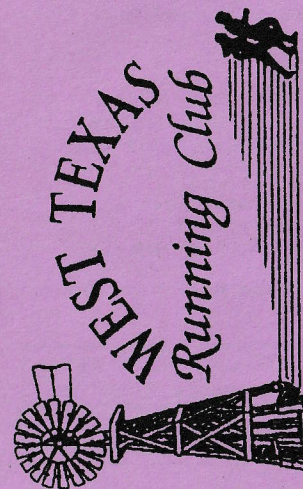


CALENDAR

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

- APR. 6 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- * APR. 10 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- APR. 11 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- MAY 1 LCOADA, Pat Stanaford, 763-8763
- * MAY 8 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 793-4245(d)
- MAY 29 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451
- * JUNE 12 BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE: Levelland, 8am 10K and 2 Mile, Al Gardner, Race Director, 894-3538
- JUNE 13 RUN IN THE SUN: 8K, San Angelo, Brent Fields, (915)653-6741
- JUNE 27 BSL TRIATHLON: Half Ironman, IRONMAN Qualifier, Mike Greer, 796-8213
- * JULY 3 30th ANNUAL FIRECRACKER RUN: Brownfield, 8am, 10 Mile and 3 Mile, Children's 1 Mile, Jim Leser, RD, 794-2474, 746-6101 (d)
- AUG. 1 PRUDE RANCH RACES: Fort Davis, Watch for Details
- * AUG. 14 HOT DAM 5 MILER: Canyon Lake 6, Lubbock, (also 1 Mile Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- * SEPT 11 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Wayne Oakeley, Race Director, 799-4473
- * OCT. 16 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty Ladd, Race Director, Information, 792-3291(d), 792-1237(n)
- OCT. 30 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 6 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center 1 27 and Regis St., Ron Hillis, Race Director, 797-0303
- NOV. SAN ANTONIO MARATHON:
- * NOV. 13 BUFFALO WALLOW RACES: BUFFALO SPRINGS LAKE, Half Marathon and 2 Mile, 9 am, George Jury, Race Director, 792-3291, 792-1237
- * NOV. 25 W.T.R.C. TURKEY TROT: Lubbock, 9 am, MACKENZIE PARK, 10 Mile and 2 Mile, Chris Lonngren, Race Director, 796-0685
- DEC. 5 WHITEROCK MARATHON: Dallas, (214) 526-5318
- * DEC. 11 REDLINE 4 MILE CROSS COUNTRY: MAE SIMMONS PARK, Lubbock, 10 am
- JAN. 1 Y2K FUN RUN: New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 793-1667 (n)



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

APRIL 1999



APRIL W.T.R.C. RACE

FLIGHT LINE RACES

HALF MARATHON, 10K & 2 MILES

8am, Saturday, April 10, 1999

Details Inside Back Cover

WEST TEXAS RUNNING CLUB

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President - Mike Kelley
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WTRC Web Address:

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

Internal Race Director - Ron Lubowicz

(H) 748-1855 (O) 740-6809

W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, April 6, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger Segars & Gilbert.

All members are welcome.

FROM THE PRESIDENT

I don't know if it was mid-life crisis or what: all I knew was that I had to celebrate turning 50 by running another marathon. Maybe it's like the milestone you feel when the odometer turns over and you see all those zeros. You realize the old clunker has made it this far, despite some major and minor repairs along the way and it deserves some fuzzy dice or something to jazz things up a bit. Now I'm not one of those Humvee club members who can run a marathon every couple of months. I like a little off road once in a while, but mostly I keep to the traveled 10K highways. A good, hard across-the-state half-marathon leaves me with a good enough sense of miles traveled. But, a trans-continental 26.2 has to be planned for; I like to think about it a couple of years first. So, my experience with the Austin Motorola Marathon in February was just as grueling as I remember past marathons to be. It is a cunning, baffling, and exhausting distance, and once again it beat me up real good. As usual (I plan it this way), I went out too fast, feeling great, and paid for it with a struggle to survive the second half. My most embarrassing moment: caught by other club members walking (I planned that, too). The most discouraging word muttered under my breath: when the guy pulling a rickshaw passed me, going uphill! with a passenger in it!! Anyway, I surged for the last half mile or so and felt victorious at the end. It is an accomplishment which always has left me emotional at the end, thankful for the health and ability and endurance to be able to meet such a challenge. It is great to be part of a group that appreciates the effort and encourages others to experience the same. I think this old clunker still has a few miles left.

Mike Kelley

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN
USA T&F CERTIFIED, # 97108ETM
MARCH 13, 1999 LUBBOCK, TEXAS

OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE	
	1	QUENT BEARDEN	LUBBOCK	TX	23	M	1	M2029	23:40	5:55
	2	MICHEAL BOX	HOBBS	NM	17	M	1	M1619	24:16	6:04
	3	GLEN POKLIKUHA	LUBBOCK	TX	27	M	2	M2029	25:00	6:15
	4	JIM LESER	LUBBOCK	TX	52	M	1	M5054	25:42	6:26
	5	MIKE FLORES	AMARILLO	TX	42	M	1	M4044	27:16	6:49
	6	RANDY WOLCOTT	LUBBOCK	TX	42	M	2	M4044	27:42	6:56
	7	CHRIS LONNGREN	LUBBOCK	TX	39	M	1	M3539	27:47	6:57
	8	VANCE ZIDER	LUBBOCK	TX	44	M	3	M4044	28:05	7:02
	9	RICK SYPERT	LUBBOCK	TX	43	M	4	M4044	28:36	7:09
*	10	BEN STEWART	LUBBOCK	TX	12	M	1	M0112	28:56	7:14
*	11	MARJORY STEWART	LUBBOCK	TX	40	F	1	F4044	28:57	7:15
	12	ADAM BARRON	WOLFFORTH	TX	36	M	2	M3539	29:25	7:22
	13	RON HEWETT	LUBBOCK	TX	38	M	3	M3539	29:29	7:23
	14	RICHARD FISCHENICH	LUBBOCK	TX	51	M	2	M5054	29:35	7:24
	15	CRAIG LANGFORD	LUBBOCK	TX	37	M	4	M3539	29:41	7:26
#	16	SHANNON MOORE	LUBBOCK	TX	30	M	1	M3034	29:42	7:26
	17	DAMON RICHARDS	LUBBOCK	TX	45	M	1	M4549	29:43	7:26
	18	JACKIE CANNON	AMARILLO	TX	43	M	5	M4044	29:49	7:28
	19	RICHARD VERRONE	LUBBOCK	TX	31	M	2	M3034	30:08	7:32
	20	MOIRA RIDLEY	LUBBOCK	TX	33	F	1	F3034	30:25	7:37
	21	FRED WEBER	LUBBOCK	TX	47	M	2	M4549	31:02	7:46
	22	ALAN MARTIN	LUBBOCK	TX	23	M	3	M2029	31:32	7:53
	23	MELANIE McVEY	WHITEFACE	TX	37	F	1	F3539	32:06	8:02
#	24	DANNY GALEY	COLORADO CITY	TX	53	M	3	M5054	32:12	8:03
#	25	MICHAEL GALLAGHER	LUBBOCK	TX	51	M	4	M5054	32:22	8:06
	26	CHRIS TITUS	LUBBOCK	TX	17	M	2	M1619	32:34	8:09
	27	NELSON ROLONG	LUBBOCK	TX	17	M	3	M1619	32:37	8:10
*	28	CHERYL WEBER	LUBBOCK	TX	46	F	1	F4549	32:39	8:10
	29	MIKE LASS	LOCKNEY	TX	36	M	5	M3539	32:48	8:12
	30	SHIRLEY WIGLEY	LUBBOCK	TX	45	F	2	F4549	32:50	8:13
	31	RICHARD TITUS	LUBBOCK	TX	46	M	3	M4549	33:04	8:16
	32	DAVID MANGOLD	LUBBOCK	TX	50	M	5	M5054	33:16	8:19
#	33	BRUCE FELLERS	LUBBOCK	TX	45	M	4	M4549	33:32	8:23
	34	RALPH WOLF	ABERNATHY	TX	61	M	1	M6099	33:51	8:28
	35	DAVID HIGGINS	LUBBOCK	TX	45	M	5	M4549	33:59	8:30
	36	SHANDRA PLUMMER	LUBBOCK	TX	26	F	1	F2029	34:04	8:31
	37	JUDY LAWLEY	LUBBOCK	TX	33	F	2	F3034	34:20	8:35
	38	KRISTIN TATE	LUBBOCK	TX	25	F	2	F2029	34:58	8:45
	39	RICHARD BRAY	LUBBOCK	TX	54	M	6	M5054	35:26	8:52
	40	RICHARD THOMAS	LUBBOCK	TX	42	M	6	M4044	35:48	8:57
	41	ETTA MAYER	LUBBOCK	TX	50	F	1	F5099	36:30	9:08
	42	JAMES BONE	LUBBOCK	TX	59	M	1	M5559	36:34	9:09
	43	LANDRUM MEDLOCK	LORENZO	TX	54	M	7	M5054	37:06	9:17
	44	SHAE BEARDEN	LUBBOCK	TX	22	F	3	F2029	37:21	9:21
	45	MARSHA BENNETT	LUBBOCK	TX	35	F	2	F3539	39:46	9:57
	46	JOSIE ALEMAN	LUBBOCK	TX	47	F	3	F4549	43:34	10:54
	47	FRANK EARNEY	LUBBOCK	TX	50	M	8	M5054	43:47	10:57
	48	ADAM ANDREWS	LUBBOCK	TX	45	M	6	M4549	46:33	11:39
	49	TERRY COSTILLA	LUBBOCK	TX	46	F	4	F4549	53:46	13:27

* = New Age Group Records

= New Members

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 Bemero at 793-1667 (N)

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

PRAIRIE DOG TOWN 4 MILE RUN
RACE DIRECTOR'S REPORT

A strong northwesterly wind provided runners a stiff challenge at this year's Prairie Dog Run. The temperature of 29 degrees felt closer to zero as winds of 24 mph, with gusts to 32 mph, made it quite uncomfortable. Still, 49 brave souls began the race and performed admirably. Quent Beardon and Marjory Stewart were the overall winners, and three age group records were set. Marjory set a new standard in her division, as did Cheryl Weber. Most remarkable was Ben Stewart's run to set a new record for age group 1-12, with a time of 28:56. Ben ran into a strong headwind going out, and added unnecessary yards to the course by running around the water tower which was part of the route two years ago. Apparently, many other runners also ran a "long" four miles.

Thanks go to the many volunteers assisting on this blustery day. Jim Wilhelm, George Jury, Mike Greer, Marti Greer, Bob Jackson, Jim Harris, Tony Aleman, Brad Ewing, Joe Post, and Dwayne Oakley all helped. I would also like to thank my daughter Lauren for lending a hand. John Trompler

OVERLOOKED RESULTS

I failed to see that Ray Brady, a member from White Deer completed his eighth HOUSTON MARATHON.

Also, Mike Flores and a friend were the 2nd place masters team at Austin with a time of 2:50:55.

Fort Worth COWTOWN MARATHON

Former club member, Sherril Easterling (49) of Hico, ran a 3:37:00. The only club member I could locate was Damon Richards who turned in a fine 3:49:48. It would really help if each of you would let me know when you complete a marathon. That is always worthy of reporting!

San Antonio MEDCOM MARATHON

Bob Jackson was the overall winner of this event run in strong winds and a chill rain with a fine time of 2:36:37.

Bob's High School boys were the winner of the 6 person relay with a fine time of 2:40:29.

I was present at the PALO DURO MARATHON, January 10, 1981 when Bob, then a student at ENMU, was the winner in a course record time of 2:32:47.

BLUE NORTHER DUATHLON, March 7, 1999

Jim Leser competed in his 4th Blue Norther in Seguin, and pulled out a course PR as well as winning his Age Group.

HELP NEEDED
FLIGHT LINE RACES

Many volunteers are needed to stage a 3 event race like this, especially with a Half Marathon to conduct. Club members can get 13.1 mile credit in the Challenge series for volunteering here. We will be back on the base this year. If you can help, please call Jim Harris at (505) 392-8945.

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W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS

MALE

YTD TOTALS

0 - 12 MALE	AGE	PTS	MILES	EVT	VOL
Kenneth Kinzenbaw	10	20	9	2	
Ben Stewart	12	10	4	1	
Francisco Jimenez	4	0	8	1	*
13 - 15 MALE					
Ben Wright	15	10	4	1	
Casey Sumpter	14	9	9	2	*
Cody Lass	14	8	4	1	
16-19 MALE					
Chris Wright	16	10	5	1	
Bobby Sain	17	10	4	1	
Cullen Shaw	16	10	8	1	
20 - 29 MALE					
Glen Pokilkuha	27	19	9	2	
Hawk Harris	20	0	13	2	*
30 - 34 MALE					
Richard Verrone	31	25	17	3	
Luis Nevarez	33	20	13	2	
Rodney Hendrix	33	10	4	1	
Shannon Moore	30	10	4	1	
Tim Key	31	0	5	1	*
40 - 44 MALE					
Randy Wolcott	42	22	17	3	
Bob Jackson	40	20	17	3	*
Mike Flores	42	19	9	2	
Al Gardner	42	18	9	2	
Vance Zider	44	17	8	2	
Richard Thomas	42	10	17	3	
Dwayne Oakeley	42	9	17	3	*
Jimmy Samarron	43	7	5	1	
Mark Albus	42	7	4	1	
Dan Adams	41	7	8	1	
Rick Syper	43	7	4	1	
David Malone	41	6	13	2	
Jackie Cannon	43	6	4	1	
Russel Martin	40	5	5	1	
Wade Wilson	40	3	5	1	
Steve Nieman	44	2	5	1	
Ed Dabrowski	40	0	5	1	*
Mickey Davis	42	0	8	1	*
Kurt Wilkes	40	0	5	1	
Adam Andrews	44	0	5	1	

YTD TOTALS

35 - 39 MALE	AGE	PTS	MILES	EVT	VOL
Chris Lonngren	39	30	17	3	
Ron Hewett	38	26	13	3	
Adam Barron	36	19	8	2	
Brad Ewing	35	16	17	3	*
Mike Lass	36	13	12	2	
Sandy Peters	39	6	8	1	
45 - 49 MALE					
Frank Sumpter	45	20	9	2	
Ken Jernigan	47	18	9	2	
Damon Richards	45	17	9	2	
David Higgins	45	14	25	3	**
Ken Spain	45	9	8	1	
Fred Weber	47	9	4	1	
Richard Titus	46	8	4	1	
Bruce Fellers	45	7	4	1	
Adam Andrews	45	5	4	1	
Ronnie Prigg	47	0	5	1	*
Tony Aleman	48	0	9	2	*
Jim Wilhelm	48	0	4	1	*
50 - 54 MALE					
Richard Fischenich	51	28	17	3	
Landrum Medlock	54	19	13	3	
Joe Post	50	16	17	3	*
Michael Gallagher	51	14	12	2	
Frank Earney	50	13	17	3	
James Livermore	51	12	13	2	
John Trompler	51	10	21	3	**
Richard Bray	54	10	12	2	
Jim Leser	52	10	4	1	
Danny Galey	53	8	4	1	
David Mangold	50	6	4	1	
Rick Lampe	54	4	5	1	
Jon Omdahl	52	0	18	2	**
Mike Kelley	49	0	5	1	*
55 - 59 MALE					
Jim Harris	56	20	13	3	*
James Bone	59	18	9	2	
Bob Bernero	56	9	13	2	*
Bo Minnis	56	0	5	1	*
Bill Roger	59	0	8	1	*
60 - 69 MALE					
Ralph Wolf	61	30	13	3	
Mike Greer	60	19	17	3	*
John Stalcup	65	17	9	2	
Jerry Wright	60	16	13	2	
George Jury	62	0	17	3	*
Jimmie Key	61	0	13	2	*

** = RACE DIRECTOR
 * = VOLUNTEER

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS

FEMALE

YTD TOTALS					YTD TOTALS						
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Margarita Jimenez	9	20	9	2		Marsha Bennett	35	29	17	3	
Veronica Jimenez	12	9	13	2	*	Melanie McVey	37	20	8	2	
Cammy Lass	12	9	4	1							
						40 - 44 FEMALE					
13 - 15 FEMALE						Marti Greer	40	19	17	3	*
Hope Jimenez	15	20	13	2		Marjory Stewart	40	10	4	1	
						Ida Sumpter	42	0	13	2	*
16 - 19 FEMALE						45 - 49 FEMALE					
Tara Jernigan	17	19	9	2		Shirley Wigley	45	29	17	3	
Mary Lou Jimenez	16	15	9	2		Josie Aleman	47	24	13	3	
Laci Jackson	17	10	4	1		Madonne Miner	46	17	13	2	
Lacy Lass	16	5	4	1		Cheryl Weber	46	10	4	1	
20 - 29 FEMALE						50 - 99 FEMALE					
Shanna Armstrong	24	19	13	2		Etta Mayer	50	27	17	3	
						P J Mitchell	53	10	5	1	
30 - 34 FEMALE						Mary Harris	53	0	13	2	*
Judy Lawley	33	18	12	2		Delores Key	57	0	8	1	*
Vicki Fischenich	33	8	5	1							

** = RACE DIRECTOR
* = VOLUNTEER

FEATHERS... Continued from page 7

This very refreshing swim took Marti (the Dolphin) 1:09:58 and the barge (me), 1:38:08, a PR for both of us and a great start. The transition took 6:27 for Marti and 7:04 for me (remember I mentioned in my last report why it took older men longer to transition, i.e. going to the bathroom thing). At this time the drought in New Zealand was broken and it started to rain,

for the next 15 hours, and continued throughout the bike ride, for me 7:17:18 to Marti's 7:19:47 (she does like to point out that she had to fix a flat during this time and I of course will point out that this is part of triathlon). We then transitioned, 6:21 for Marti, 8:02 for me and then began the "dawdle on feet" for 26.2 miles. We crossed the finish line, still pouring down rain, with a 5:38:01 for me and 5:49:23 for Marti and total PR times of 14:48:32 hrs for me and 14:31:55 hrs for Marti. Marti finished 12th in her age group, 4th USA woman and I finished 7th in my age group and 1st USA.

Some observations--New Zealand is a great place to go to regardless of what your motivation is or your reason for going there. The country is clean, not heavily populated, friendly, courteous, user friendly to tourists, good food, pleasant weather, decent prices (\$1.00 US buys \$1.80 NZ), great accommodations, English speaking, etc. If you happen to have that strong desire to have a baby, I mean do an Ironman, this is the place to go. All of the cycles of life will be realized and you will feel real good about doing such a quality event and visiting such an outstanding country.

Till the next feathers story.....some time in July or October, thanks for your attention.

FEATHERS, FEATHERS, and MORE FEATHERS.....Mike Greer

In the ongoing saga of the feathers story started back in '93 (remember, "if you had all of the feathers you could carry, could you carry one more?") I have another chapter to add and this one originates from foreign soil, specifically the North Island of New Zealand. Everything we had heard about this country is true. The countryside is picture post card beautiful, the people are friendly and helpful and it is a very sporting country (rugby & cricket are the main sports). The Taupo Lake venue for the Ironman New Zealand triathlon was an excellent choice and provided a typical Ironman distance challenge. Originally we had planned to just observe the event but the juices that flow to accomplish this type of thing were just too great not to participate. Besides we had done an Ironman event in October, '98 and still had something left in our legs as residue from preparing for that race. Aerobic base is a wonderful thing to acquire and will carry you much farther than you can imagine. In Marti's case she is just acquiring it and still relies on well orchestrated, planned workouts designed by her coach/trainer, Tim Key. In my case with 53,000 miles of running and 24 years of endurance participation, I can wing it with a little pain refresher course to my body six weeks prior to my planned event. So, with all of that in mind let us move on to the real story here relating to the many cycles of life we experienced during this current feathers story. One woman participant stated that doing an Ironman was like having a baby, "all that pain, and you swear you will never do it again. Yet as soon as it's over you immediately forget and start planning the next." I guess that is what possessed us to do this event so close to Florida in October. Fact is, I remember telling Marti after the Great Floridian that I hurt so bad during the run portion that there was no way I could do New Zealand and she said the same about herself. So, we forget the pain and go balls out in New Zealand for new PRs and another feathers story.

One of the New Zealand tourism information newsletters described the course in this manner: (Please imagine an accent between British and Australian, very matter of factly), The First Stage is a 3.8km swim commencing at the Yacht Club, along the lake front and then back into the Boat Harbour. Once out of the water they run up Redoubt Street to the North Doman by the Great Lake Centre. The Second Stage is a 178.2 km cycle ride commencing at the Great Lake Centre out along the lake front, on to the Broadlands Road to just south of Reporoa and then back to the Great Lake Centre-then competitors do another lap!! Then they change over to...The Third Stage is a dawdle on feet for 42.4km-otherwise known as a Marathon. It also commences at the Great Lake Centre, along Lake Terrace to 5 Mile Bay and then back to the Great Lake Centre. To make sure no spectator misses the competitors running the marathon the athletes will do the lap twice!! Well, I couldn't have said it better but I will give my version of the course with blow by blow illustrations (this is not a Monica joke) in Texas talk. The 2.4 mile swim is in a fresh water lake with water so clean you see the bottom at all times and you can actually drink it. The size of it is so large it makes Possum Kingdom look like Buffalo Springs and the water temperature is 68-70 degrees. With our wetsuits on and with 780 other competitors Marti and I entered the water for a deep water start (that means treading, floating, holding onto someone, but not diving or running from the beach, etc.) The course was an out and back with the beach parallel to us at all times with a finish into the canal.

to page 6

Life is not a Spectator Sport

We are constantly being warned to check with our physicians before beginning athletics. Play and games evidently can be risky business. What we are not told are the risks of not beginning athletics—that the most dangerous sport of all is watching it from the stands.

The weakest among us can become some kind of athlete, but only the strongest can survive as spectators. Only the hardiest can withstand the perils of inertia, inactivity, and immobility. Only the most resilient can cope with the squandering of time, the deterioration in fitness, the loss of creativity, the frustration of emotions, and the dulling of moral sense that can afflict the dedicated spectator.

Physiologists have suggested that only those who can pass the most rigorous physical examination can safely follow the sedentary life. Man was not made to remain at rest. Inactivity is completely unnatural to the body. And what follows is a breakdown of the body's equilibrium.

When the beneficial effects of activity on the heart and circulation and indeed on all the body's systems are absent, everything measurable begins to go awry. Up goes the girth of the waist and the body weight. Up goes blood pressure and heart rate. Up goes cholesterol and triglycerides. Up goes everything you would like to go down and down everything you would like to go up. Down goes vital capacity and oxygen consumption. Down goes flexibility and efficiency, stamina and strength. Fitness fast becomes a memory.

The seated spectator is not a thinker, he is a knower. Unlike the athlete who is still seeking his own experience, who leaves himself open to truth, the spectator has closed the ring. His thinking has become rigid knowing. He has enclosed himself in bias and partisanship and prejudice. He has ceased to grow.

And it is growth he needs most to handle the emotions thrust upon him, emotions he cannot act out in any satisfactory way. He is, you see, an incurable distance from the athlete and participation in the effort is the athlete's release, the athlete's catharsis. He is watching people who have everything he wants and cannot get. They are having all the fun: the fun of playing, the fun of winning, even the fun of losing. They are having the physical exhaustion which is the quickest way to fraternity and equality, the exhaustion which permits you to be not only a good winner but a good loser.

Because the spectator cannot experience what the athlete is experiencing, the fan is seldom a good loser. The emphasis on winning is therefore much more of a problem for the spectator than the athlete. The losing fan, filled with emotions which have no healthy outlet, is likely to take it out on his neighbor, the nearest inanimate object, the umpires, the stadium or the game itself. It is easier to dry out a drunk, take someone off hard drugs or watch a three-pack-a-day smoker go cold turkey than live with a fan during a long losing streak.

Should a spectator pass all these physical and mental and emotional tests, he still has another supreme challenge to his integrity. He is part of a crowd, part of a mob. He is with those the coach in The Games called, "The nothingmen, those oafs in the stands filling their bellies." And when someone is in a crowd, out go his individual standards of conduct and morality. He acts in concert with his fellow spectators and descends two or three rungs on the evolutionary ladder. He slips backward down the development tree.

From the moment you become a spectator, everything is downhill.

The good advice business has never been better. It is a seller's market. Counselors of all sorts are multiplying like rabbits. Everywhere you look there are experts on every subject straining to tell us what to do. Whatever the problem, of the body or mind or spirit, they are ready to give us the answer.

Once we were exposed to such well-intentioned admonitions only on Sunday in church or in a weekly advice-to-the-lovelorn column. Now we cannot escape it. Advice pours out of the radio. It fills the newspapers. It is the best-selling staple of every bookstore.

And to what avail? How much of this good advice is good for the individual? If good, how much is followed? If followed, how much does it change a person's life. The answer to all three questions is very little. Virtue cannot be taught. Experience must be experienced. No one can be quite sure whose life is a success and whose is not.

This does not stop the preachers from preaching. The sowers of the word are always with us. There is always the possibility it will fall on good ground. And there are always listeners. "There's a sucker born every minute," P.T. Barnum said. They are people who seek help for choices they have to make themselves, people who even pay for the help that is offered.

Theodore Roszak, a perceptive observer of our culture, has commented on this phenomenon. "We go to doctors and physiologists to learn what's going on in our organism," he says, "and that cuts us off from any direct experience that we can have, with a sense of certainty that we know what's going on and that we are indeed the best authorities over our inner life and our bodies."

Let that sink in. We are the best authorities. That does not mean we do not need information. Even the pope has his experts to give him information, and to educate him on those things that can be found in the books. All of us require some sort of storage and retrieval system, whether it is a person or a computer. All of us are ignorant, and profoundly so, in some field. Most of that, we can leave to others. There is much to know that is not worth the time spent getting to know it.

What is essential for us to know, we call education. We must have adequate information to live in this world. But information will never replace experience and the wisdom that follows. "The vice of living in a highly artificial social order," says Roszak, "is that you experience through media, through literature, through books, rather than in a raw and direct way." There comes a time when you must be your own teacher, your own coach, your own clergyman.

We need not ask another person, "Who am I?" If we do, we will never engage in the adventure of self-discovery. We will live another and false life. Do not mistake yourself for anyone else, the average American man, the ordinary inhabitant of this globe or the common-variety human being. They exist only on charts.

We do share a host of attributes with others: drives and desires, instincts and longings. Under precisely controlled conditions our overall responses to certain stimuli can be statistically predicted. But we are not statistics. Under precisely controlled conditions, we will, individually, do as we damn please, and fortunately, that is precisely what we should do.

We must have a healthy distrust and a healthy cynicism for the experts, and for authority in general. Each of us is an experiment of one. Each is an expert in the self, a witness of a personal truth, our own best authority.

My advice to these advisors would be. "Do not tell me what to do, tell me what you do. Do not tell me what is good for me, tell me what is good for you. If, at the same time you reveal the you in me, if you become a mirror to my inner self, then you have made a listener and a friend."

**** The West Texas Running Club's 1999 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 1999, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race.

Additional categories this year will again recognize non running volunteers All members desiring to participate in the 1999 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1999 Challenge Series features these categories:

1. **66 Mile Club **** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with **double mileage** for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD **** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD ***** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR **** Up to three awards will be given to those **Non runners** who help the most at **club sanctioned events**. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS ****** Points will be earned at each qualifying event in the following Age and Sex groupings:
 - A. Divisions will include: **MALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39 40-44, 45-49, 50-54, 55-59 and 60 Plus
FEMALE AGE GROUPS; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus
(Those less than 12 must run in the shortest races offered)
 - B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 12 years of age must run in the shortest race)
 - C. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. Awards will be presented at a year end membership meeting.
 - D. To win a "Points" award a member must have run in at least 3 events and volunteered at least once.
 - E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

The W.T.R.C./LIBRARY CONNECTION

Listed below are several titles that have been added to the Lubbock City-County Library System, thanks to gifts from the West Texas Running Club. Library cards are available at no charge to all Lubbock County residents. Club members who reside outside the county can obtain these titles and others by placing an Interlibrary Loan request at their local public library.

- RUN FAST: HOW TO TRAIN FOR A 5K or 10K RACE**
by Hal Higdon
- LORE OF RUNNING**
by Tim Noakes
- KEEP ON RUNNING: THE SCIENCE OF TRAINING AND PERFORMANCE**
by Eric Newsholme, Tony Leech & Glenda Duestor
- BILL RODGER'S LIFETIME RUNNING PLAN**
by Bill Rodgers with Scott Douglas
- GALLOWAY'S BOOK ON RUNNING**
by Jeff Galloway
- THE SMART RUNNER'S HANDBOOK, 2nd Ed.**
by Matt Greenwald
- MARATHON: THE ULTIMATE TRAINING & RACING GUIDE**
by Hal Higdon
- BETTER TRAINING FOR DISTANCE RUNNERS 2nd Ed.**
by David E. Martin & Peter N. Coe
- FITNESS RUNNING**
by Richard L. Brown
- RUNNING WITH THE LEGENDS**
by Michael Sandrock
- HILLS, HAWGS & HO CHI MINH: MORE TALES OF A WAYWARD RUNNER**
by Don Kardong
- TRAINING FOR YOUNG DISTANCE RUNNERS**
by Laurence S. Greene & Russell R. Pate
- BILL RODGERS and PRISCILLA WELCH on MASTERS RUNNING**
by Bill Rodgers & Priscilla Welch
- MIDDLE DISTANCE RUNNING**
by Cliff Temple
- THE NEW COMPETITIVE RUNNER'S HANDBOOK**
by Bob Glover & Pete Schuder
- JOAN SAMUELSON'S. RUNNING FOR WOMEN**
by Joan Benoit Samuelson & Gloria Auerbuch
- RUNNER'S WORLD COMPLETE BOOK of RUNNING**
by Amby Burfoot
- PRE**
by Tom Jordan
- THE RUNNER'S BOOK of TRAINING SECRETS**
by Ken Sparks & Dave Kuehls
- BEST RUNS**
by Joe Henderson
- ROAD RACING FOR SERIOUS RUNNERS**
by Pete Pfitzinger
- HAL HIGDON'S SMART RUNNING**
by Hal Higdon
- DANIELS' RUNNING FORMULA**
by Jack Daniels
- 4 MONTHS TO A 4 HOUR MARATHON**
by Dave Kuehls
- MARATHON TRAINING: THE PROVEN 100 DAY PROGRAM FOR SUCCESS**
by Joe Henderson
- MAKING THE MARATHON YOUR EVENT**
by Richard Benyo
- THE ELEMENTS of EFFORT: REFLECTIONS on the ART and SCIENCE OF RUNNING**
by John Jerome
- RUNNING PAST 50**
by Richard Benyo
- HOW TO TRAIN FOR AND RUN YOUR BEST MARATHON**
by Gordan Bakoulis Bloch
- THE QUOTABLE RUNNER**
by Mark Will-Weber
- *****
If there are additional running book titles that you would like to see in the library, please call John Trompler at 794-1359.

LOST WEEKEND

Joe Henderson (from the internet)

Standing in street clothes, watching the half-marathoners leave me behind at the starting line, I felt like a fraud. I'd advised them in a talk the night before. Now they were running, and I wasn't!

This was embarrassing because I'd ignored the first rule of running travel: Never put your shoes in a checked bag!

How many times have I written that line? I'm ashamed to check.

You'd think after 30 years of flying to running events I'd know better than to let my shoes out of my sight. You'd think I would listen to my world-hopping wife Barbara, who says, "If your flight has more than one connection, your luggage won't arrive with you."

Mine was a three-legged journey to Birmingham, Alabama. I waved goodbye to my bag in Eugene-- and didn't see it again for five days!

This was my first trip with a new laptop computer. The carry-on bag didn't have room for the computer and the shoes, so the laptop won this space. Does this say something about priorities?

The checked bag must have gone to Birmingham, ENGLAND! The airline couldn't retrieve it during my stay in the Alabama city, so this was a lost weekend for running.

I didn't run one step. Not the usual jetlag-clearing session on arrival, and not the planned half-marathon the next day.

Two big zeroes went into my diary because I'd forgotten the basic rule of packing. Anything but shoes (and the orthotics I wear in them) can be bought or borrowed.

I bought toiletries and borrowed shirts. But I didn't try to replace the lost shoes.

"We have lots of shoes," said Valerie McLean. She owns the running store, TRAK SHAK, that organized this race. She would have made me a good deal on any shoes in her store. Two problems though:

1. Running a half-marathon in untested shoes is risky. Another rule of running is-- don't trust a pair that hasn't passed training tests.
2. Running in shoes without orthotics is like trying to read without my bifocals. It can be done but is none too pleasant.

I might run in new shoes with inserts or old ones without them, but not the foolhardy combination of new and empty! Especially in a race of this distance.

So this brought me to the finish line of this half-marathon, feeling not only like a fraud but like a homeless person begging free food from the runners supply. I still wore most of the same clothes that had arrived in Birmingham on me. They'd taken on, uh, character in these two days!

The only running I did here was out of town early as soon as the race ended. At the airport I heard my name called and was told "Your bag just arrived." "Check it again," I said, (thinking of only getting home). Then it disappeared, with shoes still inside, for another three days. The lost weekend dragged on.

I can't say it too often: Wear your running shoes on the plane, stuff them in a carry-on, even drape them over your shoulder, but don't check them!

WHAT WENT WRONG?

I wrote a recent book on the subject, Marathon Training. Many runners have bought and used it. Nowhere in the book did I ask for their feedback. But I expected it anyway, especially in the age of e-mail, and many readers responded.

The book's subtitle reads: "The Proven 100-Day Program for Success." The exact wording was the publisher's, not mine. I wouldn't have used the word "proven." That implies "guaranteed," and there are no guarantees in this game.

"Success" wouldn't have gone into my subtitle either. That suggests getting exactly what the runner wants, and the book makes no such promise.

Several writers didn't get what they wanted. None blamed me, but all asked what had happened.

Harry Gish from Kansas City, Missouri, wrote to me first and at greatest length. I'll let him represent the others who met similar fates.

Harry talked briefly with me at the Hospital Hill Run last May when he bought the MT book. He later reported his unsatisfying result from the Twin Cities Marathon in October:

"I'm 42 and needed 3:20 (7:38 per mile) to qualify for Boston," he wrote. "I ran the first half in 7:30 pace. My legs got tight, and at 23, miles I stopped to stretch and massage two cramped hamstrings before finishing in 3:43."

I replied with questions: How long did he train, what was his previous best marathon time, and what had he run recently at shorter distances? Knowing the answers would help me judge his potential at Twin Cities, and if his time goal there might have been too high and starting pace too fast.

Harry's response: "Long training runs of 12.4 to 24 miles averaged between 7:50 and 8:00 a mile. Speedwork of 2.5 miles, once a week, averaged 6:20 a mile. Other training runs of three to eight miles averaged between 7:30 and 8:00 a mile, depending on how I felt and company I was with."

His previous best marathon, a 3:21, had come eight years earlier. The most recent, in 1997, was 3:39. His latest half-marathons had been 1:40, 1:41 and 1:38.

"A look at your recent history suggests that you might have backed off two ways," I told him. "One would have been the opening pace of your marathon, and the other the overall pace of your long runs."

His half-marathons averaged 1:40. The usual rule of thumb is double that time and add 10 minutes to predict marathon potential. So Harry seemed to have been in shape for a 3:30 or so, which meant his start was probably too quick. He probably lost most of the ground to his potential 3 1/2 hour time in the last few miles.

His longest training runs might have been too fast at better than eight minutes a mile, and they might have left him unrecovered for the marathon. These runs were faster than his marathon pace, and some were nearly as far. Most advisers recommend training long at slower than projected marathon rate. Harry said, "I'll see if I can get my half-marathons down to 1:35. Hopefully a good marathon (1:35 x 2 = 3:10 + 10 = 3:20) will follow."

FLIGHT LINE RACES
SINCE 1987
WEST TEXAS RUNNING CLUB'S ANNUAL APRIL RACE
COURSE RECORDS

2 MILE**MEN**

	<u>NAME</u>	<u>TOWN</u>	<u>AGE</u>	<u>TIME</u>	<u>YEAR</u>
0-15	Chadd Lowe	Lubbock	15	13:32	1996
16-19	Brian Brashears	Lubbock	19	11:02	1989
20-29	Mike Williams	Clarendon	24	10:46	* 1987
30-34	Milt Brownfield	Lubbock	34	10:59	1992
35-39	Frank Sumpter, Sr.	Lamesa	39	11:26	1993
40-44	Jimmy Samarron	Levelland	40	11:25	1995
45-49	Jim Leser	Lubbock	47	11:45	1994
50-54	Robert Guajardo	Levelland	51	12:51	1994
55-59	John Harper	Anton	56	14:44	1991
60 +	John Stalcup	Lubbock	60	15:19	1994

WOMEN

0-15	Angela Welsh	Tarzan	15	12:43	* 1995
16-19	Mica Hood	Lubbock	18	13:30	1990
20-29	Cristi Props	Lubbock	24	15:27	1995
30-34	Geri Russell	Lubbock	34	13:58	1987
35-39	Josie Aleman	Lubbock	38	14:36	1990
40-44	Josie Aleman	Lubbock	44	17:12	1996
45-49	Eva Martinez	Lubbock	47	18:16	1992
50+	Wynonia Kitchens	Lubbock	57	22:14	1995

10 K**MEN**

0-19	Brad Raven	Lubbock		38:14	1988
20-29	Haffis Banire (LCU)	Lubbock	23	33:39	* 1995
30-34	Tim Green	Lubbock	30	36:49	1996
35-39	Jimmy Samarron	Levelland	35	38:21	1990
	Bill Harn	Lubbock	38	38:21	1993
40-44	Ken Macinnes	Lubbock	40	37:59	1996
45-49	Jim Leser	Lubbock	48	37:59	1995
50-54	George Jury	Lubbock	50	38:13	1987
55-59	George Jury	Lubbock	58	40:25	1995
60-69	Jacq Collins	Lubbock	61	55:13	1995
70 +	Bob Smith	Lubbock	70	1:02:05	1990

WOMEN

0-19	Tara Jernigan	Sundown	14	49:06	1996
20-29	Sue Houle (Spitz)	Lubbock	25	42:05	* 1987
30-34	Cheryl Benoit	Lubbock	33	44:01	1987
35-39	Roberta Thompson	Lubbock	36	52:03	1990
40-44	Shirley Wigley	Lubbock	43	48:54	1997
45-49	P.J. Mitchell	Lubbock	46	55:36	1991

HALF MARATHON**MEN**

0-19	Alfred Hinojosa	Lubbock	18	1:21:58	1992
20-29	Pedro Ruiz (LCU)	Lubbock	26	1:11:58	* 1995
30-34	Lolo Mercado	Lubbock	30	1:17:55	1990
35-39	Scott Brickerd	Lubbock	36	1:16:24	1989
40-44	Joe Post	Lubbock	40	1:31:53	1989
45-49	Robert Guajardo	Levelland	48	1:27:41	1991
50-54	Gary Schmidt	Alpine	53	1:25:52	1990
55-59	Bill Roger, Sr.	Levelland	55	1:40:03	1994
60 +	Don Sanderson	Tulia	64	1:41:24	1994

WOMEN

0-19	Leslie Vardy	Wolfforth	18	1:56:14	1997
20-29	Sue Houle(Spitz)	Lubbock	28	1:34:06	1990
30-34	Marjory Stewart	Lubbock	34	1:29:13	* 1993
35-39	Marjory Stewart	Lubbock	36	1:29:16	1995
40-44	Barbara Vitalec	Lubbock	42	2:07:01	1990
45-49	P.J. Mitchell	Lubbock	48	1:55:02	1993

WEST TEXAS RUNNING CLUB'S
13th ANNUAL FLIGHT LINE RACES
HALF MARATHON, 10K and 2 MILE RACES

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN:

SATURDAY, April 10, 1999

REGISTRATION: 7:00 to 7:45 A.M., On Site

RACE START: 8:00 A.M.

PRE REGISTRATION: Available, fill out and return entry form or call George Jury at 792-1237 before 7pm, Friday the 9th, then pay fee race day

The Former

WHERE:

REESE AIR FORCE BASE

Picnic Grounds

West of Lubbock on

19th or 4th Street



COURSE:

ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

AID STATIONS:

Every 2 Miles

Splits at 1 Mile

AGE DIVISIONS: Half Marathon

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)
(0-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena Age Graded

AWARDS:

Custom Designed "Pilots Wing" Medallions 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: Jim Harris, Hobbs, (505) 392-8945(n)