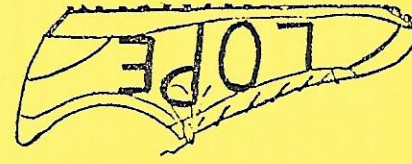


# CALENDAR

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

- JUNE 1 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- \* 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)
- JULY 10 **GIRLSTOWN GALLOP:** 5K, Whiteface, Dan Adams, 229-2204(n)
- AUG. 1 **PRUDE RANCH RACES:** Fort Davis, Watch for Details
- \* AUG. 14 **HOT DAM 5 MILER:** Canyon Lake 6, Lubbock, (also 1 Mile Child-dren'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, Wayne 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. 30 **PUNKIN DAYS 5K:** Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 6 **TOYS FOR TOTS 5K:** Lubbock, 9am, Armed Forces Reserve Center 127 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, 793-1667 (n)

June 1999



June 1999

Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414



June W.T.R.C. RACE  
LEVELLAND LOPE  
Levelland, Texas 10K and 2 Miles  
8am, Saturday, June 12, 1999  
Details Inside Back Cover



# 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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## DIRECTORS

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(e-mail) rungwj@aol.com

**External Race Director - Wade Wilson**  
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**Equipment Director - Jimmie Key**  
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**Race Calendar Director - Dwayne Oakeley**  
(H) 799-4473

**Membership Director - John Trompler**  
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(e-mail) JTROMPLER@mail.ci.lubbock.tx.us

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

<http://members.tripod.com/~wtrcfun.html>

**W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.**  
The WTRC monthly business meeting is on Tuesday, June 1, 7:00 p.m. at 1623 10<sup>th</sup> Street, Conference Room, Bollinger, Segars, Gilbert and Moss.

All members are welcome.

## FROM THE PRESIDENT

**"WHEN YOU LOOK GOOD, YOU FEEL GOOD!"**

Remember Billy Crystal giving us that tidbit of philosophy? Well, you know that's why you dress your very best for a race. If you pick just the right shirt with the best logo, or you pull out a singlet and clean shorts (I hope), you just KNOW you can run faster. Not to mention how INTIMIDATING you are to the next runner, right? My shorts wear out, but I still have singlets from ages ago with Bill Rodgers (not ours...Boston's) on the logo. That's one thing I like about running; it's cheap. You don't have to buy many clothes and the most expensive equipment is a pair of good shoes. I also like the fact that you don't have to wear many clothes!

**SPANDEX RULES!** A Penn State study quoted in the Houston Master's Newsletter found that "compression shorts" worn by bikers (not the Banditos type) increases power output and endurance by as much as 30%! Theory is that "the spandex exerts pressure on the muscles which increases blood flow and helps flush away the lactic acid; the pressure reduces muscle vibration (a major cause of muscle fatigue); and improves proprioceptions which means awareness of body movements"?

Shoot, I knew that all along. When I pull on my spandex shorts and mount the saddle, my woofers starts to tweet and vibrate at a frequency in synchronization with the revolutions of my aero wheels.

And you thought spinning was just to stimulate the cardio-vascular system!

Run/Bike On!

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 793-1667 (N)

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

## HORSESHOE BEND CANYON SPRING FROLIC RUNS

2 Mile, 6 Mile and 11 Mile Road Races  
Slaton, Texas May 8, 1999

### 11 MILES OVERALL LISTING

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	TIM KEY	LUBBOCK	TX	1	M3034	31	M	1:08:13	6:13
2	LANCE WHITE	LUBBOCK	TX	1	M2029	25	M	1:16:12	6:56
3	BOBBY SAIN	LUBBOCK	TX	1	M1619	17	M	1:16:28	6:58
4	JIM LESER	LUBBOCK	TX	1	M5054	52	M	1:19:57	7:17
5	WELDON KOLB	LUBBOCK	TX	1	M4044	43	M	1:20:29	7:19
6	STEADMAN DAVID	LUBBOCK	TX	2	M3034	30	M	1:20:30	7:20
7	TOM WEST	LUBBOCK	TX	2	M4044	41	M	1:21:46	7:26
8	BRENT TIDWELL	LUBBOCK	TX	3	M4044	41	M	1:22:20	7:30
9	CHRIS LONNGREN	LUBBOCK	TX	1	M3539	39	M	1:22:55	7:33
10	TOM FORD	PHOENIX	AZ	1	M5559	58	M	1:24:01	7:39
11	KIRK THOMAS	LUBBOCK	TX	4	M4044	40	M	1:24:45	7:43
12	JANDA IBBETSON	LUBBOCK	TX	1	F2029	29	F	1:25:09	7:45
13	TODD HEGSTROM	LUBBOCK	TX	5	M4044	43	M	1:25:18	7:46
14	MOIRA RIDLEY	LUBBOCK	TX	1	F3034	33	F	1:26:43	7:53
15	RICHARD FISCHENICH	LUBBOCK	TX	2	M5054	51	M	1:26:46	7:54
16	JOE POST	LUBBOCK	TX	3	M5054	50	M	1:27:06	7:56
17	CRAIG LANGFORD	LUBBOCK	TX	2	M3539	38	M	1:29:15	8:07
18	MIKE KELLEY	LUBBOCK	TX	4	M5054	50	M	1:34:58	8:38
19	SHANNON MOORE	LUBBOCK	TX	3	M3034	30	M	1:36:17	8:46
20	JUDY LAWLEY	LUBBOCK	TX	2	F3034	34	F	1:36:41	8:48
21	BRUCE FELLERS	LUBBOCK	TX	1	M4549	45	M	1:36:50	8:49
22	MIKE LASS	LOCKNEY	TX	3	M3539	37	M	1:37:07	8:50
23	BILL ROGER	LEVELLAND	TX	1	M6099	60	M	1:38:08	8:56
24	RICHARD BRAY	LUBBOCK	TX	2	M5559	55	M	1:39:08	9:01
25	JIMMIE KEY	LUBBOCK	TX	2	M6099	61	M	1:42:12	9:18
26	KIRK WILKES	LUBBOCK	TX	6	M4044	40	M	1:43:23	9:24
27	JIM WILHELM	LUBBOCK	TX	2	M4549	48	M	1:43:45	9:26
28	CHRIS WRIGHT	LUBBOCK	TX	2	M1619	16	M	1:45:22	9:35
29	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	45	F	1:45:35	9:36
30	CHELSEIE BREUNIG	LUBBOCK	TX	1	F1619	16	F	1:46:51	9:43
31	KIRSTIN TALBERT	LUBBOCK	TX	2	F1619	16	F	1:46:51	9:43
32	MINDY HATCH	LUBBOCK	TX	1	F3539	37	F	1:48:01	9:50
33	MADONNE MINER	LUBBOCK	TX	2	F4549	46	F	1:49:26	9:57
34	MARSHA BENNETT	LUBBOCK	TX	2	F3539	35	F	1:53:48	10:21
35	ETTA MAYER	LUBBOCK	TX	1	F5099	50	F	1:54:27	10:25
36	RAYMOND BRADY	WHITE DEER	TX	3	M5559	55	M	1:55:54	10:33
37	PAM HILLIS	LUBBOCK	TX	3	F4549	45	F	2:06:05	11:28
38	RON HILLIS	LUBBOCK	TX	4	M5559	55	M	2:06:07	11:28
39	MELANIE GAYLOR	LUBBOCK	TX	3	F3034	32	F	2:09:26	11:46
40	DAVID MARTIN	LUBBOCK	TX	7	M4044	43	M	2:10:30	11:52
41	FRANK EARNEY	LUBBOCK	TX	5	M5054	50	M	2:19:26	12:41

\*



W.R.T.C. 1999 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE, YTD TOTALS (AGE, PTS, MILES, EVT, VOL), MALE (0-12, 13-15, 16-19, 20-29, 30-34, 40-44, 50-54, 55-59, 60-69), YTD TOTALS (AGE, PTS, MILES, EVT, VOL).

HORSESHOE BEND CANYON SPRING FROLIC RUNS  
2 Mile, 6 Mile and 11 Mile Road Races  
Slaton, Texas May 8, 1999

Table with columns: PLACE NAME, TOWN, ST, DIV, PLACE, AG, S, TIME, PACE, 6 MILE OVERALL LISTING (PLACE, AG, S, TIME, PACE).

\* = RACE DIRECTOR  
\*\* = VOLUNTEER



W.R.T.C. 1999 CHALLENGE SERIES  
STANDINGS AFTER 5 EVENTS

FEMALE

YTD TOTALS		YTD TOTALS									
0 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL
Margarita Jimenez	9	20	9	2		Marsha Bennett	35	47	41.1	5	
Cammy Lass	13	19	6	2		Melanie McVey	37	40	20.2	4	
Heather Cannon	13	19	4	2							
Veronica Jimenez	12	9	13	2	*	40 - 44 FEMALE					
						Marti Greer	40	19	17	3	*
13 - 15 FEMALE	15	20	13	2		Marjory Stewart	40	10	4	1	
Hope Jimenez						Ida Sumpter	42	0	13	2	*
16 - 19 FEMALE						45 - 49 FEMALE					
Tara Jernigan	17	19	9	2		Shirley Wigley	45	49	34.2	5	
Mary Lou Jimenez	17	15	9	2		Madonne Miner	46	35	30.2	4	
Lacy Lass	16	15	6	2		Josie Aleman	47	34	15	4	
Laci Jackson	17	10	4	1		Cheryl Weber	46	20	6	2	
						Pam Hillis	45	8	11	1	*
20 - 29 FEMALE	24	28	26.1	3		Theresa Marez	49	0	11	1	*
Shanna Armstrong	29	20	17.2	2		Rhonda Kauk	46	0	11	1	*
Janda Ibbetson	27	10	6	1		50 - 99 FEMALE					
Brandy Temple						Etta Mayer	50	47	41.1	5	
30 - 34 FEMALE						P.J. Mitchell	53	10	16	2	*
Judy Lawley	34	36	36.1	4		Mary Harris	53	10	15	3	*
Vicki Fischenich	33	18	33.2	3	**	Delores Key	57	0	8	1	*
Rose Hoeve	31	10	2	1							
Annette Burenheide	33	9	6	1		** = RACE DIRECTOR					
Angela Hegstrom	33	8	13.1	1		* = VOLUNTEER					

HIGH SCHOOL TRACK ATHLETES

Several of our club members have done well in track this spring. Cullen Shaw ran in the 800 and 1600 at District meet but didn't make it to regionals. Bobby Sain ran some pretty fast 800M times, but didn't make it to regional. David Dailey qualified for the regional at 800M but didn't make it to the finals. Tara Jernigan won the region 2-1A meets 1600 in 5:33 and the 3200 in 11:33. Travis Perez won the 1-3A 1600 in 4:30, while Ryan Cruz was 4th in 4:39. Ryan was the winner of the 3200 in 9:48. At the state meet, Travis was 3rd in the 1600M behind the winner's 4:17.21 which was the fastest of all classes. Ryan Cruz was also 3rd in the 3200M in a time of 9:42. Tara Jernigan was the winner of the 1A 3200M in a time of 11:42.35 and was runner up to Roscoe's Katherine Duncan in the 1600M, 5:25.74 to 5:15.56. The most outstanding distance performances by area athletes was Hereford sophomore Briane Yosten's 4A 3200M win in 11:14.19 and a second in the 800M of 2:14.81.

Laci Jackson set a new NM state record for 800M of 2:13.89 and Kali Vetetto ran a PR of 2:23 finishing 6th. Laci equaled the state record of 5:04 in the 1600M, but a freshman from Gallup beat her with a 5:00.97! One of Bob Jackson's runners, Zac Hernandez set a new state record of 48:26 in the 400M.

AMERICAN CANCER SOCIETY RELAY FOR LIFE

The WTRC was represented, running continuously for 18 hours on the Monterey track. Twelve club members alternated shifts covering 524 laps for approximately 131 miles. The group raised over \$500 in donations including \$100 from the club. Members present were: Bob Bernero, P.J. Mitchell, Bill Roger, Ron Herrett, Chris Ionngrren, Brent Tidwell, Tom West, Weldon Kolb, Wayne Oakeley, Ron Lubowicz, David Higgins and Melanie McVey. Also helping run a few laps was a guest, Chris Strathman.

HORSESHOE BEND RACE REPORT

Volunteers helping Vickie this year were: George Jury, Wade Wilson, Rhonda Kauk, Theresa Marez, Hugh Haynes, Larry Byrd, Ron Lubowicz, Jon Omdahl, Frank Sumpter, John Trompler and P.J. Mitchell.

W.T.R.C. NEWS  
AT THE RACES

CROSS TIMBERS 50 MILE TRAIL RUN: March 20, 1999, Weldon Kolb was 26th overall in 10:41:29.

STRUTTER'S DUATHLON: April 17th, Cheryl Weber was the overall winner of the Short Course (5Kr, 30Kb, 5Kr) in a time of 1:52:04. In the Long Course (10Kr, 74Kb, 10Kr) Jim Leser was 54th overall, 3rd in Age Group with a 3:46:50. Damon Richards was 87th overall, 6th Age Group with a 4:16:15.

PALO DURO 9 MILE TRAIL RUN: April 17, Tim Key was the overall winner in a time of 1:02:35. Following were; Brent Tidwell, 7th, 1:12:40, Mike Kelley, 10th, 1:19:30, Jeffrey Jury, 12th, 1:22:13, Tom West, 14th, 1:24:52, Jimmie Key, 19th, 1:33:29 and Brandy Temple, 2:03:44. Mike Kelley describes this race as follows: The very tough 9.5 mile course forded muddy stream beds and climbed canyon walls on the Givens, Spicer, Lowry trail maintained by the Lone Star Running Club of Amarillo. All finishers received caps and overall position and times. Tom West was awarded the "Coveted Boy Scout Compass" for getting off course the most.

BOSTON MARATHON: April 19, No current club members were there, but former member, James Boddy (Enid, OK) ran a 2:58:01 and John Bednarski, 50, ran a 3:10:02. Another remarkable time was turned in by 71 year old Ruben Vigil of Albuquerque of 4:24:53.

RUN FOR THE ZOO 10K: Roswell, May 1st, Hawk Harris was the overall winner, receiving a beautiful ceramic mountain lion.

RUN FOR THE ARTS: Midland, May 15th, Hawk Harris was the winner of a race. for the 3rd week in a row with a 17:59. Al Gardner was 1st 40-49 with a 19:34 and Jim Harris was 3rd 50-59 in 22:55.

DANNON DUATHLON: Dallas, April 28th, Jim Leser won his 50-54 Age Group in 1:34:08 for the 5Kr, 30Kb, and 5Kr.

TOM LANDRY TRIATHLON: Dallas, May 2nd, Tim Key was 3rd overall in 1:10:49 for this 400Ms, 30Kb, and 5Kr event. Damon Richards was 7th, 45-49 in 1:27:51, Jimmie Key was 3rd, 60-64, 1:38:57, and Brandy Temple 17th, F25-29 in 1:42:

BUFFALO SPRINGS TRIATHLON

The W.T.R.C. will once again be supervising the water stops/aid stations on the Half Marathon run course of this prestigious event June 27th. The club will receive a substantial honorarium for providing this service so members will be helping the club as well as the participants in the event by volunteering. Jim Leser will be coordinating the club volunteers, so please call him at 794-2474 to lend your aid.

COMPUTER DONATIONS

Wade Wilson's accounting firm, Bolinger, Segars, Gilbert and Moss, has donated a nice DELL used laptop computer for the club to use. This came about as our 2+ year old IBM laptop was sent to the shop for a minor repair and while there the motherboard was damaged. At the FLIGHT LINE RACES we used an older HYUNDAI laptop which worked fine until we tried to save the results to a disk and now its disk drive does not work. Thanks very much to Wade and Bolinger, Segars, Gilbert and Moss.

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 April 30, 1999 shows a balance of \$29,417.35 after having earned \$1,642 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.



I am now fifty-nine years old, which is an awkward age to define. At fifty-nine, I am no longer middle-aged. I have, after all, no 116-year old elders among my acquaintances. Yet I could hardly be called elderly. An awkwardly aged, then, to define, but a delightful one to live. I am aging from the neck up. Which means I am elderly to have attained a look of wisdom; middle-aged enough to have a body that allows me to do what I want; and a face that lets me get away with it.

You know that look. My hair is short and graying, the face is just skin and bones, the general impression of an ascetic who began the fight with the Devil in the garden, decided it wasn't worth it and walked away. My latest picture, in fact, looks a little like Teilhard de Chardin. The look of a man with ideas so heretical they bothered the Devil even more than they did the Pope. Preaching the perfectibility of man might not get you banished from Rome, but it certainly would get you thrown out of hell. And the look, too, of a man who forgave God, and then his fellow men, and finally himself, and then was free.

Well, you know I am not yet old enough to look even remotely like that. But fifty-nine leaves quite a bit of time to go. Years that could be as exciting as any that have gone before.

What will always remain an excitement is the race. At fifty-nine, I am still the benchmark of performance for any number of runners. Over my fifteen years of running, I have consistently year in and year out been at the junction of the upper and middle thirds of runners finishing in a race. I have become the pass-fail mark for my fellow runners. If they beat me, they go home satisfied. If I beat them, they hope to do better next time. For my group, then, I am the top gun, the man they call out for a showdown.

I am no easy mark. I could give most readers of this book, whatever their age, a five-minute head start and run them down in twenty or thirty minutes. I also have guts, which is simply the decision to stand pain. Some think guts is sprinting at the end of a race. But guts is what got you there to begin with. Guts start in the back hills with six miles still to go and you're thinking of how you can get out of this race without anyone noticing. Guts begin when you still have forty minutes of torture left and you're already hurting more than you ever remember. Fortunately, guts seem to increase with age, rather than decrease. I may not want to wrestle with the Devil, but I am willing to wrestle with myself. And while I am beating myself, I usually beat others as well.

Newcomers are usually easy to handle, although I may have to pass them twice. The first time anyone is passed by someone my age, the natural reaction is disbelief and a sudden sprint to regain the lead. However, the next time I pass they usually give in, resigned to the fact that they are not ready to take the old man.

Some are injudicious enough to rile me up. This summer, I was passed at the halfway mark of a six-miler by someone who said, "I've been waiting to do this for three years." I passed him back about a mile down the road and now he'll wait another three years before he gets near me again.

Of course, I have that same effect on others, although I never say anything to upset anyone. This year, for instance, at Westport in a ten-miler, with about a mile to go, I closed in on a running friend, a twenty-five year old, whom I had never been near before in a race. With about two hundred yards to go, there were only fifteen yards and three runners between the two of us. As we entered the shopping plaza for the finish, the other three runners passed him and he did nothing. He was, as far as I could see, dead in the water. I cranked up, and with a hundred yards to go, I blew past him. It was early, but it seemed safe. Did I neglect to tell you I am also dumb? I was about ten yards ahead and apparently home free when I hear this groaning, grunting animal coming up on me. He drew even and as I glanced over I could see him, wild-eyed, spittle all over his face, and his face the picture of agony. Then he was gone. Later he told me he had recognized the bald head and there was no way I was going to beat him. So it is not age that is threatened by youth, but the other way around. Youth is threatened by age. From where I sit the fifties look great, and I suspect the sixties will be even better. I may not yet look like Teilhard, but there's always this: I will never again look like my high-school picture.

When I was in school, I ran from the day classes began in September until they closed the doors in June. Now I run from the beginning of the year until its end. The Road Runners Club schedule on the kitchen bulletin board has over 140 races extending from January to December.

So distance running is a sport for everyday of my life. There is no need to pack my gear until running starts again. It begins every day. And every time of year is a time for running. I love all of that ever-recurring cycle of the year. But, like the lover who loves the girl he's near and clings to the kiss he's close to and fancies the face he faces, the season I love best is the one that's here. Soon I will see winter as paradise, then spring as another Eden, and later summer as the Promised Land.

But for now, autumn is my season in heaven. The October air does that. Crisp, clear, invigorating. Carrying every sound. Demanding attention. And the weather perfect for running. The runner is as sensitive to the weather as a Stradivarius. And it is autumn that makes me go best. I am living the life my youth had promised me. Living at the top of my powers. No wonder that Yeats, who saw spring as youth and summer as adolescence, saw autumn as manhood.

And autumn is heaven because there are races to do that best, to run at that peak, to manifest that manhood. And make no mistake, it is in action that we are in heaven.

Heaven is not quiet, said Yeats. There the lover still loves, but with greater passion; the rider still rides, but the horse goes like the wind; and the battle goes on. The runner still races.

And for now, in this forever that is autumn, cross-country is the best of all races. That is where I began. In Autumn with cross-country. It was my first taste of running and it is good to taste it again.

Cross-country is free running at its best. Just me and the land. Me and that crisp air. Me and the leaves underfoot. Me and the silent hills. That's cross-country. Just me and the breathing and the leaves crunching underfoot on these silent hills. Everything around me is dead or dying and I feel reborn. I am at my best.

And it is a best, a rebirth that I experience alone. Nature is the only spectator. On other seasons in other races, there are people to cheer and encourage or just to watch. Curious onlookers. But not in cross-country. Within minutes, I am alone with my fellow runners. Minutes later and I am separated even from them. Yards ahead or yards behind, they are out of my line of thought, beyond the horizon of my mind.

I am alone on the back hills of Van Cortlandt. And the course that tested me as a teenager is testing me again. And again I suffer on hills that made me suffer when I was eighteen. Again I fly down the hills I flew down in bygone years. And again I come out of those hills facing an all-out fight to the finish with any runner close to me.

And that was the way it was at Van Cortlandt last week. Nine miles, three times over those back hills. The first three-mile loop oddly the most painful. Then the second loop not quite as bad. And finally the third time actually running at the hills and conquering them. So that when I came out on the flat, the man I had to beat was only thirty yards ahead.

Only in another autumn, in another season in heaven, will I relive that finish. An impossible quarter-mile sprint and then holding on to the man I had just beaten so I wouldn't fall down. Hearing his heart pounding against my ear and my own beating in unison. Knowing only that and a world suddenly filled with friends saying nice things to an aging man who felt ageless in autumn.



## Dr. George Sheehan

### Book Excerpt- Running Does Not Cause Injuries

Soon after I started running and began having injuries, I made an important discovery: Running does not cause injuries. Some people run a lifetime without injury. Every one of my injuries had its roots in a structural weakness I was born with, a postural weakness I developed through training, or other stresses due to shoes and terrain. Once the problem was corrected, I was assured of pain-free running. Runner after runner has found this to be true. In time, it became accepted dogma among runners.

Unfortunately, the biomechanical approach was a creed unsupported by scientific proof. We knew attention to biomechanics worked, but we had not yet gotten around to proving it. At the time, no studies had been done showing the biomechanical approach-attention to human engineering-is more effective than anti-inflammatory drugs, cortisone shots, and electric therapy devices.

Sometimes, paying attention to human engineering includes the use of orthotics. Orthopedic physicians among my colleagues have chided me about my obsession with attributing every injury to events occurring at footstrike. One time at the hospital table, when discussing the treatment of a patient with a brain tumor, an orthopedic surgeon asked me, "George, have you tried orthotics?" And whenever I broached the subject of using orthotics, or suggested that the whole spectrum of foot and lower leg injuries was due to faulty biomechanics, they looked at me as if I were a "dropout" from orthodox medicine. "Prove it," they said.

But I'm not a scientist, I'm a practitioner. I rely on faith, logic, and experience to arrive at my "proof." I had proved this theory to myself in hundreds of ways. I had testimony after testimony from runners. But scientific proof is another matter. A protocol that will satisfy entrenched skeptics is hard to come by.

So the years slid by. My theory was accepted by the runners. Podiatrists who dealt in biomechanics of the foot became the sports physicians for those of us out on the roads. But there was still no acceptable study proving the value of what they were doing.

Now there is. And not one but two such studies exist. The first comes from Timothy Noakes, M.D., and his colleagues in Cape Town, South Africa; the second, from Douglas Clement, M.D., and his associates in Vancouver, British Columbia, Canada.

The Cape Town team reported on 196 running injuries treated solely by correction of biomechanical abnormalities. Within eight weeks after the start of treatment, nearly 77 percent of the runners were training completely pain-free. Only 13 percent were not helped at all. Most of these had not adhered to the prescribed regimen or had iliotibial band syndrome, an injury with cause or causes that are still conjectural.

The most significant structural weaknesses were foot abnormalities and

To Page 11

## Dr. George Sheehan, Injuries

From Page 10

disparities in leg length. Practitioners detect foot abnormalities by observing the runner as he or she stands and runs and by examining wear patterns on the runner's shoes. Wear at the midfoot and forefoot indicate either pronation (the foot rolls inward) or supination (the foot rolls outward). Wear at the heel is a sign of a discrepancy in leg length, measured while the runner is standing.

The Cape Town team found the following treatments to be most effective:

- 1) Prescribing appropriate running shoes.
- 2) Prescribing in-shoe orthotics (corrective devices) for more treatment-resistant injuries.
- 3) Inserting heel lifts or other corrective footwear devices for leg length discrepancies.
- 4) Devising a built-in midsole wedge for runners not helped by orthotics.
- 5) Scheduling deep massage for all chronic muscle injuries.

Unlike the Cape Town team, the Vancouver researchers focused in one specific running injury-Achilles tendinitis. Their program differed only slightly from the one in South Africa, and their findings were almost identical. They attribute their success to the following:

- 1) Muscle retraining (that is, strength and flexibility exercises for the calf muscle).
- 2) Control of over-pronation (a tendency in 95 out of 109 studied).
- 3) Heel lifts (in both shoes where there was no leg length discrepancy).
- 4) Well-designed running shoes, preferably with a snug heel counter, a flexible sole that gives under the metatarsal heads (between the instep and the toes), and a heel wedge of 12-15 millimeters (with 7-15 millimeters additional lift during the toe-off phrase).

These two groups arrived at the same basic conclusions:

Biomechanical factors play an important part in running injuries. Physicians who treat runners need to know three things: which running shoes are appropriate for different running injuries, how to detect subtle structural abnormalities in the legs, and when to prescribe in-shoe orthotics.

The Vancouver team states, "We believe that virtually all cases of Achilles tendon injury appear to result from structural or dynamic disturbances in normal lower leg mechanics."

So there you have it. Your running injury is not due to running. It has specific cause, an error that must be corrected. If you cannot find the cause and detect the error, seek help from someone who has studied the biomechanical approach to injuries and knows how to apply it.



### THE SHADOW.....dum d dum!

Way back in 1951 A.D. (right after the last crusade) I had the opportunity to enter my first competitive athletic venture and I am fortunate to still be going to the starting line and competing in some form or fashion. As I reflect (that's what you do when you get older, not to be confused with going into a stupor or senility) back on this and look at the natural evolution that has happened in my athletic competitive world I have discovered many profound revelations. Some are worth thinking about and mentioning, while others are just useless trivia or at the most, intellectual masturbation. One that I do believe is worth mentioning and will be the topic of discussion here is what I have termed the perfect training partner. Since I had come from a strong background in team sports the training partner was never an issue or question. There was always someone around when you were training. In my very early days in sprint swimming we had the company of our fellow teammates, then as I progressed (some will question that statement) to West Texas football I always had my teammates to practice with and be with in all of our efforts to win that coveted State title. The same was true in track, even though we didn't pound each other to a pulp like football, we were always together training and competing. I found this to be the case through all of my football/track career through college and into the Army. Then that God awful thing happened, I grew up (not to be confused with matured) and entered the world of adults, you know marriage, children, real job, career, buying first home, etc. So it became obvious to me that if I were to continue my athletics I would have to find something I could work into the busy schedule of real life. This new sport happened to be a thing called Handball. It fit my athletic skills, real well, was very competitive and gave me the type of workout I needed to stay in good shape. It also fit my football mentality in that you could use all sorts of "trash mouth" and psych tactics against your opponent and be considered macho for it. In addition you could inflict injury and pain to your opponent by hitting them with the ball and still receive a gold star for your antics, plus you could crash into the wall and be the ultimate hero. Needless to say, after 15 years of football, I was right at home with this group. But after 12 years of this and my joints beginning to say nasty things to me I started doing the jogging thing and now for the first time I was without a consistent training group and I was on my own. In the past I had facilities, times to be at a certain place, coaches to tell me what to do, court reservations to live with, an appointment with a worthy opponent. But, alas, now I was in a situation of a new world and one that I liked. Now after 53,000 miles of "jogging" I can say I have found the perfect training partner. This partner never fails to show up, never farts, never complains about how bad their body feels, never complains about the weather or course, never speeds you up or slows you down, is totally silent, but refreshingly comforting, in essence is always there for you. I found it to be even more comforting as I revolutionized my athletic ventures to the sport of triathlon. Now I had two more disciplines to contend with and training was longer with new techniques to learn. What I found was this partner went right along with this transition, never complaining and being there for me as always. By now you know, the perfect training partner is your shadow....dum d dum!! Possibly you have already discovered this but if not, think about some of your long training runs and how your shadow was there for you. I have found that I can use my shadow to determine if my form is good, whether it be swimming, biking or running. In swimming you can watch for the roll of the body, the S shape of the pull, the position of the head, in cycling the aero position of the head and back, whether the body is pumping up and down; in running the position of your arms, in up hills your leaning position, down hills the same. What a friend and in all of this, never a word. But, you say what about when it is cloudy or dark and there is no shadow. Well again there are times when you just need to be left alone to your own resources and the perfect partner does this for you. It will then return at it's earliest convenience and take up where it left off. A good example of this is when running at night or early morning in the dark. Notice what happens when you run under a street light, the shadow appears very briefly but still illustrates the things you expect from it and then becomes invisible again. Only to return at the next light or stay put if there is no light. What a friend!!!

In summary, thank you to all of the people I have trained with over the years (too many to name here) and especially to my shadow who is always there come rain or shine.  
Mike Greer

### JOE HENDERSON'S RUNNING COMMENTARY ONLINE

Oct 25, 1998

#### WEIRD IDEAS THAT WORK (from the new book, BEST RUNS)

"Best" is a slippery concept in running. The search for the best running systems is endless because what's best for one person doesn't necessarily transfer for another, and what's best for you today might not work later as your goals change.

I've spent lots of years searching for better ways to run and writing about them. Back in 1967, the year when running writing became my full-time work, I thought there was little left to learn about the sport. Now had come my time to teach. Yet the learning continued. It still does, and may it never stop. Every item on the list of 15 below -- which previews much of what fills this book -- joined it after 1967. Some lessons span that entire period, while others are of recent coinage.

These aren't philosophical generalities like "Everyone's a winner" or "There is no finish line." They aren't trivial personal quirks like going sockless in winter or taking showers before races. These are specific tricks that have direct, measurable effects on running performance and enjoyment. I'm slower -- okay, much slower -- than I was in the 1960s. But I'm also measurably healthier and happier.

These schemes have caught on with me. You may have seen them dribble across magazine and newsletter pages, and into previous books. I introduced a few of them in the opening section of this chapter and don't hesitate to re-emphasize them here.

Some of the ideas will sound weird to you. Their only defense is that they've stood up to years of self-testing. They come with no guarantees of working for you. Only your own time trials can tell you that.

1. Seldom push the distance or the pace. Run between a half-hour and an hour most days. Set the effort at "comfortable," whatever that might mean that day or at that moment.
2. Count no miles outside of races. Run by time periods, not by distance. Break free from measured courses and the pressure to break records on them.
3. Plan the run after starting. Pre-run feelings often lie. Wait to see how running really feels until the first 10 minutes (about a mile) has shaken out kinks, doubts and delusions.
4. Wimp out. Give in to pains that interfere with normal running form, fails to ease during the warmup minutes or grows worse as the run goes on. Stop now and try again tomorrow.
5. Take walks in long runs. Insert one-minute walking breaks at about 10-minute intervals to shake off temporary aches, to speed recovery from races and injuries, and to exceed normal distance limits.
6. Take no penalty for days off. Replace weekly or monthly running totals with daily averages. Count only run days, not rest days, in that average.



**WEIRD IDEAS THAT WORK**  
(Joe Henderson, continued from page 13 )

7. Limit the racing. Choose one of these limitations: 10 percent of the month's running, one easy day per kilometer, or one easy week per hour raced.
8. Save the biggest efforts for races. In occasional training runs go long but slowly or fast but briefly. Only go long and fast in the races, where it counts.
9. Use races as "training." Build racing speed by running short races, lasting less than an hour. Build racing endurance only in the long races, lasting an hour-plus.
10. Set minimum racing goals: just to finish, or to run "at least" so fast. Let exceeding that baseline come as a surprise, not as an expectation.
11. Warm up little if any for races: little for short ones, none for those lasting longer than an hour. Use the early race as a warmup to guard against starting too fast.
12. Race like a vulture. Cruise along in the first half, letting the early flyers do their passing. Pass up the dead and dying in the last half when it means something.
13. Believe in magic. Trust the raceday excitement to give a minute-per-mile bonus in pace versus running the same distance alone, or to double the distance a pace can be held solo.
14. Stretch after running, not before. Stretch when the muscles need it most and are warmest. Warm up for running by running, and treat stretching as a corrective exercise.
15. Carbo-load during and after running, not before. Take the legal drug of sugar (from energy gel or bar packets) during the longest runs to extend endurance, and carbo-reload soon afterward to speed recovery.

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**WEST TEXAS RUNNING CLUB'S**  
20th Annual BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE  
10K and 2 MILE RACES

EVENT # 6 OF THE W.T.R.C. CHALLENGE SERIES

**WHEN:** SATURDAY, June 12, 1999  
REGISTRATION: 7:00 to 7:45 A.M., On Site  
RACE START: 8:00 A.M.

**PRE REGISTRATION:** Available, fill out and return entry form or call George Jury at 792-1237 by 7pm, Friday the 11th, then pay fee race day

**WHERE:** LEVELLAND HIGH SCHOOL, Levelland Texas

From Lubbock, take Highway 114 West, turn left on Alamo Road, east side of Levelland, drive south to the high school

**COURSE:** Flat, both Races out and back on City Streets

**AID STATIONS:** At least, every 2 Miles  
Splits at 1 Mile

**AGE DIVISIONS:** 10K

**MEN:** 13-19; 20-29; 30-34; 35-39; 40-44; 45-49;  
50-54; 55-59; 60 Plus

**WOMEN:** 13-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus  
(Special 6-9, 10-12, 13-15 & 16-19 age groups in the 2 Mile)

Clydesdales and Athena Age Graded

**AWARDS:** Medallions to at least the first three finishers in THE AGE GROUP DIVISIONS DESCRIBED ABOVE and up to 50% of each group

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

**RACE DIRECTOR:** Al Gardner 894-3538(n) 894-9611 Ext 2283



# Bobby Birdsong Memorial Levelland Lope

Mail  
Registration  
thru June 10  
Telephone registration  
by 7 p.m. June 11  
792-1237(n) 792-3291(d)

\$5.00 WTRC members, \$6.00 non members  
Make checks payable to the West Texas Running Club  
Mail checks & entry forms to: George Jury  
5212 44<sup>th</sup> Street  
Lubbock, Texas 79414

Race starts at 8:00 a.m.  
at the High School

## 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 Levelland Lope Races. 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) Select Event: 2 mile \_\_\_\_\_ 10K \_\_\_\_\_  
\_\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)  
\_\_\_\_\_ Female \_\_\_\_\_ Athena (150 lbs or more)

Name \_\_\_\_\_

Street Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_