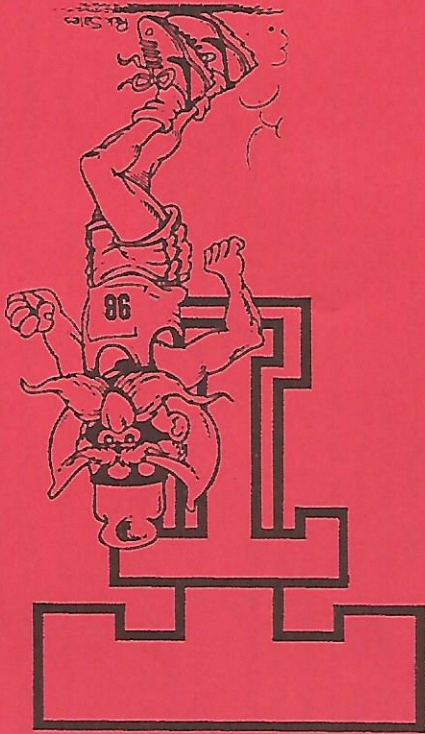


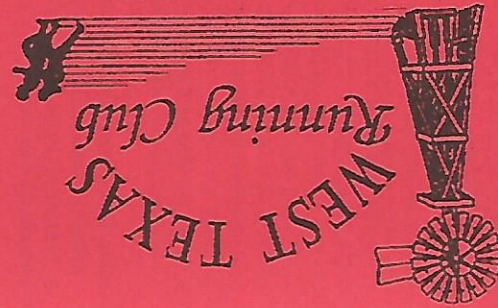
# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- OCT. 3 RACE FOR THE CURE 5K: Amarillo, Charlotte Rhode, 359-4673 x206
- OCT. 5 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- \* OCT. 10 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793
- OCT. 17 RED RIBBON RUN: 5K, Buddy Holly Park, 8am, Call Chris Longren for information, 791-1774 (n), 796-0685 (d)
- OCT. 17 St. MARY'S PUMPKIN RUN 5K: Amarillo, 8am, FMI, 376-9112
- OCT. 20 NATIONAL RUN TO WORK DAY: Do it!
- OCT. 24 PALO DURO TRAIL RUNS: 50 & 25 Miles, FMI, Bill @ 467-0456 or Wynn @ 354-8361
- OCT. 31 PUMKIN DAYS 5K: Floydada, Cancelled
- NOV. 7 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center 1 27 and Regis St., Ron Hillis, Race Director, 797-0903
- 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 Longren, 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: 10am, Buddy Holly Park, Lubbock
- FEB. 13 COTTON PATCH RUNS: 4 & 8 Miles, 9am, Frenship High, Wolfforth

October 1998



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414



October 1998



10K and 5K  
RED RAIDER ROAD RACE  
Saturday, October 10, 1998  
Details Inside Back Cover



# WEST TEXAS RUNNING CLUB

## OFFICERS

President - Jim Leser  
(H) 794-2474 (O) 746-6101  
(e-mail) jfljwl@aol.com or  
j-leser@tamu.edu

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

External Vice-President - Jon Omdahl  
(H) 794-7823 (O) 766-0800

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, October 5, 7:00 p.m. at 517 74th Street.  
5.5/7  
All members are welcome.

## Leser's Lines

Searching for balance. We all would agree that balance in our lives and in our training is important. It can become a real art finding the right balance between family, work, community involvement and our athletic endeavors. For some, running is all about self esteem. For others, it's about fitness or stress relief. Still others find the camaraderie important.

Training certainly is about balance. Now some folks are interested in only the recreational aspects of running. That's certainly fine. But others are more competitive and desire to improve and set PRs. Training for them is more than stepping out the door for a jog around the neighborhood. There are long runs, intervals, tempo runs, lactate threshold runs, strides, etc. The point is, if you want to maximize your genetic potential, you need to push the envelope. This can often lead to injury, or at the very least, overtraining, staleness and a decline in performance. The books tell us we can read the warning signs and avoid these problems. I disagree I think it is a challenge to head off one of these problems every time.

I found that I could not carry out a training program that relied solely on running. Some folks can. I can't. Injuries become too frequent, staleness can soon follow. I rely on a sports program that involves both running and cycling. For me, this has been the answer. I have thrown in weight training to give me added strength. While I have no plans to shave my legs, I have really enjoyed cycling as well as duathlons. I even bought a mountain bike.

Events that I have been involved in recently include the Mtn. Evans Bicycle Hill Climb in Colorado in July, Hotter 'N Hell Century in Wichita Falls in August (with David Higgins, Joe and Eva Martinez, P. J. Mitchell), the Fall Brawl Duathlon in Amarillo in September (Kevin Lair, Brent Tidwell and Tom West all competed), and the MetroPlex Du-2-Du Duathlon Championships in Grand Prairie also in September. I will be going to the Texas State Senior Games in Temple competing in the 5K and 10K cycling time trials and 5K road race (James Bone is going too), the Palo Duro 50 mile ultramarathon in October and the Disney World Marathon in Orlando in January. The bottom line? I have found balance by combining cycling with running—and the fun is still there! Is there sufficient balance between sports and the rest of my life? You'll have to ask my wife. *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 Bernero at 793-1667 (N)

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

## THE SHALLOWATER STAMPEDE 2 MILE & 10 KILOMETER RUNS Shallowater, Texas SEPTEMBER 12, 1998

### 10K OVERALL RESULTS

| PLACE | NAME               | TOWN        | ST | AG | S | DIV | PLACE | TIME    | PACE  |
|-------|--------------------|-------------|----|----|---|-----|-------|---------|-------|
| 1     | TIM KEY            | LUBBOCK     | TX | 30 | M | 1   | M3034 | 35:47   | 5:46  |
| 2     | JOAO SA            | LEVELLAND   | TX | 34 | M | 2   | M3034 | 40:03   | 6:27  |
| 3     | AL GARDNER         | LEVELLAND   | TX | 42 | M | 1   | M4044 | 40:39   | 6:33  |
| 4     | JEFF ANGLIN        | LUBBOCK     | TX | 25 | M | 1   | M2029 | 40:56   | 6:36  |
| 5     | RANDALL WOLCOTT    | LUBBOCK     | TX | 42 | M | 2   | M4044 | 41:29   | 6:41  |
| 6     | TOM FORD           | MESA        | AZ | 58 | M | 1   | M5559 | 42:17   | 6:49  |
| 7     | PAUL WILSON        | LUBBOCK     | TX | 45 | M | 1   | M4549 | 42:50   | 6:54  |
| 8     | CHRIS LONNGREN     | LUBBOCK     | TX | 39 | M | 1   | M3539 | 42:51   | 6:54  |
| 9     | MICHAEL CARSON     | BOVINA      | TX | 17 | M | 1   | M1619 | 43:15   | 6:58  |
| 10    | RUSSEL MARTIN      | SHALLOWATER | TX | 40 | M | 3   | M4044 | 43:44   | 7:03  |
| 11    | MARJORY STEWART    | LUBBOCK     | TX | 39 | F | 1   | F3539 | 43:51   | 7:04  |
| 12    | RICHARD FISCHENICH | LUBBOCK     | TX | 51 | M | 1   | M5054 | 43:55   | 7:05  |
| 13    | DAN ADAMS          | WHITEFACE   | TX | 41 | M | 4   | M4044 | 45:17   | 7:18  |
| 14    | DAN FISHER         | CLUBURNE    | TX | 45 | M | 2   | M4549 | 45:32   | 7:20  |
| 15    | RONNIE PRIGG       | LUBBOCK     | TX | 47 | M | 3   | M4549 | 45:39   | 7:21  |
| 16    | CRAIG LANGFORD     | LUBBOCK     | TX | 37 | M | 2   | M3539 | 45:40   | 7:22  |
| 17    | MIKE DAILEY        | LUBBOCK     | TX | 43 | M | 4   | M4549 | 46:50   | 7:33  |
| 18    | STEVE NIEMAN       | SHALLOWATER | TX | 47 | M | 5   | M4044 | 47:29   | 7:39  |
| 19    | JANDA IBBETSON     | LUBBOCK     | TX | 28 | F | 1   | F2029 | 47:59   | 7:44  |
| 20    | BRAD EWING         | LUBBOCK     | TX | 34 | M | 3   | M3034 | 48:23   | 7:48  |
| 21    | JIMMIE KEY         | LUBBOCK     | TX | 61 | M | 1   | M6099 | 48:41   | 7:51  |
| 22    | GREG BRUECK        | LUBBOCK     | TX | 25 | M | 2   | M2029 | 49:02   | 7:54  |
| 23    | BILL ROGER         | LEVELLAND   | TX | 59 | M | 2   | M5559 | 49:18   | 7:57  |
| 24    | SHIRLEY WIGLEY     | LUBBOCK     | TX | 44 | F | 1   | F4044 | 49:36   | 8:00  |
| 25    | MIKE KELLEY        | LUBBOCK     | TX | 49 | M | 5   | M4549 | 49:49   | 8:02  |
| 26    | SARA SOLLOWAY      | LUBBOCK     | TX | 29 | F | 2   | F2029 | 49:50   | 8:02  |
| 27    | SHANNON MOORE      | LUBBOCK     | TX | 29 | M | 3   | M2029 | 50:17   | 8:06  |
| 28    | RICH VERRONE       | LUBBOCK     | TX | 31 | M | 4   | M3034 | 50:43   | 8:10  |
| 29    | RALPH WOLF         | ABERNATHY   | TX | 61 | M | 2   | M6099 | 51:07   | 8:14  |
| 30    | MERRYL BARKER      | LUBBOCK     | TX | 25 | F | 3   | F2029 | 51:30   | 8:18  |
| 31    | MELANIE McVEY      | WHITEFACE   | TX | 37 | F | 2   | F3539 | 52:39   | 8:29  |
| 32    | BRUCE FELLERS      | LUBBOCK     | TX | 45 | M | 6   | M4549 | 53:07   | 8:34  |
| 33    | JAMES BONE         | LUBBOCK     | TX | 59 | M | 3   | M5559 | 53:31   | 8:37  |
| 34    | RICHARD THOMAS     | LUBBOCK     | TX | 42 | M | 6   | M4044 | 53:49   | 8:40  |
| 35    | RON HILLIS         | LUBBOCK     | TX | 54 | M | 2   | M5054 | 54:04   | 8:43  |
| 36    | DEBBIE MARTIN      | SHALLOWATER | TX | 47 | F | 1   | F4549 | 54:47   | 8:50  |
| 37    | DAVID MARTIN       | LUBBOCK     | TX | 43 | M | 7   | M4044 | 55:58   | 9:01  |
| 38    | BECKY MILLER       | LUBBOCK     | TX | 36 | F | 3   | F3539 | 56:14   | 9:04  |
| 39    | ETTA MAYER         | LUBBOCK     | TX | 49 | F | 2   | F4549 | 56:19   | 9:04  |
| 40    | CINDY STREIT       | LUBBOCK     | TX | 34 | F | 1   | F3034 | 1:01:33 | 9:55  |
| 41    | SUSAN JOANIS       | LUBBOCK     | TX | 51 | F | 1   | F5099 | 1:01:38 | 9:56  |
| 42    | CARLOS QUINTEROS   | LUBBOCK     | TX | 44 | M | 8   | M4044 | 1:02:15 | 10:02 |

\* = New Members

Welcome back to Paul Wilson, Bentley Gwyn and David Preston and daughter, Allyssa, all former members, who ran their first race with us in awhile.



THE SHALLOWATER STAMPEDE  
2 MILE & 10 KILOMETER RUNS  
SEPTEMBER 12, 1998  
Shallowater, Texas

2 MILE OVERALL RESULTS

| PLACE | NAME              | TOWN          | ST | AG | S | DIV | PLACE | TIME  | PACE  |
|-------|-------------------|---------------|----|----|---|-----|-------|-------|-------|
| 1     | BEN KIRTON        | FRIONA        | TX | 24 | M | 1   | M2029 | 11:19 | 5:40  |
| 2     | MIKE FLORES       | AMARILLO      | TX | 41 | M | 1   | M4044 | 11:47 | 5:54  |
| 3     | FRANK SUMPTER     | LAMESA        | TX | 44 | M | 2   | M4044 | 12:12 | 6:06  |
| 4     | LEE TRUITT        | LOVINGTON     | NM | 14 | M | 1   | M1315 | 12:32 | 6:16  |
| 5     | DAVID PRESTON     | LUBBOCK       | TX | 47 | M | 1   | M3034 | 12:46 | 6:23  |
| 6     | FRED WEBER        | LUBBOCK       | TX | 42 | M | 1   | M4549 | 13:39 | 6:50  |
| 7     | JIM HARRIS        | HOBBS         | NM | 55 | M | 1   | M5559 | 13:42 | 6:51  |
| 8     | MATT HEINEMANN    | LUBBOCK       | TX | 12 | M | 1   | M0112 | 14:18 | 7:09  |
| 9     | BOB BROSELOW      | LUBBOCK       | TX | 57 | M | 2   | M5559 | 14:25 | 7:13  |
| 10    | CHERYL WEBER      | LUBBOCK       | TX | 45 | F | 1   | F4549 | 14:28 | 7:14  |
| 11    | CASEY SUMPTER     | LAMESA        | TX | 13 | M | 2   | M1315 | 14:32 | 7:16  |
| 12    | KENNETH KINZENBAW | LUBBOCK       | TX | 10 | M | 2   | M0112 | 14:47 | 7:24  |
| 13    | LARRY BURELSMITH  | LUBBOCK       | TX | 49 | M | 2   | M4549 | 14:55 | 7:28  |
| 14    | MOLLY SANTESE     | LUBBOCK       | TX | 35 | F | 1   | F3539 | 15:05 | 7:33  |
| 15    | JOHN HALBROOKS    | SHALLOWATER   | TX | 40 | M | 3   | M4044 | 15:15 | 7:38  |
| 16    | WILLIAM OATES     | LUBBOCK       | TX | 56 | M | 3   | M5559 | 15:57 | 7:59  |
| 17    | SHAWNA THOMAS     | LUBBOCK       | TX | 14 | F | 1   | F1315 | 16:01 | 8:01  |
| 18    | MARGARITA JIMENEZ | LUBBOCK       | TX | 9  | F | 1   | F0112 | 16:29 | 8:15  |
| 19    | ALLYSSA PRESTON   | LUBBOCK       | TX | 10 | F | 2   | F0112 | 17:32 | 8:46  |
| 20    | BENTLEY GWYN      | COLORADO CITY | TX | 54 | M | 1   | M5054 | 17:34 | 8:47  |
| 21    | PAM HILLIS        | LUBBOCK       | TX | 44 | F | 1   | F4044 | 17:57 | 8:59  |
| 22    | VERONICA JIMENEZ  | LAMESA        | TX | 11 | F | 3   | F0112 | 18:04 | 9:02  |
| 23    | DANIEL GARZA      | LUBBOCK       | TX | 32 | M | 2   | M3034 | 20:35 | 10:18 |
| 24    | TAMMY HALBROOKS   | SHALLOWATER   | TX | 38 | F | 2   | F3539 | 20:56 | 10:28 |
| 25    | FRANCISCO JIMENEZ | LAMESA        | TX | 3  | M | 3   | M0112 | 25:59 | 13:00 |
| 26    | DELORES KEY       | LUBBOCK       | TX | 56 | F | 1   | F5099 | 26:41 | 13:21 |

\* = New Member

RACE DIRECTOR'S REPORT

The 10th Annual Shallowater Stampede Races were held on September 12, 1998. We had super weather for the 68 runners who turned out to participate in this event.

As you well know, it takes many, many volunteers to put on a quality race and I truly appreciate all of you who took time to come out and help. There is no way it could have been done without you! Those who helped before, during and after the race included: Larry Byrd, David Higgins, George Jury, Dustin Oakeley, PJ Mitchell, Sheri Oakeley, Wade Wilson, David Skelton, Ida Sumpter, Tony Aleman, Frank Earney, John Trompler, Adam Andrews, Mary Lou Jimenez, Hope Jimenez.

Once again our race benefitted Shallowater High School's "Project Graduation". Shallowater High School Senior Parents were there to sell long-sleeved t-shirts. Shirts were available for a \$5.00 donation to the end of school drug-free party. If you missed getting a shirt, there were a few left. Call Jeff Richardson at 744-4703. To show their appreciation for our help, we had several Shallowater High School Seniors that volunteered to help with the race.

The overall male and female winners in the 2 mile race were: Ben Kirton of Friona with an 11:19 and Cheryl Weber of Lubbock with a 14:28. Overall male and female winners for the 10-K were: Tim Key of Lubbock with a 35:47 and Marjory Stewart of Lubbock with a 43:51.

Thanks to all who participated. I'll see you next year.  
Dwayne Oakeley, Race Director

W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 9 EVENTS

MALE

| YTD TOTALS |       | YTD TOTALS |     | YTD TOTALS |        |
|------------|-------|------------|-----|------------|--------|
| PTS        | MILES | EVENTS     | PTS | MILES      | EVENTS |
| 69         | 24    | 8          | 21  | 39.3       | 5*     |
| 36         | 15    | 4          | 19  | 15.2       | 3*     |
| 30         | 6     | 3          | 15  | 7          | 2      |
| 10         | 5     | 1          | 14  | 34         | 4*     |
| 9          | 4     | 1          | 9   | 8          | 2*     |
| 9          | 5     | 1          | 7   | 11.2       | 2      |
| 29         | 17    | 3          | 7   | 11.2       | 2      |
| 26         | 11    | 3          | 6   | 10         | 1      |
| 20         | 6     | 2          | 6   | 6.2        | 1      |
| 10         | 4     | 1          | 2   | 5          | 1      |
| 6          | 5     | 1          | 0   | 68.5       | 9*     |
| 44         | 18    | 5          | 0   | 6.2        | 1*     |
| 30         | 12    | 3          | 0   | 5          | 1*     |
| 27         | 21.2  | 3          | 65  | 57.3       | 7      |
| 19         | 6     | 2          | 64  | 64.5       | 9**    |
| 7          | 5     | 1          | 50  | 68.5       | 9*     |
| 45         | 33.2  | 6*         | 47  | 22.2       | 6      |
| 21         | 17    | 3          | 38  | 44.3       | 6*     |
| 19         | 8     | 2          | 33  | 43.3       | 5      |
| 18         | 20    | 3          | 20  | 14.2       | 2      |
| 19         | 8     | 2          | 18  | 20         | 4*     |
| 18         | 20    | 3*         | 16  | 8          | 2      |
| 9          | 6.2   | 1          | 16  | 29.1       | 3*     |
| 9          | 5     | 1          | 15  | 17         | 3*     |
| 7          | 5     | 1          | 11  | 8          | 2      |
| 5          | 13.1  | 1          | 8   | 14         | 2*     |
| 4          | 4     | 1          | 8   | 5          | 1      |
| 59         | 48.4  | 8          | 4   | 5          | 1      |
| 59         | 62.3  | 8          | 0   | 5          | 7*     |
| 29         | 18.4  | 3          | 70  | 52.4       | 7      |
| 19         | 22.1  | 3*         | 57  | 67.3       | 8**    |
| 15         | 13    | 2          | 57  | 44.5       | 6      |
| 10         | 4     | 1          | 47  | 49.3       | 6      |
| 10         | 5     | 1          | 29  | 61.4       | 9**    |
| 10         | 5     | 1          | 25  | 11.2       | 3      |
| 9          | 6.2   | 1          | 20  | 51.1       | 6*     |
| 8          | 13.1  | 1          | 19  | 35.2       | 4**    |
| 0          | 8     | 1*         | 16  | 29.1       | 3*     |
| 66         | 50.5  | 7          | 12  | 16         | 2      |
| 50         | 42.3  | 5          | 11  | 9          | 2      |
| 23         | 17    | 3          | 9   | 4          | 1      |
| 20         | 32.2  | 4*         | 0   | 29         | 3*     |
| 19         | 11.2  | 2          | 59  | 22         | 7*     |
| 16         | 6     | 2          | 56  | 39.4       | 8*     |
| 10         | 6     | 1          | 55  | 64.5       | 8*     |
| 9          | 6.2   | 1          | 51  | 27.4       | 6      |
| 8          | 5     | 1          | 50  | 25.4       | 5      |
| 73         | 55.4  | 8          | 41  | 50.3       | 8*     |
| 70         | 51.8  | 9**        | 33  | 32.1       | 4      |
| 41         | 27.4  | 5          | 30  | 30.4       | 7      |
| 38         | 56.6  | 7**        | 28  | 30.4       | 4      |
| 31         | 35.2  | 8*         | 25  | 12.2       | 3      |
| 30         | 30.1  | 4*         | 25  | 16         | 2*     |
| 21         | 32.1  | 3          | 8   | 2          | 1      |
| 20         | 8     | 2          | 50  | 49.2       | 7*     |
| 19         | 4     | 2          | 49  | 31.3       | 6*     |

\*\* = RACE DIRECTOR  
\* = VOLUNTEER



W.R.T.C. 1998 CHALLENGE SERIES  
STANDING AFTER 9 EVENTS

FEMALE

| YTD TOTALS            |       | EVENTS |       | YTD TOTALS |       | EVENTS |       |
|-----------------------|-------|--------|-------|------------|-------|--------|-------|
| PTS                   | MILES | PTS    | MILES | PTS        | MILES | PTS    | MILES |
| <b>0 - 12 FEMALE</b>  |       |        |       |            |       |        |       |
| Margarita Jimenez     | 50    | 18     | 5     | 86         | 52.6  | 8      | 9     |
| Veronica Jimenez      | 9     | 2      | 1     | 63         | 62.3  | 8*     | 6     |
| <b>13 - 15 FEMALE</b> |       |        |       |            |       |        |       |
| Hope Jimenez          | 60    | 33.2   | 7*    | 60         | 39.2  | 4      | 2     |
| Shawna Thomas         | 55    | 15     | 6     | 27         | 32.1  | 4      | 2     |
| Megan Wright          | 8     | 2      | 1     | 19         | 10.2  | 3*     | 3**   |
|                       |       |        |       | 0          | 16.2  | 3**    | 1*    |
|                       |       |        |       | 0          | 33    | 3**    | 1*    |
|                       |       |        |       | 0          | 11    |        |       |
| <b>16 - 19 FEMALE</b> |       |        |       |            |       |        |       |
| Tara Jernigan         | 30    | 13     | 3     | 80         | 55.4  | 8      | 2     |
| Stephanie Alvarez     | 10    | 4      | 1     | 16         | 9     | 2      | 2     |
| Lacy Richards         | 10    | 4      | 1     | 10         | 6     | 2*     | 2     |
| Wendy Sullivan        | 9     | 5      | 1     | 19         | 5     | 2      | 1     |
| Mary Lou Jimenez      | 0     | 6.2    | 1     | 9          | 5     | 1      |       |
| <b>20 - 29 FEMALE</b> |       |        |       |            |       |        |       |
| Brandy Temple         | 25    | 32.1   | 4*    | 69         | 52.5  | 7      | 3*    |
| Sara Solloway         | 28    | 16.2   | 3     | 59         | 36    | 8*     | 2     |
| Cassandra Rivas       | 18    | 8      | 2     | 29         | 17    | 4*     | 2     |
| Christy Marez         | 13    | 9      | 2     | 16         | 9     | 2      | 1     |
| Christie Hodge        | 9     | 5      | 1     | 8          | 4     |        |       |
| Sydney Morris         | 8     | 11     | 1     |            |       |        |       |
| Tahnee Elliot         | 6     | 4      | 1     |            |       |        |       |
| <b>30 - 34 FEMALE</b> |       |        |       |            |       |        |       |
| Vicki Fisichenich     | 38    | 34     | 5**   | 10         | 19    | 3*     | 2*    |
| Laura Hopper          | 20    | 10.2   | 2     | 10         | 25    | 4*     | 1*    |
| Judy Lawley           | 18    | 15     | 2     | 0          | 4     |        | 5**   |
| Sonia Aguirre         | 10    | 5      | 1     | 0          | 45.5  |        | 1     |
| Cindy Streit          | 10    | 6.2    | 1     | 10         | 6.2   |        |       |

\*\* = RACE DIRECTOR

\* = VOLUNTEER

HOT DAM RACE RECAP

The 11th Annual "HOT DAM RUN" was a success once again this year. Through entry fees, donations and and sponsorships, we were able to donate \$1,100 to C.A.R.E. (Child Advocacy, Research and Education Center)

The race was made possible by our great volunteers. They were: James Bone, Co-Director, Bob Bernero, George Jury, John Trompler, Josie Aleman, Pat Cooke, Eva Martinez, Fred Weber, Tim Key, Brandy Temple, Delores Key, Richard Thomas, Gayle Blackmon-Hopkins, Kenny Maines, David Skelton, Jon Omdani and Ron Lubowicz. Also thanks to club member, Phil Hood, for donating the delicious bagels. Also thanks to Mitch Dye who also helped and then ran the race.

Others who helped were; Mr. and Mrs. Flores, and Robert and Stella Uruitia who brought along some other helpers. It was great to have them! I hope I didn't leave anyone out.

We appreciate all the hard work and support!

P.J. Mitchell  
James Bone

APOLOGY

Your editor would like to apologize for leaving Josie Aleman off the volunteer list in last month's newsletter and failing to update her statistics on the Challenge Series.

CHALLENGE SERIES

Please check your figures and if there is a mistake, please call George at 792-3291 (d), or 792-1237 (n) to get it corrected or answer any questions. Challenge series rules were last printed in the May newsletter. To be eligible for year end awards, members must have volunteered at least once, and participate in three others.

TROUBLE-SHOOTING FORM PROBLEMS

By Jeff Galloway (Taken from the internet, "RUNNING JOURNAL")

Quads too tired sore or weak:

When the main running muscles get tired, your stride length shortens as you slow down. The best strategy in this situation is shorten the stride a little more and allow for a slight slowdown. Many runners, however, will try to maintain the same pace by using other muscles. The quadriceps on the front of your leg above the knee can allow this (for a while) by lifting the leg and maintaining longer stride length. But the quads are not designed to do this and will fatigue easily.

Afterward, you can usually count on two-four days of soreness, at least. It's best to increase turnover and avoid high knee lift or long stride length. Sometimes quad soreness is directly related to running more downhill than you are used to running. Even when using a short stride while running down, some effort is required of the quadricep muscles -- especially on long downhills. Many runners aggravate this by overstriding as they go down. Yes, it is tempting, and it is easy to extend the lower leg out in front of the body too much to pick up speed.

To keep the legs and body under control, the quads must then be used as brakes. Not only is this an inefficient use of muscle power, your quads will complain for several days afterward, especially after a long run. The recommended technique is to maintain a short stride with a light touch of the feet. Let gravity move you down with little effort. Light exercise every day (such as walking on flat terrain) will speed up the recovery of sore quads. It is not a good idea to massage them, stretch them, or exercise them too hard while they are sore.

Discomfort behind the knee:

Another sign of overstriding is pain or increased discomfort behind the knee. When you reach out further than you should with the lower leg, you're out of the knee's efficient range of motion. The full impact of your body's weight must be supported by the knee, while it is going through a mechanical range in which it is weakened. This hinge joint was designed only to support body weight in the act of moving forward, with the foot directly underneath.

When your main running muscles become tired, they cannot give the knee the protection it needs from this repeated abuse. As the tendons behind the knee become more stretched out during the run, the knee is forced to assume body weight in a straight or "locked out" position. Downhill running and faster running tend to bring on this problem. Always try to maintain some bend in each knee when running. A shorter stride length will reduce the chance of this overstride problem. Do not try to stretch the tendons behind the knee at any time. Light massage with a chunk of ice can help. (Get a doctor's permission before using anti-inflammatory drugs).

Running form very "wobbly" at the end of long runs:

Most runners feel great at the beginning of long runs. It's natural to be tired at the end, but when the legs aren't supporting you well, you've overdone it in the beginning. The greatest downside of this condition is that you can easily aggravate your "weak links;" those areas where you tend to experience injury. This condition is totally preventable. Start the long ones a lot slower -- at a pace that is at least two minutes slower per mile than you could run that distance on that day. It is also wise to take one minute walking breaks every three-eight minutes (from the beginning!).



## Galloway (Continued from page 7)

### Shoulder and neck muscles tired and tight:

If you're leaning forward as you run, you'll have a tendency to compensate by holding the head back, which uses the muscles of the shoulder and neck more and produces fatigue more rapidly. When the body is held upright, the head, neck and shoulder are in alignment and require little or no muscle power to keep them in position. Those who hold their arms too far out from the body will also over-extend the muscles of the shoulder and neck. The ideal arm motion is minimal, with the arms held in a relaxed position next to the body. When the lower arm goes through a small range of motion alongside the shorts and the upper part of the arm hardly moves, there is little fatigue in the arms, shoulders or neck muscles.

### Lower back very tight and over-fatigued:

Another sign of too-much forward lean is a tired and tight lower back. By maintaining an upright body posture, you'll avoid the tendency to over-stress the back. If you think that your back muscles are weaker than they should be, talk to a physical therapist about some strength exercises to compensate. One that has worked well for me is the back curl. Do not try this or any strength exercise, however, until you've been given clearance by a qualified strength expert.

### Hamstrings tired or sore:

You're lifting the foot behind you too far, and/or extending stride too long. The longer stride is particularly a problem at the end of the long run as it over-extends muscles like the hamstring, which are already tight and tired. Try to maintain a short stride, especially at the end of the run. Your back, leg motion should have the lower part of the leg parallel to the horizontal -- at its highest elevation.

### Knee pain:

When the main driving muscles get tired, they can no longer control your "safe" range of motion, and the resulting wobble can leave you in pain, sore, or injured. A slower early pace and walk breaks will help the legs stay fresh.

### Sore feet and lower legs:

You're pushing off the ground too hard and probably too high. Stay closer to the ground, lightly touching it, and maintain a short stride.

### Lower back, tired and sore:

You're leaning forward as you run. Straighten up and shorten your stride.

Note: Olympian Jeff Galloway has helped 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.

## EDITOR'S TIPS

Editor's tips on "form": Strengthening the biceps and forearms with small dumbbells or by doing chinups can reduce the tendency for the arms to tire and be unable to maintain the nice 90 degree angle of the elbow as you run. When the arms tire this much, your form starts to suffer. Running relaxed: Your arms will tire very easily if you unconsciously clench your hands as you run. Try carrying a coin between your thumb and forefinger with as little pressure as you can and concentrate on the arm swing, with the elbows at 90 degrees and kept as close to the body as you can. This helps maintain balance and if your upper body is relaxed, the rest doesn't tire as easily.

## WEST TEXAS RUNNING CLUB BENEFITS

We would like to mention what you get for your membership fees:

**Newsletter once a month;** hopefully each one will have some article of benefit or entertainment as well as news of club members and race results. As of this date we have 242 member units, some of which have as many as 5 family members. We also send out 22 complimentary issues to other clubs, statewide running publications, and club benefactors. We currently mail first class because all we have to do is drop it in the closest mailbox and you are reasonably assured of getting each issue in a timely fashion. The cost of the newsletter is close to \$10 per family unit per year, to say nothing of the 8 to 12 hours per month of member volunteer time that is donated.

**Reduced race entry fees;** We realize that not all of our members are interested in the races, but as of the September race, 158 members have participated in at least one event. We look at races, not so much for the competitive aspect but as a measure for each individual as well as a chance to socialize with others with the same interests. Most of our club races are designed to break even on costs, but 3 are used for fund raisers. These are the HOT DAM RUN, the RED RAIDER ROAD RACE, and the TURKEY TROT. The latter is meant to help the club's treasury itself. Currently our financial situation is sound and the Board of Directors have voted to set a minimum that we must keep in reserve in case of emergency or "hard times". Much of our equipment is 10 to 20 years old and could have to be replaced at any time. The inventory value is approximately \$11,000!

**RRCA (ROAD RUNNERS CLUB OF AMERICA) Membership;** We pay approximately \$3 per year for this service which includes insurance protection as well as the quarterly newsmagazine which is quite beneficial.

As you can see, our "out of pocket" costs per member is approximately \$13, so your Board of Directors has voted to increase the base membership fee to \$15 per year yet maintain the \$2 per year rate for each additional family member.

The Board of Directors will discuss a discount incentive for renewing for 2 years at one time at the November 2, 1998 meeting.

# Schlotszsky'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



W.T.R.C. NEWS

RED RAIDER ROAD RACE

Entry forms are once again in this newsletter. Please notice that club members are allowed an early registration fee of \$12, while others is \$15. This lower fee is to accompany the entry form as there will be no telephone registration for this race, and must be received prior to October 8th. Registration on Friday, October 9th, will be \$20 for everyone and on race day morning will be \$25. Additional donations will help the scholarship fund grow.

Plans are progressing nicely. Rusty Ladd has a group lined up to be corner marshalls, and the water stops are staffed. One of these is organized by Larry Burelsmith. Larry will also be procuring and distributing the water and sport drink containers and cups.

Dwayne Oakeley is course manager and really needs another club member to help set out the signs prior to the race and then pick up every thing afterwards. Both these people can also run the race!

George Jury is registration chairman. We need people who have some time during the day, Friday October 9th, to help with late registration and packet pick up at the University Center on the campus. If you could give 2 hours or more for this, please call George at 792-3291(d) or 792-1237(n). Also needed is help with early Saturday morning registration and packet pick up, who also can then help at the finish line. Again call George about this. If you can help anywhere, like the finish line or as a split timer, please call Rusty Ladd at 784-0793.

Our sponsors as of now are: CARDINAL'S SPORTS CENTERS, GOVERNANT HEALTH SYSTEM, LUBBOCK NATIONAL BANK, STATE NATIONAL BANK and AMCO MEDICAL SUPPLY.

\*\*\*\*\* PARKING \*\*\*\*\*

Because of the blockage of Hartford Ave. North off Main Street runners are advised to enter the parking area east and south of the physical plant from Flint Ave, either off of 19th Street or off the Brownfield Highway. Main Street will be closed at 7 am.

WEST TEXAS RUNNING CLUB WEBSITE

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

Those of you who have internet access, be sure to check out this new club feature. It now has;

- Calendar of events
- Information about the club
- Race results
- Entry form for RED RAIDER ROAD RACE ready to copy

Now, it would be nice if another club member could take over being the "webmaster". If anyone could, please call George W. Jury, at 792-3291 (d) or 792-1237 (n).

RACE CANCELLATION

The Floydada "PUNKIN DAYS RUN" scheduled for the 31st of October, has been cancelled due to the director being unable to get someone to take over since she has to be out of town. This would have been the 10th year, and they hope to be back next year, the last Saturday of October.

WEST TEXAS RUNNING CLUB'S 17th ANNUAL RED RAIDER ROAD RACE

10K and 5K RUNS

USA T&F CERTIFIED

10K #TX97071ETM 5K #TX97070ETM

EVENT NUMBER 10 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, October 10, 1998  
RACE START; 8:00 A.M., 10K and 5K

WHERE: TEXAS TECH UNIVERSITY CAMPUS, Lubbock, Tx  
University Recreation Center, Main and Hartford

COURSE: 5K, Flat, Single Loop of Campus on Asphalt  
10K, Double Loop of Same Route

ENTRY FEE: Pre Registration: by mail or walk in  
at Tech Ex Students Bldg. to Oct. 8th, \$15  
(WTRC members pre register for \$12 to Oct. 8th)  
Late Reg; Friday, Oct. 9th, University  
Center, N. side, \$20 (everyone)  
Raceday; 6:30 to 7:30 A.M. only, \$25

AGE DIVISIONS:

5K

MALE

12 & Under

13 - 15

16 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

FEMALE

12 & Under

13 - 15

16 - 19

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 Plus

10K

MALE

19 & Under

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 - 54

55 - 59

60 Plus

FEMALE

19 & Under

20 - 24

25 - 29

30 - 34

35 - 39

40 - 44

45 - 49

50 Plus

AWARDS: 1st Place Male and Female as well as 1st Master(Age Graded) each race receive a special Plaque. 1st 3 in each Age Group receive medals Clydesdales, 1st 3 male and female (Age Graded) Long sleeved T Shirts to all entrants

RACE DIRECTOR: Rusty Ladd

or George Jury 792-3291 (d) 784-0793 (n) 792-1237 (n)