must run in the shortest races offered)
 - B. 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)
 - C. 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.
 - D. To win a "Points" award a member must have participated in at least 3 events and volunteered at least once.
 - E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

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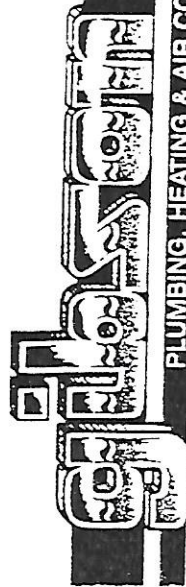
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THE 1998 CHALLENGE SERIES

The Challenge Series is a program to encourage participation and volunteerism at our own club events. The complete description and rules are on page 8 of this newsletter.

The 1997 awards not claimed at the LOOP THE LAKE RUN, January 10th, can be picked up at the next race, or call Marjory at 792-1085.

It was discovered that the "66 MILE" T Shirts were misprinted with "1998" instead of "1997". Please return the shirts for an exchange! Call Marjory

COTTON PATCH RUNS
Since 1973
EVENT RECORDS

1990 to Lubbock

+ for information

8 MILE
MEN

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

WOMEN

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

4 MILE (1985)
MEN

NAME	AGE	TOWN	TIME	YEAR
Trey Jernigan	12	Sundown	26:49	1990
Travis Perez	15	Brownfield	23:24	1997
Larry Millard	18	Lubbock	21:45	1986
Jose Montoya	20	Hobbs, NM	21:02	1985 *
Jimmy Samarron	30	Levelland	23:57	1985
John Bednarski	37	Odessa	21:26	1987
Frank Sumpter, Sr.	42	Lamesa	23:34	1996
Bobby Cunningham	45	Abernathy	22:48	1985
Tom Thomas	53	Lubbock	26:22	1987
Martin Harms	56	Ransom Canyon	30:06	1994
John Stalcup	60	Lubbock	31:59	1994
Don Sanderson	66	Tulia	28:17	1996

WOMEN

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

* Overall Event Record

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

WHEN:

SAURDAY, FEBRUARY 14, 1998

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 before 7pm, Friday, February 13th.

AGE DIVISIONS, AWARDS: New Medals or Souvenir Cotton Bales;

3 deep & up to 50 Percent deep in each age division

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 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 12-31-98. If for some reason your label is not correct, please call John Trompler, Membership Chairman, at 794-1359, and he will look into it.

COTTON PATCH RUNS

Mail Registration thru Feb 12
Telephone registration by 7:00 P.M. on February 13.
792-1237

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

Race Starts at 9:00 A.M.
at Frenship HS, Wolfforth, TX

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 1998 Cotton Patch Runs. 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, and strollers are not allowed 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 ____/____/____ 8 mile Male _____ Clydesdale(190+) _____

Name _____ 4 mile Female _____ Athena(150+) _____

Address _____ Phone Number _____

City _____ State _____ Zip _____

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CITY/STATE/ZIP: _____

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Mail with check or money order to: INSIDE TEXAS RUNNING, PO Box 720757, Houston, TX 77272-0757. For more information, call 1-800-705-4531.



2nd Annual Polar Bear 5K Fun Run

Sponsored By Habitat for Humanity Tech Student Chapter

Date: Saturday, February 7, 1998 **Starting Time:** 10:00 a.m.

Registration: Until February 5, 1998 - \$10 Entry fee payable to **Habitat for Humanity Tech Student Chapter**.

Drop Off Registration: 8 a.m. - 12 p.m. & 1 p.m. - 5 p.m. Weekdays at the Texas Tech University Center, SOS Office, Room 210

Registration Table: 10 a.m. - 4 p.m. January 26, 27, 28, & February 3, 4, 5. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$15 - Saturday, February 7, 8:30 a.m. - 9:30 a.m. ONLY!
Raider Alley/Biology Parking Lot (6th & Canton)

Divisions:

Men: 12 & under; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65 & over

Women: 12 & under; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over

Team:

Men _____ (7)

Women _____ (7)

Coed _____ (3 Male 4 Female or 4 Male 3 Female)

* See Team Registration Form - Due January 31

Course: Both the 5K & 1.4 mile run/walk will be run on the Tech Campus, with the start at the Biology parking lot and the finish at Raider Alley. A map of the course will be included at registration. (**Parking** available in the Biology, Administration, Holden Hall, Library, and UC parking lots)

Refreshments & Medical Aid will be available to all participants.

Race Guidelines: All participants must be registered. No skates, inline skates, skateboards or bicycles.

Awards: 5K - Medallions will be presented to the first three finishers in each age/sex race class. Team 5K - Medallions will be presented to the first three finishing teams in each division [(Men, Women, Coed), seven each], and a custom engraved plaque will be given to the 1st Place team in each division and to the team with the most members participating. 1.4 Mile - Medallions will be presented to the first three finishers in each sex race class.

Award Ceremony: Presentation at 11:00 a.m. at the Finish Line/Raider Alley

Prize Drawings: Pre-registrants only. Must be present to win [Includes two (2) roundtrip tickets on Southwest Airlines].



.....

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> M <input type="checkbox"/> F
Address			T-shirt Size (adult) Add \$2 for XXL	
<input type="text"/>			<input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL	
City	State	Zip Code	Make checks payable to: Habitat for Humanity Tech Student Chapter	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code	Daytime Phone Number	Entered Event		
<input type="text"/>	<input type="text"/>	<input type="checkbox"/> 5K <input type="checkbox"/> Team 5K <input type="checkbox"/> 1.4 Mile	FOR OFFICIAL USE ONLY	
Feel free to make copies of this form.				

Do you participate in NCAA sports? Yes No (If yes, not eligible for awards) Donations (tax deductible): _____

In consideration of acceptance of this entry, I waive and release any and all claims for myself and my heirs against the Habitat for Humanity Tech Student Chapter, Texas Tech University, any sponsor and all officials of this race -- 1998 Polar Bear 5K. I further state that I HAVE TRAINED AND I AM IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THIS EVENT. I hereby consent to the administration of any medical treatment I might require during the Polar Bear 5K.

Signature of Entrant _____ Signature of Guardian (minors) _____