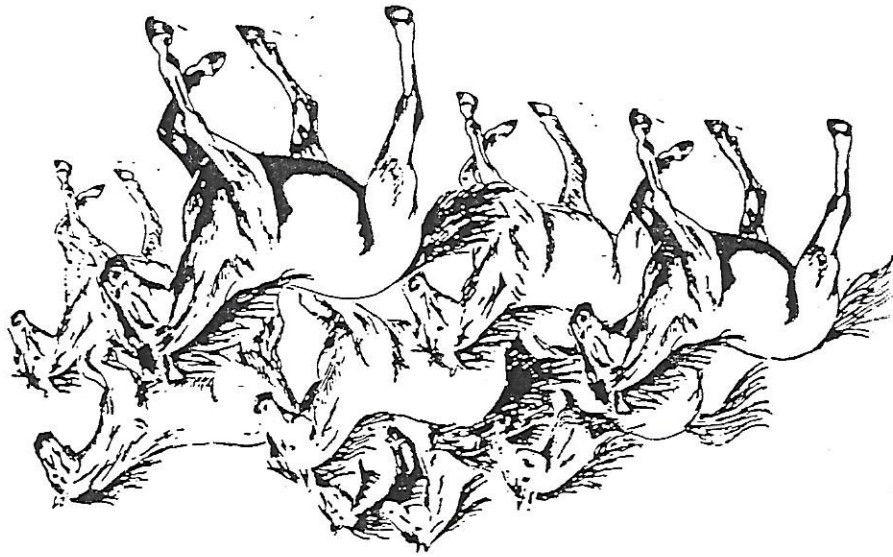


CALENDAR

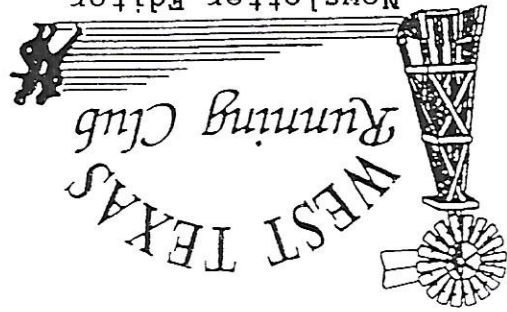
- September 1998 -

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

- AUG. 31 W.T.R.C. Business Meeting, 7pm, 5517 74th, Lubbock
- SEPT 7 CHAUTAQUA 5K: Pampa, FMI, Terry Barnes, 669-0924
- * SEPT 12 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- SEPT 12 FLOYD COUNTY FAIR 5K: Lockney, 8:30am, Mike Lass, 652-1309
- SEPT 19 HOST RUN FOR RECYCLE: Hobbs, 1 Mi., 5 & 10K, (505) 392-3971
- SEPT 19 MAYOR'S HALF MARATHON: Amarillo, also 5 & 2 Mile, 8am, FMI, Sandy Lynch, 378-9301
- SEPT 19 CACTUS CLASSIC 10K: San Angelo, Mike Dotson, (915) 465-2726
- SEPT 26 RACE FOR THE CURE 5K: TTU Campus, Betsy Jones, 797-6471
- SEPT 27 DUKE CITY MARATHON: Albuquerque, (505) 880-1414, 26.2, 13.1, 5K
- OCT. 3 RACE FOR THE CURE 5K: Amarillo, Charlotte Rhode, 359-4673 x206
- * OCT. 10 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, 784-0793
- OCT. 17 RED RIBBON RUN: Details Later
- OCT. 17 St. MARY'S PUMPKIN RUN 5K: Amarillo, 8am, FMI, 376-9112
- OCT. 20 NATIONAL RUN TO WORK DAY
- OCT. 24 PALO DURO TRAIL RUNS: 50 & 25 Miles, FMI, Bill @ 467-0456 or Wynn @ 354-8361
- OCT. 31 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- 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 Marjory Stewart, Race Director, 743-2153(d), 792-1085(n)
- DEC. 13 WHITEROCK MARATHON: Dallas, (214) 526-5318
- DEC. 19 FROSTY 4: Amarillo, 9am, Monte Wells, 358-6347



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414



SEPTEMBER 1998



September W.T.R.C. Race
SHALLOWATER STAMPEDE
Shallowater, TX 10K & 2 Miles
8am, Saturday, Sept. 12, 1998
Details Inside Back Cover

WEST TEXAS RUNNING CLUB

OFFICERS

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

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

External Vice-President - Jon Omdahl
(H) 794-7823 (O) 766-0600

Secretary - Gayle Blackmon-Hopkins
(H) 794-3632

Treasurer - David Higgins
(H) 744-8328 (O) 744-2626

DIRECTORS

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

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

Equipment Director - Jimmie Key
(H) 795-7637

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

Membership Director - John Trompler
(H) 794-1359

Internal Race Director-Vacant

W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Monday, August 31, 7:00 p.m. at 5517 74th Street. All members are welcome.

Leser's Lines

The Hot Dam Run was again a great success! We had a great turnout, lots of runners, kids and volunteers. And lots of awards and draw prizes. P.J. Mitchell and her troops did an excellent job of putting on a first rate event. Proceeds will benefit the C.A.R.E. Center at Texas Tech Health Sciences Center.

Next race up is Dwayne Oakeley's Shallowater Stampede. It is my understanding that there will be great T-shirts for sale again for those of you that want a momento. This T-shirt is optional and in addition to the regular race fee. All proceeds for its sale go to the senior class at the Shallowater High School. A real bargain, great runs and visiting with fellow runners. What more could you ask for?

Read my column in the newsletter about the RRCA Run to Work Day event. This is a great opportunity for the club but I need help to pull it off. Would you please join my team?

The Scholarship committee consisting of Kim Pearson (chair), Pat Jury, Jeanne Leser and my self as exofficio member met and selected two excellent recipients for the \$1000.00 scholarships for Texas Tech University through the Red Raider Road Race Endowment fund. Jill Aleman received her second scholarship while Holly Weaver received her 1st. Congratulations girls!

The Senior Sports Classic is now history. Next year the 5k and 10K races will return. I had a great time in the cycling time trials and I know several of our members participated in other events such as track and field and swimming. Congratulations to all that participated. Wish more of you gray hairs would come out. It's a lot of fun.

Marathon season is upon us. Time to kick up the mileage in the long run. Won't you join us on either Saturday or Sunday group runs? It goes more quickly with company. *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 11th ANNUAL HOT DAM RUN" *****EVENT NUMBER 8 OF THE WTRC CHALLENGE SERIES***** USA TRACK & FIELD CERTIFIED # TX93059ETM

FIVE MILES OVERALL RESULTS AUGUST 8, 1998 Lubbock, Texas

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	BOB JACKSON	HOBBS	NM	1	M3539	39	M	27:42	5:32
2	RYAN CRUZ	SHALLOWATER	TX	1	M1619	17	M	29:36	5:55
3	MIGUEL LIRA	BROWNFIELD	TX	1	M1619	17	M	30:16	6:03
4	JOSHUA SALAZAR	LUBBOCK	TX	3	M1619	18	M	31:13	6:15
5	JAMES LESER	LUBBOCK	TX	1	M5054	51	M	31:37	6:19
6	CHRIS THOMAS	LUBBOCK	TX	4	M1619	19	M	32:56	6:35
7	AL GARDNER	LEVELLAND	TX	1	M4044	42	M	32:58	6:36
8	VICTOR MARTINEZ	ODESSA	TX	2	M5054	50	M	33:16	6:39
9	LUIS NEVAREZ	LUBBOCK	TX	1	M3034	33	M	33:44	6:45
10	RANDY WOLCOTT	LUBBOCK	TX	2	M4044	42	M	33:58	6:48
11	MICHAEL RODRIGUEZ	LUBBOCK	TX	3	M4044	41	M	34:13	6:51
12	CHRIS LONNGREN	LUBBOCK	TX	2	M3539	39	M	34:27	6:53
13	LANCE WHITE	LUBBOCK	TX	1	M2029	29	M	34:33	6:55
14	ADAM BARRON	WOLFFORTH	TX	3	M3539	35	M	34:33	6:55
15	MARGORY STEWART	LUBBOCK	TX	1	F3539	38	F	34:46	6:57
16	DWIGHT VARNUM	LUBBOCK	TX	4	M3539	38	M	34:51	6:58
17	BEN ROBBINS	BROWNFIELD	TX	5	M1619	17	M	34:54	6:59
18	RUSSEL MARTIN	SHALLOWATER	TX	4	M4044	40	M	35:10	7:02
19	TARA JERNIGAN	MILES	TX	1	F1619	17	F	35:13	7:03
20	CLYDE WHITTEN	PAMPA	TX	5	M4044	40	M	35:39	7:08
21	HOPE JIMENEZ	LAMESA	TX	1	F1315	14	F	36:15	7:15
22	RONNIE PRIGG	LUBBOCK	TX	1	M4549	47	M	36:25	7:17
23	WADE WILSON	LUBBOCK	TX	5	M3539	39	M	36:29	7:18
24	MICHELE WYATT	PLAINVIEW	TX	2	F2029	28	F	37:00	7:24
25	MITCH DYE	LUBBOCK	TX	1	M2029	24	M	37:09	7:26
26	EPI AGUIRRE	LUBBOCK	TX	6	M3539	39	M	37:30	7:30
27	NATALIE STEADMAN	LUBBOCK	TX	1	F3034	31	F	37:43	7:33
28	DAVID HIGGINS	LUBBOCK	TX	2	M4549	45	M	38:02	7:36
29	LLOYD SCARROW	LUBBOCK	TX	2	M3034	31	M	38:06	7:37
30	JOHN THOMAS	LUBBOCK	TX	6	M1619	17	M	38:48	7:46
31	LECIL RICHARDS	FORT SUMNER	NM	3	M4549	47	M	38:57	7:47
32	DWAYNE OAKELEY	LUBBOCK	TX	6	M4044	42	M	39:11	7:50
33	DAMON RICHARDS	LUBBOCK	TX	4	M4549	45	M	39:47	7:57
34	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	44	F	40:18	8:04
35	HERBERT PEREZ	BROWNFIELD	TX	7	M3539	37	M	40:36	8:07
36	MELANIE MCVEY	LEVELLAND	TX	2	F3539	36	F	40:39	8:08
37	VANESSA AGUIRRE	LUBBOCK	TX	2	F1315	14	F	40:41	8:08
38	CHRISTIE HODGE	LUBBOCK	TX	2	F2029	28	F	40:53	8:11
39	JUDY LAWLEY	LUBBOCK	TX	2	F3034	33	F	40:53	8:11
40	LARRY BYRD	SHALLOWATER	TX	1	M5559	57	M	40:55	8:11
41	BEN STEWART	LUBBOCK	TX	1	M0112	12	M	41:20	8:16
42	RICHARD BRAY	LUBBOCK	TX	3	M0112	12	M	41:41	8:20
43	MARY LOU JIMENEZ	LAMESA	TX	2	F1619	16	F	41:47	8:21
44	STEPHANIE ALVAREZ	LUBBOCK	TX	3	F1619	18	F	41:53	8:23
45	RON HILLIS	LUBBOCK	TX	4	M054	54	M	42:07	8:25
46	RENE NOBLE	LUBBOCK	TX	3	F3539	35	F	42:16	8:27
47	CARLOS QUINTEROS	LUBBOCK	TX	7	M4044	44	M	42:29	8:30
48	RICHARD VERRONE	LUBBOCK	TX	3	M3034	30	M	42:33	8:31
49	DANNY SLOAN	JAYTON	TX	4	M3034	30	M	43:10	8:38
50	MARY ZIAS	LUBBOCK	TX	4	F3539	35	F	43:11	8:38
51	PHILIP SCOLARO	LUBBOCK	TX	8	M3539	39	M	43:19	8:40
52	BILL ROGER, Sr.	LEVELLAND	TX	2	M5559	59	M	43:50	8:46
53	MIKE GREER	LUBBOCK	TX	3	M5559	59	M	44:00	8:48
54	JERRY AGUIRRE	LUBBOCK	TX	5	M3034	34	M	44:17	8:51
55	RONALD KEY	LUBBOCK	TX	5	M5054	54	M	44:19	8:52
56	RALPH WOLF	ABERNATHY	TX	1	M6099	61	M	44:58	9:00
57	LARRY DELEON	LUBBOCK	TX	9	M3539	37	M	45:01	9:00
58	TAMRA JERNIGAN	MILES	TX	1	F0112	7	F	46:26	9:17
59	KYLA REID	ABERNATHY	TX	3	F3034	32	F	46:31	9:18
60	DWIGHT HOOD	LUBBOCK	TX	10	M3539	38	M	46:50	9:22
61	DARLA SCARROW	LUBBOCK	TX	4	F3034	30	F	47:02	9:24

HOT DAM 5 MILE RESULTS (Continued)

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE. Lists race results for 5-mile runs, including names like Sheila Fireman, Eta Mayer, Marsha Bennett, etc.

* Editor's note: As computer operator, race day, I was 8 seconds slow starting the timer so the times posted were wrong. Our two back up timers confirmed this and the above results are correct. The computer always rounds up to the next second for final results. Im sorry if this caused anyone to miss a PR!

HOT DAM RUN

ELEMENTARY ONE MILE RUN

Table with columns: PLACE NAME, AGE, TOWN, ST, TIME. Lists elementary one-mile run results, including names like Margarita Jimenez, Meredith Wise, Veronica Jimenez, etc.

W.R.T.C. 1998 CHALLENGE SERIES STANDING AFTER 8 EVENTS

Large table showing standings for various categories: 0-12 MALE, 13-15 MALE, 16-19 MALE, 20-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, 50-54 MALE, 55-59 MALE, 60-69 MALE. Columns include PTS, MILES, EVENTS, and NAMES.

** = RACE DIRECTOR * = VOLUNTEER

W.R.T.C. 1998 CHALLENGE SERIES
STANDING AFTER 8 EVENTS

FEMALE

0 - 12 FEMALE			35 - 39 FEMALE			40 - 44 FEMALE			45 - 49 FEMALE			50 - 99 FEMALE		
YTD TOTALS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS	PTS	MILES	EVENTS
Margarita Jimenez	40	4	77	Melanie McVey	46.4	8	77	46.4	8	Melanie McVey	46.4	8	Melanie McVey	46.4
13 - 15 FEMALE	27	6	63	Marsha Bennett	62.3	8*	63	62.3	8*	Marsha Bennett	62.3	8*	Marsha Bennett	62.3
Hope Jimenez	60	5	50	Marjory Stewart	33	5	50	33	5	Marjory Stewart	33	5	Marjory Stewart	33
Shawna Thomas	45	1	29	Marti Greer	32.1	4	29	32.1	4	Marti Greer	32.1	4	Marti Greer	32.1
Megan Wright	8	1	9	Becky Miller	4	1	9	4	1	Becky Miller	4	1	Becky Miller	4
			9	Molly Santese	14.2	2*	9	14.2	2*	Molly Santese	14.2	2*	Molly Santese	14.2
			0	G. Blackmon-Hopkins	33	3**	0	33	3**	G. Blackmon-Hopkins	33	3**	G. Blackmon-Hopkins	33
			0	Jenna Wolcott	11	1*	0	11	1*	Jenna Wolcott	11	1*	Jenna Wolcott	11
			0				0					0		
			70				70					70		
			16				16					16		
			9				9					9		
			9				9					9		
			25				25					25		
			19				19					19		
			18				18					18		
			13				13					13		
			9				9					9		
			8				8					8		
			6				6					6		
			38				38					38		
			20				20					20		
			18				18					18		
			10				10					10		
			0				0					0		
			0				0					0		
			0				0					0		
			39.3				39.3					39.3		

** = RACE DIRECTOR
* = VOLUNTEER

HOT DAM REPORT

We had 104 register for this years race and 87 finishers, which is down from the last few years. Volunteers were; P. J. Mitchell, Race Director, James Bone, Gayle Blackmon-Hopkins, Eva Martinez, Delores Key, Brandy Temple, David Steadman, Tim Key, Jimmie Key, Pat Cooke, Richard Thomas, David Skelton, Kenny Maines, Fred Weber, John Trompler, Jon Omdahl, Bob Bernero, Ron Lubowicz, and George Jury.

Your editor wants to apologize to P.J. for leaving her name off the list of volunteers at the FIRECRACKER RUN.

CLUB INTERNET WEBSITE

Your editor is working on establishing a club web site which will have a current calendar, results of the most recent race (within 2 days), and possibly be able to download entry form. This is with the help of my college employee (a computer whiz!). The address will be <http://members.tripod.com/~wtrc/run.html>. Amanillo's LONE STAR RUNNING CLUB has recently established a website. Check it out at: <http://www.freeyellow.com/members2/lsrc>

CHALLENGE SERIES STATISTICS

Please check your figures and if there is a mistake, please call George Jury at 792-3291(d) or 792-1237(n).

RRCA NATIONAL RUN TO
WORK DAY

Tuesday, October 20, 1998

The 2nd annual RRCA National Run to Work Day is just around the corner. I hope you are planning to participate. This is a great opportunity for us to promote our club, our service to the community and the fun of running and its role in maintaining fitness. I received a participation kit which gives ideas and guidelines for promoting this event and getting the community and media involved. I think we can all benefit if we use this event to increase the visibility of our club. But I need your help if we are to do this as a group, rather than individual activity. Please call me if you are interested in helping me.

The RRCA is holding this event to promote the benefits of running and running safely. On this day, people will be encouraged to run the entire way to work or school or to creatively combine running with other modes of transportation. The general public will be encouraged to participate as individuals, groups or as businesses.

The RRCA has distributed participation kits to each of its member clubs. Additional kits are available to non-RRCA groups for \$5.00. I would hope that we would be able to promote and possibly help organize group runs from central gathering places, runs at lunchtime, at schools, and of course to or from work.

This should be a media event. We may be able to hold a seminar on beginning running, running safely, children's running and special issues pertaining to women's running. These are just some ideas. There are free posters available that we could post at stores, health clubs and other visible locations. There are also T-shirts and hats available if ordered by October 1st. The 3 different T-shirts are: "Honk if you ran to work", "I brake for Rottweilers" and "How's my running? Call (703)836-0558". These shirts cost \$10.00 a piece. Hats are \$6.00. Did you know that in 1997, 32.3 million people 6 years or old ran at least once,

making running the 5th most popular fitness activity?

Top 9 excuses for not running to work and some solutions:

1. I live too far from work and can't run the whole way. Consider using your car, bike or public transportation for part of the way. Start from a location closer to work.
2. It's too dark in the morning. Wear reflective clothing. The T-shirts have an illuminated design on front and back. Run at lunchtime or home from work.
3. There is no shower at work. Run home from work. Take a dry shower. Use a nearby health club's facilities.
4. I can't carry my briefcase. Use a backpack or leave it at work the night before.
5. I've got to dress up that day. Bring your change of clothes the previous day.
6. I work at home. Do a fun run in the neighborhood. Try to link up with others that stay at home. This could lead to a neighborhood running group.
7. I don't work. Again, do a fun run in the neighborhood.
8. I don't have anyone to run with. Encourage you co-workers to run with you by meeting at a designated place. Run at lunchtime.
9. I'm in school and don't have a job yet. Run to school. At least you will have showers available. *Don't know*

I need help with this. Please call!!

SELECTED OUT-OF-TOWN RACES

September	05	YMCA Fall Brawl Duathlon, 2M/10M/2M, Amarillo, 806-374-4651
05	100K	100K
05	10M, 40M, 100K	10M, 40M, 100K
05	272-3994	272-3994
05	5K, Brady, TX	5K, Brady, TX
12	10K, 5K,	10K, 5K,
19	5k, 2	5k, 2
19	10K, 5K, 1 mile,	10K, 5K, 1 mile,
27	1414	1414

WTRC NEWS

RED RAIDER ROAD RACE

Entry forms are in this newsletter and will also be in the October issue. 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.

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, COVENANT HEALTH SYSTEM, LUBBOCK NATIONAL BANK, STATE NATIONAL BANK and AMCO MEDICAL SUPPLY.

WTRC/TTU SCHOLARSHIP

Two scholarships in the amount of \$500 per semester have been awarded for the 1998-99 school year to Jill Aleman and Holly Weaver.

CONGRATULATIONS!

Bill and Wendy Trippe are the proud parents of a boy, born August 6th.

EDITOR'S INJURY UPDATE

I have been able to run only one club race in the last 3 years, that being the HOT DAM 5 Mile in 1996. For several years I had various muscle problems including hamstring tears and bursitis which may be related to Crohn's disease. June 24, 1997 I was struck by the wheel of a trailer towed behind a slow moving car (fortunately) while riding my bike. The most severe apparent injury was to the calf muscle, but as the pain went away from this I discovered that both knees were also damaged. MRI's showed a tear in a meniscus in both knees. Arthroscopic surgery was done in Sept. and Oct. 1997. I had been unable to resume running because of terrible pain when I attempted to even hurry in the left knee. I had begun taking Chondroitin/glucosamine early in June and after 3 weeks or so noticed some improvement in range of motion, but still unable to run. In July I took 8 doses of a product (Polysulfated Glycosaminoglycan) approved for use in arthritis in dogs and horses. "Booster" doses are to be every 1 to 4 weeks. I had noticed some relief after the first booster. I checked with my surgeon who found that one source of the pain was a bursitis of the anserine bursa under the insertion of the tendon of the sartorius muscle below and medial to the knee. An injection of cortisone was made. Two days later, I was able to walk and jog for 4 miles! I'll keep you posted on the progress. I don't plan to even try to race until January if things go well. I will call it "running" and start logging it when I can cover 4 miles non-stop! I plan to only walk/jog 3 days a week before increasing by the 10% rule.

MORE W.T.R.C. NEWS

Jim Harris has volunteered to be Race Director for the April FLIGHT LINE RACES. President, Jim Leser and Chris Lonngren are working with the Lubbock/Reese Redevelopment Committee to secure permission to use the facility in the future.

SUPPORT OUR SPONSORS

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Serving Lubbock the "BEST BUNS IN TOWN" for 20 Years!!!

5204 Slide-793-1233 1220 Main-744-3803 3719 19th-793-5542 8101 Indiana-792-3396

All WTRC members-75¢ off medium Sandwich, Pizza or Chef Salad



H.O.S.T.

HOBBS ORTHOPAEDIC AND SPORTS THERAPY /FAMILY VISION CENTER/ HOBBS ORDER OF FIREFIGHTERS

Run for Recycling



H.O.F.F.

Saturday, September 19, 1998

8:00 a.m. MST 1-Mile Run/1-Mile Walk

8:30 a.m. MST 10K Run and 5K Run

Ocotillo Golf Course Park

Lovington Highway • Hobbs, New Mexico

FOR ALL RUNS:

Entry Fee/Runs: \$8 before September 18, 1998 \$10 Day of the Race

Entry Fee/Walk: \$6 before September 18, 1998 \$8 Day of the Race

Registration: September 19, 1998 7:00 a.m. - 8:00 a.m.

Awards: Top 5 finishers in each division will receive an award.

Sponsors: Hobbs Orthopaedic Sport Therapy, Family Vision

Center, Hobbs Order of Firefighters,

City of Hobbs Parks and Recreation Division

and New Mexico Junior College.

Double Entry: Runners will be limited to either the 5K or 10K run.

HOBBS PARKS AND RECREATION

NEW MEXICO JUNIOR COLLEGE



FOUNDED IN PART BY
HOBBSERS-TEX

INJURY TIPS

Sooner or later any runner will probably encounter injury which stops them. As one who has encountered quite a few injuries over the years, I am anxious to help anyone with a problem. I recently found a very good article on plantar fasciitis at the RRCA website (www.rrca.org/) I have a hard copy of the article as well, for those who do not have internet access. I have excerpted a few lines below, because the principles apply to any injury.

PLANTAR FASCIITIS

RISK FACTORS

One study found that training errors were associated with 60% of runners' injuries, and 29% of those injuries were due to excess mileage. The average weekly mileage for the injured group was 49 miles per week. Other training errors which predispose runners to plantar fasciitis include:

- * increases in mileage over a short time
- * intense workouts (interval training on a hard surface wearing spikes)
- * sudden increases in hill running
- * increased frequency of workouts
- * running on surfaces with either too much or too little resilience (concrete, asphalt, grass, sand, and so on)
- * running on banked or crowned surfaces
- * inadequate recovery time.

If you already have this problem you need to read the whole article. One of the best stretches/exercises for both the plantar fascii and achilles tendon is toe raises and calf stretches done on an elevated curb. I made my own out of a piece of 4x6 timber with 2x4's on the ends to stabilize. I can move this wherever it is handy, but most often that is at the front of my van, where I can hold on while performing the exercise. I do this every time I return from a run or bike and have not had a return of fasciitis for 16 years!

SCIATICA

The most serious cause of an excruciating, "hot" pain shooting down the back of the leg, is compression of the nerve roots of the sciatic nerve as it exits the foramen of the vertebra. This problem is so serious that it may require surgery. However, most runners problems are less threatening than this. Your editor has experienced two other causes for this condition.

The first of these is "Piriformis syndrome". The sciatic nerve passes under this muscle deep in the buttock, and in some cases has been known to pass through parts of the muscle. Since a runner builds this muscle up, it's enlargement can inadvertently compress the nerve. Fortunately, this form of sciatica can be prevented, and in time, "cured" by proper stretching of the piriformis muscle. As one who hates to spend much time stretching, this one is easy and doesn't take much time. I have a copy of an article on this subject for anyone and I would be happy to show this simple stretch.

A second cause for sciatica which I have experienced and has been the main curtailer of my running (before being hit by the car on my bike!) the past few years, is ischio-gluteal bursitis or inflammation of the gluteotuberal bursa which lies under the attachment of the largest gluteal muscle as it connects to the pelvis. The best treatment of this problem is injection of cortisone into the bursa and deep therapeutic massage. Much rest is needed as well.

Any inflammation of the sciatic nerve is accompanied by overstimulation of the muscles from the hamstrings on down, and can lead to cramping and a muscle tear if you continue to push on in spite of the pain. Partial paralysis is also fairly common.

WEST TEXAS RUNNING CLUB'S 10th ANNUAL "SHALLOWATER STAMPEDE" 10K and TWO MILE RUNS

EVENT NUMBER 9 of the WTRC CHALLENGE SERIES

WHEN: SATURDAY, SEPTEMBER 12, 1998

REGISTRATION; 7:00 to 7:45 A.M., RACE DAY
Pre-Registration is encouraged, please fill out and return form or call David before 7pm, Friday, Sept. 11th

RACE START; 8:00 A.M., 10K and 2 Mile

WHERE: SHALLOWATER HIGH SCHOOL in Shallowater, Tx

COURSE: FLAT, OUT and BACK ON ASPHALT,

ENTRY FEE: WTRC MEMBERS \$5; NON-MEMBERS \$6

Souvenir T-Shirt available for \$5 extra
Proceeds benefit Shallowater H.S. Senior Safe Graduation event

AGE DIVISIONS:

2 MILE		10K	
MALE	FEMALE	MALE	FEMALE
12 & Under	12 & Under	19 & Under	19 & Under
13 - 15	13 - 15	20 - 29	20 - 29
16 - 19	16 - 19	30 - 34	30 - 34
20 - 29	20 - 29	35 - 39	35 - 39
30 - 34	30 - 34	40 - 44	40 - 44
35 - 39	35 - 39	45 - 49	45 - 49
40 - 44	40 - 44	50 - 54	50 Plus
45 - 49	45 - 49	55 - 59	
50 - 54	50 Plus	60 Plus	
55 - 59			
60 Plus			

AT LEAST 3 "Stampede" Medallion AWARDS
WILL BE GIVEN IN EACH CATEGORY and up to 50 percent of each division will receive awards

Refreshments will be provided for runners and volunteers

RACE DIRECTOR: Dwayne Oakeley; 799-4473

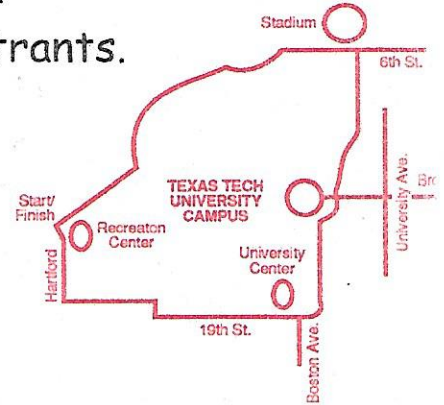
17th
**ANNUAL
 RED
 RAIDER
 ROAD
 RACE**

5K & 10K
 Road Race



Run the Texas Tech
 Campus as part of Tech's
 Homecoming Weekend!
 October 10, 1998

T-Shirts
 Awarded
 To All
 Registrants.

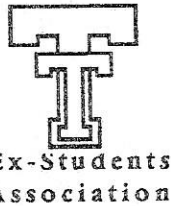


Sanctioned by the
 West Texas Running Club/
 Course TAC Certified

Sponsored by:



WEST TEXAS
 RUNNING CLUB



Benefiting the Texas Tech / West Texas Running Club Scholarship Fund

Red Raider Road Race
 Texas Tech Ex-Students Association
 P.O. Box 45001
 Lubbock, TX 79409-5001

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 PERMIT 408

17th Annual Red Raider Road Race

Date: Saturday, October 10, 1998 **Starting Time:** 8:00 a.m.

Registration: Until October 8, 1998 - \$15* Entry fee payable to the West Texas Running Club.

*Please add \$2 if you want an XXL t-shirt - (for the first 24 who sign up)

Walk In Registration: 8 a.m. -12 p.m. & 1 p.m.- 5 p.m. Weekdays at the Ex-Students Association building

Late Registration & Packet Pick-Up: \$20 - Friday, October 9, 8 a.m.-8 p.m. North side of the UC Lobby

Race Day Registration & Packet Pick-Up: \$25 - Saturday, October 10, 6:30 a.m.-7:30 a.m. ONLY!

Student Rec Center (Main & Hartford)

Divisions:

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

Women: 19 & Under; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50 & over

Special Divisions: Clydesdales, both races: Men 190 lbs. +; Women 150 lbs. +
5K - 12 & under; 13-15; 16-19

Start/Finish: Student Rec Center **Aid Stations:** At 2, 3 & 5 mile marks **Split Times:** at 1 mile

Course: Both the 5K & 10K Road Race will be run on the Tech Campus, with the start and finish at the Student Rec Center. A map of the course will be included at registration.

Awards: 1st Place overall Male and Female winners will receive a custom engraved plaque. Also best Master in each race (age graded) will receive a custom engraved plaque. Medallions will be presented to the first three finishers in each age/sex race class. Awards will also be given to the first three, age graded, in each race in the Clydesdales division.

Award Ceremony: Presentation at 9:30 a.m. at the Finish Line

Prize Drawings: Pre-registrants only. Must be present to win.

Corporate Sponsors: Amco Medical Service & Supply; Cardinal's Sports Centers; Covenant Health System; Lubbock National Bank; State National Bank.

Please make checks payable to the West Texas Running Club.

For more info call: the Ex-Students Association @ 742-3641 or George Jury @ (o) 792-3291 or (h) 792-1237

Detach & Return to: RRRR/WTRC, %George Jury, 5212 44th Street, Lubbock, TX 79414

First Name	MI	Last Name	Age on race day	Sex
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="M"/> <input type="text" value="F"/>
Address			<input type="text" value="M"/>	<input type="text" value="L"/> <input type="text" value="XL"/> <input type="text" value="XXL"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	T-shirt Size (adult) Add \$2 for XXL	
City	State	Zipcode	Make checks payable to: West Texas Running Club	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Area Code	Daytime Phone Number	Entered Event	FOR OFFICIAL USE ONLY	
<input type="text"/>	<input type="text"/>	<input type="text" value="5K"/> <input type="text" value="10K"/> <input type="text" value="Clydesdale"/> <input type="text" value="Wheelchair"/>		

Warning: Participation in the Red Raider Road Race can be a threat to the health of individuals who are not in proper condition and health.

WAIVER STATEMENT: West Texas Running Club, Texas Tech Ex-Students Assn., Texas Tech University, all corporate sponsors of the event, 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 Red Raider Road Race 5K/10K Run. 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 IS NOT VALID UNLESS SIGNED BY THE ENTRANT, GUARDIAN, CONSERVATOR, OR PARENT FOR ENTRANTS UNDER 18 YEARS OLD. RRCA rules prohibit skates, strollers, dogs, etc.

Signature of Entrant _____

Signature of Guardian (minors) _____

SHALLOWATER STAMPEDE

Mail
Registration
thru September 10
Telephone registration
by 7 p.m. September 11
744-8328

\$5.00 WTRC members, \$6.00 non members
Make checks payable to the West Texas Running Club
Mail checks & entry forms to: David Higgins
c/o Lubbock Communications
1819 N. University
Lubbock, Texas 79415

Race start at 8 am at the
Shallowater High School,
Shallowater, Texas

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 or 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 Shallowater Stampede. 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. _____ 10K

City _____ State _____ Zip _____ Phone Number _____