

# CALENDAR

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

- MAR. 2 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- 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. 20 RUN TO READ 5K: San Angelo, FMI, 1-915-947-1536
- MAR. 26-27 LONESTAR RELAY; 168 Miles, Houston-Austin, 12 member teams  
WTRC Team, contact Jim Leser, 794-2474, Bob Bernero, 793-1667
- MAR. 27 MARATHON of the GREAT SW: Abilene, FMI, Call (915) 677-8144
- \* APR. 10 FLIGHT LINE RACES: Reese AFB, 8am, 2 Mi, 10K, Half Marathon,  
Jim Harris, Race Director, (505) 392-8945
- APR. 11 CAPITOL 10,000: Austin, FMI, call 1-512-445-3598
- MAY 1 LOADA, Pat Stanaford, 763-8763
- \* MAY 8 HORSESHOE BEND SPRING FROLIC: 8am, N. of Slaton, 11, 6 and 2  
Mile Races, Vicki Fischenich, RD, 792-0662(n), 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: Fort Davis, Watch for Details
- \* 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
- \* SEPT 11 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater  
High School, Dwayne Oakeley, Race Director, 799-4473
- \* OCT. 16 RED RAIDER ROAD RACE: 5K and 10K, 8 am, Lubbock, TTU, Rusty  
Ladd, Race Director, information, 792-3291(d), 792-1237(n)
- OCT. 30 PUNKIN DAYS 5K: Floydada, 9am, Julianne Cornelius, 983-2982
- NOV. 6 TOYS FOR TOTS 5K: Lubbock, 9am, Armed Forces Reserve Center  
1 27 and Regis St., Ron Hillis, Race Director, 797-0303

March 1999



Newsletter Editor  
5212 44th Street  
Lubbock, Texas 79414

March 1999



MARCH W.T.R.C. RACE  
PRAIRIE DOG TOWN 4 MILE  
9am, Saturday, March 13, 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**  
(H) 794-7823 (O) 766-0600

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

**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, March 2, 7:00 p.m. at 1623 10<sup>th</sup> Street, Conference Room, Bollinger Segars & Gilbert.

All members are welcome.

## FROM THE PRESIDENT

Saturday, January 30, 1999

I rose at 5:30 am; the alarm didn't have to wake me. I bided my time until 7:00am, calculating correct carbo drink mixtures, having wolfed down an energy bar with coffee first thing. Too much coffee made for frequent trips to the bathroom, but that's part of the familiar ritual.

I was out the door by 7:00, a full hour before sunrise. The white blanket reflected light so well, I could see despite the grey cloudcover. It was only a few minutes run to the start of the Buffalo Wallow course, to begin a 13 mile. I made my own tracks, preferring not to run where a few cars had already opened a path. By 1 1/2 miles I trod in virgin snow. The road was completely hidden under white crystalline flakes. My footfall crunched as it compacted the mass for the first time. The invisible road was like a wide swath left by an ancient buffalo herd, bordered by mesquite and yucca, curving down into the canyon. The wind numbed my face, with only sparse mesquite to slow its steady force. On the lake it picked up an extra chill. The hills, up and down, were no problem. The fresh snow gave me traction. As I chose where to put my own road, I lifted my eyes to a white, branching canopy; every twig held a stacking of white flakes. The whole world above and below was white, fresh, clean. It wasn't the first snowfall of the winter, but my being the first to place my footsteps in the pure whiteness, as the early light illuminated the world, I felt reborn. This is one of the renewing pleasures running brings to me. And each season has its own unique ritual of renewal.

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 MackKenzie Park For more information call Bob Bernero at 793-1667 (N)

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

WEST TEXAS RUNNING CLUB  
EIGHT MILE COTTON PATCH RUN  
USA T&F CERTIFIED, # 97110ETM  
February 13, 1999

## OVERALL RESULTS

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE	
* 1	BOB JACKSON	HOBBS	NM		1	M4044	40	M	43:46	5:29
2	CULLEN SHAW	LUBBOCK	TX		1	M1619	16	M	52:35	6:35
3	CHRIS LONNGREN	LUBBOCK	TX		1	M3539	39	M	55:27	6:56
4	LUIS NEVAREZ	LUBBOCK	TX		1	M3034	33	M	55:30	6:57
5	RANDY WOLCOTT	LUBBOCK	TX		2	M4044	42	M	56:37	7:05
6	DAVID PRESTON	LUBBOCK	TX		2	M3034	34	M	57:31	7:12
7	RICHARD FISCHENICH	LUBBOCK	TX		1	M5054	51	M	57:56	7:15
8	CRAIG LANGFORD	LUBBOCK	TX		2	M3539	37	M	58:34	7:20
9	MOIRA RIDLEY	LUBBOCK	TX		1	F3034	33	F	58:44	7:21
10	DWAYNE OAKELEY	LUBBOCK	TX		3	M4044	42	M	59:37	7:28
11	DAN ADAMS	WHITEFACE	TX		4	M4044	41	M	59:45	7:29
12	JOE POST	LUBBOCK	TX		2	M5054	50	M	59:55	7:30
13	DANNY GALEY	COLORADO CITY	TX		3	M5054	53	M	1:01:48	7:44
14	HOPE JIMENEZ	LAMESA	TX		1	F1315	15	F	1:01:59	7:45
15	RICHARD VERRONE	LUBBOCK	TX		3	M3034	31	M	1:02:04	7:46
16	BRAD EWING	LUBBOCK	TX		3	M3539	35	M	1:03:21	7:56
17	SHANNON MOORE	LUBBOCK	TX		4	M3034	30	M	1:04:42	8:06
18	BRUCE FELLERS	LUBBOCK	TX		1	M4549	45	M	1:04:47	8:06
19	JUDY LAWLEY	LUBBOCK	TX		2	F3034	33	F	1:04:49	8:07
20	MIKE LASS	LOCKNEY	TX		4	M3539	36	M	1:05:23	8:11
* 21	MINDI ALEMAN	LUBBOCK	TX		3	F1619	18	F	1:05:33	8:12
22	GERRI WESSNER	LUBBOCK	TX		3	F3034	30	F	1:06:15	8:17
23	SANDY PETERS	SHALLOWATER	TX		5	M3539	39	M	1:06:19	8:18
24	MICHAEL GALLAGHER	LUBBOCK	TX		4	M5054	51	M	1:06:30	8:19
25	KEN SPAIN	LUBBOCK	TX		2	M4549	45	M	1:06:43	8:21
26	BARBARA SLATON	MIDLAND	TX		1	F4044	40	F	1:06:55	8:22
27	RISSA FORD	LUBBOCK	TX		2	F1315	15	F	1:07:00	8:23
28	CHERYL BIAS	LUBBOCK	TX		2	F1619	17	F	1:07:01	8:23
29	DAVID MALONE	LUBBOCK	TX		5	M4044	41	M	1:07:03	8:23
30	CHELSEA BREUNIG	LUBBOCK	TX		3	F1315	15	F	1:07:25	8:26
31	JAMES LIVERMORE	LUBBOCK	TX		5	M5054	51	M	1:07:32	8:27
32	TIFFANY JETTER	LUBBOCK	TX		3	F1619	16	F	1:07:57	8:30
33	MERRYL BARKER	LUBBOCK	TX		1	F2029	25	F	1:08:11	8:32
* 34	SHIRLEY WIGLEY	LUBBOCK	TX		1	F4549	45	F	1:08:26	8:34
35	RICHARD BRAY	LUBBOCK	TX		6	M5054	54	M	1:09:24	8:41
36	MIKE GREER	LUBBOCK	TX		1	M6099	60	M	1:10:25	8:49
37	DEVON WINCHESTER	LUBBOCK	TX		4	F1315	15	F	1:10:40	8:50
38	RICHARD THOMAS	LUBBOCK	TX		6	M4044	42	M	1:11:02	8:53
39	JERRY WRIGHT	LUBBOCK	TX		2	M6099	60	M	1:11:27	8:56
40	ETTA MAYER	LUBBOCK	TX		2	F4549	49	F	1:13:07	9:09
41	SHANNA ARMSTRONG	LUBBOCK	TX		2	F2029	24	F	1:14:04	9:16
42	MARSHA BENNETT	LUBBOCK	TX		1	F3539	35	F	1:14:55	9:22
43	MADONNE MINER	LUBBOCK	TX		3	F4549	46	F	1:16:16	9:32
44	MARTI GREER	LUBBOCK	TX		2	F4044	40	F	1:17:09	9:39
45	FRANK EARNEY	LUBBOCK	TX		7	M5054	50	M	1:35:47	11:59

\* = New Age Group Records # = New Members @ = Clydesdale Winners

WEST TEXAS RUNNING CLUB  
FOUR MILE COTTON PATCH RUN  
USA T&F CERTIFIED, # 97110ETM  
February 13, 1999

OVERALL RESULTS

PLAGE NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1 BOBBY SAIN	LUBBOCK	TX	1	M1619	17	M	22:56	5:44
2 MICHEAL BOX	HOBBS	NM	2	M1619	17	M	23:50	5:58
3 RODNEY HENDRIX	LUBBOCK	TX	1	M3034	33	M	25:19	6:20
4 AL GARDNER	LEVELLAND	TX	1	M4044	42	M	25:26	6:22
5 FRANK SUMPTER	LAMESA	TX	1	M4549	45	M	25:54	6:29
6 LACI JACKSON	HOBBS	NM	1	F1619	17	F	26:13	6:34
7 ADAM BARRON	WOLFFORTH	TX	1	M3539	36	M	26:35	6:39
8 TARA JERNIGAN	MILES	TX	2	F1619	17	F	26:36	6:39
9 KEN JERNIGAN	MILES	TX	2	M4549	47	M	26:42	6:41
10 BEN WRIGHT	LUBBOCK	TX	1	M1315	15	M	27:01	6:46
11 VANCE ZIDER	LUBBOCK	TX	2	M4044	44	M	27:07	6:47
12 RON HEWETT	LUBBOCK	TX	2	M3539	38	M	27:36	6:54
13 BROOKE FLATT	LUBBOCK	TX	3	F1619	17	F	27:38	6:55
14 RICK SYPERT	LUBBOCK	TX	3	M4044	43	M	27:50	6:58
15 JIM HARRIS	HOBBS	TX	1	M5559	56	M	29:00	7:15
16 MARK ALBUS	WHITEFACE	TX	4	M4044	42	M	29:42	7:26
17 CASEY SUMPTER	LAMESA	TX	2	M1315	14	M	30:26	7:37
18 MELANIE MCVEY	WHITEFACE	TX	1	F3539	37	F	30:59	7:45
19 RALPH WOLF	ABERNATHY	TX	1	M6099	61	M	31:59	8:00
20 MARY LASKI	LUBBOCK	TX	1	F1315	15	F	32:28	8:07
21 KENNETH KINZENBAW	LUBBOCK	TX	1	M0112	10	M	32:38	8:10
22 CODY LASS	LOCKNEY	TX	3	M1315	14	M	32:41	8:11
23 MARY LOU JIMENEZ	LAMESA	TX	4	F1619	17	F	33:19	8:20
24 JOHNNY GONZALES	LUBBOCK	TX	2	M3034	32	M	33:25	8:22
25 MACKENZIE MATHIS	LUBBOCK	TX	5	F1619	17	F	33:27	8:22
26 JOHN STALCUP	LUBBOCK	TX	2	M6099	65	M	33:46	8:27
27 KYLE ABRAHAM	LUBBOCK	TX	3	M3034	32	M	34:03	8:31
28 LANDRUM MEDLOCK	LORENZO	TX	1	M5054	54	M	36:49	9:13
29 MARGARITA JIMENEZ	LAMESA	TX	1	F0112	9	F	40:24	10:06
30 JOSIE ALEMAN	LUBBOCK	TX	1	F4549	47	F	41:52	10:28
31 LACY LASS	LOCKNEY	TX	6	F1619	16	F	41:56	10:29
32 CAMMY LASS	LOCKNEY	TX	2	F0112	12	F	42:02	10:31

\* = NEW AGE GROUP RECORD \*+ = TIES JOHN STALCUP'S RECORD

RACE DIRECTOR REPORT

The '99 "Cotton Patch" was a success... 77 runners, 7 new age group records, great running weather and no blowing dust! What more could you ask for? Age group records were broken by Bob Jackson, Hope Jimenez, Mindi Aleman and Shirley Wigley in the 8 mile and Laci Jackson, Melanie McVey and Ralph Wolf in the 4 mile. Overall winners were Laci Jackson and Bobby Sain in the 4 mile and Bob Jackson and Moira Ridley in the 8 mile. Thanks so much to the volunteers who came through with flying colors again: Mary and Hawk Harris, George Jury, Jon Omdahl, Jimmie and Deloris Key, Bob Bernero, John Trompler, Veronica and "Cisco" Jimenez, Bill Roger, Mickey Davis and Ida Sumpter. We hope everyone had a good race and a PR!! See ya next year!

David Higgins

W.R.T.C. 1999 CHALLENGE SERIES  
STANDINGS AFTER 2 EVENTS

MALE

YTD TOTALS		YTD TOTALS		YTD TOTALS		YTD TOTALS	
AGE	PTS	MILES	EVENTS	AGE	PTS	MILES	EVENTS
0 - 12 MALE				45 - 49 MALE			
Kenneth Kinzenbaw	10	20	9	2	45	20	9
Francisco Jimenez	4	0	8	1	47	18	9
13 - 15 MALE				50 - 54 MALE			
Ben Wright	15	10	4	1	50	16	13
Casey Sumpter	14	9	9	2	54	15	9
Cody Lass	14	8	4	1	51	12	13
16 - 19 MALE				55 - 59 MALE			
Chris Wright	16	10	5	1	55	20	9
Bobby Sain	17	10	4	1	56	9	13
Cullen Shaw	16	10	8	1	59	8	5
20 - 29 MALE				60 - 69 MALE			
Glen Pokitkaha	27	10	5	1	60	19	13
Hawk Harris	20	0	13	2	65	17	9
35 - 39 MALE				70 - 79 MALE			
Chris Lonngren	39	20	13	2	70	16	13
Ron Hewett	38	18	9	2	74	13	2
Brad Ewing	35	16	13	2	78	10	13
Adam Barron	36	10	4	1	81	7	8
Mike Lass	36	7	8	1	84	5	5
Sandy Peters	39	6	8	1	85	4	5
40 - 44 MALE				80 - 89 MALE			
Bob Jackson	40	20	13	2	80	20	9
Al Gardner	42	18	9	2	84	13	2
Randy Wolcott	42	13	13	2	85	9	13
Dwayne Oakley	42	9	13	2	89	8	5
Mike Flores	42	9	5	1	90	5	1
Vance Zider	44	9	4	1	91	5	1
Dan Adams	41	7	8	1	92	5	1
Jimmy Samarron	43	7	5	1	93	5	1
Mark Albus	42	7	4	1	94	5	1
David Malone	41	6	8	1	95	5	1
Richard Thomas	42	5	8	1	96	5	1
Russel Martin	40	5	5	1	97	5	1
Wade Wilson	40	3	5	1	98	5	1
Steve Nieman	44	2	5	1	99	5	1
Mickey Davis	42	0	8	1	100	5	1
Ed Dabrowski	40	0	5	1			

FEMALE

YTD TOTALS		YTD TOTALS		YTD TOTALS		YTD TOTALS		
AGE	PTS	MILES	EVENTS	AGE	PTS	MILES	EVENTS	
0 - 12 FEMALE				35 - 39 FEMALE				
Margarita Jimenez	9	20	9	2	35	20	13	
Veronica Jimenez	12	9	13	2	37	10	4	
Cammy Lass	12	9	4	1	40 - 44 FEMALE			
13 - 15 FEMALE				45 - 49 FEMALE				
Hope Jimenez	15	20	13	2	45	20	13	
16 - 19 FEMALE				50 - 59 FEMALE				
Tara Jernigan	17	19	9	2	50	10	5	
Mary Lou Jimenez	16	15	9	2	53	0	13	
Laci Jackson	17	10	4	1	57	0	8	
Lacy Lass	16	5	4	1	** = RACE DIRECTOR			
20 - 29 FEMALE				** = VOLUNTEER				
Shanna Armstrong	24	19	13	2				
30 - 34 FEMALE								
Vicki Fischenich	33	8	5	1				
Judy Lawley	33	9	8	1				

## WTRC NEWS HOUSTON MARATHON

The only club members name I could find in the Houston marathon results was Larry Hall of Amarillo, who posted a time of 5:08:27.

### LAS VEGAS MARATHON

Four of our members were counted in the results: Steve Nieman led the way with a 4:05:36, Mickey Davis, 4:19:34, Larry Byrd, 4:22:09 and Bob Bernero, 4:57:53.

### AUSTIN/3M HALF MARATHON

New member, Vance Zider ran this in 1:41:20, 24th in his age group.

### AUSTIN-MOTOROLA MARATHON

Our President, Mike Kelley did his first marathon as a 50 year old in 4:12:26. Also hitting the "BIG 5-0" is Carlos Vigil who ran a 4:04:35. Former club member and still the holder of several records, John Bednarski(49) of Albuquerque turned in a 2:38:57 placing him 5th of the Masters.

WTRC was represented in the 5 team mixed masters by P.J. Mitchell, James Bone, Larry Byrd, Eva Martinez and David Higgins finishing 3rd in a time of 3:35:52.

### FROM THE INTERNET

I hope that most of you are enjoying the essays of Dr. Sheehan as much as I have as well as the other items I have taken from the internet. This month I am including a couple of items from Joe Henderson. I could have been the writer of his "Sneezein Season" if I had his way with words. I haven't suffered from many "colds" but my respiratory allergies have been relieved by running. I also have wondered many times about the writer of "THE PENGUIN CHRONICLES" in RUNNER'S WORLD MAGAZINE and finally we get to "meet" him through the article by Joe. Joe puts a different essay on his site every week which has not appeared in the magazine. You might want to put him on your "favorite places" and check them out. (joehenderson.com)  
Dr. Sheehan gives my mental vocabulary a test in nearly every article. Watch for such words as 'advert', 'tyros', and 'matutinal'. These sent me to the dictionary and thesaurus!

### LAST NEWSLETTER?

This will be the last newsletter for those who have not renewed by race day, March 13, 1999.

### CHALLENGE SERIES

This issue contains the first listing of the Challenge series. Please review last months newsletter for the rules, which we will publish again in a couple of months.

I want especially thank Shirley Wigley, who is doing this work to help Ron Lubowicz and me do our job. If we have given anyone wrong data in these listings, please call George or Shirley.

### IMPROVED RUNNERS

We all marvel at Bob Jackson's performances as a 40 year old and we are hoping for a top finish for him at the MEDCOM MARATHON, San Antonio, March 7th. Another of our members who has shown great improvement in the past year is Al Gardner. Al is hoping to approach the 39 minute mark in his next 10K. Good luck, Al!

## WILL THINNER MAKE ME FASTER?

BY JIM LESER

It is all so easy. Wear lighter running shoes, ride a lighter bike and maybe, just maybe, I'll be able to buy some extra speed. But wait a minute. Can't I also gain the same affect by losing weight? And won't that be the cheaper way to go? Cheaper yes, but not easier. How many of you are still packing a few extra pounds since feasting through Thanksgiving, Christmas, New Years' and the Super Bowl? I know I am.

But there are issues here such as how much weight can you lose before affecting performance and won't you also lose muscle too? As you get to be a senior, every muscle fiber is on the endangered list and needs to be protected. Remember that when you step on the old weight scale you are measuring muscle and fat; in addition to the weight of fluids, organs, and bones.

When losing weight you hope to remove excess "lard" and not muscle. Of course you do need some fat to function properly, probably more than the elite's strive for. Very lean competitive male athletes should strive for levels in the range of 8% body fat while females should be near 15%. Studies show that there is a biological limit for body fat of 3% for males and 12-14% for females. Below these levels, overall health can be impaired. There are certainly examples of athletes with very low body fat percentages that are healthy. There are probably even more examples where very low body fat has led to health problems.

**"It's so much easier to suggest solutions when you don't know too much about the problem!"**

Measuring body fat. It is important to have a reliable measure of both weight and body fat if you are to have an effective weight loss program. There are four methods of measuring body fat. These include: underwater weighting, skin fold calipers, bioelectrical impedance analysis and girth measurement. The first measurement technique is fairly accurate but requires special equipment and facilities, is not widely available and is expensive. Being inconvenient, this method would not be very useful in a weight loss program.

The next method of skin fold calipers is inexpensive and convenient—requiring only the calipers, a trained tester and an acceptable formula. Although not as accurate as the first method, it is accurate enough and is reliable. A person can learn to use this method.

The third method is available in special scales that send a small electrical charge through the feet and into the body it has not proven to be very accurate or reliable.

While I have skin fold calipers and know how to use them, I like the last method the best. This involves using a tape measure to measure your waist in the morning when you first get up. Take your weight at the same time too. This method is based on the fact that changes in waist circumference are not affected by muscle changes, only changes in fat. As you lose body fat, your waist measurement will decrease. If you are losing weight and your waist measurement stays the same, it is a good bet that you are losing muscle and not fat. Any increase in waist circumference is due to putting on more fat, not muscle. A decrease in waist measurement without a corresponding drop in weight merely means that you are substituting muscle for fat.

While the tape measurement method doesn't actually give you your percent body fat, it does measure relative changes in body composition, which is the next best thing. This is the easiest method to implement. I highly recommend it.

So, will losing excess body fat make you faster? A 1991 issue of *Runner's Research* News did show that one could reduce their 10K time by up to 13 seconds per pound of body fat lost. Is it worth it? That all depends upon your goals.

### REDUCING BODY FAT

1. Use both the bathroom scale and tape measure. Take measurements no more than a couple of times a week. Measure in the morning after a visit to the toilet.
2. Reduce your caloric intake in addition to increasing exercise time and intensity. On balance you need enough calories to cover daily metabolic needs and replacement due to exercise. Reduce below this level to lose weight. Lose at the rate of 2 lbs. per week.
3. Low fat foods can be useful but are only part of the answer. Calories are what really count.

## KELLEY'S MUSINGS THE CHALLENGES OF LIFE

In January we distribute awards and praise to those speedsters who were able to accumulate the most points in the Challenge Series, those who put in the most miles, those who were most persistent in attendance, those who were most consistent in their training. It's a grand achievement to win the race; we all dream of breaking the tape and seeing our names in print at the head of the column. Congratulations to all who shone forth in this arena, fighting the good fight, all year long. More than this, though, I want to honor those who didn't reach these same heights because of sacrifices and choices made day by day. I honor those who chose to shorten their long run because of a Saturday soccer game for five year olds; I honor those who made sure the music lesson was attended or the promise to play basketball was kept; I honor those who were only able to run 2 or 3 times a week because providing for their family took priority over recreation for self, and to those who volunteered again to work the race rather than run it. We who are able to become so obsessed with such an individual and isolating sport and yet still recognize what takes priority in the real world, there lies the real honor. To those who run and complete the real challenge series, I offer to you the wreath of victory.

MK

He giveth power to the faint; and to them that have no might he increaseth strength.

Isaiah 40:29

## THE OLYMPIC SPIRIT

I often say I don't know why I run, that is I don't know all the benefits of my running. I know I run mostly for my mental health. I know I enjoy the physical stamina it gives me and self-esteem to be in good shape. It's kind of fun also to have people say, "Wow! You ran 10 miles to work?" or "You run marathons?!" As much as we enjoy being with fellow runners and the camaraderie this brings, as I've said before, it's basically a lonely, isolating activity. But it's sport, too; sport at its very best, most honest, with no or die demands. All runners know that you can't cheat in a race. The temptation is always there--sometimes to cut the course short, more often to just ease up, to not push as hard as you know you could. We know this sport is about being honest with ourselves at the most basic level. Did I do my best? That's what's so appealing. In a world where so many of life's demands are ambiguous, dependent on others, political even, we can always go for a run where the rules are simple--you either give your best or you don't. And that can be done every run, whether taking a relaxing, commune with nature jog, or in race conditions.

That's why the whole Olympic selection committee debacle is such an insult. We who participate in the original Olympic sport reserve our competition as a sacred place, where the rules of an accurate distance and an accurate time allow us to keep that simple honesty with ourselves. News is that the Olympic site selection committee was as much to blame in expecting the gifts received--college tuition for their kids, medical payments, cash, pieces of property--as the Salt Lake City leaders who provided the bribes. These non-competitors violated the 2775 year old tradition which we uphold every day when we run and every month when we race--pure, honest, simple competition where we face the demons within and do not blame anyone or anything else. But they are our own demons to wrestle, not ones created by others through greed, politics and dishonesty.

How do we fight this affront to our values? Run the Olympic creed every time you lace up your shoes and go out the door. Fight your own demons as well as those thrown up by the non-competitors of life. Keep the spirit!

MK

## Dr. George Sheehan's Philosophy "THE BEAUTY OF THE RACE"

The race is the beauty part. Practice is fun and laughs, even with those interval halves. And there are those days when you don't even know you are running, like when you drive to work and don't remember passing familiar places along the way. Practice can soothe you or exhaust you, but it's never the same as the race.

The time you put it all together is the race. For one thing, there's the anxiety, the apprehension that must be minimized but not avoided. Or else you come to the starting line completely flat. But you can get too much of that peculiar empty feeling--the tightness in the stomach, the urge to yawn. The answer is enough adrenalin but not too much.

Next comes the warmup. An easy six minutes and the sweating starts. You search for indications. Will the day be good or bad? The warmup tells nothing.

On the starting line for that one silent moment. Then the start. Always faster than you remembered. The mind goes through the instructions. Relax. Push off with each stride. Run from the hips. Belly breathe. At the half-mile mark, you settle for a pace that keeps breathing just bearable. Everything makes a difference. Every change in footing--grass, cinder, dirt, or stone. A grade that would escape a surveyor adds its toll. The environment occupies you completely. Wind speed and direction, temperature and humidity can either aid or hinder. Forget the watch; the course runs different every time.

A mile past and the first hill. Quite suddenly every step is an exquisite effort. The slope steepens and each foot takes its interminable time. The top comes and there is relief to burning chest and aching legs. Now they come in series. Toil up and fly down. Then out onto the flats for the three mile mark. There are the stop watches and your friends--an occasional face sharply seen. The hearing is keener than the eye. "They're dead up ahead. Get tough."

You're alone again, remembering now is the time to make our move. Relax, the race is in front of you. So you push off. Run with your thighs. Use that trailing leg. And now comes Cemetery Hill with its easy winding approach. And then 100 yards straight up. The legs are gone, the breathing impossible. Your face is at your knees. Your thoughts turn to survival. But finally there is the crest. But not before an additional rise not seen below. The incredible oxygen debt is finally paid off in a halting downhill stagger.

The flats once more. The finish in sight but you are beginning to come apart. Pain is now your companion. It warns you to a point that must not be passed. So you wait and endure until the moment for the final drive to the finish. Now! Now there is no tomorrow. The world and time have narrowed to this agony. Where the legs hurt, you hurt them more. But the chest can't be helped. The light is starting to go out. And then you're over the line.

Ten minutes later, you wonder why you didn't push harder going up Cemetery Hill

Cemetery Hill

### Dr. George Sheehan's Advice The Magic Six, Plus Two

When you run, three things happen to your muscles. Two are bad. The prime movers—the calf, hamstring, and low back muscles—become tight and inflexible. The antagonists—the shin, quadriceps, gluteal, and abdominal muscles—become relatively weak. This creates a strength/flexibility imbalance that must be corrected.

The following is what I call the Magic six, Plus two. Remember to stretch slowly and only to the point of tension.

- 1) Wall Push-Up. This stretches the calf muscles. Stand about 3 feet from the wall. Lean in, with the legs straight and knees locked, feet flat and pointed straight ahead. Counting "one elephant, two elephants," hold for 10 "elephants." Relax. Then repeat. Do morning and night.
- 2) Hamstring Stretch. Straighten one leg, and place it, knees locked, first on a footstool. Keep the other leg straight with knee locked. Bring your head toward the knee of the extended leg. Hold for a count of 10 "elephants." Relax. Repeat for 1 minute. Do morning and night, graduating to a toilet seat, then a chair, and finally a table as you improve.
- 3) Knee Clasp. Lie on the floor. Bring both knees up to your chest. Put your arms around your shins and pull your knees toward your chest. Hold for 10 "elephants." Relax. Repeat for 1 minute. Do morning and night.
- 4) Chest Push-Up. Lie on the floor. Keep your lower abdomen flat on the floor. With your hands flat on the floor under your shoulders, push up the chest with your arms. Hold for 10 "elephants." Relax. Repeat for 1 minute. Do morning and night.
- 5) Backward Stretch. Stand straight, and place the palms of your hands against the small of your back. Tighten your buttocks and bend backwards. Hold for 10 "elephants." Relax. Repeat 1 minute. Do this whenever you come to a standing position.
- 6) Shin Splinter. This is a strengthening exercise. Sit on a table, with your legs hanging over the side. Hang a 3 to 5 pound weight over your toes (a paint can). Flex your foot at the ankle. Hold for 6 "elephants." Relax. Repeat for 1 minute with each leg.
- 7) Leg Extension. This is a second strengthening exercise, for your quads. Assume the same position with the weights as for the Shin Splinter. This time, straighten the leg, locking the knee. Hold for 6 "elephants." Relax. Repeat for 1 minute with each leg.
- 8) Bent Leg Sit-Up. The third strengthening exercise. This must be done correctly. Do not hold or lock the feet into position. The sit-up must not be a thrust but quite gradual, moving one vertebra at a time. Lie on the floor with your knees bent. Tighten your buttocks. Come to a position 30 degrees from the floor. Lie back. Repeat for a count of 20 or until you can't do anymore. Do once daily.

If you stretch conscientiously and still have problems, it may be time for some further detective work.

\*\* Editor's notes\*\*

Although Dr. Sheehan's suggestions are still basically sound, post exercise physiologists subscribe to a gentler program like the Active Isolated Stretching program, where the stretch is only held for 2 seconds. For information on this technique, see the Jan/Feb issue of RUNNING TIMES.

### SNEEZIN' SEASON

Joe Henderson (from the internet)

It comes every holiday season, which stretches from Halloween to New Year's. This is traditionally my cold season, and the latest one was doubly so. It started with the sneezes and sniffles of a cold. I blame that one on watching a cross-country race in the rain, then sitting too long afterward in soggy clothes. This month ended with a new cold. I blame it on too much travel and too little sleep. Colds all come for good reasons. You don't "catch" them but EARN them. Rather than berate myself over the mistakes made, I'll talk about what I do once a cold settles in. In a single word: nothing.

Dr. George Sheehan introduced me to the simplest, and possibly best, medical wisdom for treating a cold. The line wasn't original to him, but he first passed it on to me. If you do everything you can to combat the cold--rest, fluids, vitamins, medicines, chicken soup--the cold will go away in about a week. If you do nothing to treat the symptoms, the cold will last about seven days. My timetable is a little longer. I figure the cold will be three days coming on, three days heavy and three days clearing up. During those nine days I pretty much just wait out the symptoms. At most I drink more and suck on Fisherman's Friend lozenges to cool the initial sore throat.

To run or not to run? I've gone both ways, resting and running easily. Neither seems to affect the cold's timetable, so I run...within limits. Those limits are nothing long or fast and definitely no racing. George Sheehan said "The cold is a signal that you're already overworked". Continuing to work too hard can escalate the cold into something more serious, such as the persistent bronchitis I once suffered for six months. For an uncomplicated cold (no fever, no internal upset or loss of appetite, no serious cough, no exhaustion), easy runs probably won't hurt. They even might help.

Runner's World carried an article on this subject in the season of my sniffing. Marlene Cimos, a medical reporter, wrote "Cold Truths". The part that most interested me was the subtitled section "To Run or Not to Run?" The writer cited David Neiman, an exercise scientist at Appalachian State University, who said that modest activity probably won't hurt, but avoid running with flu-like symptoms. "I have a friend who ran a marathon with a fever", said Nieman, "and he suffered from chronic fatigue syndrome for the next two years. He could barely run a mile." Marlene Cimos added "If you only have a cold, easy running probably won't do any harm--and in fact might even help. Exercise releases adrenaline, also called 'epinephrine', a natural decongestant, which may explain why so many runners with colds find that a run seems to clear their nasal passages. Sounds good to me. But I still have to sneak past my well-meaning wife during the cold spell to run my few head-clearing miles. Barbara thinks the best way to treat a cold is the one "nothing" that I resist, which is no running at all for the duration.

## MEET THE PENGUIN

(joehenderson.com, Oct. 18, 1998)

The Runner's World writing staff is not a big happy family. We aren't unhappy either, but aren't a family at all. Some of us hardly know each other. The miracles of the computer age let most of us writers live anywhere, and we're everywhere: Hal Higdon in Indiana, Don Kardong in Washington, Liz Applegate in California, Owen Anderson in Michigan. The closest we come to a staff meeting is leading the RW Pacing groups at two marathons a year. I've visited the home office in Pennsylvania only twice, and never in the past 10 years. I meet the other writers one or two at a time at races, if at all.

I'd never run across our newest columnist until this summer. I knew John Bingham only as the "The Penguin", the persona he has adopted in his column. In two years of appearance in the magazine he has gathered a huge following. He's now making his second cross-country tour to meet and entertain his fans. Last summer he traveled for two months by motorcycle.

This year he drove a car and stayed out longer, 12 weeks in all. One stop--between San Francisco and Salt Lake City--was Jeff Galloway's Camp at Lake Tahoe. I happened to be there too. I knew nothing more about him than his name and nickname, and how he spends his summers. I'd seen only one picture of him, a group shot that revealed little. Readers who meet me for the first time say "I expected someone taller". I expected from The Penguin a brash young pup in his 30's, somewhat outsized in height and bulk. Up walked an almost 50 year old with a graying mustache and round glasses that give him a look of surprise. He introduced himself by his given name, not the acquired nickname.

John Bingham is unimposing physically, at 5' 8" and 140 pounds. He once was 100 pounds heavier, this during his career as a professional musician and then a Ph. D. student. His running started at age 43. He now has dropped to part-time teaching of music at Middle Tennessee State University and risen to a starring role in the Second Running Boom. Besides his Runner's World column and speaking tour he has a book in the works with Simon & Schuster. When John steps in front of an audience, the quiet spoken college prof disappears, and he becomes The Penguin. He doesn't speak or converse on stage. He performs.

Running writing, and by extension speaking, can use more humor. The Penguin supplies it, especially when he performs live. He is one of the most hilarious acts I've even seen on the running circuit, this is stand-up comedy worthy of the Improv. His listeners don't giggle or titter politely, but double over with laughter that brings happy tears to their eyes. The Penguin is no buffoon, though. Behind his humor lies an invitation to everyone, of any size and ability, to fit as comfortably into this sport as he did at his start. He says that much more unites the fast and the slow, the skinny and the heavy, than separates us. We can be one big, happy family when we get to know each other.

## SIDE STICHES

Sometimes you have to run before you can run.

By Michael Tsai (runningcommentary.com)

Back when I played soccer in high school, I used to have a problem with side stitches--painful cramps just under the rib cage that made it difficult to breathe. Back then, the advice was always the same: Stop running until you feel better.

I never liked that advice very much. If you can't run, you can't play. And if you can't play, you're just some dork sitting on the bench in red leggings.

It wasn't until I started running a few years ago that I found out the secret to getting rid of side stitches. I was running at Ala Moana Beach Park, clutching my side and grimacing, when another runner pulled up beside me. He told me to keep running but step heavily on the side opposite of the cramp while exhaling. I tried it and in two or three minutes the stitch had subsided. I was back in full stride shortly after.

That priceless bit of advice is just one of hundreds of hand-me-down tips that have helped me to run safely and comfortably over the years. Of course, I've also received hundreds of dubious tips, like the one about painting the bottoms of your feet white to reflect heat. Like most things in life, I guess it's a matter of finding out what works for you.

At the Honolulu Marathon Clinic, they tell you to begin by letting your footfalls dictate your stride. That is, run however you're comfortable and work on it from there. It makes sense. Strange as it sounds, most beginners have to learn how to run. They have to learn how to relax, how to pace and how to read their body signals.

The learning process can be discouraging at first, but if you're going to run long distances, you'll inevitably find ways to be more efficient. You'll also find ways to adapt to variances in terrain, weather and your own physical condition.

HERE ARE A FEW THINGS TO KEEP IN MIND:

### ELIMINATE WASTED MOTION:

Whether you're running a 4:30 mile or a 5-hour marathon, you'll want to concentrate on moving forward with as little effort as possible. Try not to swing your arms from side to side. A good rule of thumb is to extend your hands no farther than the middle of your chest. If you're trying to keep a steady pace over a long distance--say more than 10 miles--you'll also save energy by keeping your feet low to the ground. Lifting your legs too high or kicking too far can take an unnecessary toll on the large muscle groups in your legs. To get an idea of how you can improve your running efficiency, sprint 100 yards and take note of how your arms and legs naturally straighten their lines of movement.

### ADJUST YOUR STRIDE ON HILLS:

When running uphill, shorten your stride and increase your turnover. Your level of exertion should be slightly higher than if you were running on flat ground, but still comfortable. Use your heart rate as a guide. Also, pump your arms for extra power. On the downhill, lengthen your stride but try to keep a steady pace. Your feet absorb tremendous force when you run downhill, so avoid bounding on each step. Some people get abdominal cramps by leaning too far forward on uphill and too far back on downhill. Try to keep your body perpendicular to the ground.

(To page 14)

**SIDE STITCHES AND OTHER TIPS**  
(Continued)

**RELAX:**

In running, tension equals wasted energy. Here's a quick tip: Relax your jaw, and your neck and shoulders will follow.

**PRACTICE ACTIVE RECOVERY:**

Despite what some runners might say, there's nothing morally wrong with stopping when you're tired. But that doesn't mean it's a good idea. In a race, you'll lose valuable time trying to warm up muscles that stiffen after each stop. If you need to catch your breath, simply slow your pace. It will take a little longer for you to feel relief, but you'll be in much better shape overall. In long races, runners sometimes just need the psychological relief of a short break every few miles. If that's the case, try power walking for one minute every other mile.

**FIND A BREATHING RHYTHM:**

When I run, I follow a pattern of two short exhalations and one long inhalation per four-step interval. That way, as my turnover quickens, so does my breathing. Different runners have different patterns. Some keep their rhythm by chanting under their breath; some tap it on their fingertips. A good, steady rhythm can help you keep your own pace whether you're running alone or in a crowd.

**PRAIRIE DOG RUN 4 MILE**  
**EVENT RECORDS (Since 1983)**

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Will Fewin	Lubbock	12	29:28	1984
13-15	Robert Jackson	Lubbock	15	24:01	1983
16-19	Si Reid	Tucumcari, NM	18	21:20	1997 *
20-29	Bob Jackson	Portales, NM	24	20:53	1983 *
	+ Larry Willard	Lubbock	22	21:03	1990
30-34	Cliff McCurdy	Canadian	30	21:20	1984
35-39	Bob Jackson	Hobbs, NM	38	21:34	1997
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
	+ Bobby Cunningham	Abernathy	43	21:58	1983
45-49	Robert Guajardo	Levelland	48	23:55	1991
50-54	Jim Leser	Lubbock	51	24:01	1998
	+ George W. Jury	Lubbock	53	24:18	1990
55-59	George W. Jury	Lubbock	55	24:22	1992
60-64	John Stalcup	Lubbock	61	31:14	1995
65+	Don Sanderson	Tulia	66	28:47	1996

  

AGE	NAME	TOWN	AGE	TIME	YEAR
0-12	Sara Aragon	Tucumcari, NM	12	29:41	1997
13-15	Laci Jackson	Hobbs, NM	15	26:33	1997
16-19	Anne Plachetka	Lubbock	18	32:26	1996
20-29	Sue Houle	Lubbock	28	26:19	1990
30-34	Marjory Stewart	Lubbock	32	23:58	1991 *
35-39	Marjory Stewart	Lubbock	36	25:24	1995
40-44	Shirley Wigley	Lubbock	43	30:01	1997
45-49	P.J. Mitchell	Lubbock	49	33:39	1994
50+	P.J. Mitchell	Lubbock	50	33:30	1995

+ = Noteworthy Times

\* OVERALL COURSE RECORDS

**WEST TEXAS RUNNING CLUB'S**

**PRAIRIE DOG TOWN 4 MILE RUN**

USA T&F CERTIFIED, #TX97108ETM

**EVENT # 3**

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

**WHEN:** SATURDAY, MARCH 13, 1999  
REGISTRATION 8:00-8:45 A.M.  
RACE START AT 9:00 A.M.

**WHERE:** MACKENZIE STATE PARK  
on Canyon Lake Drive, just  
off Broadway, North

**COURSE:** Rolling Terrain, Asphalt  
4 Miles, Out and Back

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

**PRE-REGISTRATION:** Is available, return the entry form or call George Jury before 7pm, Friday March 12th, 792-1237

**AWARDS:** Unique "Prairie Dog" Medals will be given to the first 3 in the following Divisions and to at least 50 percent of the participants in each age group

**AGE DIVISIONS:**

**MEN** 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;  
45-49; 50-54; 55-59 and 60 Plus, Clydesdale

**WOMEN** 0-12; 13-15; 16-19; 20-29; 30-34; 35-39; 40-44;  
45-49 and 50 Plus, Athena

**RACE DIRECTOR:** John Trompler Office 775-2848  
Home 794-1359

\*\*\*\*\*

# Schlotzsky'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



# Prairie Dog Town Run

Mail  
Registration  
thru Mar 11

Telephone registration

by 7 p.m. Mar 12  
792-1237

\$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 9:00 a.m.  
in MacKenzie Park,

**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 Prairie Dog Town Run. This indemnity shall extend to and shall be binding on their heirs, legatees, administrators and assigns. My signature hereto verifies that participation in this event is inherently dangerous and could result in bodily injury or death, and that proper physical training is necessary prior to such participation. Roller blades, skates, skateboards, strollers, and pets are not permitted on the race course and earphones are strongly discouraged because of the probability of increased injuries.

**This entry is not valid unless signed by the entrant, guardian, conservator, or parent for entrants under 18 years of age.**

Signature of entrant \_\_\_\_\_ Signature of guardian(minors) \_\_\_\_\_

Age \_\_\_\_\_ (on race day) Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Clydesdale (190 lbs or more)  
Female \_\_\_\_\_ Athena (150 lbs or more)

Name \_\_\_\_\_

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

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