

CALENDAR

- * Indicates W.T.R.C. Monthly Race and-CHALLENGE SERIES EVENT
- * 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)
 - JULY 6 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
 - JULY 10 **GIRLSTOWN GALLOP:** 5K, Whiteface, Dan Adams, 229-2204(n)
 - JULY 31 **HICO 5K RUN:** Hico, Sherill Easterling, 254-796-4785 (n)
 - AUG. 1 **PRUDE RANCH RACES:** Fort Davis, Watch for Details
 - AUG. 8 **XIT EMPTY SADDLE 5K:** Dalhart, FMI, Cindy Ward, (806) 244-8521
 - * 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 5 **WALK OF FAME MARATHON:** Lubbock, Mike Greer, Race Director, 762-0895 (d), 785-0276 (n)
 - * SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
 - SEPT 18 **MAYOR'S HALF MARATHON:** Amarillo, also 5 Mile, FMI call Sandy Lynch, (806) 378-9301
 - SEPT 25 **RACE FOR THE CURE:** Lubbock, 5K, FMI call 765-5281
 - SEPT 26 **DUKE CITY MARATHON:** Albuquerque, FMI call (505) 880-1414
 - OCT. 2 **RACE FOR THE CURE:** Amarillo, 5K, FMI call (806)356-1913
 - * OCT. 16 **RED RAIDER ROAD RACE:** 5K and 10K, 8 am, Lubbock, TTU, Mike Greer, Race Director, 762-0895(d), 785-0276(n)
 - OCT. 23 **RED RIBBON RUN:** Lubbock, 5K, Rose Hoeve, 796-6074 (d)
 - 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. 7 **SAN ANTONIO MARATHON:** San Antonio, (210) 246-9652
 - * 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 Ron Lubowicz, Race Director, 740-6809 (d), 748-1855 (n)
 - JAN. 1 **Y2K FUN RUN:** New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 794-0929 (n)



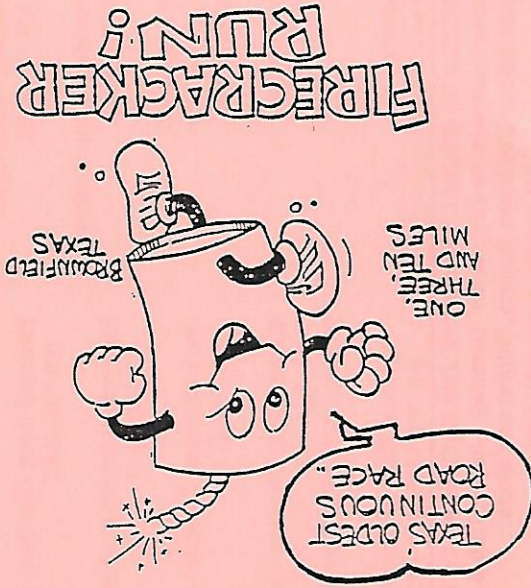
Newsletter Editor
5212 44th Street
Lubbock, Texas 79414

July 1999

30th ANNUAL FIRECRACKER RUNS

Saturday, July 3rd, 1999
Late registration: 7:00-7:45 am
Races Start: Children's 1 mile - 7:40 am
3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
From Lubbock on Hwy. 62, go to the
stoplight at Buckley St. & turn left on to Old Lamesa Rd.,
turn right just past the swimming pool.



July 1999

WEST TEXAS RUNNING CLUB

OFFICERS

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

Internal Vice-President - Marti Greer
(H) 785-0276 (O) 741-0163

External Vice-President - Jon Omdahl
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Treasurer - David Higgins
(H) 744-8328 (O) 744-2626

WTRC Web Address:

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

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

FROM THE PRESIDENT

INTERNATIONAL OLYMPIC COMMITTEE SCANDAL

An AP article in the June 9 AJ reported that one of the International Olympic Committee members implicated in the Salt Lake City bidding scandal had died at 76 years of age. Louis Guirandou-N'Diaye was VP of the IOC Executive Board and President of the Ivory Coast Judo Federation. He was given a "serious warning" by the IOC for accepting an airline ticket and gifts worth more than \$4,200 from Salt Lake bidders. Ten IOC members were issued warnings in the scandal, 6 were expelled, and 4 resigned. Another died before the corruption allegations surfaced last year.

Maybe those corrupt members never learned how to lose. Maybe they never ran as hard as they could and still came in second. Maybe they were never in an age group that included half the participants, and all the fast ones at that. Maybe they never had to go home with only the satisfaction of knowing you put in your best effort -- and a t-shirt. Maybe they never competed at all.

There are many lessons that can be gained from competing. One is to learn to lose and still feel like a winner.

Mike Kelley

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 794-0929 (N)

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

W.T.R.C. NEWS LEVELLAND LOPE

Well, for only the second time in club history we had to cancel a race! The other time was the 1988 RED LINE race because of a thick coating of ice which made running very dangerous, as well as getting there. 4.23 inches of rain fell on Levelland Friday night and Saturday morning leaving streets full of water and the parking lot at the school was covered as well. The most dangerous problem was getting there as most of the roadways into town had areas of high water. We attempted to call all the pre registered before 6 am, but had to leave recorded messages on several and just hope we got you before you left!

Needless to say there will be no race results this time and since the Challenge Series will not change, I will use that space for more of Dr. Sheehan's wisdom. I hope most of you enjoy that as much as I do!

Chris Truitt

Chris just graduated from Adams State University after a 5 year program in which he acquired 3 degrees, Chemistry, Biology and Business. He also graduated Summa Cum Laude. Now he has been awarded a 4 year fellowship to study Bio chemistry at TTU! Congratulations, Chris! Chris has been competing in triathlon and finished 5th overall at the recent MILKMAN TRIATHLON at Dexter, NM.

RACE RESULTS

Midland, RUN FOR THE ARTS 5K, May 15th; Hawk Harris was the overall winner, with a 17:59, 3rd was Al Gardner with a 19:35, 4th was Frank Sumpter, Sr. with a 20:17, 13th was Frank Sumpter, Jr. now 24, with a 21:00, and 28th was Jim Harris with a 22:55. There were 116 finishers.

Amarillo, LONE STAR PAPER CHASE, May 29th; In addition to the club members individual results listed on page 8, Al Gardner, Jimmy Samarron and Rene Gonzalez, as the "Levelland Runners" won the team 10K in a time of 37:11, besting 21 other teams including several of high school runners. Frank Sumpter, Sr., Casey Sumpter and Jackie Cannon ran 39:11 for 5th overall.

Many of our members have been triathloning lately, but there have been no published results as of "press" time.

BAY TO BREAKERS 12K by Mike Flores

I wanted to let you know about some more race results. I went to San Francisco the weekend of May 16th for the Bay to Breakers 12K. Out of 73,000 runners (actually about 3000 runners and 70,000 maniacs), I finished 248th in a time of 48:17. There were 202 men and 45 women in front of me. Tough women's field! The Hayes Street Hill is a monster. I ran that mile in 7:13, about 45 seconds slower than any other.

I finished behind 4 centipedes (13 people each), two composed of ladies. There were no nude runners that I saw, but at least 112 in the race with an additional 150 wearing ONLY grass skirts. There were at least 46 "moving keg parties" that included beer kegs in shopping carts surrounded by runners and walkers.

A couple in costume as a priest and a nun plus a man in a pink tutu were ahead of me, but I beat Aladin, as his baggy purple pants and large red turban must have slowed him in the last 2 miles. A man with the Finnish flag on his shirt was just in front of me while a man with an Australian accent congratulated me at the finish line. As you can see, this was quite a collection of humanity. Sorry to ramble on so, but this was a race like I had never seen before.

Mike

(see more "News" on page 7)

Dr. George Sheehan
1987--- Discovering the Cancer

I was in Dallas three years ago to give a talk at a fitness festival. The day before, I had challenged Dr. Ken Cooper's treadmill and had broken the record for my age group, 65-plus. Afterward, as I lay on a table recovering, I felt as if I were joining the immortals. Despite my age, I had performed in the 98th percentile of the 70,000 tests done at the Aerobics Center.

Then Cooper announced he was going to give me a physical examination. Before I could protest, I was stripped down and experiencing what anyone experiences in a visit to the doctor. The results of this examination (which led to tests that would eventually discover a malignancy) made me face my own mortality.

It hardly seemed possible that only a week before I had been fretting about the normal vicissitudes of life - my running, for one. My race times had deteriorated over the past year. I had rarely thought of my aging before; now I was becoming preoccupied with it. I had reached a point where no amount of training made me improve.

My writing was boring me. Many times before, I had thought that I was all written out. This time it was really true. When I took on a subject, I found I had done it before - and better. No phrases appeared that did not land with a thud and then lie there lifeless.

But I had known all these defeats in the past. The cycles came and went, as fundamental as the seasons and as unchangeable. I should have made up my mind to treat them as a fact of life, to accept that even champions have their slumps. The best of all know the worst of times - and use those experiences when the bright, beautiful, productive days return. The news I received in Dallas gave me that different perspective. Even before the results of tests were in, my future had been decided. My life had been unalterably changed.

Psychologist Abraham Maslow called the years subsequent to his heart attack his "post-mortem life." It was a time he viewed as a gift: hours of appreciating what he had taken for granted, days used in the best possible way.

The notion of a post-mortem has even more implications. Post-mortems are done to ascertain the cause of death. A post-mortem life should uncover what was wrong with the previous one. How should I have lived that I would now be content? Why did I not bear my fruit, bring my message, reap my harvest? What became of the "I" that was to be? The questions multiply. One's life, which had previously seemed well ordered, is seen to be neither ordered nor well.

So much of life passes without our being in it at all. For me, this is especially true about other people, I have not entered their lives, nor they mine. At about the same time my problem surfaced, I heard a former United States senator tell of his reaction on learning he had a malignancy. He had resigned from the Senate, but not for medical reasons. He could have finished his term satisfactorily. His reason for leaving was the heightened awareness this malignancy has given him. He had re-examined his life and then determined to live it in a different way. He discovered that the people in his life were more important than his position.

The big question is how one should live one's life. Writer and philosopher Miguel de Unamuno had this answer: "Our greatest endeavor must be to make ourselves irreplaceable - to make the fact that each one of us is unique and irreplaceable, that no one can fill the gap when we die, a practical truth."

After receiving my news, I learned I could do that - make that fact a practical truth. I will be irreplaceable. I will leave a gap. Each day, family and friends have affirmed my importance to them.

But like the senator, I have also learned the corollary of that truth. There are people in my life who are irreplaceable. No one can fill the gap when they are gone, I now know who they are.

When you are between the sword and the stone, you know whom you want standing beside you. When time is short, it becomes obvious who the essential people are in your life.

People who know they have cancer have a motto: "Make every day count." I have done that. What I have not done is make every person count. My life has been filled with the best of me. What it has not been filled with is the best of others. I now know that Robert Frost was right. I have promises to keep, and miles to go before I sleep.

Dr. George Sheehan
1987--- The Race for Happiness

I have in front of me letters from two women runners, both disabled with chronic viral diseases. Neither is able to run as fast or as long as they did before illness struck. And the prospects for complete recovery for both runners from these handicaps are quite dim. Their unhappiness is quite evident in their letters.

Of all the causes of unhappiness, the foremost is comparison with others. The second, quite close behind, is comparison with our former selves. Until misfortune struck, these women they did not realize how happy they were. No doubt in those disease-free days they thought themselves as reaching for happiness, now knowing that they already had it.

There is something to be learned from this longing for yesterday. Today is tomorrow's yesterday. And by looking at it, we should be able to see what will become important when we lose it. Here in this very day, should we strip it of accidentals, is our happiness. We already have in our possession, if we look closely enough, the elements of our happiness. We have to become conscious of their presence and the opportunity they present. If we are unhappy, it is our own fault.

Bertrand Russell has written on this problem in "The Conquest of Happiness." First he asks the question: "What can a man or woman, here and now, do to achieve happiness for himself or herself?" Note that he makes no exceptions. He assumes that every common garden variety, run-of-the-mill human being, whatever is going on in their lives, can achieve happiness. "This book," he writes, "is not for high brows." Critics felt that Russell had largely succeeded. One called it a primer for self-regeneration. Another pronounced it "beautifully simple, immediate to everyone in its outlook and suggestion."

I like the ideas of self-regeneration. Happiness, it seems to me, does require a new birth. A new attitude, a return to fundamentals. When we think of happiness we should not focus on our needs so much as our possibilities. We are unhappy not because of things we lack but because we have potentialities that have not been realized.

Russell, the scientist, sees happiness as the logical outcome of correct living. Happiness is not some will-o'-the-wisp with unpredictable appearances and disappearances. It is there for the taking. A thorough analysis of one's situation should lead to the diagnosis of one's disorder and a prescription for happiness.

"All happy families resemble each other, each unhappy family is unhappy in its own way." Those famous lines of Tolstoy apply to individuals as well as families. We are each of us unhappy in our own way - and specifically because each one of us is a unique never-to-be-repeated event.

"I am myself and my circumstances," writes Ortega. But despite the fact that I am identical to no other person in this entire world, I do have some common tendencies in which I resemble Russell's portrait of the unhappy man.

What makes the unhappy man unhappy? Any number of things, according to Russell. Among them: competition, boredom, worry, envy and a sense of sin. Most of these enemies are generated by a preoccupation with the self. There are other causes, of course, but being a sinner, a narcissist, or a megalomaniac are forms of self absorption that generally lead to unhappiness.

"I was not born happy," admits Russell, "as a child my favorite hymn was: 'Weary of earth and laden with my sin.' In his adolescence, he confesses, he hated life and was continually on the verge of suicide. It is instructive that William James, one of the most optimistic of men, wrote that grappling with the thought of suicide was the turning point in his life.

"Now I enjoy life," writes Russell, "I might say that with every year that passes I enjoy it more." He ascribes this to three things: discovering, what were the things he most desired; dismissing certain objects of desire as essentially unattainable; and the most important element, a diminishing preoccupation with himself.

Happiness is more than a large subject. It is the subject. It is the purpose of our lives. I think we can take it as a general principle that life is worth living, and its goal is happiness. Our pursuit of that happiness all too often reflects the narrowness of our vision and our difficulty in handling misfortune.

The message to these two runners? In the race for happiness, there are no handicaps; we start each day as equals.

Dr. George Sheehan Dial "C" for Comfortable --1991

In preaching the gospel of fitness, I emphasize the word "comfortable". Whatever the activity it should be done comfortably. Most people believe the opposite. To be of any value, exercise should be uncomfortable. People are quite sure their exertions should involve, if not pain, at least some discomfort. They are certain that shortness of breath is a requirement for attaining any level of fitness.

Many people are further distressed by the publicized pulse levels needed for any positive effect on the body. Almost every article on fitness adverts to the target rate, and the series of calculations needed to establish it. Below that rate, we are told, the exercise will give little, if any, benefit.

My message is simple: "Comfortable" - a pace determined by consulting your body is the training rate. It is the midpoint on the eight-step Borg scale of Perceived Exertion, which ranges from very, very light to very, very hard. It takes a little practice to find the precise level that is comfortable. The body is the most sophisticated instrument ever devised, but we tend to get out of touch with it. The body does not speak English. It has its own language and comfortable is a perception of a multitude of body responses. Veteran athletes slip into this mode immediately. Tyros frequently have some difficulty.

There are some tips I give my audiences. I associate comfortable with a pace at which I can converse with a companion - "The talk test." When alone, I follow Alfie Shrubbs' suggestion for the marathon: "Find a pace at which you could fall asleep."

Since I acquired a 10-speed bike, I have found the Borg scale much easier to explain. By shifting gears, I can go from very, very light to very, very hard in a matter of seconds. With a flick of the finger I can make instantaneous adjustments to duplicate any stage of the Borg scale. The various levels of effort once experienced in that way can be recognized quite easily in other activities.

The 10-speed bike also teaches the importance of tempo. Biking is done at individually established revolutions per minute. The tempo maintained whatever the terrain or the wind speed - and maintained at a constant level or effort. I accomplish this by shifting gears. On the bike, I have to keep shifting gears to remain in the comfortable zone while I am at my self-imposed tempo.

This concept applies to running and walking as well. Just this past week, I was jogging on a track and was passing walkers and was being passed by younger runners. All of us, I discovered, were taking the same number of steps per minute, i.e. we were all at the same tempo. All of us, however, were in different gears. In order to remain in our own "comfortable" zones, we had shortened or lengthened our stride.

In 30 minutes on the track, all of us, whether runners or walkers, and whatever our ability, had taken the same number of strides. It is this tempo, the number of repetitions per minute, that is the key to developing endurance in our muscles. Having established that tempo, it is relatively simple to find the stride length to go with it.

Using comfortable as the way to pass time on the road has obvious advantages. There is no need to consult my pulse. It also eliminates fatigue and shortness of breath and other bodily sensations that are the enemies of thought. Such sensations limit consciousness to the immediate present.

Being comfortable allows me to put my body on automatic pilot, and go wandering into the unexplored recesses of my mind.

MORE W.T.R.C. NEWS HONOR STUDENT ATHLETE

Travis Perez recently graduated as salutatorian of his class at Brownfield High School. He has been awarded a full academic/athletic scholarship at SMU. This summer he is on a 10 week research project on high altitude training in Utah, conducted by physicians at the U.S. Olympic training Center.

Herbert Perez has resigned as track and cross country coach at Brownfield and is pursuing an advanced degree in Biomechanics/Physical Education at TTU.

GIRLSTOWN GALLOP

We encourage everyone to participate in the run and bike events July 10th to celebrate the 50th Anniversary of GIRLSTOWN at Whiteface. Entry forms are enclosed with instructions on getting there.

WTRC/TTU SCHOLARSHIP

Details of the scholarship guidelines are in the May newsletter. WTRC members must nominate candidates to the chairman, Jim Leser. Others on the committee are: Pat Jury, Kim Pearson and Bob Bernero.

The status of the scholarship fund as of December 31, 1998 shows a balance of \$31,394.64 after having earned \$1,874 interest the past year. Club members can be proud of this accomplishment and want to continue it's success by participating or volunteering for the RED RAIDER ROAD RACE. Be sure to call Mike Greer to volunteer for this year.

Deadline for applications is August 1st. Applications can be gotten from the editor, George W. Jury.

NCAA CHAMPION!

The South Plains has our own long distance running champ in Leigh Daniel, a Monterey graduate and Junior at TTU. Leigh won the indoor 5,000M NCAA championship, then recently won the outdoor 10,000M and placed a close 2nd in the 5,000M 2 days later. She has a busy summer of competition scheduled including the national USA Track & Field meet.

FIRECRACKER RACE REGISTRATION

Please register early for the July 3rd Firecracker Runs. We always have a large number of walk up entrants and if there are too many, it jeopardizes the start time. Everyone wants the race to start on time!

Schlotsky's Deli

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

THE LONESTAR PAPER CHASE
10K, HALF MARATHON and MARATHON
MAY 29, 1999 Amarillo, Texas

OVERALL RESULTS MARATHON (79 finishers)
PLACE NAME ST AG S DIV PLACE TIME PACE
+ 4 CORKEY FRITCH TX 52 M 1 M5054 3:16:38 7:30
10 KIRK THOMAS TX 40 M 1 M4044 3:38:30 8:21
16 TOM WEST TX 41 M 3 M4044 3:46:40 8:39
17 CHRIS LONNGREN TX 39 M 7 M3539 3:47:02 8:40
20 WES BOULLIOUN TX 42 M 5 M4044 4:01:42 9:14
30 DANNY GALEY COLORADO CITY TX 54 M 6 M5054 4:04:28 9:20
37 SHANNON MOORE LUBBOCK TX 30 M 3 M3034 4:15:51 9:46
38 RICHARD FISCHENICH LUBBOCK TX 52 M 7 M5054 4:17:43 9:50
39 BRAD EWING LUBBOCK TX 35 M 10 M3539 4:17:44 9:50
46 KURT WILKES LUBBOCK TX 40 M 9 M4044 4:26:52 10:11
50 BRUCE FELLERS LUBBOCK TX 45 M 3 M4549 4:30:55 10:20
58 MARY LOU COSTABILE COLORADO CITY TX 50 F 2 F5054 4:52:30 11:10
62 BRYAN PATRIDGE LUBBOCK TX 32 M 6 M3034 4:55:46 11:17
77 RAY BRADY WHITE DEER TX 55 M 5 M5559 5:28:29 12:32

OVERALL RESULTS HALF MARATHON (98 finishers)
PLACE NAME ST AG S DIV PLACE TIME PACE
8 BOBBY LEAR SAIN LUBBOCK TX 17 M 2 M1519 1:32:48 7:05
16 CHANDRA PLUMMER LUBBOCK TX 26 F 1 F2529 1:38:34 7:32
21 DAMON RICHARDS LUBBOCK TX 46 M 3 M4549 1:39:24 7:35
23 RUSSEL MARTIN SHALLOWATER TX 41 M 4 M4044 1:40:52 7:42
24 TONY TORREZ LUBBOCK TX 33 M 4 M3034 1:41:29 7:45
29 DAVID HIGGINS LUBBOCK TX 46 M 4 M4549 1:43:56 7:56
39 MIKE KELLY LUBBOCK TX 50 M 2 M5054 1:48:17 8:16
50 WADE WILSON LUBBOCK TX 40 M 11 M4044 1:52:30 8:35
65 JIM D. WILHELM LUBBOCK TX 48 M 11 M4549 2:00:50 9:14
73 PJ MITCHELL LUBBOCK TX 53 F 1 F5054 2:05:57 9:37
91 MITCH ELMORE SHALLOWATER TX 37 M 12 M3539 2:24:46 11:03
94 WALLACE DEAN AMARILLO TX 58 M 5 M5559 2:28:34 11:20

OVERALL RESULTS 10K RACE (99 finishers)
PLACE NAME ST AG S DIV PLACE TIME PACE
1 JAY TRUITT LOVINGTON NM 21 M 1 M2074 35:26 5:43
13 HOWARD NORMAN LUBBOCK TX 47 M 2 M4549 41:05 6:37
37 DENNIS RAWLS LUBBOCK TX 15 M 4 M1519 52:07 8:24
44 LORENZO PADILLA LEVELLAND TX 45 M 5 M4549 54:08 8:43
82 MADELEINE TAYLOR LUBBOCK TX 47 F 3 F4549 1:08:16 11:00
92 ADAM C. ANDREWS LUBBOCK TX 45 M 7 M4549 1:17:46 12:31

+ = Former members
Jay Truitt won the 10K for the 3rd year in a row. Jay missed most of his sophomore season at Adams State with a knee injury, which appears to be healing and he is looking forward to the cross country season.
Corky Fritch has missed a lot of races the past few years and looks like he has finally overcome injuries with that fine 3:16:38 finish for 4th place overall. Corky still owns the Buffalo Wallow Half-Marathon 35-39 record of 1:17:59 set in 1982.
Wes Boulliou is still in Amarillo where Susan finished her M.D. degree and she practices Family Medicine as well as an OB practice the past 2 years. They have a 5 year old son, Ryan, and now that Susan's schedule is less hectic Wes is "resurrecting" his "running". Wes is "Controller" for Children's Learning Centers. Wes said "hello" to all his friends.
(See 10K team report on page 3)

Dr. George Sheehan
The Aging Game
Book excerpt: Going the Distance

To many people growing old seems like the endgame in chess: life winding down in a series of small moves with lesser pieces. As I age I have discovered this is not true. I am not an elderly king stripped of my powers, reduced to a ragtail army of pawns. My life is not a defensive struggle of restricted options. Growing old is a game of verve and imagination and excitement.
The aging game is chess at its best. The opening gambit may have been made long ago. The responses long since set in motion. Some pieces have indeed been lost. But the board is still filled with opportunity. The outcome is not now a matter of strength, although that still remains, but of faith and courage, hope and wisdom.
The aging game is a sport for which childhood and youth and maturity are no more than a preparation. Its scope comes as a surprise. It expands my life at a time when I expected it to diminish. It demands an excellence that no longer seemed necessary. It asks me to surpass what I did at the peak of my powers. Age will not accept second best.
In the aging game I must be all I ever was and am yet to be. What has gone on before is no more than a learning period. A breaking in. Life, someone has said, is boot camp. If it is, age is the combat for which I was trained. Now I must take this person I have become and make each new day special. I must make good on the promise of every dawn I am privileged to see.

Life goes from a minor to a major key. The game builds to a climax. Every move assumes importance. One feels like a virtuoso. The gifts we have been given, the powers that empower us, the marvels that make us marvelous are evident as never before. The truth is that we have lost nothing. The problem is not that I am less than I was when I was young, it is that I am not more. It is past time to become my own person. That is why the aging game begins with the awareness of one's need to grow and to expand in every sphere of one's existence.
One learns that honesty is the only policy. As I age I find less and less need to dissemble. I have little difficulty looking truth in the eye and admitting it. Lies and deception are time-consuming, and time becomes essential.
Time is what shapes the aging game. The clock and the calendar force me to make a move. Age does not permit the dallying with options that characterize youth. A labyrinth might be sport to the young. It brings panic to the old. My goal must be clear. The project outlined. The requirements understood. I must decide-if not this way, then there is no other way.

Fortunately, I find this commitment no problem. I accept the game and the goals I have developed in those formative years. I enjoy the self I have become. I no longer desire to be what I am not. My dissatisfaction is only in my failure to accomplish what is clearly attainable.

Such revelations frequently come late in life. They may arrive after decades of going in the wrong direction. I have a letter from a 74-year-old woman who had just run the Honolulu Marathon. "I have felt great ambivalence because by nature I seem to be a selfish person involved in understanding myself," she writes. "I picked social work as a career and was never really happy with it. I was much more interested in a variety of creative contemplative activities-dance, print making, poetry, all things hard to make a living at. Now I am retired and my own person. It is a new and wonderful life." This woman is a master at the aging game, in part because she brings to it the enthusiasm and zest and urgency that had been bottled up during those long years of social work. She is finally a united self.

I continue to strive for that state. On the other side of my chessboard of life is a self with different interests. I look at this mirror image of me and see opposite tendencies. My alter ego sits there attempting to destroy my game, to block the forays of my knights, the hammering of my rooks, the sweeps of my bishops. This contented self wants to play the sacrifice game. This lesser "me" is playing for a draw, letting the clock run down and looking to the postgame comforts, rest and relaxation and retirement.

There are, you can see, two ways to play the aging game.

TEXAS' OLDEST CONTINUOUS ROAD RACE (Since 1970)
 W.T.R.C.'s ANNUAL FIRECRACKER RUNS, BROWNFIELD, TEXAS JULY 4th

COURSE RECORDS

10 MILE

	NAME	TOWN	AGE	TIME	YEAR
19 & Under	Kim Wrinkle	Big Spring	17	55:57	1975
20-29	Jorge Pacheco	Levelland	22	52:34 *	1990
30-34	Lolo Mercado	Lubbock	30	60:24	1990
35-39	Bob Jackson	Hobbs, NM	36	56:56	1995
40-44	Bobby Cunningham	Abernathy	44	58:07	1984
45-49	Jim Leser	Lubbock	49	65:06	1996
50-54	George Jury	Lubbock	50	63:28	1987
55-59	George Jury	Lubbock	55	68:54	1992
60 Plus	Don Sanderson	Tulia	63	76:30	1993

WOMEN

19 & Under	Cari Faver	Muleshoe	16	78:34	1995
20-29	Idalia Casiano	Lubbock	23	67:52	1991
30-34	Marjory Stewart	Lubbock	32	65:30 *	1991
35-39	Caylene Caddell	Lubbock	37	72:30	1989
40-44	Teresa Greer	Lubbock	44	83:06	1995
45-49	P.J. Mitchell	Lubbock	47	86:24	1993
50 Plus					

3 MILE

	NAME	TOWN	AGE	TIME	YEAR
15 & Under	Carlos Ybarra	Lamesa	15	15:58	1978
16-19	Curtis Conaway	Lubbock	18	14:44	1979
20-29	Dennis Williams	Lubbock	29	14:23 *	1975
30-34	Steve Stallings	Stanton	30	15:02	1982
35-39	Quinn Smith	Grants, NM	35	15:56	1995
40-44	Bob Dunbar	Amarillo	44	16:44	1978
45-49	George Jury	Lubbock	49	17:47	1986
50-54	George Jury	Lubbock	52	17:45	1989
55-59	George Jury	Lubbock	56	19:03	1993
60-64	John Stalcup	Lubbock	60	22:57	1993
65 Plus	Don Sanderson	Tulia	66	21:29	1996

WOMEN

15 & Under	Hope Jimenez	Lamesa	13	19:27	1997
16-19	Tara Jernigan	Baird	17	19:47	1998
20-29	Isabel Navarro	Brownfield	21	18:21 *	1979
30-34	Isabel Torres	Brownfield	34	21:04	1992
35-39	Josie Aleman	Lubbock	36	22:25	1988
40-44	Sherrill Johnson	Hico	44	20:25	1994
45-49	Arlene Ragan	Midland	48	22:41	1984
50 Plus	P.J. Mitchell	Lubbock	50	24:15	1996

West Texas Running Club
 proudly presents

30th ANNUAL
 FIRECRACKER RUNS

Saturday, July 3rd, 1999
 Late registration: 7:00-7:45 am
 Races Start: Children's 1 mile - 7:40 am
 3 & 10 mile - 8:00 am

Terry County Park, Brownfield, Texas
 From Lubbock on Hwy. 62, go to the
 stoplight at Buckley St. & turn left on to Old Lamesa Rd.,
 turn right just past the swimming pool.

Entry Fees: Children's 1 mile run - \$1.00, 3 & 10 mile runs - \$5.00 for WTRC members
 and \$6.00 for non-members. WTRC family maximum registration cost is \$10.00.

Special and unique commemorative medallions. Awards given to the first 3 in each age
 group and to at least 50% of the contestants in each age group as listed below. Awards
 will be presented at 8:05 a.m. (Kids Run), 8:35 a.m. (3 mile), and 10 a.m. (10 mile).

3 Mile Run

Male	Female
6-12	6-12
13-15	13-15
16-19	16-19
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-54
55-59	50-plus
60-plus	

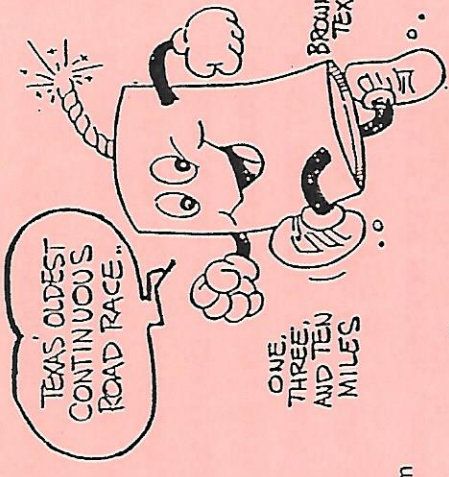
10 Mile Run

Male	Female
13-19	13-19
20-29	20-29
30-34	30-34
35-39	35-39
40-44	40-44
45-49	45-49
50-54	50-plus
55-59	
60-plus	

Clydesdale and Athena divisions age graded as above in both running events.

Children's 1 mile run: grades pre-school through 6th, special commemorative medals for
 first place boy and girl in each grade. Finish ribbons for the remainder. Grade as of
Fall, 1999.

Contact: Race Director Jim Leser - (806) 794-2474(N), 746-6101(D)



FIRECRACKER
 RUN!



SECOND ANNUAL
TOUR
DE NOWHERE
FIRST ANNUAL
GIRLS TOWN GALLUP

The Second Annual **Tour de Nowhere** bike tour and the First Annual **Girls Town Gallup** run will be held Saturday, July 10 in conjunction with the 50th Anniversary celebration of Girls Town. Both events will be staged from the campus of Girls Town. *Girls Town is located in Whiteface on Hwy 114 just west of Levelland. At Whiteface, take FR 1780 south for 9 miles to the main entrance of Girls Town.*

THE RUN: Registration and check-in for the run will open at 7:00 a.m. and the run will start promptly at 8:00 a.m. The run will consist of a 5K route through the campus area of Girls Town. The entry fee for the run is only \$10.00, which includes a free t-shirt for the first 60 entries and a free meal for each participant. Medals will be awarded to appropriate categories for the 5K run.

THE RIDE: Check-in and late registration for the bike tour will begin at 8:00 a.m. and the ride will leave at 9:00 a.m. Routes will consist of an easy out and back of 20 MILES, an intermediate loop of 40 MILES, and a longer 100K route for the experienced riders. All routes will be fully sagged with rest stops placed along the way to keep you refreshed and fueled. The entry fee for the tour is only \$20.00, which includes a free t-shirt for the first 60 entries and a meal after the tour for each participant.

RUN & RIDE: Participants may sign up for both the run and ride for only \$25.00. Registration for these participants will begin at 7:00 a.m. The first 60 persons signing up for both events will receive a t-shirt and meal. Medals will be awarded to appropriate class categories for the 5K run.

SPONSORS

Aero-Care * Covenant Hospital-Levelland * Lubbock Bicycle Club * West Texas Running Club * United Supermarket
EDPRO Datamation * American State Bank

RUN

BIKE

David Higgins, WTRC Race Regist.
% LUBBOCK COMMUNICATIONS
1819 North University Ave.
Lubbock, Texas 79415

Bike Tour
Girlstown
P.O. Box 135
Whiteface, Texas 79379

Registration Form

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____ CITY/ST: _____ ZIP: _____

CHECK ONE: _____ 5K RUN _____ 20 MI RIDE _____ 40 MI RIDE _____ 100 K RIDE

RIDE: _____ \$20.00 RUN: _____ \$10.00 RUN&RIDE _____ \$25.00

T-SHIRT SIZE: _____ AGE: (for run) _____

In signing this statement, I signify that I understand the inherent dangers associated with cycling/running and further state that Girls Town, Lubbock Bicycle Club, West Texas Running Club, or officers, members, or any other persons associated with the promotion of this event, including the sponsors, are not liable for any injury I might incur while participating in the Tour de Nowhere or Girls Town Gallup. I agree to ride/run safely at all times, obey traffic laws, and when riding, to always wear a helmet. By signing below, I acknowledge that I am participating at my own risk and that I, or my heirs have no claim for any damages resulting from any injury I might sustain while participating.

DATE: _____ SIGNATURE: _____

PARENT: _____
(if participant is a minor)



P.O. Box 135
Whiteface, TX
79379

