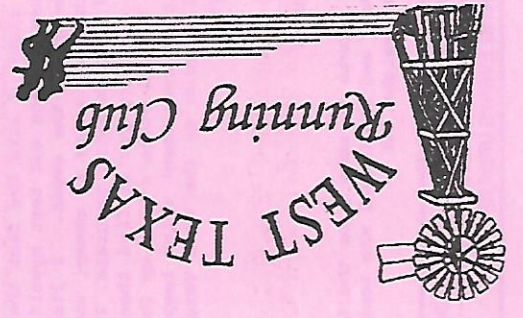
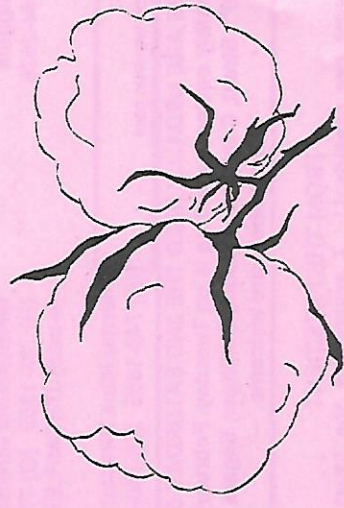


CALENDAR

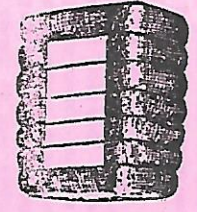
- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- FEB. 2 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- FEB. 6 POLAR BEAR RUN: 5K, 10am, TTU Campus, Charles Elliot, 792-1866
***** Status Unknown at "press" time *****
- FEB. 7 3M HALF MARATHON: Austin, FMI call (512) 984-7223
- * FEB. 13 COTTON PATCH RUNS: FRENSHIP HIGH, Wolforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 14 MOTOROLA/AUSTIN MARATHON: Austin, FMI, Call (512) 505-8304
- FEB. 27 FORT WORTH COWTOWN MARATHON: FORT WORTH, Call (817) 735-2033
- MAR. 7 FORT SAM HOUSTON MEDCOM MARATHON: San Antonio, (210) 732-1332
- * MAR. 13 PRAIRIE DOG TOWN RUN: Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359
- MAR. 26-27 LONESTAR RELAY; 168 Miles, Houston-Austin, 12 member teams-
Details and Entry forms in next Newsletter
- MAR. 27 MARATHON of the GREAT SW: Abilene, FMI, Call (915) 677-8144
- * 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 8 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 792-1011 x4690
- MAY 29 LONESTAR PAPER CHASE MARATHON: Amarillo, Call (806) 345-3451
- * 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:
- * 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, Dwayne Oakeley, Race Director, 799-4473

- February 1999 -



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

February 1999



February W.T.R.C. RACE
COTTON PATCH RUNS

9am, Saturday, February 13, 1999

Details Inside Back Cover



WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355

Internal Vice-President - Marri Greer
(H) 785-0276 (O) 762-0895

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

Secretary - Chris Lonngren
(H) 791-1774 (O) 796-0685
(e-mail) bestibunz@door.net

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

DIRECTORS

Newsletter Director - George Jury
(H) 792-1237 (O) 792-3291
(e-mail) rungwj@aol.com

External Race Director - Wade Wilson
(H) 795-1667

Equipment Director - Jimmie Key
(H) 795-7637

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

Membership Director - John Trompler
(H) 794-1359 (O) 775-2848
(e-mail) JTROMPLER@mail.ci.lubbock.tx.us

Internal Race Director - Ron Lubowicz
(H) 748-1855 (O) 740-6809

WTRC Web Address:

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

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

The WTRC monthly business meeting is on Tuesday, February 2, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger, Segars & Gilbert. All members are welcome.

FROM THE PRESIDENT

Greetings from your new president! I appreciate the trust you have given me in asking me to serve you in this capacity, and I offer appreciation to all the officers who are willing to take time to involve themselves in the affairs of the West Texas Running Club. As long-standing President Jim Leser has pointed out, this is a club of many jobs and no one or two people can do them all. When we all pitch in to do just a little, what wonderful events we are able to have. If any of you have thought of volunteering but were scared off by the magnitude of the job, take heart. No one has to go it alone or cover every job. The very reason this club is so consistent in fielding a race every month - and more - is the amount of volunteerism we have. What a resource! Thank you! Most of our races have longstanding histories - 10, 20, 30 years of events. We have the longest running road race in Texas - the Firecracker, in its 30th year - sponsored by this club! I like the fact that I can always count on the second Saturday as a time to race and test myself, meet and socialize with friends, and feel the energy of the event. I like the fact that we don't give T-shirts each race, that the entry is cheap, and that I can always count on the course, times, and results being accurate. In case you haven't noticed, enter a race somewhere else and you'll find these valuable components are not always present - and a T shirt doesn't make up for that. So, thank you for your work and the spirit of commitment which keeps us going. I look forward to the Year of the Millennium as the West Texas Running Club promotes health and fitness for everyone.

Get on down, get on down the road...

Mike Kelley

RE: SAVING OUR FROSTED FANNIES

Special thanks to those who stepped in at the last minute to make sure the Loop the lake came off as planned - specifically George Jury and Jon Omdahl who took on planning and directing duties. Thanks for carrying the weight. MK

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 EVENTS UPDATE

THE 8th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE ***SEVENTH NUMBER 1 OF THE WTRC CHALLENGE SERIES *** LUBBOCK, TEXAS JANUARY 9, 1999

*** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	DIV	PL	AG	S	TIME	PACE
1	BOB JACKSON	HOBBS	NM	1	M4044	40	M	27:37	5:32
2	MIKE FLORES	AMARILLO	TX	2	M4044	42	M	31:51	6:23
3	GLEN FOKILKUHA	LUBBOCK	TX	1	M2029	27	M	31:57	6:24
4	AL GARDNER	LEVELLAND	TX	3	M4044	42	M	33:34	6:43
5	LUIS NEVAREZ	LUBBOCK	TX	1	M3034	33	M	33:50	6:46
6	FRANK SUMPTER	LAMESA	TX	1	M4549	45	M	33:58	6:48
7	JIMMY SAMARRON SR.	LEVELLAND	TX	4	M4044	43	M	34:06	6:50
8	JOHN TROMPLER	LUBBOCK	TX	1	M5054	51	M	34:13	6:51
9	CHRIS WRIGHT	LUBBOCK	TX	1	M1619	16	M	34:31	6:55
10	CHRIS LONNGREN	LUBBOCK	TX	1	M3539	39	M	34:34	6:55
11	KIRK THOMAS	LUBBOCK	TX	5	M4044	40	M	35:33	7:07
12	PATRICK REEVES	LUBBOCK	TX	2	M3034	30	M	35:38	7:08
13	TARA JERNIGAN	MILES	TX	1	F1619	17	F	35:48	7:10
14	KEN JERNIGAN	MILES	TX	2	M4549	47	M	35:56	7:12
15	RUSSEL MARTIN	SHALLOWATER	TX	6	M4044	40	M	36:04	7:13
16	RANDY WOLCOTT	LUBBOCK	TX	7	M4044	42	M	36:13	7:15
17	RICHARD FISCHENICH	LUBBOCK	TX	2	M5054	51	M	36:22	7:17
18	WADE WILSON	LUBBOCK	TX	8	M4044	40	M	36:25	7:17
19	RON HEWETT	LUBBOCK	TX	2	M5539	38	M	36:34	7:19
20	JIM HARRIS	HOBBS	NM	1	M5559	56	M	36:43	7:21
21	DAVID HIGGINS	LUBBOCK	TX	3	M4549	46	M	36:52	7:23
22	STEVE NIEMAN	SHALLOWATER	TX	9	M4044	44	M	37:26	7:30
23	DAMON RICHARDS	LUBBOCK	TX	4	M4549	45	M	37:29	7:30
24	DANNY GALEY	COLORADO CITY	TX	3	M5054	53	M	37:44	7:33
25	JOE POST	LUBBOCK	TX	4	M5054	50	M	37:52	7:35
26	RICHARD VERRONE	LUBBOCK	TX	3	M3034	31	M	38:12	7:39
27	SHANNON MOORE	LUBBOCK	TX	4	M3034	30	M	38:16	7:40
28	MOLIRA RIDLEY	LUBBOCK	TX	1	F3034	33	F	38:18	7:40
29	ALLAN MARTIN	LUBBOCK	TX	2	M2029	23	M	38:18	7:40
30	BRAD EWING	LUBBOCK	TX	3	M3539	35	M	38:34	7:43
31	DWAYNE OAKELEY	LUBBOCK	TX	10	M4044	42	M	38:45	7:45
32	HOLLY REEVES	LUBBOCK	TX	2	F3034	33	F	39:22	7:53
33	RALPH WOLF	ABERNATHY	TX	1	M6099	61	M	40:01	8:01
34	SANDY PETERS	SHALLOWATER	TX	4	M3539	38	M	40:39	8:08
35	DAVID MALONE	LUBBOCK	TX	11	M4044	41	M	40:43	8:09
36	MINDI ALEMAN	LUBBOCK	TX	2	F1619	18	F	40:44	8:09
37	GREG HUBBARD	MIDLAND	TX	5	M2029	28	M	40:59	8:12
38	JAMES LIVERMORE	LUBBOCK	TX	5	M5054	51	M	41:04	8:13
39	KURT WILKES	LUBBOCK	TX	12	M4044	40	M	41:05	8:13
40	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	45	F	41:38	8:20
41	BOB BERNERO	LUBBOCK	TX	2	M5559	56	M	43:17	8:40
42	HOPE JIMENEZ	LAMESA	TX	1	F1315	14	F	43:22	8:41
43	JIMMY SAMARRON JR.	LEVELLAND	TX	1	M1315	13	M	43:25	8:41
44	P.J. MITCHELL	LUBBOCK	TX	1	F5099	53	F	43:30	8:42
45	MIKE GREER	LUBBOCK	TX	2	M6099	60	M	43:36	8:44
46	MADONNE MINER	LUBBOCK	TX	2	F4549	46	F	43:38	8:44
47	JOHN STALCUP	LUBBOCK	TX	3	M6099	65	M	43:57	8:48
48	MARY LOU JIMENEZ	LAMESA	TX	3	F1619	16	F	44:16	8:52
49	ETTA MAYER	LUBBOCK	TX	3	F4549	49	F	44:27	8:54
50	RICHARD THOMAS	LUBBOCK	TX	13	M4044	42	M	44:29	8:54
51	SHANNA ARMSTRONG	LUBBOCK	TX	1	F2029	24	F	44:45	8:57
52	JERRY WRIGHT	LUBBOCK	TX	4	M6099	60	M	44:55	8:59
53	LANDRUM MEDLOCK	LORENZO	TX	6	M5054	54	M	45:19	9:04
54	JAMES BONE	LUBBOCK	TX	3	M5559	59	M	45:23	9:05

THE 8th ANNUAL LOOP THE LAKE 5 MILE ROAD RACE

PLACE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
55 MARY LOU COSTABILE	COLORADO CITY TX	4	F4549	49	F		46:01	9:13
56 C. GABRIEL HISEL	LUBBOCK TX	4	M2029	27	M		46:14	9:15
57 VICKI FISCHENICH	LUBBOCK TX	3	F3034	33	F		46:18	9:16
58 MARSHA BENNETT	LUBBOCK TX	1	F3539	35	F		47:42	9:33
59 MARTI GREER	LUBBOCK TX	1	F4044	40	F		49:00	9:48
60 FRANK EARNEY	LUBBOCK TX	5	M4549	49	M		49:33	9:55
* 61 KENNETH KINZENBOW	LUBBOCK TX	1	M0112	10	M		51:01	10:13
62 JOSIE ALEMAN	LUBBOCK TX	5	F4549	47	F		51:31	10:19
63 DON ROBERTS	SHALLOWATER TX	14	M4044	44	M		52:13	10:27
64 RICK LAMPE	LUBBOCK TX	7	M5054	54	M		53:13	10:39
65 ADAM ANDREWS	LUBBOCK TX	15	M4044	44	M		55:31	11:07
66 MARGARITA JIMENEZ	LAMESA TX	1	F0112	9	F		58:39	11:47
67 VERONICA JIMENEZ	LAMESA TX	2	F0112	12	F		1:03:06	13:02

* = AGE GROUP RECORDS + = New Member

RACE REPORT

In December Richard Bray reported that due to out of town work he would be unable to function as race director as he had for the past four years. Richard did help out by obtaining the street permit and police protection. Your board of directors stepped up to take responsibility with George Jury doing the planning, registration and computer work and Jon Omdahl acting as race director. Others pitching in and making a very successful race were; Jimmie Key, Mike Kelley, John Trompler, Tim Key, Hawk and Mary Harris, Ronnie Prigg, Ed Dabrowski, Tony Aleman, Casey and Ida Sumpter and Bo Minnis.

The temperature hit a low of 15 degrees in the early morning but by race time it had risen to approximately 25 and thanks to very little wind, the conditions for running were great. By 11:30 it was in the balmy 40's! Overall winner, Bob Jackson ran his first race as a 40 year old and in the process smashed the Age Group record, by 3 minutes, 44 seconds. Tara Jernigan, the Class 1A Cross Country champion was the overall female winner but didn't lower her record set last year. Other Age group records were set by Shirley Wigley in the 45-49 group, and Kenneth Kinzenbaw in the 12 and under group.

Y2K

Yes, WTRC is going to celebrate the arrival of the new millennium with a New Year's day "Fun Run", Saturday January 1, 2000! Planned is a commemorative T-Shirt and possibly a medalion, yet keep the cost as low as possible. Also the group may adjourn to a nearby cafe for a breakfast or brunch. It will be hard to find a time on New Years day that will please everyone, but 10am is the first suggestion so that you can stay up late the night before and still get home for the bowl games and black eyed peas. It would be necessary to sign up by the first of December so that the right amount of T-Shirts could be ordered. If you would like to make suggestions or get involved with the effort, please call Bob Bernero at 793-1667.

1998 Challenge Series Awards

If you were not at the Loop race to get your award, you may get it at the COTTON PATCH RUNS, or call Tim Key to arrange to get it. 796-1824

DISNEY WORLD MARATHON

As far as is known the club was represented by only Jim Leser who posted a time of 3:52:31 which placed him 56th of 337 in his 50-54AG, and 1395th of the over 7,000 finishers.

Dr. George Sheehan
"Play is where Life Lives"

Excerpt from "Dr. Sheehan on Running" (1975)

To play or not to play? That is the real question. Shakespeare was wrong. Anyone with a sense of humor can see that life is a joke, not a tragedy. It is a riddle and like all riddles has an obvious answer: play, not suicide.

Think about it for a minute. Is there a better way to handle "the slings and arrows of outrageous fortune" or take up arms against "a sea of troubles" than play? You take these things seriously and you end up with Hamlet or the gang who came back from World War II, wrote Wilfred Sheed, "talking about dollars the way others talked about God and sex."

Neither of these ways work. Neither will bring us what we are supposed to be looking for, "the peace the world cannot give." That is part of the riddle. You can have peace without the world, if you opt for death, or the world without peace if you decide for doing and having and achieving. Only in play can you have both.

In play you realize simultaneously the supreme importance and the utter insignificance of what you are doing. You accept the paradox of pursuing what is at once essential and inconsequential. In play you can totally commit yourself to a goal that minutes later is completely forgotten. Play, then, is the answer to the puzzle of our existence, the stage for our excesses and exuberances. Violence and dissent are part of its joy. Territory is defended with every ounce of our strength and determination, and moments later we are embracing our opponents and delighting in the game that took place.

Play is where life lives, where the game is the game. At its borders, we slip into heresy, become serious, lose our sense of humor, fail to see the incongruities of everything we hold to be important. Right and wrong become problematical. Money, power, position become ends. The game becomes winning. And we lose the good life and the good things that play provides.

See pages 8 & 9 for Dr. Sheehan's tips

FROM RUNNERS WORLD WEB PAGE:

Thanks to James Livermore

END KNEE PAIN

If you feel a sharp pain or burning just above and to the outside of your knee when you run, you probably have iliotibial band (ITB) syndrome. And you're probably frustrated. ITB can be so painful that it sidelines your running. Even worse, most of the expert advice about how to treat it has centered on stretching, which only works if you're tight to begin with. (Editor's Note; Stretching is good prevention for this malady!)

As head physician to the Stanford University track and cross country teams, Michael Fredericson, M.D., has worked for two years to eliminate this type of knee pain in Stanford's runners. "Every single runner we studied with ITB pain had a weak gluteus medius muscle," says Dr. Fredericson.

This muscle in the buttocks works to keep your hips aligned when running. When everything works like it's supposed to, your gluteus medius reduces friction on your ITB, which runs from your hips to your knee. But when your gluteus medius is weak, it falls down on the job, putting more pressure on your ITB.

To strengthen the gluteus medius, do the following two exercises:

* Lie on your side against a wall with your problematic leg on top. Make sure your buttocks, shoulders and heels are all touching the wall. Tighten the muscle on the side of your hip and slowly raise your heel up the wall. Lower and repeat.

* Stand on a step and freely dangle your healthy leg off the step. Slowly bend the knee of your standing leg. Make sure your body weight is centered on your inner arch. Tuck under your hips (in a pelvic tilt motion) and then pull them back by sticking your butt out. Shift your hips forward and back until you feel the burn.

"CYCLES of LIFE".....thoughts from Mike Greer

A great philosopher once said, "There is nothing noble in being superior to some other person. The true nobility is in being superior to your previous self." In writing, the hardest part is getting started with the first word or sentence. Normally all of the thoughts and points of interest are well embedded in the thought processes and the areas that are to be discussed and illustration are there, but to articulate it so that it makes sense to other people and is of value to mankind is another thing. Well, to get started I took the easy way out and quoted someone else who happened to be a great philosopher way back when. As it turns out though, this thought as presented by this great man fit perfectly with what I have to say and helps me to start and finish with hopefully making my points. Other events in life and people have helped me to gather my thoughts and make my points, some of these people you know and some you do not. It really doesn't matter one way or the other since the correlation of the thought processes will bring us together in some form of thought harmony. My initial inspiration and desire to write this came from within myself; however, as I pondered the ideas prior to actually sitting down to get it done I was inspired by those around me, namely, Jim Leser, George Jury, Weldon Kolb, from the spirit, George Sheehan and from afar, Chicago Tribune staff writer, Marla Donato. WOW!!!, you ask what do all of these dynamic people have to do with your inspiration in writing this article and what can the tie possibly be? First, please remember that most of the time in life, the answers we are seeking for whatever questions we are asking are very close to us. Most of the time they are in fact within us, we just do not take the time to explore that great resource, called ME! Well as I read and thought about the points the above people have impacted on my life I decided I wanted to discuss this thing called "endurance athletics" in direct comparison to the "cycles of life" and how this will help us to understand "why" we do what we do and "why" it is important to know this and "why" it is impossible to explain it to someone who has to ask, "why"? (You know if they have to ask, they will usually not understand the answer). Second, the point above about nobility in being superior to your previous self is what it is really all about. It is what I call my private "zone" of awareness and competition. The inspiration from Jim and Weldon came when they talked about mental discipline, intimate running mates, escape, reason for training, bonding, camaraderie, after the race social, "just" finishing. From George Sheehan relative to "Running & Being" and his reflections from the same book on being reborn at 45 and his many great philosophical points made during his lifetime. From George Jury on the example he sets in being the ultimate volunteer. This really came to mind when I went through some of my old finish results (1987) and found that George finished first in the 50-54 age group at the Cowtown Marathon. Now that injuries have kept him from competing he is directing all of his energy to being the ultimate volunteer for the WTRC. It is a case of making lemonade out of a lemon deal and not being bitter and withdrawn about not being able to compete. The Chicago writer, Marla, for pointing out many of my pet peeves about letting the computer world take over our lives and take out the true "feeling" out of life. Her point was that we are becoming so starved for the feeling touch of humanity we have to pay to get this feeling (i.e. massage therapists, touch healers, etc.).

Well you say what does this have to do with the above mentioned "cycles of life"? My answer to that is it has everything to do with it! Endurance athletics has such a special meaning to mankind and life, and this may make it easier to explain or understand for others. An endurance event will, in most cases, take on a life of its' own. It will invariably go through all of the things we feel throughout our life time (birth, baby, toddler, adolescent, teenager, young adult, adult, mature adult, ending-not to be confused with literal death). As associated with the above growth process there will be pain, reward, suffering, learning, gratification, achievement, disappointment, recognition, growth, friendship, anger, laughter, etc., etc. Does any of this sound familiar? In conclusion, now you know from the thoughts of one modern day philosopher "why" we do it and "why" it is so special and I hope that the above thoughts are only a beginning for your thought processes concerning the same. It has been a pleasure to share mine with you.

REFLECTIONS & RESOLUTIONS

BY JIM LESER

We met in the parking lot at the Outdoor Center in McKenzie Park on New Year's morning. There were twelve of us, down from as many as 20 in past years. We were ready to start our first run of 1999, in spite of the late partying some folks reveled in just hours earlier. Following a six mile run in almost balmy 46°F temperatures, we reconvened at the Holiday Inn for breakfast, fast talk and sorry jokes. It was a great time, a great tradition. I've been attending this first-of-the-year run for 6 years, about as long as I've run the LSD on Sunday morning before church.

Speaking of the Sunday run---where were the regulars this first Sunday run? David Steadman and I were the only ones that showed! You missed a good one. With enough clothes, the wind chill of 6°F was not a factor, but the early morning snow was great! David asked why we insisted on running so early when the weather was not ideal. There really isn't a good answer, but like the geese, we keep coming back for more. Must be some kind of ritual. Running around the lake in the snow and watching and listening to all the Canadian honkers was almost a spiritual thing. Only a runner would understand.

"My problems never catch up with me when I'm running."

I generally don't make New Year's resolutions but will take the chance this year with a few general ones. Maybe some of you will join me on a few of these.

- 1) Volunteer for at least two races, even if I'm not injured or tapering for another event. Very few of our members volunteer once, let alone more than once. Don't wait till the last minute to call the race director.
- 2) Avoid over-training and injuries by taking rest days, rest weeks, and not training hard on my easy or long runs.
- 3) Stretch more. Running shortens muscles, leading to a decrease in performance and an increased chance of injuries.
- 4) Eating less junk food during the "off season". There is nothing wrong with eating a treat every now and then but--gaining 10 pounds during the holidays isn't such a good deal. I'll be writing an article

real soon about weight control and fat measurement for those that need a little help like me sometimes.

The best way to maintain your weight is simply to follow a balanced, high carbohydrate, low fat diet and not worry about caloric intake. And generally don't sweat the vitamin supplements. Most of them end up as expensive, enriched sewage.

5) Training smarter using a system of periodization. I'll be writing about this too. By the time you read this I'll be back from Disney World and their marathon, as well as the Frost Yer Fanny Duathlon in Austin. I came in second overall in the 5-state regional "challenge series" in 1998 and will be attending the awards banquet for the first time. I hope to qualify for the ITU Worlds Duathlon Championships to be held in October in North Carolina. I'll get one chance to qualify, at the Strutter's Duathlon held in San Angelo in April. Hopefully my new tri bike will arrive in time to help me achieve my goals. But as you all know, "it's the engine and not the chassis that wins the race". Remember, you're the engine---train smart but hard. Anyone needing more information on duathlons in the area or training tips, give me a call. I'm no expert but can probably be of some help.

Bob Bernero, P.J. Mitchell and I are looking for a few good men (and women). We want to put together a 12 member team to participate in the Lone Star Relay which starts in Houston at 2:00 p.m. on March 26 and ends in Austin. This is a 168 mile event which will run through the night with exchanges every 5 miles. Each runner would need to run 3 five mile segments. We are not looking to set any records, just have a good time. Therefore, you don't need to be a speedster. Each applicant will need to pay a \$50.00 entry fee. There will be expenses like transportation to the relay, rental of a large van, and for procurement of food and fluids for our team. There are T-shirts and medals for all in the finishing team. As co-captains of the WTRC team, we will have all the information you need. Please give us a call ASAP. We have about 7 spaces left and the registration deadline is February 15th.

HAPPY NEW YEAR RUNNERS!

Jim Leser

20 Important Running Tips For Every Runner to Know

This column is for the benefit of those taking up jogging with the coming of favorable weather. Here are a few practical pointers to keep in mind:

- 1) Keep a record of your morning pulse. Lie in bed for a few minutes after you awaken and then take your pulse. As your training progresses, it will gradually become slower and after three months or so plateau out. From then on, if you awaken and find a rate of 10 or more beats higher, you have not recovered from your previous day's runs, races or stresses. Take the day or more off until the pulse returns to normal.
- 2) Weigh yourself regularly. Initially you will not lose much weight. What you lose in fat you will put on in muscle. Running consumes 100 calories a mile and there are 3,500 calories to a pound so you can see weight loss will be slow unless you do heavy mileage.
- 3) Do your exercises daily. The more you run, the more muscle imbalance occurs. The calf, hamstrings (back thigh) and low back muscles become short, tight and inflexible. They have to be stretched. On the other hand the shins, the quads (front thigh) and the belly muscles become relatively weak. They must be strengthened. Learn the Magic Six: Three strengthening exercises, three stretching exercises. (next month**editor)
- 4) Eat to run. Eat a good high-protein breakfast, then have a light lunch. Run on an empty stomach at least two, preferably three hours after your last meal. Save the carbohydrates for the meal after the run to replenish the muscle sugar.
- 5) Drink plenty of fluids. Take sugar-free drinks up to 15 minutes before running. Then take 12 to 16 ounces of easily tolerated juices, tea with honey or sugar, defizzed Coke, etc. before setting out. In winter that should be all you need.
- 6) Run on an empty colon. Running causes increased peristalsis, cramps and even diarrhea. Having a bowel movement before running and particularly before racing prevents these abdominal symptoms.
- 7) Wear the right clothes. In winter this means a base of thermal underwear followed by several layers of cotton or wool shirts with at least one being a turtleneck. Wear a ski mask and mittens. Use nylon if necessary to protect against wind and wet. In summer the main enemy is radiant heat. Remember to wear white clothes and use some kind of head covering.
- 8) Find your shoes and stick to them. High-arch feet do better with narrow heels. Morton's Foot (short big toe, long second toe) may need an arch support in the shoe. If a shoe works, train in it, and wear it to work.
- 9) The fitness equation is 30 minutes at a comfortable pace four times a week. Your body should be able to tell you that "comfortable" pace. If in doubt use the "talk test". Run at a speed at which you can carry on a conversation with a companion.
- 10) Run economically. Do not bounce or overstride. You should lengthen your stride by pushing off, not by reaching out. Do not let your foot get ahead of your knee. This means your knee will be slightly bent at footstrike. Run from the hips down with the upper body straight up and used only for balance. Relax.

- 11) Belly breathe. This is not easy and must be practiced and consciously done just prior to a run or a race. Take air into your belly and exhale against a slight resistance either through pursed lips or by a grunt or a groan. This uses the diaphragm correctly and prevents the "stitch."
- 12) Wait for your second wind. It takes six to 10 minutes and one degree in body temperature to shunt the blood to the working muscles. When that happens you will experience a light warm sweat and know what the "second wind" means. You must run quite slowly until this occurs. Then you can dial yourself to "comfortable," put yourself on automatic pilot, and enjoy.
- 13) Run against traffic. Two heads are better than one in preventing an accident. Turn your back on a driver and you are giving up control of your life. At night wear some reflective material or carry a small flashlight.
- 14) Give dogs their territory. Cross to the other side of the road and pick up some object you can brandish at them. Never try to outrun a dog. Face the dog and keep talking until it appears to be safe to go on.
- 15) Learn to read your body. Be aware of signs of overtraining. If the second wind brings a cold clammy sweat, head for home. Establish a DEW line that alerts you to impending trouble. Loss of zest, high morning pulse, lightheadedness on standing, scratchy throat, swollen glands, insomnia, palpitation, are some of the frequent harbingers of trouble.
- 16) Do not run with a cold. A cold means you are overtrained. You have already run too much. Wait at least three days, preferably longer. Take a nap the hour you would usually spend running.
- 17) Do not cheat on your sleep. Add an extra hour when in heavy training. Also arrange for at least one or two naps a week and take a long one after your weekend run.
- 18) When injured find a substitute activity to maintain fitness. Swim, cycle or walk for the same time you would normally jog.
- 19) Most injuries result from a change in your training. A change in shoes, an increase in mileage (25 miles per week is the dividing line; at 50 miles per week the injury rate is doubled), hill or speed work, or a change in surface. Almost always there is some associated weakness of the foot, muscle strength/flexibility imbalance, or one leg shorter than the other. Use of heel lifts, arch supports, modification of shoes and corrective exercises may be necessary before you are able to return to pain-free running.
- 20) Training is a practical application of Hans Selye's General Adaptation Syndrome. Stress is applied, the organism reacts, a suitable time is given to reestablish equilibrium. Then stress is applied again. Each of us can stand different loads and need different amounts of time to adapt. You are an experiment of one. Establish your own schedule, do not follow anyone else's.

Editors notes; As you can probably tell, this was written in the 70's, before Gatorade, Powerade, All Sport, etc. and before Gore Tex etc., but the physical advice is still very current!

**** 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.

W.T.R.C. COTTONPATCH RUNS

8 MILE and 4 MILE RUNS
USA T&F Certified, #'s TX97109EIM and TX97110EIM

WHEN: SATURDAY, FEBRUARY 13, 1999
REGISTRATION: 8:00 to 8:45 A.M.
RACE START: 9:00 A.M.

WHERE: **WOLFFORTH;** FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to Loop 193, proceed to intersection with highway 179, turn right across RR tracks, north to FRENSHIP HIGH SCHOOL and turn left

COURSE: ASPHALT ROAD, 4 Mile; OUT and BACK, Flat 8 Mile; OUT and BACK, Mostly Flat WATER and SPLITS at 2, 4, and 6 Miles

ENTRY FEE: W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00
Pre-Registration Available: Return form in Newsletter or call David Higgins before 7pm, Friday, Feb. 13th.

AGE DIVISIONS, AWARDS: New Medals or Souvenir Cotton Bales; 3 deep & up to 50 Percent deep in each age division

MEN, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+

WOMEN, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+
(6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

RACE DIRECTOR: David Higgins, 744-2626(d), 744-8328(n)

We will have access to the High School cafeteria and rest-rooms for registration and the awards ceremony. **Volunteers are needed, please call David at one of the numbers above.**

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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

Cotton Patch Runs

Mail
Registration
thru Feb 10
Telephone registration
by 8:00 P.M. on February 12
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
Lubbock Communications
1819 N. University
Lubbock, Texas 79415

Race starts at 9:00 A.M.
Frenship HS, Wolfforth

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers shall not be responsible for, and shall be saved and held harmless by myself, from and against any and all claims and damages of every kind, for injury to for death of any person or persons and for damages to or loss of property arising out of or attributed to indirectly, to participant in the 1999 Cotton Patch Runs. 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 ____ 4 miles ____ 8 miles

City _____ State _____ Zip _____ Phone Number _____