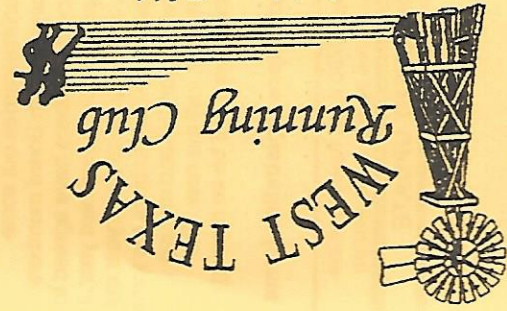
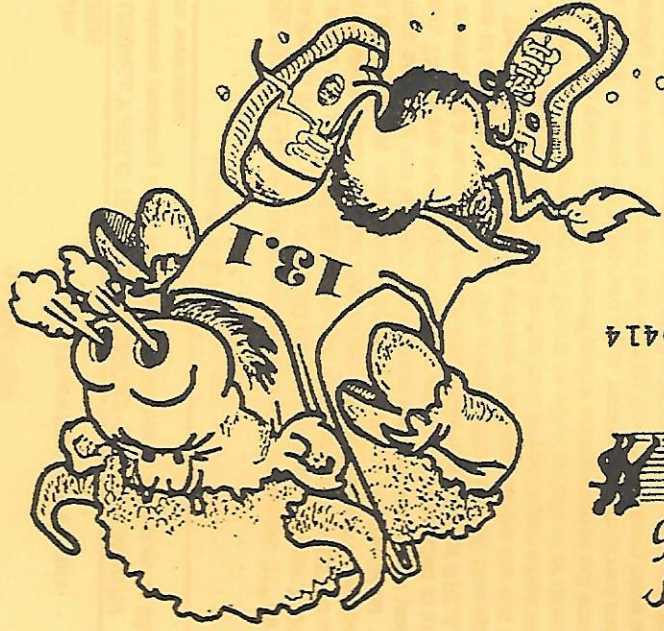


# CALENDAR

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

- NOV. 2 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- NOV. 7 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center  
1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- NOV. 8 SAN ANTONIO MARATHON: FMI; Call (210) 246-9652
- \* NOV. 14 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and  
2 Mi., 9 am, G.W. Jury, Race Director, 792-3291(d), 792-1237(n)
- \* NOV. 26 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile  
and 2 Mile, Chris Lonngren, Race Director, 796-0685
- NOV. 26 AMARILLO TURKEY TROT 5K: Amarillo, David Lard, 354-1908
- \* DEC. 12 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am  
David Higgins, Race Director, 744-2626(d), 744-8328(n)
- 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. ? 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
- MAR. ? CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- \* APR. 10 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon,  
Jim Harris, Race Director,
- \* MAY 8 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2  
Mile Races, Vicki Fischenich, RD, 792-0662(n), 792-1011 x4690
- MAY 29 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451

- November 1998 -



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414

November 1998



26th Annual BUFFALO WALLOW RACES

HALF MARATHON and 2 MILE

Saturday, November 14, 1998  
Buffalo Springs Lake, Lubbock TX  
Details Inside Back Cover



# WEST TEXAS RUNNING CLUB

## OFFICERS

**President - Jim Leser**  
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## DIRECTORS

**Newsletter Director - George Jury**  
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**Equipment Director - Jimmie Key**  
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**Race Calendar Director - Dwayne Oakeley**  
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**Membership Director - John Trompler**  
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**Internal Race Director-Vacant**

**Internal Vice-President - Tim Key**  
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**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

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

## Leser's Lines

**SUPER MEMBERSHIP RENEWAL OFFER** If you renew before December 31<sup>st</sup> for two (2) years, you will be able to lock in the old price of \$10.00 per year through the year 2000. For a single membership this would add up to \$20.00 for the next two years versus \$30.00 under the new membership rate approved by your board in September. Additional family members would still be \$2.00 each or \$4.00 for the two year period. I know for some of you the latest membership fee appears to be pretty stiff but is in line with the services we render (see article in last month's newsletter). This is the first increase in many years and is needed to insure that we can conduct quality events, get a newsletter and be insured as members of RRCA. We still have the lowest race fees of anywhere in the state. This membership offer will also apply to new members as well. This is a one time deal, so act now or at least before the end of 1998.

**TIME FOR BOARD MEMBERS NOMINATIONS** Its that time of year again when we need members to step forward and agree to serve on the Board as either an officer or director. The club needs your help. The Board meets once per month and of course carries out some business at other times as well. It really isn't that hard a job, especially with Board members and other volunteers helping each other. Some of the existing Board members have agreed to serve another year, but we still have vacancies. I will not be returning to the Board next year. I served as President this year during my term as past President. So you got one more year out of me. But enough is enough. After serving on the Board for 5 years, it is time to pass the torch. The nominating committee, chaired by me will be putting together a short list and making phone calls to solicit nominees. Please be ready to say yes. Better yet, call me now. The ballots will be in the next newsletter. Remember, without the Board, there will be no running club or races.

**Two reminders: Chris Lonngren has many of the out-of-town race registration forms and there will be a Christmas Social this year.** *Jim 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 Bamero at 793-1667 (N)

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

## ALL ABOUT ACHILLES

By Perry Julien, D.P.M.

The Achilles tendon is the strongest tendon in the body, yet, because of the great amount of stress it is subjected to, it is very prone to sports injuries. These injuries can range from tendonitis to a complete rupture and can significantly limit one's participation in sports. However, you can often prevent Achilles injuries or lessen their severity with early recognition and treatment.

The Achilles tendon is a thick, cordlike structure that inserts into the back of the heel bone. Tendons attach muscle to bone. The Achilles tendon is actually made up of the two calf muscles, the gastrocnemius and soleus, that join together two thirds of the way down the leg. Most Achilles injuries occur about two inches above the heel bone. This is an area of the tendon that has a relatively poor blood supply. This poor blood supply also accounts for these injuries taking a very long time to heal. The three most common injuries to the Achilles area are tendonitis, calf muscle tear (tennis leg), and tendon rupture.

### ACHILLES TENDONITIS

Achilles tendonitis is an inflammation of the sheath surrounding the tendon or the tendon itself. Symptoms usually include a burning pain or tenderness two inches above the heel bone. You may also detect mild to moderate swelling in the back of the leg when you compare it to the opposite leg.

There can be many causes of Achilles tendonitis, but the most common are training errors, calf muscle inflexibility, and biomechanical abnormalities such as excessive pronation.

Training errors may include increasing mileage or workout intensity too rapidly or changing running terrain (i.e., hill running). Inflexibility of the calf muscle can result from improper or inadequate stretching or over-strengthening the calf muscle.

Biomechanical abnormalities include excessive pronation (flattening of the arch) and leg length differences.

All of the above factors contribute to increased stress being placed on the tendon, resulting in microtears, pain, and inflammation. Because of the poor blood supply to this area, early treatment is necessary to prevent a chronic injury. Initial treatment should include reducing or stopping your sports activity for a period of time. During this time, you should be icing the back of the Achilles two to three times a day for 15 minutes. Using water frozen in paper cups as an ice massage is very effective.

In no case should cortisone ever be used in the area of the Achilles tendon. Although cortisone will reduce the inflammation, it can slow or prevent the healing of the tendon fibers, possibly resulting in a tendon rupture.

Calf stretching should be avoided during the initial stages of the injury. However, once the inflammation has resolved, gradual, progressive calf stretching is an important part of the healing and rehabilitation process. As mentioned before, Achilles tendonitis can be slow to heal. If your pain lingers or gets worse, you should see a sports medicine physician for a more thorough evaluation. He or she may prescribe temporary heel lifts to reduce strain on the tendon, physical therapy, or massage therapy to speed your recovery. In addition, a lower extremity biomechanical examination may reveal abnormalities such as excessive pronation, limb length differences, or other structural abnormalities that may be aggravating the Achilles tendon. These problems can then be controlled with orthotic devices for the feet.

### CALF MUSCLE TEAR (Tennis Leg)

Achilles tendonitis is often caused by overuse, where calf muscle tears and tendon ruptures are a result of direct injury. Calf muscle tear is actually a misnomer. The injury usually occurs where the calf muscle joins the Achilles tendon on the inside part of the leg, about two-thirds of the way down.

This injury can happen when pushing off on the leg while reaching for a tennis shot, hence the name 'tennis leg.' Symptoms include a sensation of being hit in the back of the leg, accompanied by pain and swelling in the affected area. Walking will usually be painful.



"ACHILLES" (Continued)

Initial treatment should consist of R.I.C.E. -- rest, ice, compression, and elevation. This injury needs to be evaluated by your sports medicine physician. Although surgery is seldom required, temporary immobilization, rest and physical therapy can help speed healing.

**ACHILLES TENDON RUPTURE**

Rupture of the Achilles tendon, although not that common, is a very serious injury. It usually occurs from a sudden, explosive movement such as reaching for a tennis shot, chasing a basketball rebound, or sprinting. Usually the person will describe a feeling of being hit in the back of the leg and hearing a pop or snap. The pain is usually severe, walking is difficult, and it is impossible to stand on the toes of the affected leg.

Tendon ruptures seem to be most common between the ages of 35 and 45. Very often there is a history of tight calf muscles or inflexibility, and a lack of proper warm-up. The rupture most frequently occurs two inches above the heel bone and may be partial or complete.

Immediate evaluation is necessary to prevent further damage and possible permanent injury. Partial ruptures can usually be treated successfully with a cast; however, complete ruptures may require surgery.

**PREVENTION**

Achilles tendon injuries can be very serious, resulting in long periods of recovery. Many of these injuries can be prevented by warming up sufficiently, adequate lower leg flexibility, and training sensibly. Warming up is important before any exercise because it prepares the body for the activity it is about to undergo. Insufficient warmup may subject tendons and muscles to excessive stress, resulting in injury.

Sensible training can prevent Achilles injury by allowing the body to adapt to the increasing demands placed on the tendon. Increasing running mileage and work-out intensity should always be done on a gradual basis.

The most important preventive measure in avoiding Achilles tendon injuries, as well as other lower extremity overuse injuries, is maintaining adequate lower extremity flexibility. A large percentage of these overuse injuries are directly or indirectly related to tightness of the calf muscles and Achilles tendon. A majority of individuals experiencing Achilles tendon ruptures have a history of Achilles tightness.

The foot must be able to bend up towards the leg 10 degrees during activity for normal motion to occur. This motion can be restricted by tight calf muscles. The tightness can develop from over-strengthening, wearing heels (which acts to shorten the tendon), or heredity.

A regular stretching program that concentrates on the gastrocnemius and soleus muscles will help allow normal motion to occur and prevent over-stressing the Achilles tendon. Also, when this motion is not available at the ankle, the foot will compensate by pronating excessively, which can lead to other overuse injuries.

Many techniques have been described to stretch the lower leg. Care should be taken to position the foot and leg correctly to achieve a satisfactory stretch. Regardless of the technique used, the calf muscle should be stretched 20 to 30 seconds each, alternating back and forth three times. This only requires three to four minutes of your time and should be performed at least two times every day, and before and after every workout.

You should not expect any immediate results. Flexibility takes time and over-stretching can cause the same injuries that you are trying to prevent. A regular program of lower extremity flexibility that takes only a few minutes every day can help prevent injuries that could take months to heal.

Remember that any injury that lasts longer than seven days, gets worse or recurs should be evaluated by your sports medicine physician.

Perry Julien, D.P.M., is a podiatrist specializing in the medical and surgical treatment of foot and ankle problems at the Atlanta Foot and Ankle Center in Atlanta, GA.

(from the internet, <http://www.runningnetwork.com>)  
(RUNNING JOURNAL)

W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 10 EVENTS

MALE

YTD TOTALS		YTD TOTALS		YTD TOTALS		
PTS	MILES	EVENTS	40-44 MALE (cont.)	PTS	MILES	EVENTS
77	27.1	9	Jimmy Samarron	20	8	2
40	9.1	4	Alonzo Mendoza	19	4	2
36	15	4	Mark Albus	15	7	2
10	5	1	Mickey Davis	14	34	4*
9	4	1	Pat Cooke	14	11.1	3*
9	5	1	Steve Nieman	13	12.4	2
			Carlos Quinteros	7	11.2	2
			David Martin	7	17.4	3
26	17.2	4	Dan Adams	7	6.2	1
20	0	2	G. Loren Phillips	6	10	1
16	11.2	2	Jewell Davis	5	5	1
10	4	1	David Skellon	0	74.7	10*
10	2	1	Ed Dabrowski	0	6.2	1*
9	5.1	2	Kenny Maines	0	5	1*
			Jeff Key	0	6.2	1*
			<b>45 - 49 MALE</b>			
44	18	5	Mike Daily	74	60.4	8
37	27.4	4	David Higgins	73	70.7	10**
30	12	3	Ronnie Prigg	57	25.3	7
29	17	3	Frank Earney	50	74.7	10*
27	9.1	3	Larry Burelsmith	38	50.5	7*
7	5	1	Mike Kelley	33	48.5	6*
			Rich Titus	27	20.4	3
			Damon Richards	21	35.3	4*
45	33.2	6*	Fred Weber	18	20	4*
23	14.2	3	Ken Jernigan	16	8	2
21	17	3	Joe Post	15	23.2	4*
18	20	3*	Bill Hopkins	11	8	2
16	9.3	2	Jim Wilhelm	8	14	2*
9	5	1	Michael Rodriguez	8	5	1
7	13.1	1	Doug Triplett	4	5	1
5	4	1	Tony Aleman	0	61.7	8*
4			Rusy Ladd	0	12.4	1*
			<b>50 - 54 MALE</b>			
69	65.4	9	Jim Leser	80	55.5	8
63	54.6	9	Richard Bray	57	67.3	8**
38	24.6	4*	Richard Fischenich	57	44.5	6
19	22.1	3*	James Livermore	47	49.3	6
15	13	2	John Trompler	39	67.6	10**
14	19.3	2	Ron Hillis	32	17.4	4
13	9.3	2	Ronnie Nugent	20	51.1	6*
13	12.4	2	Frank Goodman	19	35.2	4**
10	4	1	Jon Omdahl	16	35.3	4**
10	5	1	Rick Lampe	11	9	2
0	8	1*	Joey Thacker	8	4	1
			Joe Martinez	0	29	3*
			<b>55 - 59 MALE</b>			
75	56.7	8	Jim Harris	69	25.1	8*
50	42.3	5	James Bone	63	45.0	9*
28	23.2	4	Bill Roger	55	64.5	8*
18	11.2	2	Robert Broselow	51	27.4	6
16	9	2	Robert Guajardo	50	25.4	5
10	6	1	Bob Bernero	49	56.5	9*
9	6.2	1	Bo Minnis	36	33.5	8
8	5	1	Larry Byrd	26	64.5	8*
			Bill Oates	25	12.2	3
			Ron Lubowitz	19	22.2	3*
			Ron Key	17	22.2	3
			<b>60 - 69 MALE</b>			
83	61.6	9	Ralph Wolf	59	34.5	7*
79	54.9	10**	Jimmie Key	50	55.4	8*
78	33.6	6	Mike Greer	33	38.3	5*
44	62.8	8**	John Stalcup	18	20.1	3*
31	41.4	9*	Jerry Wright	17	5.1	2
30	30.1	4*	Hugh Haynes	10	17.2	2*
29	18.3	4*	Don Sanderson	10	3.1	2*
27	32.1	3	George Jurey	0	74.7	10*
21	39.3	5*				

\*\* = RACE DIRECTOR  
\* = VOLUNTEER



W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 10 EVENTS

FEMALE		YTD TOTALS		YTD TOTALS		MILES EVENTS		PTS		MILES EVENTS		PTS	
<b>0 - 12 FEMALE</b>		PTS	MILES	EVENTS		PTS	MILES	EVENTS		PTS	MILES	EVENTS	
Margarita Jimenez	50	18	5		95	56.8	10						
Veronica Jimenez	9	2	1		70	45.4	7						
<b>13 - 15 FEMALE</b>		PTS	MILES	EVENTS		PTS	MILES	EVENTS		PTS	MILES	EVENTS	
Hope Jimenez	60	33.2	7*		66	68.5	9*						
Shawna Thomas	55	15	6		29	38.3	3						
Megan Wright	8	2	1		21	16.4	3						
<b>16 - 19 FEMALE</b>		PTS	MILES	EVENTS		PTS	MILES	EVENTS		PTS	MILES	EVENTS	
Tara Jernigan	30	13	3		90	61.6	9						
Stephanie Alvarez	19	7.1	2		25	8.1	3						
Lacy Richards	10	4	1		25	12.1	3						
Wendy Sullivan	9	5	1		10	6	2*						
Mary Lou Jimenez	0	6.2	1		9	5	1						
<b>20 - 29 FEMALE</b>		PTS	MILES	EVENTS		PTS	MILES	EVENTS		PTS	MILES	EVENTS	
Sara Solloway	36	22.4	4		77	58.7	8						
Brandy Temple	25	32.1	4*		59	42.2	9*						
Cassandra Rivas	18	8	2		29	17	4*						
Christy Marez	13	9	2		16	9	2						
Christie Hodge	9	5	1		8	4	1						
Sydney Morris	8	11	1		0	6.2	1*						
Tahnee Elliot	6	4	1										
<b>30 - 34 FEMALE</b>		PTS	MILES	EVENTS		PTS	MILES	EVENTS		PTS	MILES	EVENTS	
Vicki Fischenich	38	34	5**		10	19	3*						
Judy Lewley	27	21.2	3		10	11	2*						
Laura Hopper	20	10.2	2		10	31.2	5*						
Sonia Aguirre	10	5	1		0	4	1*						
Cindy Streit	10	6.2	1		0	45.5	5**						

\*\* = RACE DIRECTOR  
\* = VOLUNTEER

RED RAIDER ROAD RACE  
COMMENTS

Attendance was great this year with a final registration of 339 and a total of 320 finished the races, 116 in the 10K and 204 in the 5K. We have a large number of XL shirts and a few Large which we need to sell at \$10 each. This money will go directly into the profits of the race and thus benefit the Scholarship fund. If you want a shirt before the next race, call George at 792-3291(d) or 792-1237(n). These shirts will be available at the Buffalo wallow Races.

BUFFALO WALLOW RACES

I am getting a lot of calls from as far away as Wyoming from people who plan to be in the area anyway and have either seen our publicity in RUNNERS WORLD, RUNNING TIMES, or on several areas of the internet. I need many volunteers so if anyone would like to get your challenge miles the easy way, give me a call at one of the numbers above. GWJ

WEST TEXAS RUNNING CLUB  
WEBSITE

<http://members.tripod.com/~wtrc/run.html>

RED RAIDER ROAD RACE results were posted here by 6pm on October 12th, thanks to our new webmaster, Roger B. Rogers, a co worker of David Higgins. If you are anxious to see the Age Group results before you get the next newsletter check it out on the internet! Two other websites also posted our results on the 12th after getting them by E-Mail. These

MARATHON ADVICE  
From the Internet(Running Journal)

By Jeff Galloway

The Walk Break

The break must be taken early to reduce pounding and fatigue. It must be taken often to allow the primary muscles to recover. It will also help most marathoners run faster in the marathon itself. You must still slow down the overall pace to at least two minutes per mile slower than you could run that distance on that day. To speed recovery and reduce the chance of injury everyone should take a one-two minute walk break every two-eight minutes of every long run.

Beginners need the breaks at least every two minutes, and very fit, experienced marathoners should walk at least every eight minutes. The walk can be done very slowly or at any pace desired. You're allowing the running muscles to recover and rebound before they're fatigued. In this way they have more resiliency at the end to go further or faster -- or both. You'll receive exactly the same endurance with walk breaks as you would in running continuously. Walk breaks will allow you to enjoy each long run and recover very fast from them.

Doesn't slow running produce a slow runner?

If you've run a marathon before and want to run faster, then you need to have some speedplay in your program. Scheduled on non-long-run weekends, these speed sessions allow you to build the endurance-speed needed in the marathon itself. Time goalers can also run segments of their mid-week runs at goal marathon pace, provided they feel recovered from the weekend runs.

Do I Need To Run 26 Miles Before The Marathon?

You don't -- but our experience tells us that you will have a good experience in the marathon if you do, and a negative marathon experience if you don't. You can't expect your body to cover a distance that is significantly longer than it has trained to go, without complaining loudly and/or breaking down. By gradually increasing your long one up to 26 miles you train the body and mind for the specific challenge needed.

But I've heard that going beyond 20 miles breaks you down?

Only if you do the long one too fast. By going slowly and taking walk breaks, you do no more damage in an increase from 23 to 26 miles than increasing from 18-20 miles (or even 12-14 miles). Indeed, most who I've interviewed over the years who train for the marathon using other programs run the long ones too fast and take longer to recover from an 18-20 mile than our folks do from their 23-26 miles. The slow pace makes all the difference. This gentle increase of two-three miles usually produces only a subtle tiredness... as long as you're running those long ones at least two minutes per mile slower than you could run them.

Note:

Olympian Jeff Galloway has helped more 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.

CLUB MEMBER NEWS

Former scholarship winners, Tammy Aleman and Diane Ramirez have taken teaching jobs in Houston and share an apartment there.  
Teri and Frank Goodman have settled in Lewisville and send their regards to all the members.  
Betty (Johnson)Hoffman has relocated to Henderson, Nevada.



## LESSONS FROM KITTENS

By Cedric Jagers

Has your running gotten stale? Are you finding it harder to make yourself get out the door? It could be that you have gotten into the rut of just going through the motions, without thinking about the whys and wherefores.

Sometimes we can learn things from the least likely sources. After 17 years, our Siamese cat, Ming, died recently. Kathy had given him to me just after we got married so he was like a member of the family and his loss hit us hard. We can never replace a pet, but we got two Siamese kittens to fill the void. We are having to teach them a lot of things: like don't climb the curtains or jump up on the table or into the bathtub or toilet. Surprisingly, we have also picked up a few tips from them.

Kittens run with abandon. When they come running to us it is full tilt boogie -- with nothing held back. They live in the moment. There is a lesson there for us runners. If we are not running with some abandon why are we running? We should abandon our worries and get the most out of each and every run.

The kittens run with enthusiasm. Their goal is to get where they are going quickly and so they do. They may pay the price sometimes (like being unable to stop and running headlong into the refrigerator) but they run with the goal of getting there. The lesson? Pick somewhere you want to run or a route you want to run and enjoy it. Don't let obstacles stand in your way (of course don't run headfirst into your refrigerator either).

Kittens run fast. For those of us who like to race, the lesson is obvious. If you want to run fast in races, you have to run fast some of the time when you are training. Of course if you try to run fast all the time you will get injured, but that is a lesson some runners have to learn the hard way.

Kittens rest when they get tired. They can be going full bore one minute then suddenly they will stop, rest, or even take a nap. A lot of runners could benefit from more rest. Joe Henderson, who writes for Runner's World, has become a big advocate of short walk breaks during overdistance long runs and even during marathons for the more casual racers. He says the short break lets you recover enough to be able to go further than you would otherwise.

Some runners are afraid to ever take an easy run or an easy week. Most of the experts say it takes one day to recover for every mile you race. So if you run a 5K race on Saturday, your legs will not be fully recovered until Wednesday. The longer the race, the longer it will be before your legs are 100 percent again.

Kittens stretch. They know to limber up after they have been inactive. Most runners really need to learn this lesson. The older we get, the stiffer we become. Stretching helps.

Kittens are not afraid to try new things. In fact, sometimes it seems like they try to get into everything, new or old. We can benefit from trying new things. Has your running gotten stale? Try running a different route, or try running much faster than usual or much slower. If you like to race, try signing up for some races you have never run before. If you race every weekend try taking a weekend or two off from racing. A simple change can make even the familiar seem new.

Kittens are not afraid to eat. In fact they seem to relish it. Some of us could learn from them and not try to starve ourselves into thinness. Most of us do not have to worry about it, but you can get too thin. If you lose too much weight, you lose strength and your running will become very tiring and your race times will slow. Eat well, i.e. eat a balanced diet that will provide the protein, carbohydrates, and vitamins you need to get the most out of your running.

Finally, it seems kittens really enjoy the moment. This seems to be something we lose sight of as we scurry and worry out way through one typical day after another. Running is a choice we make and for most of us it is a very good one. Enjoy the run, enjoy the moment. Run with abandon. Enjoy.

Cedric Jagers was elected to the South Carolina Road Runners Hall of Fame in 1992. He lives and runs in Rock Hill, SC. He can be reached via e-mail at JAGGERSRUN@RHC.Net (Taken from the internet, <http://www.runningnetwork.com> [Running Journal])

## W.T.R.C. NEWS

IRONMEN!

Congratulations to our own father/son triathletes, Jimmie and Tim Key on being able to complete THE IRONMAN in Hawaii on October 3rd. The Dallas Morning News did a nice feature on them in their report of Texas finishers. There was a bad problem with wind for both the bike and run segments and both men had to fight physical problems in order to finish. Tim's overall place was 601 of the 1400 finishers, while Jimmie's was 1,378th. Tim's overall time was 11:17:38 and Jimmie's, 16:55:52.

Mike and Marti Greer were also in attendance at the event. In a letter to the editor of RUNNER/TRIATHLETE NEWS, Mike was highly commended by an end of the pack participant at BUFFALO SPRINGS TRIATHLON, who was stranded after the race as well as having to spend time in the medical tent. Mike made sure she had a ride back to the hotel and offered to ship her bike to Austin if needed.

SOCIAL ACTIVITIES

Our next general get together will be a December meal and party, date to be determined. Some club members have expressed a desire to have more social interaction, but in order to do so, we need someone who would be willing to take on that responsibility. Club members should remember to check the boxes that indicate areas of service on the membership renewal forms.

If anyone is willing to get involved in the club leadership, please let President Jim Leser know as several positions will be vacated and he will be naming a nominating committee for a slate of officers to be voted on before the December meeting. Especially needed is someone to work with the Internal VP on club races and take over the Challenge Series record keeping which is done on Excel spreadsheet.

RIDES NEEDED

Adam Andrews and David Skelton, who do not drive, need transportation to our races. Adam lives at 2301 51st, and David lives on the west side. The race directors have enough to do, so should not have to perform this service. If anyone could help, please call one of the officers.

MARATHON RECORD

The fastest marathon ever has been run earlier this year by a Brazilian instead of a Kenyan. Ronaldo da Costa ran a 2:06:05. A Kenyan, Ondoro Osoro, has run a 2:06:54. There are 8 other times under 2:08 in 1998! Unfortunately the fastest US time is Keith Brantley's 2:12:31.

# Schlotzsky's Deli

Serving Lubbock the "BEST BUNS IN TOWN" for 20 Years!!!  
5204 Slide -793-1233 1220 Main -744-3803 3719 19<sup>th</sup> -793-5542 8101 Indiana-792-3396  
All WTRC members-75¢ off medium Sandwich, Pizza or Chef Salad



**BUFFALO WALLOW RACES, SINCE 1973  
WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE  
COURSE RECORDS 2 MILE**

	NAME	TOWN	AGE	TIME	YEAR
< 15	John Rodriguez	Lubbock	15	11:13	1992
16-19	Marc Johnson	Lubbock	19	9:52	1975
20-29	Simon Lel	Lubbock	22	9:28 *	1995
30-34	Martin Leodgard	Lubbock	31	9:41	1995
35-39	Brent Tidwell	Lubbock	38	11:22	1995
40-44	Bobby Cunningham	Abernathy	43	11:02	1983
45-49	Jim Leser	Lubbock	48	11:17	1994
50-54	George Jury	Lubbock	53	11:33	1989
55-59	George Jury	Lubbock	57	12:12	1993
60-69	Ralph Wolf	Abernathy	60	14:45	1997
70+	John Sikes	Amarillo	70	16:26	1997
<b>WOMEN</b>					
< 15	Angela Welsh	Tarzan	15	13:04	1994
16-19	Isabel Navarro	Brownfield	17	12:06 *	1975
20-29	Rebecca Graf	Lubbock	20	12:22	1996
30-34	Sherril Easterling	Coahoma	32	12:27	1982
35-39	Sandra Grice	Lubbock	38	13:53	1990
40-44	Ann Gordhamer	Lubbock	40	14:03	1984
45-49	Sandi Howard	Lubbock	45	16:51	1991
50+	Sandra Humphrey	Panhandle	50	22:07	1996
<b>HALF MARATHON (SINCE 1982)</b>					
<b>MEN</b>					
0-19	Ricardo Gonzalez	Plainview	19	1:17:34	1997
20-29	John Ruiz	Lubbock	21	1:11:06 *	1985
30-34	John Price	Lubbock	30	1:21:23	1984
35-39	Corky Fritch	Amarillo	36	1:17:59	1982
40-44	Bobby Cunningham	Abernathy	42	1:16:55	1982
45-49	Bobby Cunningham	Abernathy	46	1:23:19	1986
50-54	George Jury	Lubbock	50	1:23:58	1986
55-59	David Lard	Amarillo	57	1:34:39	1994
60-64	Clifford Click	Amarillo	63	1:57:35	1997
65-69	Don Sanderson	Tulia	66	1:44:34	1996
70 +	Howard Calkin	Missouri	71	2:11:24	1982
<b>WOMEN</b>					
<19	Donna Pruitt	Levelland	16	1:41:52	1983
20-29	Sue Houle/Spitz	Lubbock	27	1:34:55	1988
30-34	Marjory Stewart	Lubbock	34	1:24:14 *	1993
35-39	Marjory Stewart	Lubbock	38	1:37:15	1997
40-44	Teresa Greer	Lubbock	43	1:47:56	1994
45-49	Pam Galbraith	La Quinta, CA	49	1:48:20	1995
50+	Joselyn Brestle	Breckenridge, CO	57	2:16:09	1996

**WEST TEXAS RUNNING CLUB'S 26th ANNUAL  
BUFFALO WALLOW  
HALF MARATHON and 2 MILE RACES**

THE MOST CHALLENGING HALF-MARATHON COURSE IN TEXAS  
USA TRACK & FIELD Certified, #TX93078ETM

EVENT # 11 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, NOVEMBER 14, 1998

**PRE-REGISTRATION** by mail or phone prior to 7pm,  
Friday, November 13th

**REGISTRATION:** 8:00 to 8:45 A.M., On Site

**RACE START:** 9:00 A.M.

Please park in the church parking lot  
for registration

**WHERE:** BUFFALO SPRINGS LAKE

East of Lubbock on FM 835 (50th Street) then South  
on FM 835 to entry gate.

An entry fee of \$1.00 per person is required to  
enter BUFFALO SPRINGS LAKE PARK

**COURSE:** ASPHALT ROAD ALL THE WAY; THE TWO MILE COURSE IS  
OUT and BACK, FLAT  
THE HALF MARATHON IS A DOUBLE LOOP OF THE LAKE  
WITH 3 CHALLENGING HILLS

**AID STATIONS:** At 2.5, 5, 7, 9.3 and 11.5 MILES  
Splits at 1 and 5 Miles

**AGE DIVISIONS:**

**MEN:** 0-19; 20-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60 Plus

**WOMEN:** 0-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus

(Special 0-12, 13-15 & 16-19 age groups in the 2 Mile)

**AWARDS:** A UNIQUE "Buffalo" MEDAL WILL BE AWARDED to at least  
the first three finishers in THE AGE GROUP DIVISIONS  
DESCRIBED ABOVE and up to 50% of each group

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

**RACE DIRECTOR:** George W. Jury 792-3291(d), 792-1237(n)



# 1998 West Texas Running Club Turkey Trot 10 mile and 2 Mile Races

Sponsored by **SCHLOTZSKY'S DELI**

**Date:** Thanksgiving Day, November 26, 1998      **Race Time:** 9:00 A.M.  
**Location:** Outdoor Center at MacKenzie Park  
**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place for both races in each age group  
 Special Awards for Overall Male and Female winners in both races

**Race Divisions:**

Male		Female	
19 and under	45-49	19 and under	40-44
20-29	50-54	20-29	45-49
30-34	55-59	30-34	50+
35-39	60+		

40-44 NOTE: 2 mile race will also have 12 and under, 13-15, and 16-19 for male and female.

**Pre-Registration:** \$12 for either race (\$10 for WTRC members)-before November 24.

Make checks payable to the West Texas Running Club

Send to:

Chris Lonngren

3719 19<sup>th</sup> Street

Lubbock, TX 79410

**Race Day Registration:** Beginning at 7:45 A.M until 8:30 A.M.

\$15 registration on day of race or

\$13 with donation of 3 cans of food

For more information call Chris Lonngren (H) 791-1774 (O) 796-0685

**Waiver Statement must be signed by all entrants**

**Waiver Statement:** The sponsors of this race, including the West Texas Running Club, Best Bunz, Inc. dba Schlotzsky's Deli, all corporate sponsors, the employees, 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 or death, of any person or persons and for damage to or loss of property, arising out of or attributed, directly or indirectly, to participate in the 1998 WTRC Turkey Trot. This indemnity shall extend to and shall be binding on my 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.

This entry not valid unless signed by the entrant, Parent or guardian if runner is under 18 years old.

Signature of entrant \_\_\_\_\_ Guardian signature \_\_\_\_\_

Event: 10 mile    2 mile      Sex: Male    Female    Age (on race day) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Name: \_\_\_\_\_ Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone No. \_\_\_\_\_



Run with the Few and the Proud  
U. S. Marines

**5K and 1 mile fun run with the United States Marines**  
**supporting the TOYS FOR TOTS Program.**

**When:** Saturday, November 7<sup>th</sup>, 0900 am

**Where:** U.S. Marine Reserve Center  
301 East Regis Street (Airport exit)

**Cost:** \$12 with a new toy  
\$15 without

**Race Divisions for the 5K:**

19 and under	35-39	50-54
20-29	40-44	55-59
30-34	45-49	60 +



**Race Day Registration will begin at 0800 at the Reserve Center.**  
**For more information, or to PREregister call Ron Hillis**

**797-0303**

**Waiver – All entrants must read and sign.**

South Plains Detachment of the Marine Corps League, U. S. Marine Corps Reserve, and the West Texas Running Club, all sponsors of the event, 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 or death of any person or persons and for any damages to or loss of property arising out of or attributed to directly or indirectly, to participate in the South Plains Detachment of the Marine Corps League Toys for Tots Run. This indemnity shall extend to and shall be binding on my heirs, legatees, administrators and assigns. My signature herto 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.

This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years.

Signature of the Entrant: \_\_\_\_\_ AGE \_\_\_\_\_

Signature of the Guardian (minors) \_\_\_\_\_

**Which Event are you entering?** One mile Fun Run \_\_\_5K\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

**TEE SHIRTS FOR FIRST 100 ENTRANTS**





# 26<sup>th</sup> Annual Buffalo Wallow Races

Mail  
Registration  
thru November 11  
Telephone registration  
by 7 p.m. November 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 start at 9 am at the  
Church parking lot, Buffalo  
Springs Lake 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 Buffalo Wallow Races. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

**This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.**

Signature of entrant \_\_\_\_\_ Signature of guardian(minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)

Name \_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Street Address \_\_\_\_\_ Race Distance \_\_\_\_\_ 2 mi. \_\_\_\_\_ 1/2 marathon

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_