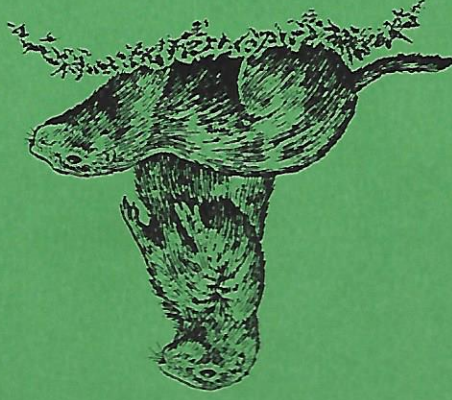


# CALENDAR

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

- MAR. 2 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- \* MAR. 14 PRAIRIE DOG TOWN RUN: MacKenzie Park, Lubbock, 4 Miles, 9am  
John Trompler, Race Director, 794-1359
- MAR. 21 B.J.'s DREAM 5K: Dimmitt, 9am, call Bill Klein, (806)945-2237
- MAR. 21 RUN TO READ 5K: San Angelo, 8am, FMI, call 1(915) 947-1536
- 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 Mi, 10K, Half Marathon,  
Frank Goodman, Race Director, 797-3804(h), 637-0203(w)
- APR. 18 THE RACE FOR KIDS 5K: TTU Campus, Open 5K 8am, Children's  
1 Mile, 8:45am, Marjory Stewart, Race Director, 792-1085
- 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 Fischentich, 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 MILLER: Canyon Lake 6, Lubbock, (also 1 Mile Child-  
ren'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, Dwayne 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, 796-0685
- DEC. 6 WHITEROCK MARATHON: Dallas, (214) 526-5318
- \* DEC. 12 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am  
Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)

March 1998



March W.T.R.C. Race  
PRAIRIE DOG TOWN 4 MILE  
9am, Saturday, March 14, 1998  
Details Inside Back Cover

March W.T.R.C. Race  
PRAIRIE DOG TOWN 4 MILE  
9am, Saturday, March 14, 1998



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414

MARCH 1998



# 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

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

## 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 Tuesday, March 2, 7:00 p.m. at 5517 74th Street. All members are welcome.

## Leser's Lines

What happened at the last Board meeting... Our combined balance in checking and savings was reported to be just shy of \$5000,000. This is down from \$7000,000 at the end of 1997, but we did contribute \$2300,000 to the Special Olympics (Achilles Track Club money), spent considerable money on the Christmas party and also on Challenge Series awards.

We discussed ordering more club singlets like the ones Marjory Stewart got for the Challenge Series. These cost \$15.00. We could probably cut the cost to \$12.00 by substituting a supplex nylon front panel for the nylon trikot on the award T-shirts. Please contact a Board member and tell them what your choice would be. Also under consideration is the color of the front panel-the current one is red- any suggestions for a different club color?

## TELEPHONE RACE PRE-REGISTRATION

You are encouraged to pre-register by mail or telephone so that we can get down on waiting time on race day. Phone registration as late as 7:30 p.m. the day before the race is acceptable. Just bring your race fee to the race. Early registration helps us start races on time! Please don't arrive late to register either. This is unfair to those waiting at the starting line!!

Membership will be cut off on March 1<sup>st</sup>, so this is your last newsletter until you pay up! You will also have to pay \$1.00 more at the Prairie Dog Run. Right now we have about 152 members paid for 1998 with approximately 90 unpaid. Next year I will promote membership benefit cutoff on February 11 *Jim Leser*

## WTRC LSD Training Runs

Saturdays at 7:00 a.m. and Sundays at 6:00 a.m.; meeting at the Outdoor Center parking lot in MacKenzie Park. Breakfast and fellowship usually follow.

For more information call Ron Key at 794-3300 (D) or 794-5833 (N)

Frost Yer Fanny Duathlon Results: Frank Goodman and Tim St. Onge did their 2<sup>nd</sup> duathlon, Cheryl Weber and Jimmy Key were 3<sup>rd</sup> in their AG, Jim Leser 1<sup>st</sup> in his AG and Tim Key 2<sup>nd</sup> overall finisher.

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

## WEST TEXAS RUNNING CLUB FOUR MILE COTTON PATCH RUN USA T&F CERTIFIED, # 97110ETH February 14, 1998 OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	CHRIS THOMAS	LUBBOCK	TX	1	M1619	18	M	23:18	5:50
2	HAWK HARRIS	HOBBS	NM	1	M2029	21	M	23:25	5:51
3	VERNON SEXTON	LUBBOCK	TX	2	M1619	16	M	25:10	6:18
4	WILLIAM TRIPPE	LUBBOCK	TX	1	M3034	32	M	25:18	6:20
5	FRANK SUNPETER	LAMESA	TX	1	M4044	44	M	26:45	6:41
6	AL GARDNER	LEVELLAND	TX	2	M4044	44	M	26:51	6:43
7	RUSSEL MARTIN	SHALLOWATER	TX	1	M3539	39	M	27:31	6:53
*	JIM HARRIS	HOBBS	NM	1	M5559	55	M	28:42	7:11
+	TOMMY ARGUIJO	WHITEFACE	TX	1	M1315	13	M	29:07	7:17
+	BILL PIATT	LUBBOCK	TX	1	M4549	47	M	29:28	7:22
11	PHILLIP MALONE	WOLFFORTH	TX	1	M0112	12	M	29:59	7:30
12	HOPE JIMENEZ	LAMESA	TX	1	F1315	14	F	30:32	7:38
*	MELANIE MCVEY	LEVELLAND	TX	1	F3539	36	F	31:10	7:48
14	IAN STEWART	LUBBOCK	TX	2	M0112	9	M	31:29	7:52
15	STEPHANIE ALVAREZ	LUBBOCK	TX	1	F1619	17	F	32:09	8:02
16	CODY LASS	LOCKNEY	TX	2	M1315	13	M	32:28	8:07
17	JOHN HATCHETT	LUBBOCK	TX	2	M2029	20	M	33:35	8:24
18	JAMES LIVERMORE	LUBBOCK	TX	1	M5054	50	M	33:47	8:27
+	LINDA NORTHROP	LEVELLAND	TX	1	F2029	25	F	34:34	8:39
19	CASSANDRA RIVAS	LUBBOCK	TX	2	F2029	23	F	34:34	8:39
21	BILL OATES	LUBBOCK	TX	2	M5559	55	M	34:53	8:43
22	MONTE LASS	LOCKNEY	TX	3	M0112	11	M	36:31	9:08
+	BECKY MILLER	LUBBOCK	TX	2	F3539	36	F	36:52	9:13
23	JOSE ALEMAN	LUBBOCK	TX	1	F4549	46	F	37:58	9:30
24	ADAM ANDREWS	LUBBOCK	TX	3	M4044	44	M	38:06	9:32
*	EVA MARTINEZ	LUBBOCK	TX	1	F5099	53	F	38:12	9:33
27	MIKE MALONE	WOLFFORTH	TX	4	M4044	40	M	39:18	9:50
28	KENNETH KINZENBAW	LUBBOCK	TX	4	M0112	9	M	39:55	9:59
29	LAURA HOPPER	LUBBOCK	TX	1	F3034	32	F	40:16	10:04
30	MARGARITA JIMENEZ	LAMESA	TX	1	F0112	8	F	40:48	10:12
31	BO MINNIS	LUBBOCK	TX	3	M5559	55	M	43:56	10:59
32	LINDA MALONE	WOLFFORTH	TX	3	F3539	38	F	44:12	11:03
33	LACY LASS	LOCKNEY	TX	2	F1315	15	F	52:32	13:08

\* = New Age Group Record + = New Club Member

## RACE DIRECTORS REPORT

Many thanks to the sponsors of this year's "Cotton Patch": SCHLOTZSKY'S and Chris Lonngren, Sierra Water, Frenship High School and Rodney Hendrix, Bob Bernero, Lubbock Communications, James Bone and Fleming Foods, Mike Greer for the Gatorade, and "Lady", the proud mother.

The volunteers were a big help, too. They were George Jury, Gayle Blackmon-Hopkins, Molly Santese, Joe Martinez, Jimmy and Delores Key, Brent Tidwell, Jesse Hilliard, Fred and Cheryl Weber, David Skelton and Margaret and Chico Jimenez.

Seventy one runners, good weather, door prizes.... What more could you ask for?

David Higgins, Race Director

WEST TEXAS RUNNING CLUB  
EIGHT MILE COTTON PATCH RUN  
USA T&F CERTIFIED, # 97110ETM  
February 14, 1998  
OVERALL RESULTS

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 HAF F I S BANIRE	LUBBOCK	TX	1	M2029	26	M	46:44	5:51
2 BOB JACKSON	HOBBS	TX	1	M3539	39	M	47:08	5:54
3 TIM KEY	LUBBOCK	TX	1	M3034	30	M	49:28	6:11
4 GLEN POKLIKUHA	LUBBOCK	TX	2	M2029	26	M	53:09	6:39
5 JOHN TROMPLER	LUBBOCK	TX	1	M5054	50	M	54:12	6:47
6 BOBBY SAIN	LUBBOCK	TX	1	M1619	16	M	55:01	6:53
7 RANDY WOLCOTT	LUBBOCK	TX	1	M4044	41	M	56:27	7:03
8 MARJORY STEWART	LUBBOCK	TX	1	F3539	39	F	56:52	7:07
9 CHRIS WRIGHT	LUBBOCK	TX	1	M1315	15	M	56:53	7:07
10 TOM FORD	MESA	AZ	1	M5559	57	M	57:48	7:14
11 RICH TITUS	LUBBOCK	TX	1	M4549	45	M	58:58	7:22
12 TIM ST. ONGE	LUBBOCK	TX	3	M2029	26	M	59:49	7:29
13 MIKE DAILEY	LUBBOCK	TX	2	M4549	46	M	1:00:43	7:35
14 JOE POST	LUBBOCK	TX	3	M4549	49	M	1:00:53	7:37
15 CRAIG LANGFORD	LUBBOCK	TX	2	M3539	36	M	1:02:19	7:47
16 DWAYNE OAKELEY	LUBBOCK	TX	2	M4044	41	M	1:02:41	7:50
17 BILL ROGER	LEVELLAND	TX	2	M5559	58	M	1:03:23	7:55
18 LARRY BYRD	SHALLOWATER	TX	3	M5559	56	M	1:03:54	7:59
19 SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	44	F	1:06:01	8:15
20 RICHARD VERRONE	LUBBOCK	TX	2	M3034	30	M	1:06:43	8:20
21 RICHARD BRAY	LUBBOCK	TX	2	M5054	53	M	1:08:35	8:34
22 MIKE LASS	LOCKNEY	TX	3	M3539	35	M	1:08:44	8:36
23 PHOEBE ROURKE	LUBBOCK	TX	1	F1619	18	F	1:09:05	8:38
24 LARRY BURELSMITH	LUBBOCK	TX	4	M4549	48	M	1:11:26	8:56
25 JAMES BONE	LUBBOCK	TX	4	M5559	58	M	1:11:49	8:59
26 MARK PESSA	LUBBOCK	TX	3	M4044	44	M	1:12:19	9:02
27 MIKE KELLEY	LUBBOCK	TX	5	M4549	49	M	1:13:32	9:12
28 ETTA MAYER	LUBBOCK	TX	1	F4549	48	F	1:13:48	9:14
29 KEVIN SPILLER	O'DONNELL	TX	3	M3034	32	M	1:13:56	9:15
30 MICKEY DAVIS	LUBBOCK	TX	4	M4044	41	M	1:14:54	9:22
31 RONNIE NUGENT	LUBBOCK	TX	3	M5054	51	M	1:15:12	9:24
32 KELLY STEBBINS	LUBBOCK	TX	2	F1619	18	F	1:16:14	9:32
33 RODNEY HENDRIX	LUBBOCK	TX	4	M3034	32	M	1:16:15	9:32
34 BOB BERNERO	LUBBOCK	TX	5	M5559	55	M	1:16:20	9:33
35 MARSHA BENNETT	LUBBOCK	TX	1	F3034	34	F	1:16:36	9:35
36 MELANIE TORRENCE	LUBBOCK	TX	1	F2029	29	F	1:19:39	9:57
37 ANGELA KRAMER	LUBBOCK	TX	2	F2029	21	F	1:21:36	10:12
38 FRANK EARNEY	LUBBOCK	TX	6	M4549	49	M	1:35:09	11:54

\* = New Age Group Record + = New Club Member

WOMEN'S HEALTH

The Annual report of the HARVARD SCHOOL OF PUBLIC HEALTH, study of health related professionals, showed that increasing the intake of folic acid as well as Vitamin E, reduced women's chances of heart disease. It is already known that women of child bearing age should take folic acid supplements as it has proven to reduce the incidence of birth defects. Many ready made foods, such as bread, are now being supplemented with folic acid.

W.T.R.C. 1998 CHALLENGE SERIES  
STANDINGS AFTER 2 EVENTS

MALE

YTD TOTALS			YTD TOTALS		
PTS	MILES	EVNTS	PTS	MILES	EVNTS
<b>6 - 12 MALE</b>					
Monte Lass	18	9	40 - 44 MALE	8	9
Kenneth Kinzenbaw	16	9	Adam Andrews	7	2*
Ian Stewart	9	4	David Higgins	6	2**
<b>13 - 15 MALE</b>					
Chris Wright	20	13	David Skelton	0	13
Cody Lass	16	9	<b>45 - 49 MALE</b>		
Tommy Arguijo	10	4	Mike Daily	18	13
Cullen Shaw	9	5	Joe Post	15	13
Dennis Rawls	6	5	Larry Burelsmith	13	2
<b>16 - 19 MALE</b>					
Ryan Cruz	10	5	Mike Kelley	11	13
Chris Thomas	10	4	Rich Titus	10	8
Chris Buenrostro	7	5	Ken Jernigan	10	5
<b>20 - 29 MALE</b>					
Hawk Harris	18	9	Bill Platt	10	4
Tim St. Onge	14	13	Fred Weber	8	13
Glen Poklikuha	9	5	Frank Barney	8	13
Demitri Ingram	7	5	Doug Triplett	4	5
<b>30 - 34 MALE</b>					
Tim Key	20	13	Tony Aleman	0	5
William Trippe	19	9	<b>50 - 54 MALE</b>		
Richard Verone	16	13	John Trompler	19	13
Rodney Hendrix	15	13	James Livermore	16	9
Jesse Hilliard	0	8	Jim Leser	10	5
<b>35 - 39 MALE</b>					
Mike Lass	16	13	Richard Bray	9	18
Bob Jackson	10	8	Richard Fishenich	8	5
Chris Lonngren	10	5	Ronnie Nugent	8	13
Russel Martin	10	4	Frank Goodman	7	5
<b>40 - 44 MALE</b>					
Randy Wolcott	19	13	Joe Martinez	7	34.3
Al Gardner	16	9	<b>55 - 59 MALE</b>		
Brent Tidwell	10	13	Jim Harris	20	9
Frank Sumpter	10	9	Bill Roger	18	13
Dwayne Oakeley	9	8	James Bone	15	13
Mark Pessa	8	8	Bo Minnis	14	9
Micky Davis	7	13	Bob Bernero	13	3
<b>40 - 44 FEMALE</b>					
Margarita Jimenez	20	9	Bill Oates	9	4
Hope Jimenez	20	9	Larry Byrd	8	13
Mary Lou Jimenez	9	5	<b>60 - 99 MALE</b>		
<b>6 - 12 FEMALE</b>					
Stephanie Alvarez	10	4	Jimmie Key	10	13
Tara Jernigan	10	5	John Stalcup	9	5
Wendy Sullivan	9	5	George Jury	0	13
<b>13 - 15 FEMALE</b>					
Hope Jimenez	20	9	<b>** = RACE DIRECTORS * = VOLUNTEER</b>		
Mary Lou Jimenez	9	5	<b>35 - 39 FEMALE</b>		
<b>16 - 19 FEMALE</b>					
Stephanie Alvarez	10	4	Marjory Stewart	20	13
Tara Jernigan	10	5	Melanie McVey	19	9
Wendy Sullivan	9	5	Becky Miller	9	4
<b>20 - 29 FEMALE</b>					
Cassandra Rivas	10	4	Gayle Blackmon-Hopkins	0	8
<b>30 - 34 FEMALE</b>					
Marsha Bennett	10	13	<b>40 - 44 FEMALE</b>		
Laura Hopper	10	4	Shirley Wigley	20	13
Vicki Fishenich	9	5	Cheryl Weber	9	13
Molly Santese	0	8	<b>45 - 49</b>		
<b>** = RACE DIRECTORS * = VOLUNTEER</b>					

\*\*\*\*\*  
 \* MEMBERSHIP RENEWAL DUE!!  
 \*  
 \* Membership expires at the end of December  
 \* each year..... If your address label does  
 \* not say "12-98" or later, this will be  
 \* your last newsletter, and if not paid up  
 \* by March 14th, non-member race fees must  
 \* be paid.  
 \*  
 \* See the following paragraph for club  
 \* member benefits.  
 \*  
 \* \*\*\*\*\*

**W. T. R. C. MEMBERSHIP**

At our current dues structure, members get quite a bargain. For example, the newsletter which arrives every month costs an average of \$9.47 per member unit. Additional benefits are the ROAD RUNNERS CLUB of AMERICA (RRCA) membership and liability insurance coverage which costs \$ 3.89 per member unit. As an RRCA member club you get a quarterly newsletter which always has some valuable health or training articles. This RRCA fee of \$920.80 has to be paid in early January, so the club's checking account takes quite a jolt because we have to pay based on the membership at years end. In addition we have just had expenses for our nice CHALLENGE SERIES awards and the very nice December social event. This is why it is so important that membership dues be paid by January.

Because of the hard work and diligence of your elected officers over the past 12 years, the club is in pretty good financial shape and has accumulated \$4,000 in a savings account in case of hard times or emergency expenses, such as need for equipment replacement. (We have equipment and supplies valued at nearly \$11,000.) We have basically 3 ways of generating income; rental of equipment, supplying volunteers for the BUFFALO SPRINGS LAKE TRIATHLON, and we use the "TURKEY TROT" as a fundraiser. All our monthly races on the average break even, with the \$5 member and \$6 non-member entry fees.

The board of directors are contemplating raising membership dues for the next year, but are also looking at a lifetime membership plan, or multi-year renewal rates to encourage timely renewals. By the way, we already have several members who pay several years in advance to eliminate the need to re-up every year!

I think that every member can be proud of our club with it's sound leadership, stable membership and stable financial status. I know that there are a lot of you who do not participate in the races but for whatever reason you got interested in running in the first place, I hope that you would continue to support the club with your membership. Hopefully there is something of value to each member in the monthly newsletter and as I mentioned above, it's worth the membership cost just to get the RRCA newsletter.

In addition to what we "get" as club members, lets remember that we also "give"! Recently we donated \$2,300 to the local Special Olympics which we had acquired from a couple of benefit runs in the past. Also our TTU/WTRC scholarship fund has grown to \$25,500 and that we awarded two \$1,000 stipends for this year. This is because of your volunteering and running in the RED RAIDER ROAD RACE.

**ILLIOTIBIAL BAND PAIN**  
 Taken from ARFA internet site

The iliotibial band is fibrous tissue that originates just above your hip and attaches below your knee. It can both extend your lower leg if your knee is not bent beyond 20 to 30 degrees, or assist in flexion of your lower leg if your knee is bent in the same range.

The lower end of the iliotibial band is vulnerable to overuse as it can rub over the end of your leg bone when your knee bends and straightens. Muscle imbalances and tightness in the band can add to the problem. Poor foot biomechanics, worn running shoes, increased mileage, and running on canted surfaces also can cause iliotibial band syndrome. (Editor's Note) The band can also cause extreme pain on the outside of the hip.

Treatment begins with rest from running. Avoid pool running and biking also, because they also cause irritation as your knee bends and straightens. Even kicking when you swim can irritate a sore iliotibial band.

Ultrasound helps, especially if used with application of an anti-inflammatory hydrocortisone cream. Deep tissue massage also helps relieve pain and stretching tight tissues. Ice application, aspirin, or other anti-inflammatory medications may help.

You should stretch the band with stretching exercises, such as leaning sideways into a wall, standing on the injured leg.

If these measures do not slowly allow your inflammation to heal, you may need further evaluation of other leg muscles, such as your thigh muscles, which also may need strengthening and stretching. A biomechanical evaluation of your gait also may reveal a need for orthotics, or some other mechanical support.

Avoid activities that bend and straighten your knee, continue with your physical therapy, and take anti-inflammatory medications, and you should gradually improve. When you are pain free begin walking for exercise, and return to running only very slowly, to avoid starting the inflammatory cycle all over again.

Carol Hamilton, M.S., P.T., O.C.S.S.

**AT THE RACES**

At the HOUSTON/METHODIST MARATHON, Jan. 21st, 68 year old Don Sanderson was the leading club runner, finishing 3rd in his age group with a 3:47:51. Next was Damon Richards(44), 3:52:46, followed by Larry Byrd(56) and Bill Roger(58) with 4:04:06, Doug Triplett(48), 4:51:15, Larry Burelsmith(48) 5:02:16 and Rusty Ladd(45) with a 5:07:09.

At the AUSTIN/MOTOROLA MARATHON, Feb. 15th, Christie Lammers, 41 of Midland, turned in a 3:08:54 and finished 7th of women masters. Jon Omdahl ran a 3:55:12. There were 2,300 finishers in the marathon and 4,000 participated in the marathon relay. Jon said there were 14,000 elementary children who ran their "26th" mile on the Saturday before. They had a school program in which each child ran a mile each week leading up to the marathon weekend.

2nd ANNUAL POLAR BEAR 5K  
TTU CAMPUS February 7, 1998

W. T. R. C. MEMBERS OVERALL STANDINGS

PLACE NAME	AG	S	DIV	PLACE	TOWN	TIME	PACE
1 RYAN CRUZ	16	M	1	M1619	SHALLOWATER	16:53	5:26
4 GLEN POKL IKUHA	26	M	1	M2529	LUBBOCK	18:08	5:50
5 HAWK HARRIS	21	M	1	M2024	HOBBS	18:15	5:52
9 WILLIAM TRIPPE	32	M	1	M3034	LUBBOCK	19:34	6:18
12 JOHN TROMPLER	50	M	1	M5054	LUBBOCK	19:56	6:25
13 AL GARDNER	41	M	1	M4044	LEVELLAND	20:01	6:27
16 STEVEN SILVEY	31	M	3	M3034	ABILENE	20:47	6:41
17 RUSSEL MARTIN	39	M	1	M3539	SHALLOWATER	20:51	6:43
29 FRANK GOODMAN	51	M	2	M5054	LUBBOCK	21:42	6:59
30 DWIGHT VARNUM	38	M	3	M3539	LUBBOCK	21:45	7:00
32 MARK ALBUS	41	M	2	M4044	WHITEFACE	21:49	7:01
36 JIM HARRIS	55	M	1	M5559	HOBBS	22:00	7:05
41 MATT HEINEMANN	11	M	1	M0112	LUBBOCK	22:44	7:19
44 BILL PIATT	47	M	1	M4549	LUBBOCK	22:50	7:21
47 MIKE DAILEY	46	M	2	M4549	LUBBOCK	23:08	7:27
48 HOPE JIMENEZ	13	F	1	F1315	LAMESA	23:12	7:28
53 TOMMY ARGUIJO	13	M	3	M1315	WHITEFACE	23:38	7:36
54 RICHARD VERRONE	30	M	5	M3034	LUBBOCK	23:39	7:37
57 MELANIE McVEY	36	F	1	F3539	LEVELLAND	23:50	7:40
60 STEVE NIEMAN	43	M	3	M4044	SHALLOWATER	24:09	7:46
65 STEPHANIE ALVAREZ	17	F	2	F1619	LUBBOCK	24:34	7:54
78 JAMES BONE, JR	58	M	2	M5559	LUBBOCK	25:35	8:14
95 MARSHA BENNETT	34	F	1	F3034	LUBBOCK	27:42	8:55
99 DIANE RAMIREZ	32	F	2	F3034	LUBBOCK	28:11	9:04
102 KENNETH KINZENBAW	9	M	2	M0112	LUBBOCK	28:29	9:10
104 JOHN STALCUP	64	M	1	M6064	LUBBOCK	28:36	9:12
107 MARGARITA JIMENEZ	8	F	2	F0112	LAMESA	28:47	9:16
113 JOSIE ALEMAN	46	F	1	F4549	LUBBOCK	29:09	9:23
115 ADAM ANDREWS	43	M	6	M4044	LUBBOCK	29:35	9:31
129 ROBERT EARNEY	49	M	3	M4549	LUBBOCK	33:02	10:38
130 DEBRA FORTE'	40	F	1	F4044	LUBBOCK	33:42	10:51
131 JAMES FORTE'	47	M	4	M4549	LUBBOCK	34:09	10:59
137 VERONICA JIMENEZ	11	F	3	F0112	LAMESA	34:55	11:14

VOLUNTEERS

Club members assisting with the equipment, registering, finish line and scoring were David Higgins, Jon Omdahl, Jim Leser, George Jury, Tim Key, Jimmie Key and Dwayne Oakeley. There were 182 total finishers. Finish times may not be correct as several people registered in the one mile entered the finish chute and times were not adjusted for these.

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BEGINNING RUNNING

How many times have you been asked by someone, "How can I get started running?" Now you can give that person some sound advice by telling them to get the inexpensive book described below. In fact it would be a good idea to clip this information and carry it with you so you can share it. Another idea is to buy a couple of copies and loan them out to those interested.

BEGINNING TO RUN:

Beginning Runners Guide by Hal Higdon, Copyright (c) 1997 by Hal Higdon Communications, all rights reserved. Autographed copies of this book are available for \$5.00 (includes shipping and handling) from Roadrunner Press, P.O. Box 1034, Michigan City, IN 46361-1034.

**PRAIRIE DOG RUN 4 MILE  
EVENT 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	Si Reid	Tucumcari, NM	18	21:20	1997 *
20-29	Bob Jackson	Portales, NM	24	20:53	1983
+	Larry Millard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:34	1984
35-39	Bob Jackson	Hobbs, NM	38	21:27	1997
40-44	George Chaves	Tucumcari, NM	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 Staicup	Lubbock	61	31:14	1995
65+	Don Sanderson	Tulla	66	28:47	1996

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
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	Shirley Wigley	Lubbock	43	30:09	1997
45-49	P.J. Mitchell	Lubbock	49	33:39	1994
50+	P.J. Mitchell	Lubbock	50	33:30	1995

+ = Noteworthy Times  
 \*\*\*\*\* \* **OVERALL COURSE RECORDS** \*\*\*\*\*  
 DHEA: BETTER BODIES?... NOT YET!

Editor's Note: With all the "Fad" supplements being touted, the following information taken from the internet from the AMERICAN RUNNING & FITNESS ASSOCIATION may be helpful.

There's never any shortage of bottles of supplements that are supposed to do all kinds of things that are best left to a proper diet and an active lifestyle. One of the hottest these days is known as DHEA. Claims for DHEA include reducing body fat and building lean muscle mass, restoring sexual vigor, and protecting against major diseases by boosting your immune system. However, this compound makes us nervous.

Dehydroepiandrosterone, the full name for DHEA, is a hormone made in your adrenal glands, which are stuck on the ends of your kidneys. DHEA is part of the sex hormone complex, is related to testosterone, but is made in only small amounts and is normally only weakly active. Like testosterone, it is involved with the development of muscle size and strength. DHEA is an anabolic steroid; kind of weak, compared to most, but still an anabolic steroid.

There is research going on studying possible uses of DHEA, especially in restoring strength in older adults, whose DHEA levels have fallen with age. Obviously DHEA may have relevance to athletes, devoted to maximizing their physical development. But it is far too early to consider long time use of an anabolic steroid, at doses greatly in excess of the amount your body makes. Remember, all active compounds show a dose-response relationship. A little is good, a little more may be better, but in many cases eventually you end up with toxic effects. There is already a large amount of evidence of the dangers of messing with anabolic steroids over the long haul. Stay away from DHEA until we know a lot more about it. (Trevor Smith, M.D., Editor, Running & FitNews)

**WEST TEXAS RUNNING CLUB'S**

**PRAIRIE DOG TOWN 4 MILE RUN**

USA T&F CERTIFIED, #TX97108ETM  
 EVENT # 3  
 Of the 1998 W.T.R.C CHALLENGE SERIES

**WHEN:** SATURDAY, MARCH 14, 1998  
 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 before 7pm, Friday March 13th, 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:** John Trompler Office 775-2848  
 Home 794-1359

\*\*\*\*\*

**PRAIRIE DOG HISTORY**

Last year in this space, we told the history of this race which was originally held at Hodges Park and was moved to MACKENZIE STATE PARK in 1983. This year makes history as it will be run on the newly certified course and we should not have to alter it again as was done the past 2 years because of high water or construction.

Volunteers are needed. If you can help, please call John Trompler at one of the numbers above.

# Prairie Dog Town Run

Mail  
Registration  
thru Mar 12  
Telephone registration  
by 7 p.m. Mar 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 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race starts at 9:00 a.m.  
in MacKenzie Park,

**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 Prairie Dog Town 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)  
Female \_\_\_\_\_ Athena (150 lbs or more)

Name \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_