

CALENDAR

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

- JAN. 1 **NEW YEAR 5K:** Amarillo, SW Park, 9am, Barry Richey, 355-2354
- JAN. 7 **W.T.R.C. Business Meeting,** 7pm, SCHLOTZKY'S, 3719 19th STREET
- * JAN. 9 **LOOP THE LAKE 5 MILE RUN:** BUDDY HOLLY PARK, Lubbock, 10 am
FMI*** Call George W. Jury, 792-3291(w), 792-1237(h)
- JAN. 17 **METHODIST/HOUSTON MARATHON:** FMI Call (713) 957-3453
- FEB. 6 **POLAR BEAR RUN:** 5K, 10am, TTU Campus, Charles Elliott, 792-1866
- FEB. 7 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- * FEB. 13 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles,
David Higgins, Race Director, 744-2626(w), 744-8328(h)
- FEB. 14 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 27 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Call (817) 735-2033
- MAR. 7 **FORT SAM HOUSTON MEDCOM MARATHON:** San Antonio, (210) 732-1332
- * MAR. 13 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am
John Trompler, Race Director, 794-1359
- MAR. 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,
- 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 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Child-
ren's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748

January 1999



http://members.tripod.com/~wtrec/run.html

Season Greetings
and
Best Wishes for a
Happy, Prosperous and fit
New Year.
WEST TEXAS RUNNING CLUB
WEBSITE



Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

January 1999



January W.T.R.C. RACE
LOOP THE LAKE 5 MILE RUN
10am, Saturday, January 9, 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) 796-0885
(e-mail) bestbunz@door.net

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

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 Thursday, January 7, 7:00 p.m. at SCHLOTZKY'S on 19th Street. All members are welcome.

Leser's Lines

One Last Time

Next year will bring on many changes and hopefully new challenges. As outgoing President, after a four year term, I can't tell you how much I appreciated all the help I got from the Board, volunteers and the membership in general. This is not a one man show. Our club continues to be successful because of the efforts of many. The 1998 Board was no exception. This Board made me look good, in spite of what I did. Please join with me to thank those Board members that are ending their service this year: Tim Key and Gayle Blackmon-Hopkins. I want to especially thank those that are continuing into their 2nd, 3rd, or even 9th term on the Board: Jon Omdahl, David Higgins, Jimmie Key, Chris Lonngren, Dwayne Oakeley, John Trompler and George Juy. And finally, please welcome new Board members, Mike Kelley, Marri Greer, Ron Lubowicz and Wade Wilson. I also want to thank all of you that directed races in 1998. A job well done!

Everyone has a busy work schedule and commitments to family, church and the community. Only a select few are willing to step forward and help insure the success of the WTRC. Lest I forget, I want to thank Elta Mayer for agreeing to run for a Board position. She lost out in a close race, but this does not diminish her act of unselfishness in agreeing to commit her time to helping the club. At the risk of leaving out someone that certainly deserves recognition for their many support efforts, both past and present, I have compiled a very short list of those that go beyond the call of duty to make our club what it is. This list includes: George Juy, P.J. Mitchell, James Bone, who was recognized at our recent Christmas Social, David Higgins, Jon Omdahl, Bob Bernero, and Ron Key (Ron took a break this year but during past years he was quite busy). The 1999 Board will need all your support to be successful. This will be Mike Kelley's 1st year as President. Please give him the same consideration you gave me when I started out. See you down the road. *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

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT LUBBOCK, TEXAS NOVEMBER 26, 1998 9:00 AM

TEN MILE *** OVERALL RESULTS ***

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	THOMAS SANG	LEVELLAND	TX	20	M	1	M2029	59:25	5:57
2	JAMES WILSON	LUBBOCK	TX	19	M	1	M1619	59:26	5:57
3	LOLO MERCADO	EL PASO	TX	38	M	1	M3539	1:02:05	6:13
4	MARK MORRIS	TYLER	TX	40	M	1	M4044	1:04:04	6:25
5	CHRIS THOMAS	LUBBOCK	TX	19	M	2	M1619	1:04:21	6:27
6	CULLEN SHAW	LUBBOCK	TX	16	M	3	M1619	1:04:22	6:27
7	AUGUSTINE GARCIA	LUBBOCK	TX	20	M	2	M2029	1:07:39	6:46
8	DAMARIS VAUGHAN	LUBBOCK	TX	21	F	1	F2029	1:09:56	7:00
9	GREG SMITH	NEWARK	DE	23	M	3	M2029	1:11:16	7:08
10	CHUCK SPAUGH	LUBBOCK	TX	38	M	2	M3539	1:12:26	7:15
11	TOM WEST	LUBBOCK	TX	41	M	2	M4044	1:12:59	7:18
12	VANCE ZIDER	LUBBOCK	TX	44	M	3	M4044	1:13:38	7:22
13	DANNY HERNANDEZ	LUBBOCK	TX	22	M	4	M2029	1:14:44	7:29
14	DAVID STEADMAN	LUBBOCK	TX	29	M	5	M2029	1:15:06	7:31
15	JASON ARCHINAL	WACO	TX	28	M	6	M2029	1:15:52	7:36
16	CRIS WRIGHT	LUBBOCK	TX	16	M	4	M1619	1:15:53	7:36
17	MARJORY STEWART	LUBBOCK	TX	39	F	1	F3539	1:16:11	7:38
18	ERIC PIPES	DALLAS	TX	28	M	7	M2029	1:16:27	7:39
19	BEN THOMAS	MORTON	TX	15	M	1	M1315	1:17:14	7:44
20	STEVE NIEMAN	SHALLOWATER	TX	44	M	4	M4044	1:17:15	7:44
21	JESS GILMOUR	LUBBOCK	TX	15	M	2	M1315	1:17:30	7:45
22	RICHARD FISCHENICH	LUBBOCK	TX	51	M	1	M5054	1:17:40	7:46
23	TONY TORREZ	LUBBOCK	TX	33	M	1	M3034	1:18:20	7:50
24	DAMON RICHARDS	LUBBOCK	TX	45	M	1	M4549	1:18:47	7:53
25	DANNY GALEY	COLORADO CITY	TX	53	M	2	M5054	1:21:18	8:08
26	DAN ADAMS	WHITEFACE	TX	41	M	5	M4044	1:21:26	8:09
27	DAVID HIGGINS	LUBBOCK	TX	46	M	2	M4549	1:21:48	8:11
28	MIKE KELLEY	LUBBOCK	TX	49	M	3	M4549	1:22:36	8:16
29	LARRY BYRD	SHALLOWATER	TX	57	M	1	M5559	1:22:42	8:17
30	DWAYNE OAKELEY	LUBBOCK	TX	42	M	6	M4044	1:23:06	8:19
31	DAVID GREGORY	LUBBOCK	TX	47	M	4	M4549	1:23:20	8:20
32	RICHARD VERRONE	LUBBOCK	TX	31	M	2	M3034	1:23:43	8:23
33	BRAD EWING	LUBBOCK	TX	34	M	3	M3034	1:24:01	8:25
34	BILL ROGER	LEVELLAND	TX	59	M	2	M5559	1:24:41	8:29
35	MELANIE McVEY	LUBBOCK	TX	37	F	2	F3539	1:24:47	8:29
36	MIKE LASS	LOCKNEY	TX	36	M	3	M3539	1:24:57	8:30
37	RONNIE NUGENT	LUBBOCK	TX	52	M	3	M5054	1:25:20	8:32
38	DENISE HINRICH'S	MCKINNEY	TX	33	F	1	F3034	1:27:32	8:46
39	TODD GILMOUR	LUBBOCK	TX	30	M	4	M3034	1:27:42	8:47
40	MIKE GREER	LUBBOCK	TX	59	M	3	M5559	1:29:13	8:56
41	CHELSEIE BREUNIG	LUBBOCK	TX	15	F	1	F1315	1:29:32	8:58
42	CHRIS BREUNIG	LUBBOCK	TX	36	M	4	M3539	1:29:33	8:58
43	BRUCE FELLERS	LUBBOCK	TX	45	M	5	M4549	1:29:58	9:00
44	KURT WILKES	LUBBOCK	TX	40	M	7	M4044	1:32:04	9:13
45	RON KEY	LUBBOCK	TX	55	M	4	M5559	1:32:05	9:13
46	RUSSEL MARTIN	SHALLOWATER	TX	40	M	8	M4044	1:33:11	9:20
47	BARRY MOSS	LUBBOCK	TX	44	M	9	M4044	1:34:29	9:27
48	DAVID MALONE	LUBBOCK	TX	41	M	10	M4044	1:34:39	9:28
49	RICHARD BRAY	LUBBOCK	TX	54	M	4	M5054	1:34:40	9:28
50	MADONNE MINER	LUBBOCK	TX	46	F	1	F4549	1:34:56	9:30
51	SANDY PETERS	SHALLOWATER	TX	38	M	5	M3539	1:35:29	9:33
52	JOEL MUNOZ	LUBBOCK	TX	12	M	1	M0112	1:35:51	9:36
53	HECTOR ARROYOS	LUBBOCK	TX	14	M	3	M1315	1:35:52	9:36
54	MARY LOU COSTABILE	COLORADO CITY	TX	49	F	2	F4549	1:37:46	9:47
55	LARRY BURELSMITH	LUBBOCK	TX	49	M	6	M4549	1:38:45	9:53
56	MARSHA BENNETT	LUBBOCK	TX	35	F	3	F3539	1:43:24	10:21
57	ETTA MAYER	LUBBOCK	TX	49	F	3	F4549	1:43:28	10:21
58	KARLA LESLIE	RANSOM CANYON	TX	38	F	4	F3539	1:43:51	10:24
59	SHANNA ARMSTRONG	LUBBOCK	TX	24	F	2	F2029	1:47:02	10:43
60	MARTI GREER	LUBBOCK	TX	40	F	1	F4044	1:47:03	10:43
61	FRANK EARNEY	LUBBOCK	TX	49	M	7	M4549	2:04:46	12:29

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
LUBBOCK, TEXAS NOVEMBER 26, 1998 9:00 AM

TWO MILE *** OVERALL RESULTS ***

Table with columns: PLACE NAME, TOWN, ST, AG, S, DIV, PLACE, TIME, PACE. Lists participants from 1 to 60, including names like Jay Truitt, Marco Ramirez, Randy Teague, etc.

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W.R.T.C. 1998 CHALLENGE SERIES
STANDING AFTER 13 EVENTS

MALE

Table with columns: YTD TOTALS (PTS, MILES, EVENTS), 0-12 MALE, 13-15 MALE, 20-29 MALE, 30-34 MALE, 35-39 MALE, 40-44 MALE, 45-49 MALE, YTD TOTALS (PTS, MILES, EVENTS). Lists names like Kenneth Kinzenbaw, Casey Sumpter, Hawk Harris, etc.

FEMALE

Table with columns: YTD TOTALS (PTS, MILES, EVENTS), 13-15 FEMALE, 20-29 FEMALE, 30-34 FEMALE, 35-39 FEMALE, 40-44 FEMALE, 45-49 FEMALE, YTD TOTALS (PTS, MILES, EVENTS). Lists names like Hope Jimenez, Brandy Temple, Vicki Fischnich, etc.

** = RACE DIRECTOR
* = VOLUNTEER

FOOTLOCKER SOUTH REGIONAL X-C MEET

Club member Ryan Cruz may be the first area youth to participate in this annual high school cross country event. After running the 4th fastest time (unchallenged) of all boys in winning the class 3A title on the muddy State meet 5K course at Roundrock, with a time of 16:26, he finally ran with a group of the country's fastest youngsters. He got caught up in the pack and was unable to challenge the front runners, but did come on strong to finish 14th overall with a time of 15:40 (5K). Texas boys finished 2, 5, 11, 13, and 14th to win the title. Only the 1st 8 finishers qualified for the national meet in Florida. The winners time was 15:09.

Ryan has accepted a full scholarship at TTU, so we will be able to follow his career closely. Congratulations! Ryan!

AT THE RACES

Shirley Wigley was in Austin for Thanksgiving and ran the AUSTIN 5 MILE TURKEY TROT in 39:28, 101st of 272 women.

John Trompler ran with 21,000 others at the Dallas 8 MILE TURKEY TROT.

WHITEROCK FINISHERS

Former club member, Tom Mayfield(60), now from Arkansas, ran a 2:56:15 and finished 50th overall! Twelve of our club members were found in the results posted on the website. David Steadman(29) led the way with a 3:40:11. Wade Wilson(40) posted a 3:55:32 in his first marathon. Al Becken(70) was third in his age group with a 4:02:38. Other finishers were: Steve Nieman(44), 4:01:27, Tony Torrez(34), 4:09:16, Jammie Key(61), 4:12:27, Ron Key(55), 4:38:26, Sara Solloway(29), 4:17:11, Loren Phillips(44), 4:56:05, Bill Hopkins(43), 4:56:11, Damon Richards(45), 4:59:35, and LARRY BURELSMITH(49), 5:25:07. Four others from Lubbock were also listed as finishing.

CHALLENGE SERIES

The final listing shows only those who had volunteered at least once during the year. The awards will be made after the LOOP THE LAKE RUN on January 9th. There will be refreshments. 24 members qualified for the "66 Mile" T Shirts. The complete rules for this volunteer incentive program will be in the February newsletter. Be planning which races you can assist with and let the Race Director know as soon as possible.

Richard Bray was unable to continue as RD for the "LOOP" race Jan. 9th. If you can help as Race Director or to volunteer please give George a call at 792-3291(d) or 792-1237(n).

PERFORMANCE REALITY

"Every distance runner secretly dreams of winning a race" wrote Robert Schwartz in the Mining Company's Running/Jogging website recently. "However, for most of us, such wishes are tempered with the reality that we will forever base our performance on how much of the refreshments still remain when we cross the finish line or how many cars are still left in the parking lot!" from kicksports.com

DR. GEORGE SHEEHAN

As I promised last month, I will be having writings of Dr. Sheehan in each newsletter throughout the year. This month I begin with a tribute by his youngest son Michael, and one of his first essays. These are taken from the website, <http://www.georgesheehan.com>.

LOVE STAR RELAY

This 12 person relay will be run March 26-27, 1999. It is a 168 mile Houston to Austin event. Entry forms will be in the February Newsletter.

"THE FEATHERS STORY PART IV"

You remember way back in 1993 I posed the question, "If you had all the feathers you could carry, could you carry one more?" Well, as you recall I answered the question by giving a full account of my pain and misery in finishing my first Ironman distance race, (in the act of fitness) and proclaimed that I had carried that forbidden feather. While it took me two full working days to finish, it proved to be one of the most profound spiritual and physical happenings of my life. Since that time I have had the privilege of completing three more Ironman distance races, the latest being October 24 in Clermont, FL. While the '94 race in Kona was very special and the follow-up '96 Great Floridian was cool, there was nothing like the '98 venture. First I had the honor to train, sleep, play, work and have fun with my soul mate. What a combination this turned out to be and the experience of it all convinced me that you could spend that much time with someone, enjoy each other and still achieve all of your goals. It also proves that Marti must be some kind of saint to put up with me that much (there I beat you to it!) Second, since Marti followed her trainer/coach (Tim Key) to the letter, I just kind of tagged along with her, when I could, and low and behold I was the best prepared that I had ever been. There is something to that thing called training and preparation. Third, I experienced with Marti her first Ironman distance race. Even though she was 26 minutes ahead of me I knew where she was at all times and I knew she was doing great. Fourth, even though I will hit the ole 60 year mark in December I was able to take over 45 minutes off of my original time. While I know my time will not be termed as a barn burner, it was very acceptable to me.

Now that Marti and I are both veterans of this thing called the Ironman distance (2.4 mile swim, 112 mile bike & 26.2 mile run) we would like to share some things about the race with you. To start with the weather was perfect for ultra distance racing, 75-80 degrees, slight wind, low humidity (for Florida), mostly overcast skies, drizzling rain during portions of the bike, with a pleasant night for running. The start of the race was 7:00 A.M. in the mass start format (1200 bodies starting at once), wetsuits allowed, out and back 2.4 mile, fresh water lake. Marti did the "dolphin" thing in 1:09:19 and I did the "barge" thing in 1:52:18 (yes, nearly two hours), she had a 7:39 minute transition to my 10:49 minute (being old I had to go to the bathroom, so it took longer, men you know what I am talking about). We then spent the rest of the day on our bicycles, Marti in 6:52 hrs (16.3 MPH), while I whistled while I worked at 6:56 hrs (16.2 MPH), on this 112 mile loop course in Central Florida. With hills (the only hills in Florida) and wind the first 30 miles and last 11 miles it is a very difficult course. We both felt great coming off of the bike, Marti taking 9:48 min to transition to my 10:06 min, and started the run. The run has hills on the first 5 miles then the balance of the 21.2 miles is flat (what a break). Marti strolled along, smiling all the way, and finished with 6:31:23 hours to my shuffle, 6:06:49 hours with total times of 14:50:08 hrs for Marti and 15:16:05 hrs for me. What a great feeling! We encourage everyone out there in fitness land to give us a call if you want to start multi-sporting or want to know more about the Ironman thing. We plan on doing another Ironman during 1999 and would love to have some training partners.

Marti and I would also like to thank the WTRC for the great work you do for the run aid stations during the annual Buffalo Springs Lake Triathlon. Without your help the event would not have the great reputation it has earned as a real first class triathlon event and Ironman Qualifier. A special thanks to Jim Leser who takes the lead in organizing the aid stations and makes sure it gets done right. He attends our planning meetings and gives us great leadership to the point that we do not have to worry about that portion of the race. We look forward to working with all of you for the 10th Anniversary BSLT on June 27, 1999.

Mike and Marti Greer

THOSE STIFF AND ACHING MUSCLES

by Don Allison from coolrunning.com

Anyone who has run the Boston Marathon, or even watched runners who have finished hobble back to area hotels knows that running can cause sore legs and stiff muscles. We all know the feeling of muscle discomfort after unaccustomed or severe exercise. You sure don't have to run a marathon to know that feeling. This article will discuss some thoughts on the topic of sore and stiff legs, and what to do about them.

Sore and stiff muscles have two basic causes. Muscles well used in endurance sports and muscles enlarged by strength training tend to shorten, decreasing their range of movement. This results in stiffness. Furthermore, long distance and marathon runners are particularly susceptible to muscle damage due to their severe and prolonged exercise activities. Muscle biopsies have shown muscle cell damage and even cell death in runners who frequently train and race over distances of 26 miles. It may be concluded that intensive training and the marathon itself induce inflammation and muscle cell damage that causes muscle soreness and stiffness.

CAUSES OF STIFFNESS

Lactic acid is not likely to be the primary cause of muscle pain. Blood lactate levels rise steeply after exercising at stress levels greater than 85 percent of maximum capacity, such as when you are sprinting all out for that missed bus. Muscle lactate levels return to normal after more or less one hour following strenuous anaerobic exercise, such as interval training. Most running takes place at stress levels less than 85 percent of maximum. Muscle soreness reaches its worst level in runners after several hours of running. So soreness results from extended, not intense running. Consider the mechanics and hydraulics of running. A marathon runner takes off and lands on each foot about twenty thousand times during a 26-mile race. The foot muscles, joints and leg muscles propel the athlete forward as well as absorb the shock of his or her landing after each step. Muscles, bones and joints are fueled by oxygenated blood. Waste products from the muscles are removed and transported through the bloodstream back to the heart and lungs for disposal. The veins have a system of non-return valves designed to prevent pooling of blood in the lower limbs. Rhythmic contraction of muscles during exercise squeeze and release the veins, also assisting the movement of blood towards the heart.

The stress of propulsion and the jarring of landing damages the muscles. Muscle fibers are torn and disrupted. Enzyme leaks from the muscle with the greatest leakage twenty-four to forty-eight hours after exercise. The human body is only designed to run about 20 miles. Thus our preoccupation with running marathons can be damaging to the body. Muscle cells and fibers are damaged due to overstressing of the muscles involved. Ending a workout very quickly stops the pumping action of the muscles that assists the drainage of body fluids diffused throughout the muscle tissue. Blood pressure drops and heart rate slows, and drainage of waste products slows also. This also contributes towards stiffness and pain in muscles.

REDUCING THE CAUSES OF DAMAGE

The muscles must be conditioned to accept the battering we dish out to them. Distance training, conditioning the muscles to function efficiently while running over long distances, should be the first priority in training. Secondly, training down hill is important. Due to the eccentric muscle contractions due to down hill running, muscles are damaged most heavily while running on negative or down gradients. Thirdly, shoes must be worn that effectively cushion the increased landing shocks while running down hill. Finally, weight training to strengthen muscle groups involved in running is helpful to prevent muscle soreness and eventually, injury. Special attention should be paid to the Quadriceps muscle group, to ensure the correct power ratio between Quads and Hamstrings. (To page 9)

ACHING MUSCLES (Continued)

EXPEDITING REPAIR OF DAMAGED MUSCLES

Proper tapering off of exercise will prevent pooling of blood in the lower extremities due to the sudden stopping of the pumping action of the muscles to the veins. Jog slowly to finish off any strenuous run you do. Standing around after a run to talk to your friends may be social, but can add to the soreness you will feel the next day.

Stretching

Stretching achieves three physiological processes. It realigns muscle fibers that have been disarranged by shortening and stress. Stretching enhances the flow of oxygenated blood to the muscle tissues. It also gives the body tone and balance, re-invigorating the muscular and connective tissue systems.

Elevation

Placing the legs up against a wall or similar structure, while lying on one's back on the floor or ground for ten or twenty minutes, will help too. Blood drains from the legs assisting removal of the waste products of an over-burdened muscle. Similar to tapering of exercise, this counters a tendency for blood to pool in the lower extremities.

Massage

Massage principally assists the returning blood flow to the heart, when the pressure stroke of the massage is towards the heart. It also relaxes the muscle and restores a feeling of comfort and well-being in the muscle. Beware of heat inducing ointments. Many of them are mere local irritants causing a feeling of warmth locally, but failing to penetrate sufficiently to make any difference to the muscle beneath. Also, be careful of getting a massage after a race. Many of those giving the massages are students. They usually don't even push hard enough to accomplish much. It does feel good to just lie down on the table however!

Ice

Ice cools the muscle, constricting blood vessels, preventing internal bleeding and bruising. It also drives the healing blood supply deep into the muscle tissue, assisting the healing process. Crushed ice blocks, to more closely fit the shape of the legs, wrapped in towels, should rapidly cool the hurting limb. Immersion in cold water will efficiently cool and soothe the aching muscles. A jump in a lake or the ocean in the summer after a run in the summer is not only refreshing, but helpful in the recovery process as well.

Hot compresses and cold packs

Application of heat alternately with the cold compresses or ice treatment, can be soothing and relaxing. Alternate hot and cold treatment will also cause a dilation and constriction effect on the circulatory system, improving blood flow and assisting healing. This helps to ensure sufficient oxygenation, nutrition and drainage from the stiff or injured muscles. So, at the end of your next race, try to properly taper off the intensity of the exercise. This can be done by continuing at a slow jog for a short while, on completion, just to prevent the heart rate from falling off too rapidly. As soon as you have received your well earned medal, or even sports drink, stretch the legs and all their muscle groups as best you can. Then find a quiet spot near a wall, and lie flat on your back alongside it for a few minutes with your legs elevated vertically against it. Feel the blood draining out of your legs and your feet go numb. After that, sit and chat with your friends with bags of crushed ice on the legs, held in place by towels or hands. If you can do any or all of these things, your recovery will be well under way before you even leave the parking lot.

Dr. George Sheehan

Nov 2, 1998

By Michael Sheehan

HAPPY BIRTHDAY

My father would have turned 80 years old this week. He would have loved it. Entering a new runner's age-group. Being, once again, the young kid on the block, ready to challenge for first place. Another milestone. Icing on his cake.

Today we celebrate his life's effort with the release of this new web page. This is our birthday present to him and our gift to anyone interested in fitness and self-realization. We feel, as Bill Rodgers once stated, that "his voice is irreplaceable." And so, we have worked to make available his words of wisdom for all to share.

As I worked on this project I, too, have returned to my running. Finally having built up a decent foundation, I can now enjoy the feeling of disassociating from my body to enjoy a free ride through nature's path. The autumn season brings me to life. I run down the same river road that my father trailed years before, and he is with me. I feel him in my stride, his "sit down, push-off" mantra goes on. I hear him as my council, instructing me that life is full of choices and experiences. And because of the beautiful journals he left behind, I will always have his words of discovery and advice.

Running was not my "play" in youth, but it is where I hold some great memories. As a freshman in high school I was placed on the cross-country team due to my family bloodlines. It held some validity as I easily won the first couple of meets and was quickly given responsibility as my team's "first guy." The third meet was against the county powerhouse, Christian Brothers Academy. My father and grandfather were founding fathers of C.B.A., but I had chosen, on advice from my brother, to attend the co-ed rival school, Red Bank Catholic.

As the two teams lined up at the start, my nerves were buzzing, tears were in my eyes. I was a lonely freshman thrown into the contest. Life away from home had begun. This was a new playground and it had history. Time to make it, no time to hide. (I remember wishing that I was the official holding the watch.)

The gun went off. The pain began. The thinking, maneuvering, placing, and pacing was all around. My effort was there but this other kid seemed to have an extra gear that I didn't. Battle for second began.

Again the effort was there but I couldn't break away. The hill, straight up and turning, was just around the bend. As we turned the corner, there, out along the course, was my father. I didn't even think he knew there was a race that day. "Now, Michael, take him on the hill!" he hollered. And I did.

It was a "peak experience" in my life, I told him years later. It gave me the confidence of knowing that he would always be there for me, in some way, as I faced the challenges in life. And, as I said earlier, he is there for me today, as well.

The feeling of awe that I held for him as a little boy has returned. Married and raising three children of my own, I find in his writings my questions and desires. He lived a "strenuous life." Giving his all, seeking his best, making mistakes along the way. But more importantly, he lived a "genuine life," true to himself and his beliefs.

I have taken from him the notion that life is filled with choices that we must make for ourselves; that there is nobody to blame but yourself; and that our greatest fear should be living "a life inferior to ourselves." He showed me that "effort" is the true measure of a man.

Today, I run the river road, facing my choices, knowing that my goal is to make every move count on the path to being the best Michael Sheehan possible. And knowing that it does not matter what I do as long as I do it with class.

I have much to be thankful for. Happy Birthday, daddy-o.

(Michael Sheehan is the youngest of the 12 children)

Dr. George Sheehan - "The Start-Reborn at 45"

(from the book, "Running and Being")
At the age of reason, I was placed on a train, the shades drawn, my life's course and destination already determined. At the age of 45, I pulled the emergency cord and ran out into the world. It was a decision that meant no less than a new life, a new course, a new destination. I was born again in my 45th year. The previous "me" was not me. It was a self-image I had thrust upon me. It was the person I had accepted myself to be, but I had been playing a role. "It took me a long time to discover that the key to acting is honesty," an actor told anthropologist Edmund Carpenter. "Once you know how to fake that, you've got it made."

In time, we fool even ourselves. Sooner or later, however, we come to question the trip planned for us, the goals we are given, our itinerary to death. Sooner or later, the self-image becomes not worth preserving. The person we are presumed to be seems unsatisfactory and inadequate. Sooner or later, it becomes important that we feel important and have the feeling that what we are doing is important.

When I stepped off that train, I had lost my sense of purpose, my faith in what I was doing, my caring for creation and its creatures. And when I stepped from that train, I found I was not alone. Millions of Americans who had been told Sunday after Sunday to be born again were now going through the shattering experience of rebirth. Only the experts don't call it that. They call it "middle-aged melancholia," or a "new cultural phenomenon of the fourth and fifth decade," or simply "change of life."

The authorities agree that we come upon this stage of our life unprepared for the reality of advancing years and receding rewards. White-collar worker, blue-collar worker, housewife and career woman, no one seems immune to the crisis that sets in after the 40s get under way. Each of us on our own way comes to this revelation and faces the problem of living according to the person we really are.

This is not only inevitable, it is desirable. "He who does not really feel himself lost," wrote Ortega, "is lost beyond remission. He never finds himself, never comes up against his own reality." Finding one's reality does not come without a plan or effort. Being born is no easy task. Technique and training and much hard work are needed. And we always faced with the knowledge that it is an undertaking that will never be completed. Every day will be a fresh start.

Most experts suggest we make a new start in a new career, develop new interests. I say begin at the beginning. Begin with the body. The body mirrors the soul and the mind, and is much more accessible than either. Become proficient at listening to your body and you will eventually hear from your totality---the complex unique person you are.

I did it that way. I stepped off that train and began to run. And in that hour a day of perfecting my body, I began to find out who I was. I discovered that my body was a marvelous thing, and learned that any ordinary human can move in ways that have excited painters and sculptors since time began. I didn't need the scientists to tell me that man is a microcosm of the universe, that he contains the 92 elements of the cosmos in his body. In the creative action of running, I became convinced of my own importance, certain that my life had significance.

Fitness may have something to do with this. The physiologists have shown us that those who remain the perpetual athlete are two and even three decades younger physically than their contemporaries. And with this comes an awareness, a physical intelligence, a sensual connection with everything around you that enlarged your existence.

If decreases in the body's functions are due to non-use and not to aging, is it unreasonable to suggest that our mental and psychological and spiritual capabilities deteriorate the same way?

If so, our rebirth will be a long and difficult task. It will begin with the creative use of the body, in the course of which we must explore pain and exhaustion as closely as pleasure and satisfaction. It will end only when we have stretched our minds and souls just as far.

But there is an alternative. You can always get back on the train.

ULTRA RUNNERS CORNER

UPCOMING CROSS TIMBERS 30K/50 MILER

Here I am, once again, shaking off the morning chill and lining up, at the back, as always, for the start of another trail 50 miler. The atmosphere here is so much different than the marathons that I used to run in the city. There aren't any skeleton boys nervously running around just before the start, telling everyone who will listen about their training and how they should have done more, and looking for a place to urinate every 5 minutes. The atmosphere is much more "chilled out" and the people around me seem friendlier. Maybe it's due to that common bond shared knowing we've all finally gone crazy. No, that's not it, there's just no need for anxiety right now unless you think you're the one who is going to win this thing today. Most of us realize this is just going to be a long, slow, all day run...we won't win, but will finish, and let's leave it at that. (Did I mention, I slept great...no nervous "toss and turn" night before the race? sleep?) No need for anxiety, or nervousness, and that's what I love about ultra running over marathoning.

I race ultras so that I have to train. I train less for the 50's than I did for the marathons. What? Let me explain. I am no expert in this area, am not a young (I'm 43) elite runner, but a "middle of the packer", and have only run six 50 milers. I don't live in my car so I can train all the time either, but have a job and kids, so I, like most of you, have to search and plan for training time. I only run twice per week now, and concentrate solely on the long runs. (26 on Sunday mornings at MacKenzie Park with club members, 13 solo on Thursdays, when preparing for an up coming race) (Many of the non elite ultra runners, that finish, that I have talked to, tell me they only run 30 miles one time a week in preparation for a 50. Huh!!) By running only twice per week I have become injury free for three years now, something I could not say when training for marathons at faster paces five or six times per week. With this type training, I can finish the 50 miler without pain, under ten hours, am able to eat at the finish line cook-out, and I'm not "duck walking" the next day, which is my goal. At the Palo Duro Ultra, I felt good enough at the finish (after a couple of burgers) to help a few less fortunate runners that were suffering from dehydration, causing them to "spew" and become hypothermic. (By the way, if you don't feel like eating after you just ran 50 miles, take my word on this, you're messed up. You will realize this in the next few hours.)

If you learn what it will take to keep your body hydrated and fueled during a long run, and if you don't over train (over-train and you'll probably DNF) you too could have a successful ultra experience. Most ultra runners take commercially available salt tablets and nutrient supplements available from companies such as ULTRADFIT during long training runs and during the races. These really help!

What's the point to all this you may ask? I have had several runners ask me is there are any ultras close to Lubbock. Two that are close to Lubbock (include 1) Palo Duro, which is always the last Saturday in October unless that falls on Halloween, and 2) Cross Timbers which is usually the third Saturday in March.

The opportunity to participate in an ultra that is fairly close to Lubbock is at hand and there is still time to train. Aren't you tired of marathoning on the boring paved city streets? Wouldn't a change to running on foot trails through trees, streams, gullies, washes and swampy areas feel good? If you're marathoning and feel fine afterwards, with some concentration on longer runs you can complete a 50. If I can do it, you can too.

Cross Timbers 30K/50 miler will be taking place March 20, 1999 on the Texas side of Lake Texoma. This is about 5 hours from here. The terrain is mind-distractingly beautiful. You can camp out or rough it in a nearby motel. There is a pre and post race cook-out at the lake, the people and atmosphere are very friendly. There are usually about 120 runners between both races. Nice long sleeved t-shirts to all starters, plaques for all finishers, belt buckles to all first time finishers.

For race information e-mail, makit@flash.net or if you are interested in joining me and the several other runners for Sunday morning long training runs, e-mail me, Weldon Kolb at ttuhsbmtiab@yahoo.com.

WEST TEXAS RUNNING CLUB'S
REDLINE FOUR MILE CROSS COUNTRY RUN
DECEMBER 12, 1998 *MAE SIMMONS PARK** LUBBOCK, TEXAS

OVERALL RESULTS

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
* 1 RYAN CRUZ	SHALLOWATER	TX	17	M	1	M1619	21:53	5:29
2 HAWK HARRIS	LUBBOCK	NM	22	M	1	M2029	23:27	5:52
3 THOMAS KELLY	LUBBOCK	TX	21	M	2	M2029	23:52	5:58
4 MARCO RAMIREZ	LUBBOCK	NM	16	M	2	M1619	24:17	6:05
5 TIM KEY	LUBBOCK	TX	31	M	1	M3034	24:38	6:10
6 CULLEN SHAW	LUBBOCK	TX	17	M	3	M1619	24:47	6:12
7 CHRIS THOMAS	LUBBOCK	TX	19	M	4	M1619	25:02	6:16
8 JEREMY GRANGER	LUBBOCK	TX	19	M	5	M1619	25:50	6:26
9 BOBBY SAIN	LUBBOCK	TX	17	M	6	M1619	26:23	6:36
10 FRANK SUMPTER	LAMESA	TX	45	M	1	M4549	26:51	6:43
11 AL GARDNER	LEVELLAND	TX	42	M	1	M4044	26:57	6:45
12 RODNEY HENDRIX	LUBBOCK	TX	32	M	2	M3034	27:33	6:54
13 FABIAN GUTIERREZ	LUBBOCK	TX	18	M	7	M1619	27:35	6:54
14 JOHN TROMPLER	LUBBOCK	TX	51	M	1	M5054	28:10	7:03
15 NATE WILSON	LUBBOCK	TX	43	M	2	M4044	28:28	7:07
16 BEN THOMAS	MORTON	TX	15	M	1	M1315	29:00	7:15
17 RON HEWETT	LUBBOCK	TX	38	M	1	M3539	30:11	7:33
18 HOPE JIMENEZ	LAMESA	TX	14	F	1	F1315	30:24	7:36
19 DWIGHT VARNUM	LUBBOCK	TX	38	M	2	M3539	30:25	7:37
20 JIM HARRIS	LUBBOCK	NM	56	M	1	M5559	30:53	7:44
21 JEFFREY JURY	AMARILLO	TX	38	M	3	M3539	30:55	7:44
22 RICHARD VERRONE	LUBBOCK	TX	31	M	3	M3034	30:58	7:45
23 MATT HEINEMANN	LUBBOCK	TX	12	M	1	M0112	31:28	7:52
24 DWAYNE OAKELEY	LUBBOCK	TX	42	M	3	M4044	31:30	7:53
25 MELANIE MCGEY	WHITEFACE	TX	37	F	1	F3539	31:58	8:00
26 CONOR RYAN	LUBBOCK	NM	16	M	8	M1619	32:25	8:07
27 TOMMY HAMBY	LUBBOCK	TX	42	M	4	M4044	32:28	8:07
28 MIKE KELLEY	LUBBOCK	TX	49	M	2	M4549	32:50	8:13
29 JUDY LAWLEY	LUBBOCK	TX	33	F	1	F3034	33:00	8:15
30 BOB BROSELOW	LUBBOCK	TX	58	M	2	M5559	33:30	8:23
31 RALPH WOLF	ABERNATHY	TX	61	M	1	M6099	33:36	8:24
32 GERRI WESSNER	CLOVIS	NM	29	F	1	F2029	34:34	8:39
33 SHIRLEY WIGLEY	LUBBOCK	TX	45	F	1	F4549	35:04	8:46
34 DAVID MARTIN	LUBBOCK	TX	43	M	5	M4044	37:12	9:18
35 MARSUA BENNETT	LUBBOCK	TX	35	F	2	F3539	37:18	9:20
36 LANDRUM MEDLOCK	LORENZO	TX	53	M	2	M5054	37:19	9:20
37 BRANDY TEMPLE	LUBBOCK	TX	26	F	2	F2029	37:58	9:36
38 RICHARD THOMAS	LUBBOCK	TX	42	M	6	M4044	38:23	9:36
39 LYNN TURNER	LUBBOCK	TX	33	M	4	M3034	39:40	9:55
40 ADAM ANDREWS	LUBBOCK	TX	44	M	7	M4044	40:52	10:13
41 JAMES BONE	LUBBOCK	TX	59	M	3	M5559	40:54	10:13
42 JOHN STALCUP	LUBBOCK	TX	65	M	2	M6099	41:37	10:25
43 FRANK EARNEY	LUBBOCK	TX	49	M	3	M4549	42:01	10:31
44 JOSIE ALEMAN	LUBBOCK	TX	47	F	2	F4549	42:03	10:31
45 MARGARETA JIMENEZ	LAMESA	TX	9	F	1	F0112	42:27	10:37

* = Age Group Record
+ = New Members

REDLINE CROSS COUNTRY RACE DIRECTOR'S REPORT

Many thanks to assistant race director, Teri Heinemann, for her help in many ways. I think she might want it all to herself in '99! The volunteers were there also, willing and able to assist as needed: Casey Sumpter, Etta Mayer, Ronnie Prigg, Mike Dailey, Linda Capshaw, Jon Omdahl, Tony Aleman, Kenneth Kinzenbaw, Jim Leser, George Jury, Vicki Fischenich, P. J. Mitchell, Ronnie Nugent, David Skelton and Joe Martinez. Without them, this event would not have taken place--Period! Congratulations to Ryan Cruz on a very successful cross country season and for setting a new age group record, as well as taking overall winner this year. His time was 21:53. Turnout was fair, with a total of 46 runners signed up. Those who didn't show up missed out on some great running weather and lots of geese to cheer you to the finish line. The volunteers did a little cheering on their own. Hope to see all of the challenge series award winners at the next club race and see all members back here for the REDLINE '99.

David Higgins

WEST TEXAS RUNNING CLUB'S
"LOOP THE LAKE" 5 MILE RUN

Initial event of the 1999 W.T.R.C CHALLENGE SERIES

WHEN: SATURDAY, JANUARY 9, 1999
REGISTRATION 9:00-9:45 A.M.
RACE START AT 10:00 A.M.

WHERE: BUDDY HOLLY PARK, Party House just west
on Canyon Lake Road off Unversity Ave.

COURSE: 5 Miles; 2 plus loops of CANYON LAKE 1 & 2
Paved rolling terrain

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

AWARDS: Awards to at least the first three and
up to 50% in the following Divisions

AGE DIVISIONS:

MEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50-54; 55-59; 60 & Over

WOMEN 0-12; 13-15; 16-19; 20-29; 30-34; 35-39;
40-44; 45-49; 50 & Over

For More Infomation: Call George Jury, 792-3291 (d)
792-1237 (n)

(Volunteers needed, please call above)

PRE-REGISTRATION: Mail in form with regular fees or call
George to register by phone, then pay race day



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

SCHLOTZKY'S THANKSGIVING DAY TURKEY TROT
LUBBOCK, TEXAS NOVEMBER 26, 1998 9:00 AM

TWO MILE *** OVERALL RESULTS ***

PLACE NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
61 RACHEL LOPEZ	ELGIN	TX	47	F	1	F4549	18:41	9:21
62 STEVE TALBERT	LUBBOCK	TX	42	M	9	M4044	18:43	9:22
63 PAM HILLIS	LUBBOCK	TX	44	F	2	F4044	18:44	9:22
64 KEVIN PARKER	HOUSTON	TX	38	M	1	M3539	18:46	9:23
65 STEVE KRIER	LUBBOCK	TX	47	M	4	M4549	18:52	9:26
66 JENNY MURPHY-LUBOWICZ	LUBBOCK	TX	12	F	2	F0112	19:13	9:37
67 RON LUBOWICZ	LUBBOCK	TX	55	M	5	M5559	19:14	9:37
68 DAVID SEIM	LUBBOCK	TX	53	M	3	M5054	19:17	9:39
69 LACY LASS	LOCKNEY	TX	16	F	3	F1619	20:09	10:05
70 JACKIE ZWIACHER	LUBBOCK	TX	19	F	4	F1619	21:16	10:38
71 SUE AQUIPEL	LUBBOCK	TX	28	F	5	F2029	21:32	10:46
72 ANN KRIER	LUBBOCK	TX	45	F	2	F4549	21:53	10:57
73 DAVID MORRIS	RANSOM CANYON	TX	10	M	5	M0112	22:38	11:19
74 KARAN STRANGE	LUBBOCK	TX	34	F	5	F3034	23:22	11:41
75 BEN PARKER	AMARILLO	TX	6	M	6	M0112	23:29	11:45
76 AIMEE AYERS	LUBBOCK	TX	9	F	3	F0112	23:38	11:49
77 SAM AYERS	LUBBOCK	TX	35	M	2	M3539	23:39	11:50
78 JULIUS MILITANTE	LUBBOCK	TX	31	M	4	M3034	23:54	11:57
79 JOSIE ALEMAN	LUBBOCK	TX	47	F	3	F4549	23:55	11:58
80 TAMMY ALEMAN	HOUSTON	TX	24	F	6	F2029	23:56	11:58
81 TONY ALEMAN	LUBBOCK	TX	49	M	5	M4549	23:57	11:59
82 DIANA MERCADO	EL PASO	TX	34	F	6	F3034	24:40	12:20
83 CAMERON KRIER	LUBBOCK	TX	19	F	5	F1619	24:58	12:29
84 CAROLYN RICE	LUBBOCK	TX	57	F	1	F5099	25:19	12:40
85 CHERIE KEY	LUBBOCK	TX	31	F	7	F3034	25:46	12:53
86 CINDY PORTER	PETERSBURG	TX	40	F	3	F4044	28:33	14:17
87 DAVID ZWIACHER	LUBBOCK	TX	15	M	4	M1315	28:52	14:26
88 AMY PARKER	HOUSTON	TX	10	F	4	F0112	29:47	14:54
89 WILL PARKER	AMARILLO	TX	9	M	7	M0112	29:47	14:54
90 HARRY PARKER	LUBBOCK	TX	66	M	3	M6099	30:33	15:17
91 DENISE WOOTEN	LUBBOCK	TX	38	F	2	F3539	34:10	17:05
92 LOU FRAME	HOUSTON	TX	50	M	4	M5054	39:39	19:50
93 ANN ZWIACHER	LUBBOCK	TX	46	F	4	F4549	39:40	19:50

TURKEY TROT LEFTOVERS

We had another successful Turkey Trot this year with 156 runners from all over the country. The weather was beautiful and made it a very enjoyable run for everyone. Thomas Sang was our overall 10 mile winner with a great 59:25. Jay Truitt won the 2 mile, running 10:29. Despite a computer glitch George and Jim were able to get me accurate results that were put in the AJ for the Saturday paper. Thanks to Schlotzsky's Deli sponsorship of the race, WTRC made almost \$1,500. Watson Foods provided the fruit and gatorade for after the race. Runners World gave us several items to use in the post race drawings.

Thanks go out to all of my volunteers who came out early and helped put on a successful race. Jim Leser, Hawk Harris, Mary Harris, Jon Omdahl, P.J. Mitchell, Weldon Kolb and his friend were part of the team that made your Thanksgiving so enjoyable. Special thanks to George Jury who was indispensable in providing me advice and help during the planning and set up of the race. He even delayed his departure for a family trip to run the finish line. Thanks George!

Looking ahead to next year we are contemplating some changes. The one definite is that more T-shirts will be available if we can get a couple more sponsors. Other changes being looked at are a cut-off time for the 10 mile and maybe another distance between the 2 and 10 miler. If anyone has any ideas or comments please do not hesitate to call me (796-0685 or 791-1774). This is a great race that attracts many non members and people from across the state. Please help me develop it into a showcase for WTRC.

Chris Lonngren
Race Director