

CALENDAR

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

- APR. 6 WTRC Business meeting, 7pm, 1623 10th Street, Conference Room
- * 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 LCOADA, 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), 793-4245(d)
- 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 Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
- * SEPT 11 SHALLOWATER STAMPEDE: 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- * 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
- NOV. SAN ANTONIO MARATHON:
- * 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
- JAN. 1 Y2K FUN RUN: New Years Day, MACKENZIE PARK, FMI call Bob Bernero, 793-1667 (n)

April 1999

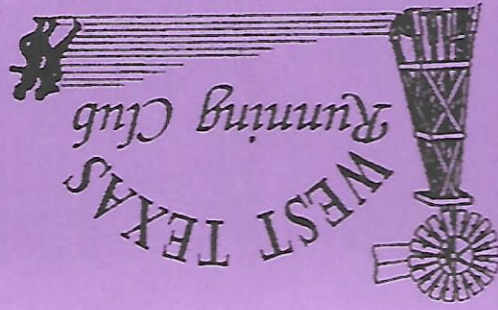


APRIL W.T.R.C. RACE
 FLIGHT LINE RACES
 HALF MARATHON, 10K & 2 MILES
 8am, Saturday, April 10, 1999
 Details Inside Back Cover



APRIL 1999

Newsletter Editor
 5212 44th Street
 Lubbock, Texas 79414



WEST TEXAS RUNNING CLUB

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WTRC Web Address:

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

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

All members are welcome.

FROM THE PRESIDENT

I don't know if it was mid-life crisis or what: all I knew was that I had to celebrate turning 50 by running another marathon. Maybe it's like the milestone you feel when the odometer turns over and you see all those zeros. You realize the old clunker has made it this far, despite some major and minor repairs along the way and it deserves some fuzzy dice or something to jazz things up a bit. Now I'm not one of those Humvee club members who can run a marathon every couple of months. I like a little off road once in a while, but mostly I keep to the traveled 10K highways. A good, hard across-the-state half-marathon leaves me with a good enough sense of miles traveled. But, a trans-continental 26.2 has to be planned for; I like to think about it a couple of years first. So, my experience with the Austin Motorola Marathon in February was just as grueling as I remember past marathons to be. It is a cunning, baffling, and exhausting distance, and once again it beat me up real good. As usual (I plan it this way), I went out too fast, feeling great, and paid for it with a struggle to survive the second half. My most embarrassing moment: caught by other club members walking (I planned that, too). The most discouraging word muttered under my breath: when the guy pulling a rickshaw passed me, going uphill! with a passenger in it!! Anyway, I surged for the last half mile or so and felt victorious at the end. It is an accomplishment which always has left me emotional at the end, thankful for the health and ability and endurance to be able to meet such a challenge. It is great to be part of a group that appreciates the effort and encourages others to experience the same. I think this old clunker still has a few miles left.

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 793-1687 (N)

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

WEST TEXAS RUNNING CLUB'S
PRAIRIE DOG TOWN 4 MILE RUN
USA T&F CERTIFIED, # 97108ETM
MARCH 13, 1999 LUBBOCK, TEXAS

OVERALL RESULTS

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	QUENT BEARDEN	LUBBOCK	TX	23	M	1	M2029	23:40	5:55
2	MICHEAL BOX	HOBBS	NM	17	M	1	M1619	24:16	6:04
3	GLEN POKLIKUHA	LUBBOCK	TX	27	M	2	M2029	25:00	6:15
4	JIM LESER	LUBBOCK	TX	52	M	1	M5054	25:42	6:26
5	MIKE FLORES	AMARILLO	TX	42	M	1	M4044	27:16	6:49
6	RANDY WOLCOTT	LUBBOCK	TX	42	M	2	M4044	27:42	6:56
7	CHRIS LONNGREN	LUBBOCK	TX	39	M	1	M3539	27:47	6:57
8	VANCE ZIDER	LUBBOCK	TX	44	M	3	M4044	28:05	7:02
9	RICK SYPERT	LUBBOCK	TX	43	M	4	M4044	28:36	7:09
10	BEN STEWART	LUBBOCK	TX	12	M	1	M0112	28:56	7:14
11	MARJORY STEWART	LUBBOCK	TX	40	F	1	F4044	28:57	7:15
12	ADAM BARRON	WOLFFORTH	TX	36	M	2	M3539	29:25	7:22
13	RON HEWETT	LUBBOCK	TX	38	M	3	M3539	29:29	7:23
14	RICHARD FISCHENICH	LUBBOCK	TX	51	M	2	M5054	29:35	7:24
15	CRAIG LANGFORD	LUBBOCK	TX	37	M	4	M3539	29:41	7:26
16	SHANNON MOORE	LUBBOCK	TX	30	M	1	M3034	29:42	7:26
17	DAMON RICHARDS	LUBBOCK	TX	45	M	1	M4549	29:43	7:26
18	JACKIE CANNON	AMARILLO	TX	43	M	5	M4044	29:49	7:28
19	RICHARD VERRONE	LUBBOCK	TX	31	M	2	M3034	30:08	7:32
20	MOIRA RIDLEY	LUBBOCK	TX	33	F	1	F3034	30:25	7:37
21	FRED WEBER	LUBBOCK	TX	47	M	2	M4549	31:02	7:46
22	ALAN MARTIN	LUBBOCK	TX	23	M	3	M2029	31:32	7:53
23	MELANIE MCVEY	WHITEFACE	TX	37	F	1	F3539	32:06	8:02
24	DANNY GALEY	COLORADO CITY	TX	53	M	3	M5054	32:12	8:03
25	MICHAEL GALLAGHER	LUBBOCK	TX	51	M	4	M5054	32:22	8:06
26	CHRIS TITUS	LUBBOCK	TX	17	M	2	M1619	32:34	8:09
27	NELSON ROLONG	LUBBOCK	TX	17	M	3	M1619	32:37	8:10
28	CHERYL WEBER	LUBBOCK	TX	46	F	1	F4549	32:39	8:10
29	MIKE LASS	LOCKNEY	TX	36	M	5	M3539	32:48	8:12
30	SHIRLEY WIGLEY	LUBBOCK	TX	45	F	2	F4549	32:50	8:13
31	RICHARD TITUS	LUBBOCK	TX	46	M	3	M4549	33:04	8:16
32	DAVID MANGOLD	LUBBOCK	TX	50	M	5	M5054	33:16	8:19
33	BRUCE FELLERS	LUBBOCK	TX	45	M	4	M4549	33:32	8:23
34	RALPH WOLF	ABERNATHY	TX	61	M	1	M6099	33:51	8:28
35	DAVID HIGGINS	LUBBOCK	TX	45	M	5	M4549	33:59	8:30
36	SHANDRA PLUMMER	LUBBOCK	TX	26	F	1	F2029	34:04	8:31
37	JUDY LAWLEY	LUBBOCK	TX	33	F	2	F3034	34:20	8:35
38	KRISTIN TATE	LUBBOCK	TX	25	F	2	F2029	34:58	8:45
39	RICHARD BRAY	LUBBOCK	TX	54	M	6	M5054	35:26	8:52
40	RICHARD THOMAS	LUBBOCK	TX	42	M	6	M4044	35:48	8:57
41	ETTA MAYER	LUBBOCK	TX	50	F	1	F5099	36:30	9:08
42	JAMES BONE	LUBBOCK	TX	59	M	1	M5559	36:34	9:09
43	LANDRUM MEDLOCK	LORENZO	TX	54	M	7	M5054	37:06	9:17
44	SHAE BEARDEN	LUBBOCK	TX	22	F	3	F2029	37:21	9:21
45	MARSHA BENNETT	LUBBOCK	TX	35	F	2	F3539	39:46	9:57
46	JOSIE ALEMAN	LUBBOCK	TX	47	F	3	F4549	43:34	10:54
47	FRANK EARNEY	LUBBOCK	TX	50	M	8	M5054	43:47	10:54
48	ADAM ANDREWS	LUBBOCK	TX	45	M	6	M4549	46:33	11:39
49	TERRY COSTILLA	LUBBOCK	TX	46	F	4	F4549	53:46	13:27

* = New Age Group Records # = New Members

PRAIRIE DOG TOWN 4 MILE RUN
RACE DIRECTOR'S REPORT

A strong northwesterly wind provided runners a stiff challenge at this year's Prairie Dog Run. The temperature of 29 degrees felt closer to zero as winds of 24 mph, with gusts to 32 mph, made it quite uncomfortable. Still, 49 brave souls began the race and performed admirably. Quent Beardson and Marjory Stewart were the overall winners, and three age group records were set. Marjory set a new standard in her division, as did Cheryl Weber. Most remarkable was Ben Stewart's run to set a new record for age group 1-12, with a time of 28:56. Ben ran into a strong headwind going out, and added unnecessary yards to the course by running around the water tower which was part of the route two years ago. Apparently, many other runners also ran a "long" four miles.

Thanks go to the many volunteers assisting on this blustery day. Jim Wilhelm, George Jury, Mike Greer, Marti Greer, Bob Jackson, Jim Harris, Tony Aleman, Brad Ewing, Joe Post, and Dwayne Oakley all helped. I would also like to thank my daughter Lauren for lending a hand. John Trompler

OVERLOOKED RESULTS

I failed to see that Ray Brady, a member from White Deer completed his eighth HOUSTON MARATHON. Also, Mike Flores and a friend were the 2nd place masters team at Austin with a time of 2:50:55.

Fort Worth COWTOWN MARATHON

Former club member, Sherril Easterling (49) of Hico, ran a 3:37:00. The only club member I could locate was Damon Richards who turned in a fine 3:49:48. It would really help if each of you would let me know when you complete a marathon. That is always worthy of reporting!

San Antonio MEDCOM MARATHON

Bob Jackson was the overall winner of this event run in strong winds and a chill rain with a fine time of 2:36:37. Bob's High School boys were the winner of the 6 person relay with a fine time of 2:40:29.

I was present at the PALO DURO MARATHON, January 10, 1981 when Bob, then a student at ENMU, was the winner in a course record time of 2:32:47.

BLUE NORTHER DUATHLON, March 7, 1999

Jim Leser competed in his 4th Blue Norther in Seguin, and pulled out a course PR as well as winning his Age Group.

HELP NEEDED
FLIGHT LINE RACES

Many volunteers are needed to stage a 3 event race like this, especially with a Half Marathon to conduct. Club members can get 13.1 mile credit in the Challenge series for volunteering here. We will be back on the base this year. If you can help, please call Jim Harris at (505) 392-8945.

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

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS

Table with columns: YTD TOTALS, AGE, PTS, MILES, EVT, VOL, MALE, and names of participants. It lists results for various age groups (0-12, 13-15, 16-19, 20-29, 30-34, 40-44, 45-49, 50-54, 55-59, 60-69) and includes names like Kenneth Kinzenbaw, Ben Stewart, Francisco Jimenez, Ben Wright, Casey Sumpter, Chris Wright, Bobby Sain, Cullen Shaw, Glen Pokikuha, Hawk Harris, Richard Verrone, Luis Nevarez, Rodney Hendrix, Shannon Moore, Tim Key, Randy Wolcott, Bob Jackson, Mike Flores, Al Gardner, Vance Zider, Richard Thomas, Dwayne Oakeley, Jimmy Samarron, Mark Albus, Dan Adams, Rick Sybert, David Malone, Jackie Cannon, Russel Martin, Wade Wilson, Steve Nieman, Ed Dabrowski, Mickey Davis, Kurt Wilkes, Adam Andrews, Jim Harris, James Bone, Bob Bernero, Bo Minnis, Bill Roger, Ralph Wolf, Mike Greer, John Stalcup, Jerry Wright, George Jury, and Jimmie Key.

** = RACE DIRECTOR
* = VOLUNTEER

FEATHERS, FEATHERS, and MORE FEATHERS.....Mike Greer

In the ongoing saga of the feathers story started back in '93 (remember "if you had all of the feathers you could carry, could you carry one more?") I have another chapter to add and this one originates from foreign soil, specifically the North Island of New Zealand. Everything we had heard about this country is true. The countryside is picture post card beautiful, the people are friendly and helpful and it is a very sporting country (rugby & cricket are the main sports). The Taupo Lake venue for the Ironman New Zealand triathlon was an excellent choice and provided a typical Ironman distance challenge. Originally we had planned to just observe the event but the juices that flow to accomplish this type of thing were just too great not to participate. Besides we had done an Ironman event in October, '98 and still had something left in our legs as residue from preparing for that race. Aerobic base is a wonderful thing to acquire and will carry you much farther than you can imagine. In Marti's case she is just acquiring it and still relies on well orchestrated, planned workouts designed by her coach/trainer, Tim Key. In my case with 53,000 miles of running and 24 years of endurance participation, I can wing it with a little pain refresher course to my body six weeks prior to my planned event. So, with all of that in mind let us move on to the real story here relating to the many cycles of life we experienced during this current feathers story. One woman participant stated that doing an Ironman was like having a baby, "all that pain, and you swear you will never do it again. Yet as soon as it's over you immediately forget and start planning the next." I guess that is what possessed us to do this event so close to Florida in October. Fact is, I remember telling Marti after the Great Florida that I hurt so bad during the run portion that there was no way I could do New Zealand and she said the same about herself. So, we forget the pain and go balls out in New Zealand for new PRs and another feathers story.

One of the New Zealand tourism information newsletters described the course in this manner: (Please imagine an accent between British and Australian, very matter of factly), The First Stage is a 3.8km swim commencing at the Yacht Club, along the lake front and then back into the Boat Harbour. Once out of the water they run up Redoubt Street to the North Doman by the Great Lake Centre. The Second Stage is a 178.2 km cycle ride commencing at the Great Lake Centre out along the lake front, on to the Broadlands Road to just south of Reporoa and then back to the Great Lake Centre-then competitors do another lap!! Then they change over to...The Third Stage is a dawdle on feet for 42.4km-otherwise known as a Marathon. It also commences at the Great Lake Centre, along Lake Terrace to 5 Mile Bay and then back to the Great Lake Centre. To make sure no spectator misses the competitors running the marathon the athletes will do the lap twice!! Well, I couldn't have said it better but I will give my version of the course with blow by blow illustrations (this is not a Monica joke) in Texas talk. The 2.4 mile swim is in a fresh water lake with water so clean you see the bottom at all times and you can actually drink it. The size of it is so large it makes Possum Kingdom look like Buffalo Springs and the water temperature is 68-70 degrees. With our wetsuits on and with 780 other competitors Marti and I entered the water for a deep water start (that means treading, floating, holding onto someone, but not diving or running from the beach, etc.) The course was an out and back with the beach parallel to us at all times with a finish into the canal.

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 3 EVENTS

FEMALE				YTD TOTALS				YTD TOTALS								
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL					
0 - 12 FEMALE																
Margarita Jimenez	9	20	9	2	35 - 39 FEMALE	29	17	3								
Veronica Jimenez	12	9	13	2	Marsha Bennett	37	20	8								
Cammy Lass	12	9	4	1	Melanie McVey	40	19	17								
13 - 15 FEMALE																
Hope Jimenez	15	20	13	2	Marti Greer	40	10	4								
16 - 19 FEMALE																
Tara Jernigan	17	19	9	2	Marjory Stewart	42	0	13								
Mary Lou Jimenez	16	15	9	2	Ida Sumpter	45	29	17								
Laci Jackson	17	10	4	1	Shirley Wigley	47	24	13								
Lacy Lass	16	5	4	1	Josie Aleman	46	17	13								
20 - 29 FEMALE																
Shanna Armstrong	24	19	13	2	Madonne Miner	46	17	13								
30 - 34 FEMALE																
Judy Lawley	33	18	12	2	Cheryl Weber	48	10	4								
Vicki Fischenich	33	8	5	1	50 - 99 FEMALE											
Ettie Mayer																
P J Mitchell																
Mary Harris																
Delores Key																

** = RACE DIRECTOR
* = VOLUNTEER

FEATHERS... Continued from page 7

This very refreshing swim took Marti (the Dolphin) 1:09:58 and the barge (me), 1:38:08, a PR for both of us and a great start. The transition took 5:27 for Marti and 7:04 for me (remember I mentioned in my last report why it took older men longer to transition, i.e. going to the bathroom thing). At this time the drought in New Zealand was broken and it started to rain, for the next 15 hours, and continued throughout the bike ride, for me 7:17:18 to Marti's 7:19:47 (she does like to point out that she had to fix a flat during this time and I of course will point out that this is part of triathlon). We then transitioned, 6:21 for Marti, 8:02 for me and then began the "dawdle on feet" for 26.2 miles. We crossed the finish line, still pouring down rain, with a 5:38:01 for me and 5:49:23 for Marti and total PR times of 14:48:32 hrs for me and 14:31:55 hrs for Marti. Marti finished 12th in her age group, 4th USA woman and I finished 7th in my age group and 1st USA.

Some observations--New Zealand is a great place to go to regardless of what your motivation is or your reason for going there. The country is clean, not heavily populated, friendly, courteous, user friendly to tourists, good food, pleasant weather, decent prices (\$1.00 US buys \$1.80 NZ), great accommodations, English speaking, etc. If you happen to have that strong desire to have a baby, I mean do an Ironman, this is the place to go. All of the cycles of life will be realized and you will feel real good about doing such a quality event and visiting such an outstanding country.

Till the next feathers story.....some time in July or October, thanks for your attention.

Life is not a Spectator Sport

We are constantly being warned to check with our physicians before beginning athletics. Play and games evidently can be risky business. What we are not told are the risks of not beginning athletics—that the most dangerous sport of all is watching it from the stands.

The weakest among us can become some kind of athlete, but only the strongest can survive as spectators. Only the hardiest can withstand the perils of inertia, inactivity, and immobility. Only the most resilient can cope with the squandering of time, the deterioration in fitness, the loss of creativity, the frustration of emotions, and the dulling of moral sense that can afflict the dedicated spectator.

Physiologists have suggested that only those who can pass the most rigorous physical examination can safely follow the sedentary life. Man was not made to remain at rest. Inactivity is completely unnatural to the body. And what follows is a breakdown of the body's equilibrium.

When the beneficial effects of activity on the heart and circulation and indeed on all the body's systems are absent, everything measurable begins to go awry. Up goes the girth of the waist and the body weight. Up goes blood pressure and heart rate. Up goes cholesterol and triglycerides. Up goes everything you would like to go down and down everything you would like to go up. Down goes vital capacity and oxygen consumption. Down goes flexibility and efficiency, stamina and strength. Fitness fast becomes a memory.

The seated spectator is not a thinker, he is a knower. Unlike the athlete who is still seeking his own experience, who leaves himself open to truth, the spectator has closed the ring. His thinking has become rigid knowing. He has enclosed himself in bias and partisanship and prejudice. He has ceased to grow.

And it is growth he needs most to handle the emotions thrust upon him, emotions he cannot act out in any satisfactory way. He is, you see, an incurable distance from the athlete and participation in the effort is the athlete's release, the athlete's catharsis. He is watching people who have everything he wants and cannot get. They are having all the fun: the fun of playing, the fun of winning, even the fun of losing. They are having the physical exhaustion which is the quickest way to fraternity and equality, the exhaustion which permits you to be not only a good winner but a good loser.

Because the spectator cannot experience what the athlete is experiencing, the fan is seldom a good loser. The emphasis on winning is therefore much more of a problem for the spectator than the athlete. The losing fan, filled with emotions which have no healthy outlet, is likely to take it out on his neighbor, the nearest inanimate object, the umpires, the stadium or the game itself. It is easier to dry out a drunk, take someone off hard drugs or watch a three-pack-a-day smoker go cold turkey than live with a fan during a long losing streak.

Should a spectator pass all these physical and mental and emotional tests, he still has another supreme challenge to his integrity. He is part of a crowd, part of a mob. He is with those the coach in The Games called "The nothingsmen, those cafs in the stands filling their bellies." And when someone is in a crowd, out go his individual standards of conduct and morality. He acts in concert with his fellow spectators and descends two or three rungs on the evolutionary ladder. He slips backward down the development tree.

From the moment you become a spectator, everything is downhill.

The good advice business has never been better. It is a seller's market. Counselors of all sorts are multiplying like rabbits. Everywhere you look there are experts on every subject straining to tell us what to do. Whatever the problem, of the body or mind or spirit, they are ready to give us the answer.

Once we were exposed to such well-intentioned admonitions only on Sunday in church or in a weekly advice-to-the-lovelorn column. Now we cannot escape it. Advice pours out of the radio. It fills the newspapers. It is the best-selling staple of every bookstore.

And to what avail? How much of this good advice is good for the individual? If good, how much is followed? If followed, how much does it change a person's life. The answer to all three questions is very little. Virtue cannot be taught. Experience must be experienced. No one can be quite sure whose life is a success and whose is not.

This does not stop the preachers from preaching. The sowers of the word are always with us. There is always the possibility it will fall on good ground. And there are always listeners. "There's a sucker born every minute," P.T. Barnum said. They are people who seek help for choices they have to make themselves, people who even pay for the help that is offered.

Theodore Roszak, a perceptive observer of our culture, has commented on this phenomenon. "We go to doctors and physiologists to learn what's going on in our organism," he says, "and that cuts us off from any direct experience that we can have, with a sense of certainty that we know what's going on and that we are indeed the best authorities over our inner life and our bodies."

Let that sink in. We are the best authorities. That does not mean we do not need information. Even the pope has his experts to give him information, and to educate him on those things that can be found in the books. All of us require some sort of storage and retrieval system, whether it is a person or a computer. All of us are ignorant, and profoundly so, in some field. Most of that, we can leave to others. There is much to know that is not worth the time spent getting to know it.

What is essential for us to know, we call education. We must have adequate information to live in this world. But information will never replace experience and the wisdom that follows. "The vice of living in a highly artificial social order," says Roszak, "is that you experience through media, through literature, through books, rather than in a raw and direct way. There comes a time when you must be your own teacher, your own coach, your own clergyman."

We need not ask another person, "Who am I?" If we do, we will never engage in the adventure of self-discovery. We will live another and false life. Do not mistake yourself for anyone else, the average American man, the ordinary inhabitant of this globe or the common-variety human being. They exist only on charts.

We do share a host of attributes with others: drives and desires, instincts and longings. Under precisely controlled conditions our overall responses to certain stimuli can be statistically predicted. But we are not statistics. Under precisely controlled conditions, we will, individually do as we damn please, and fortunately, that is precisely what we should do.

We must have a healthy distrust and a healthy cynicism for the experts, and for authority in general. Each of us is an experiment of one. Each is an expert in the self, a witness of a personal truth, our own best authority.

My advice to these advisors would be. "Do not tell me what to do, tell me what you do. Do not tell me what is good for me, tell me what is good for you. If, at the same time you reveal the you in me, if you become a mirror to my inner self, then you have made a listener and a friend."

**** The West Texas Running Club's 1999 Challenge Series ****

The WTRC CHALLENGE SERIES continues for 1999, as a 12 month series of 13 races culminating in year-end awards for performance, endurance and participation by club members in our monthly club races. The schedule of events is listed in the calendar of each newsletter, and each designated race will be detailed in the W.T.R.C. Newsletter prior to that race. Additional categories this year will again recognize non running volunteers. All members desiring to participate in the 1999 Challenge Series must volunteer to serve as a non-running worker at one Challenge Series event as an entry requirement. (There will be no duplication of awards)

The 1999 Challenge Series features these categories:

1. **66 Mile Club **** All members completing 66 miles in qualifying events will receive an award denoting that achievement. There will be a total of approximately 101 qualifying miles available. Any member serving as **RACE DIRECTOR** will be credited with double mileage for the most miles in that event. Any member who serves as a **volunteer** will be credited for the **most miles** at those races with more than one distance.
2. **MILEAGE AWARD **** An award will be presented to the male and female members who accumulate the most miles for the year in qualifying events. All provisions for Race Directors and volunteers listed above apply to this category.
3. **PARTICIPATION AWARD ***** An award will be presented to the female and male members who participate in the greatest number of qualifying events. All provisions for Race Directors and volunteers apply to this category.
4. **VOLUNTEER OF THE YEAR **** Up to three awards will be given to those Non runners who help the most at club sanctioned events. These selections will be made by the Race Directors.
5. **VICTOR'S RANKINGS ****** Points will be earned at each qualifying event in the following Age and Sex groupings:
 - A. Divisions will include: **MALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60 Plus
 - FEMALE AGE GROUPS**; 0-12, 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49 & 50 Plus
 - (Those less than 12 must run in the shortest races offered)

B. The 1st place finisher in each division at each distance at each qualifying event will earn 10 points, the 2nd place finisher 9 points, 3rd place finisher 8 points, and so on down to 1 point for 10th place finisher. This rewards both performance and participation, i.e., if a runner finishes last in their division, but only 3 other runners in that division attend that race, the last place finisher would still earn 7 points for a 4th place finish. This allows slower runners who attend more races to accumulate additional points over their faster competitors who do not participate as often. For example, a runner who attends 10 events and earns 6 points at each would have more points than a competitor who won each of 5 events he entered, thus rewarding participation and performance. Also, runners may enter any distance available at a qualifying event and still earn points. (Except those under 12 years of age must run in the shortest race)

C. Awards will be presented to the first 3 and to at least 50% of the number of the top point scorers in each division. Awards will be presented at a year end membership meeting.

D. To win a "Points" award a member must have run in at least 3 events and volunteered at least once.

E. Monthly Challenge Series Statistical Updates will appear in the Newsletter.

The W.T.R.C./LIBRARY CONNECTION

Listed below are several titles that have been added to the Lubbock City-County Library System, thanks to gifts from the West Texas Running Club. Library cards are available at no charge to all Lubbock County residents. Club members who reside outside the county can obtain these titles and others by placing an interlibrary loan request at their local public library.

- RUN FAST: HOW TO TRAIN FOR A 5K OR 10K RACE LORE OF RUNNING
by Hal Higdon by Tim Noakes
- KEEP ON RUNNING: THE SCIENCE OF TRAINING AND PERFORMANCE
by Eric Newsholme, Tony Leech & Glenda Duestor
- BILL RODGER'S LIFETIME RUNNING PLAN GALLOWAY'S BOOK ON RUNNING
by Bill Rodgers with Scott Douglas by Jeff Galloway
- THE SMART RUNNER'S HANDBOOK, 2nd Ed.
by Matt Greenwald
- MARATHON: THE ULTIMATE TRAINING & RACING GUIDE
by Hal Higdon
- BETTER TRAINING FOR DISTANCE RUNNERS 2nd Ed.
by David E. Martin & Peter N. Coe
- FITNESS RUNNING RUNNING WITH THE LEGENDS
by Richard L. Brown by Michael Sandrock
- HILLS, HAWGS & HQ CHI MINH: MORE TALES OF A WAYWARD RUNNER
by Don Kardong
- TRAINING FOR YOUNG DISTANCE RUNNERS
by Laurence S. Greene & Russell R. Pate
- BILL RODGERS and PRISCILLA WELCH ON MASTERS RUNNING
by Bill Rodgers & Priscilla Welch
- MIDDLE DISTANCE RUNNING
by Cliff Temple
- THE NEW COMPETITIVE RUNNER'S HANDBOOK
by Bob Glover & Pete Schuder
- JOAN SAMUELSON'S RUNNING FOR WOMEN
by Joan Bennett Samuelson & Gloria Auerbuch
- RUNNER'S WORLD COMPLETE BOOK OF RUNNING PRE
by Amby Burfoot by Tom Jordan
- THE RUNNER'S BOOK OF TRAINING SECRETS
by Ken Sparks & Dave Kuehls
- BEST RUNS
by Joe Henderson
- ROAD RACING FOR SERIOUS RUNNERS
by Pete Pfitzinger
- HAL HIGDON'S SMART RUNNING
by Hal Higdon
- DANIELS' RUNNING FORMULA
by Jack Daniels
- 4 MONTHS TO A 4 HOUR MARATHON
by Dave Kuehls
- MARATHON TRAINING: THE PROVEN 100 DAY PROGRAM FOR SUCCESS
by Joe Henderson
- MAKING THE MARATHON YOUR EVENT
by Richard Benyo
- THE ELEMENTS OF EFFORT: REFLECTIONS ON THE ART AND SCIENCE OF RUNNING
by John Jerome
- RUNNING PAST 50
by Richard Benyo
- HOW TO TRAIN FOR AND RUN YOUR BEST MARATHON
by Gordan Bakoulis Bloch
- THE QUOTABLE RUNNER
by Mark Will-Weber

If there are additional running book titles that you would like to see in the library, please call John Trompler at 794-1359.

LOST WEEKEND

Joe Henderson (from the internet)

Standing in street clothes, watching the half-marathoners leave me behind at the starting line, I felt like a fraud. I'd advised them in a talk the night before. Now they were running, and I wasn't! This was embarrassing because I'd ignored the first rule of running travel: Never put your shoes in a checked bag!

How many times have I written that line? I'm ashamed to check.

You'd think after 30 years of flying to running events I'd know better than to let my shoes out of my sight. You'd think I would listen to my world-hopping wife Barbara, who says, "If your flight has more than one connection, your luggage won't arrive with you."

Mine was a three-legged journey to Birmingham, Alabama. I waved bye-bye to my bag in Eugene-- and didn't see it again for five days! This was my first trip with a new laptop computer. The carry-on bag didn't have room for the computer and the shoes, so the laptop won this space. Does this say something about priorities?

The checked bag must have gone to Birmingham, ENGLAND! The airline couldn't retrieve it during my stay in the Alabama city, so this was a lost weekend for running.

I didn't run one step. Not the usual jetlag-clearing session on arrival, and not the planned half-marathon the next day.

Two big zeroes went into my diary because I'd forgotten the basic rule of packing. Anything but shoes (and the orthotics I wear in them) can be bought or borrowed.

I bought toiletries and borrowed shirts. But I didn't try to replace the lost shoes.

"We have lots of shoes," said Valerie McLean. She owns the running store, TRAK SHAK, that organized this race. She would have made me a good deal on any shoes in her store. Two problems though:

1. Running a half-marathon in untested shoes is risky. Another rule of running is-- don't trust a pair that hasn't passed training tests.
2. Running in shoes without orthotics is like trying to read without my bifocals. It can be done but is none too pleasant.

I might run in new shoes with inserts or old ones without them, but not the foolhardy combination of new and empty! Especially in a race of this distance.

So this brought me to the finish line of this half-marathon, feeling not only like a fraud but like a homeless person begging free food from the runners supply. I still wore most of the same clothes that had arrived in Birmingham on me. They'd taken on, uh, character in these two days!

The only running I did here was out of town early as soon as the race ended. At the airport I heard my name called and was told "Your bag just arrived." "Check it again," I said, (thinking of only getting home). Then it disappeared, with shoes still inside, for another three days. The lost weekend dragged on.

I can't say it too often: Wear your running shoes on the plane, stuff them in a carry-on, even drape them over your shoulder, but don't check them!

I wrote a recent book on the subject, Marathon Training. Many runners have bought and used it. Nowhere in the book did I ask for their feedback. But I expected it anyway, especially in the age of e-mail, and many readers responded.

The book's subtitle reads: "The Proven 100-Day Program for Success." The exact wording was the publisher's, not mine. I wouldn't have used the word "proven." That implies "guaranteed," and there are no guarantees in this game.

"Success" wouldn't have gone into my subtitle either. That suggests getting exactly what the runner wants, and the book makes no such promise.

Several writers didn't get what they wanted. None blamed me, but all asked what had happened.

Harry Gish from Kansas City, Missouri, wrote to me first and at greatest length. I'll let him represent the others who met similar fates.

Harry talked briefly with me at the Hospital Hill Run last May when he bought the MT book. He later reported his unsatisfying result from the Twin Cities Marathon in October:

"I'm 42 and needed 3:20 (7:38 per mile) to qualify for Boston," he wrote. "I ran the first half in 7:30 pace. My legs got tight, and at 23 miles I stopped to stretch and massage two cramped hamstrings before finishing in 3:43."

I replied with questions: How long did he train, what was his previous best marathon time, and what had he run recently at shorter distances?

Knowing the answers would help me judge his potential at Twin Cities, and if his time goal there might have been too high and starting pace too fast.

Harry's response: "Long training runs of 12.4 to 24 miles averaged between 7:50 and 8:00 a mile. Speedwork of 2.5 miles, once a week, averaged 6:20 a mile. Other training runs of three to eight miles averaged between 7:30 and 8:00 a mile, depending on how I felt and company I was with."

His previous best marathon, a 3:21, had come eight years earlier. The most recent, in 1997, was 3:39. His latest half-marathons had been 1:40, 1:41 and 1:38.

"A look at your recent history suggests that you might have backed off two ways," I told him. "One would have been the opening pace of your marathon, and the other the overall pace of your long runs."

His half-marathons averaged 1:40. The usual rule of thumb is double that time and add 10 minutes to predict marathon potential. So Harry seemed to have been in shape for a 3:30 or so, which meant his start was probably too quick. He probably lost most of the ground to his potential 3 1/2 hour time in the last few miles.

His longest training runs might have been too fast at better than eight minutes a mile, and they might have left him unrecovered for the marathon. These runs were faster than his marathon pace, and some were nearly as far. Most advisers recommend training long at slower than projected marathon rate. Harry said, "I'll see if I can get my half-marathons down to 1:35. Hopefully a good marathon (1:35 x 2 = 3:10 + 10 = 3:20) will follow."

FLIGHT LINE RACES

SINCE 1987
WEST TEXAS RUNNING CLUB'S ANNUAL APRIL RACE
COURSE RECORDS

2 MILE
MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
0-15	Chad Lowe	Lubbock	15	13:32	1996
16-19	Brian Brashears	Lubbock	19	11:02	1989
20-29	Mike Williams	Clarendon	24	10:46	* 1987
30-34	Milt Brownfield	Lubbock	34	10:59	1992
35-39	Frank Sumpter, Sr.	Lamesa	39	11:26	1993
40-44	Jimmy Samarron	Levelland	40	11:25	1995
45-49	Jim Leser	Lubbock	47	11:45	1994
50-54	Robert Guajardo	Levelland	51	12:51	1994
55-59	John Harper	Anton	56	14:44	1991
60 +	John Stalcup	Lubbock	60	15:19	1994
<u>WOMEN</u>					
0-15	Angela Welsh	Tarzan	15	12:43	* 1995
16-19	Mica Hood	Lubbock	18	13:30	1990
20-29	Cristi Props	Lubbock	24	15:27	1995
30-34	Geri Russell	Lubbock	34	13:58	1987
35-39	Josie Aleman	Lubbock	38	14:36	1990
40-44	Josie Aleman	Lubbock	44	17:12	1996
45-49	Eva Martinez	Lubbock	47	18:16	1992
50+	Wynonia Kitchens	Lubbock	57	22:14	1995

10 K

AGE	NAME	TOWN	AGE	TIME	YEAR
0-19	Brad Raven	Lubbock	23	38:14	1988
20-29	Haffis Banire (LCU)	Lubbock	30	33:39	* 1995
30-34	Tim Green	Lubbock	35	36:49	1996
35-39	Jimmy Samarron	Levelland	38	38:21	1990
40-44	Bill Harrn	Lubbock	38	38:21	1993
45-49	Ken Macinnes	Lubbock	40	37:59	1996
50-54	George Jury	Lubbock	48	37:59	1995
55-59	George Jury	Lubbock	50	38:13	1987
60-69	Jacq Collins	Lubbock	58	40:25	1995
70 +	Bob Smith	Lubbock	61	55:13	1995
			70	1:02:05	1990
<u>WOMEN</u>					
0-19	Tara Jernigan	Sundown	14	49:06	1996
20-29	Sue Houle (Spitz)	Lubbock	25	42:05	* 1987
30-34	Ceryl Benoit	Lubbock	33	44:01	1987
35-39	Roberta Thompson	Lubbock	36	52:03	1990
40-44	Shirley Wigley	Lubbock	43	48:54	1997
45-49	P.J. Mitchell	Lubbock	46	55:36	1991

HALF MARATHON

AGE	NAME	TOWN	AGE	TIME	YEAR
0-19	Alfred Hinojosa	Lubbock	18	1:21:58	1992
20-29	Pedro Ruiz (LCU)	Lubbock	26	1:11:58	* 1995
30-34	Lolo Mercado	Lubbock	30	1:17:55	1990
35-39	Scott Brickerd	Lubbock	36	1:16:24	1989
40-44	Joe Post	Lubbock	40	1:31:53	1989
45-49	Robert Guajardo	Levelland	48	1:27:41	1991
50-54	Gary Schmidt	Alpine	53	1:25:52	1990
55-59	Bill Roger, Sr.	Levelland	55	1:40:03	1994
60 +	Don Sanderson	Tulia	64	1:41:24	1994
<u>WOMEN</u>					
0-19	Leslie Vardy	Wolforth	18	1:56:14	1997
20-29	Sue Houle(Spitz)	Lubbock	28	1:34:06	1990
30-34	Marjory Stewart	Lubbock	34	1:29:13	* 1993
35-39	Marjory Stewart	Lubbock	36	1:29:16	1995
40-44	Barbara Vitalec	Lubbock	42	2:07:01	1990
45-49	P.J. Mitchell	Lubbock	48	1:55:02	1993

WEST TEXAS RUNNING CLUB'S

13th ANNUAL FLIGHT LINE RACES

HALF MARATHON, 10K and 2 MILE RACES

EVENT # 4 OF THE W.T.R.C. CHALLENGE SERIES

WHEN: SATURDAY, April 10, 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 before 7pm, Friday the 9th, then pay fee race day

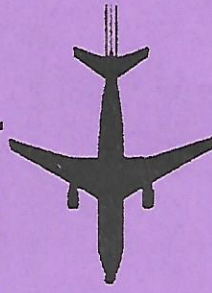
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WHERE: REESE AIR FORCE BASE

Picnic Grounds

West of Lubbock on

19th or 4th Street



COURSE: ASPHALT ROAD ALL THE WAY; Slightly Rolling Terrain, Out and Back for all distances

AID STATIONS: Every 2 Miles
Splits at 1 Mile

AGE DIVISIONS: Half Marathon

MEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45-49;
50-54; 55-59; 60 Plus

WOMEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus

(Special 0-12, 13-15 & 16-19 age groups in the 2 Mile)
(0-15 and 16 to 19 Age Groups in the 10K)

Clydesdales and Athena Age Graded

AWARDS: Custom Designed "Pilots Wing" 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: Jim Harris, Hobbs, (505) 392-8945(n)

Flight Line Races

**Mail
Registration
thru Apr 7**

**\$5.00 WTRC members, \$6.00 non members
Make checks payable to the West Texas Running Club
Mail checks & entry forms to:**

**Race starts at 8:00 a.m.
at the Reese Center**

Telephone registration

by 7 p.m. Apr 9
792-1237

George Jury
5212 44th Street
Lubbock, Texas 79414

Waiver - all entrants must read and sign

The West Texas Running Club, agents, or representatives of the same, or any volunteers, and all sponsors including the Lubbock Reese Redevelopment Authority shall not be held 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 Flight Line Races even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. 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 _____ ½ Marathon _____ Male _____ Clydesdale (190 lbs or more)
Female _____ Athena (150 lbs or more)

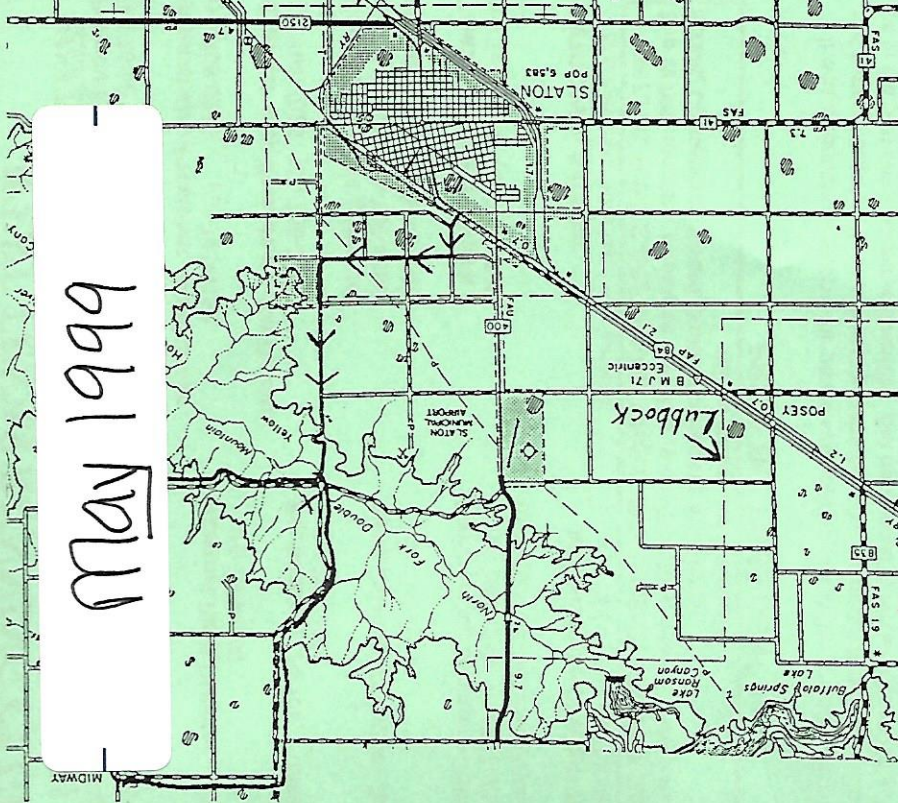
Name _____

Street Address _____ Phone Number _____

City _____ State _____ Zip _____

CALENDAR

- * Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- MAY 1 **SPRING RUN:** Amarillo, 4 Mile, FMI, Ronnie, (806) 383-1366
 - MAY 4 **WTRC Business meeting,** 7pm, 1623 10th Street, Conference Room
 - * MAY 8 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Vicki Fischenich, RD, 792-0662(n), 793-4245(d)
 - MAY 15 **RUN FOR THE ARTS:** Midland, 5K, FMI, Mike Leach, (915) 688-1658
 - MAY 15 **COULTER ROAD 5K:** Amarillo, 8:30am, FMI, Mark, (806) 352-5278
 - 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)
 - 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 Children's Run) 8:00 am, P.J. Mitchell, Race Director, 785-5748
 - * SEPT 11 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
 - * 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 1 27 and Regis St., Ron Hillis, Race Director, 797-0303
 - NOV. **SAN ANTONIO MARATHON:**
 - * 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)



Newsleter Editor
5212 44th Street
Lubbock, Texas 79414

MAY 1999

RRCA
RACING & RECREATION CLUB OF AMERICA

MAY W.T.R.C. RACE
HORSESHOE BEND CANYON
SPRING FROLIC, 11, 6 and 2 Miles
8am, Saturday, May 8, 1999
Details Inside Back Cover



WEST TEXAS RUNNING CLUB

OFFICERS

President - Mike Kelley
(H) 765-0441 (O) 766-0355
(e-mail) rungwj@aol.com

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

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

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

Equipment Director - Jimmie Key
(H) 795-7637

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

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

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

WTRC Web Address:
<http://members.tripod.com/~wttrc/run.html>

W.T.R.C. RACES ARE USUALLY HELD THE 2nd SATURDAY OF EACH MONTH.
The WTRC monthly business meeting is on Tuesday, May 4, 7:00 p.m. at 1623 10th Street, Conference Room, Bollinger Segars & Gilbert.

All members are welcome.

FROM THE PRESIDENT

It was a surprise to receive the phone call notifying me of my friend having had a heart attack and bypass surgery. He is a master's swimmer who competes nationally. How could he not be in the best physical shape possible? But occlusions in the arteries led to a "cardiac event" and then surgery. He recovered amazingly fast and within two months was back in the water stroking away.

My mother entered the hospital two months ago for surgery of an aneurysm of the aorta. Difficult as that was, the complication of an abdominal infection was what nearly took her life.

Runners and triathletes maintain such a fine edge between fitness and injury. But even with our excellent level of health, the vagaries of life can take away all we value in one moment.

Be thankful. Be grateful. Acknowledge this gift of health we have been blessed with, the leisure time to pursue it, the benefits of having healthy food available, and the friends to share your passion with. Acknowledge the gift even when injured or sick. Care for yourself, eat well, run well; hold off fate and old age as long as you can and stay conscious of how you have been blessed.

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

THE FLIGHT LINE RACES 2 MILE, 10K AND HALF MARATHON APRIL 10, 1999 REESE AIR FORCE BASE OVERALL RESULTS HALF MARATHON

PLACE	NAME	TOWN	ST	AG	S	DIV	PL	ACE	TIME	PACE
1	HAFFIS BANIRE	LUBBOCK	TX	28	M	1	M2029	1	1:22:26	6:18
	CHRIS RODRIGUEZ	LUBBOCK	TX	30	M	1	M3034	1	1:23:09	6:21
+	KIRK THOMAS	LUBBOCK	TX	40	M	1	M4044	1	1:38:03	7:29
	GRAIG LANGFORD	LUBBOCK	TX	37	M	1	M3539	1	1:40:50	7:42
	MOIRA RIDLEY	LUBBOCK	TX	33	F	1	F3034	1	1:41:23	7:45
+	TODD HEGSTROM	LUBBOCK	TX	43	M	2	M4044	2	1:41:39	7:46
	DAMON RICHARDS	LUBBOCK	TX	46	M	1	M4549	1	1:42:05	7:48
	SHANNON MOORE	LUBBOCK	TX	30	M	2	M3034	1	1:42:48	7:51
	RICHARD FISCHENICH	LUBBOCK	TX	51	M	1	M5054	1	1:43:10	7:53
	JOE POST	LUBBOCK	TX	50	M	2	M5054	2	1:43:37	7:55
	KEITH JAASMA	LUBBOCK	TX	29	M	2	M2029	2	1:49:01	8:19
	BRAD EWING	LUBBOCK	TX	35	M	2	M3539	1	1:49:04	8:20
	MARK ALBUS	WHITEFACE	TX	42	M	3	M4044	1	1:49:26	8:21
	DANNY GALEY	COLORADO CITY	TX	53	M	3	M5054	1	1:55:49	8:51
	JUDY LAWLEY	LUBBOCK	TX	34	F	2	F3034	2	1:55:50	8:51
+	CHRISTIE PROPS	LUBBOCK	TX	28	F	1	F2029	1	1:55:51	8:51
	JAMES LIVERMORE	LUBBOCK	TX	51	M	4	M5054	1	1:56:01	8:51
	KYLE GAYLER	LUBBOCK	TX	32	M	3	M3034	1	1:56:47	8:55
	KURT WILKES	LUBBOCK	TX	40	M	4	M4044	2	2:06:49	9:41
	PAUL STANCIL	LUBBOCK	TX	27	M	3	M2029	2	2:08:17	9:48
	DERREK WEAVER	LUBBOCK	TX	26	M	4	M2029	2	2:08:18	9:48
*	ETTA MAYER	LUBBOCK	TX	50	F	1	F5099	2	2:10:14	9:57
	MINDY HATCH	LUBBOCK	TX	37	F	1	F3539	2	2:10:31	9:58
+	ANGELA HEGSTROM	LUBBOCK	TX	33	F	3	F3034	2	2:15:21	10:20
	DAVID TOLK	LUBBOCK	TX	20	M	5	M2029	2	2:15:47	10:22
	LISA ALDERSON	LUBBOCK	TX	34	F	4	F3034	2	2:16:39	10:26
	SHANNA ARMSTRONG	LUBBOCK	TX	24	F	2	F2029	2	2:17:27	10:30
	MARSHA BENNETT	LUBBOCK	TX	35	F	2	F3539	2	2:21:32	10:48
	MELANIE GAYLER	LUBBOCK	TX	32	F	5	F3034	2	2:36:13	11:55
	FRANK EARNEY	LUBBOCK	TX	50	M	5	M5054	2	2:45:24	12:38

* = New Age Group Record + = New Members

FLIGHT LINE HISTORY

The first race in 1987 was a benefit for MULTIPLE SCLEROSIS, with Joe Post as race director. The next year it became our regular April race and Joe was director for the next two years. In addition to Joe, 8 others who participated in 1987 were back this year either to run or as volunteers.

Name	87	Race	Age	TIME	99	Race	Age	TIME
Joe Post	Vol	10K	38	38:13	Half	50	1:43:37	
George Jury	10K	Half	50	1:41:41	Vol			
Larry Byrd	Half	2 Mi	46	14:38	Vol			
Ron Lubowicz	2 Mi	Half	44	1:41:41	Vol			
Bill Roger	Half	10K	48	1:42:27	10K	60	52:31	
James Livermore	Half	Half	39	1:52:59	Half	51	1:56:01	
John Staicup	Half	2 Mi	53	12:44	10K	65	58:22	
Dwayne Oakeley	2 Mi	10K	30	11:15	10K	42	49:45	
Jimmy Samarron	2 Mi	2 Mi	32	11:15	2 Mi	44	12:38	

THE FLIGHT LINE RACES
OVERALL RESULTS 10K RACE

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
1	AL GARDNER	LEVELLAND	TX	42	M	1	M4044	42:23	6:50
2	DAVID PRESTON	LUBBOCK	TX	34	M	1	M3034	44:01	7:06
3	JOHN TROMPLER	LUBBOCK	TX	51	M	1	M5054	46:05	7:25
4	JANDA IBBETSON	LUBBOCK	TX	29	F	1	F2029	46:52	7:33
5	DWAYNE OAKELEY	LUBBOCK	TX	42	M	2	M4044	49:45	8:01
*	MELANIE MCVEY	WHITEFACE	TX	37	F	1	F3539	49:51	8:02
6	BRUCE FELLERS	LUBBOCK	TX	45	M	1	M4549	50:33	8:09
7	JUSTIN SCHARF	LUBBOCK	TX	27	M	1	M2029	51:00	8:13
8	BILL ROGER	LEVELLAND	TX	60	M	1	M6099	52:31	8:28
9	SHIRLEY WIGLEY	LUBBOCK	TX	45	F	1	F4549	52:48	8:30
10	MADONNE MINER	LUBBOCK	TX	46	F	2	F4549	55:21	8:55
11	DAVID MALONE	LUBBOCK	TX	41	M	3	M4044	55:21	8:55
12	RONNIE PRIGG	LUBBOCK	TX	48	M	2	M4549	56:15	9:04
13	JAMES BONE	LUBBOCK	TX	59	M	1	M5559	58:22	9:24
14	JOHN STALCUP	LUBBOCK	TX	65	M	2	M6099	58:22	9:24
15	BOB BERNERO	LUBBOCK	TX	56	M	2	M5559	58:50	9:29
16	VICKIE FISCHENICH	LUBBOCK	TX	33	F	1	F3034	1:01:07	9:51
17	BECKY OMDAHL	LUBBOCK	TX	53	F	1	F5099	1:30:46	14:37

OVERALL RESULTS 2 MILES

PLACE	NAME	TOWN	ST	AG	S	DIV	PLACE	TIME	PACE
# *	QUENT BEARDEN	LUBBOCK	TX	23	M	1	M2029	10:26	5:13
*	JIM LESER	LUBBOCK	TX	52	M	1	M5054	11:47	5:54
3	JIMMY SAMARRON	LEVELLAND	TX	44	M	1	M4044	12:38	6:19
4	HEATH RIBORDY	LUBBOCK	TX	20	M	2	M2029	13:15	6:38
5	JACKIE CANNON	AMARILLO	TX	43	M	2	M4044	13:35	6:48
6	SHAWN SMITH	LUBBOCK	TX	24	M	3	M2029	13:48	6:54
*	ANA BASORA	LUBBOCK	TX	25	F	1	F2029	13:53	6:57
+	LORENZO PADILLA	LEVELLAND	TX	45	M	1	M4549	15:03	7:32
8	STEPHANIE ALVAREZ	LUBBOCK	TX	18	F	1	F1619	15:39	7:50
9	KENNETH KINZENBOW	LUBBOCK	TX	10	M	1	M0112	15:41	7:51
10	ALONZO MENDOZA	LEVELLAND	TX	41	M	3	M4044	15:51	7:56
11	LANDRUM MEDLOCK	LORENZO	TX	54	M	2	M5054	16:48	8:24
12	JOSIE ALEMAN	LUBBOCK	TX	47	F	1	F4549	19:50	9:55
13	HEATHER CANNON	AMARILLO	TX	12	F	1	F0112	20:39	10:20
+	ROSE HOEVE	LUBBOCK	TX	31	F	1	F3034	21:15	10:38
+	ELENA TAMAYO	LUBBOCK	TX	24	F	2	F2029	21:29	10:45
16	AARON MARTIN	LUBBOCK	TX	8	M	2	M0112	27:11	13:36
17	DAVID MARTIN	LUBBOCK	TX	43	M	4	M4044	27:11	13:36

= New overall Record by 20sec * = New Age Group Records + = New Members

WEST TEXAS A&M SPRINT TRIATHLON
April 10, 1999

Seven of our members competed in this event in Canyon. Tim Key was the overall winner in a time of 49:43. Others times and places within age groups are as follows: Wade Wilson, 1:04:49, 3rd, Mike Lass, 1:08:05, 2nd, Clydesdales, Marti Greer, 1:07:52, 1st, Mike Greer, 1:09:55, 1st, Jimmie Key, 1:13:39, 3rd, and Brandy Temple, 1:14:54, 4th.

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS

MALE

YTD TOTALS		YTD TOTALS		YTD TOTALS		
AGE	PTS	MILES	EVT	AGE	PTS	
0 - 12 MALE		35 - 39 MALE		45 - 49 MALE		
Kenneth Kinzenbaw	10	30	11	Chris Lonngren	39	30
Ben Stewart	12	10	4	Ron Hewett	38	26
Francisco Jimenez	4	0	8	Brad Ewing	35	25
13 - 15 MALE		45 - 49 MALE		50 - 54 MALE		
Ben Wright	15	10	4	Damon Richards	45	27
Casey Sumpter	14	9	9	Frank Sumpter	45	20
Cody Lass	14	8	4	Ken Jernigan	47	18
16-19 MALE		45 - 49 MALE		50 - 54 MALE		
Chris Wright	16	10	5	Bruce Fellers	45	17
Bobby Sain	17	10	4	David Higgins	45	14
Cullen Shaw	16	10	8	Lorenzo Padilla	45	10
20 - 29 MALE		45 - 49 MALE		50 - 54 MALE		
Glen Pokikkuha	27	19	9	Ken Spain	45	9
Hawk Harris	20	0	26.1	Fred Weber	47	9
30 - 34 MALE		45 - 49 MALE		50 - 54 MALE		
Richard Verrone	31	25	30.1	Ronnie Prigg	47	9
Luis Nevarez	33	20	13	Richard Titus	46	8
Shannon Moore	30	19	17.1	Adam Andrews	45	5
Rodney Hendrix	33	10	4	Tony Aleman	48	0
Tim Key	31	0	5	Jim Wilhelm	48	0
40 - 44 MALE		45 - 49 MALE		50 - 54 MALE		
Randy Wolcott	42	22	17	Richard Fishenich	51	38
Bob Jackson	40	20	17	Landrum Medlock	54	28
Mike Flores	42	19	9	Joe Post	50	25
Al Gardner	42	28	15.2	James Livermore	51	21
Vance Zider	44	17	8	John Trompler	51	20
Richard Thomas	42	10	30.1	Jim Leser	52	20
Dwayne Oakeley	42	18	23.2	Frank Earney	50	19
Jimmy Samarron	43	17	7	Danny Galey	53	16
Mark Albus	42	15	17.1	Michael Gallagher	51	14
Dan Adams	41	7	8	Richard Bray	54	10
Rick Sybert	43	7	4	David Mangold	50	6
David Malone	41	14	19.2	Rick Lampe	54	4
Jackie Cannon	43	15	6	Jon Omdahl	52	0
Russel Martin	40	5	5	Mike Kelley	49	0
Wade Wilson	40	3	5	55 - 59 MALE		
Steve Nieman	44	0	5	James Bone	59	28
Ed Dabrowski	40	2	5	Jim Harris	56	20
Mickey Davis	42	0	8	Bob Bernero	56	18
Kurt Wilkes	40	7	18.1	Bo Minnis	56	0
Adam Andrews	44	0	5	Larry Byrd	58	0
David Martin	43	7	2	60 - 69 MALE		
Kirk Thomas	40	10	13.1	Ralph Wolf	61	30
Todd Hegstrom	9	13.1	1	John Stalcup	65	26
				Mike Greer	60	19
				Jerry Wright	60	16
				Bill Roger	60	10
				George Jury	62	0
				Jimmie Key	61	0

** = RACE DIRECTOR
* = VOLUNTEER

W.R.T.C. 1999 CHALLENGE SERIES
STANDINGS AFTER 4 EVENTS

FEMALE

YTD TOTALS				YTD TOTALS			
AGE	PTS	MILES	EVT VOL	AGE	PTS	MILES	EVT VOL
0 - 12 FEMALE							
Margarita Jimenez	9	20	9 2	Marsha Bennett	35	38	30.1 4
Veronica Jimenez	12	9	13 2 *	Melanie McVey	37	30	14.2 3
Cammy Lass	12	9	4 1	40 - 44 FEMALE			
13 - 15 FEMALE							
Hope Jimenez	15	20	13 2	Marti Greer	40	19	17 3 *
Heather Cannon	13	10	2 1	Marjory Stewart	40	10	4 1
16 - 19 FEMALE							
Tara Jernigan	17	19	9 2	Ida Sumpter	42	0	13 2 *
Mary Lou Jimenez	16	15	9 2	45 - 49 FEMALE			
Laci Jackson	17	10	4 1	Shirley Wigley	45	39	23.2 4
Stephanie Alvarez	18	10	2 1	Josie Aleman	47	34	15 4
Lacy Lass	16	5	4 1	Madonne Miner	46	26	23.2 3
20 - 29 FEMALE							
Shanna Armstrong	24	19	13 2	Cheryl Weber	46	10	4 1
Janda Iboetson	29	10	6.2 1	50 - 99 FEMALE			
Cristi Props	28	10	13.1 1	Eita Mayer	50	37	30.1 4
Elena Tamayo	24	9	2 1	P J Mitchell	53	10	5 1
30 - 34 FEMALE							
Judy Lawley	33	27	25.1 3	Mary Harris	53	0	13 2 *
Vicki Fischenich	33	18	11.2 2	Delores Key	57	0	8 1
Rose Hoeve	31	10	2 1	** = RACE DIRECTOR			
Angela Hegstrom	33	8	13.1 1	* = VOLUNTEER			

FLIGHT LINE RACE DIRECTOR REPORT

After last year's unpleasantness in a ferocious wind on a busy street and dusty road, the 1999 FLIGHT LINE RACES turned into three fine events back on the old base. With 8 new records set in the 2 mile, 10K and Half Marathon, this year looks to be the dawn of a new era for Flight Line. Congratulations to Quent Beardon who broke the 2 Mile overall record which had existed since 1987, by 20 seconds!

It looks like we will be able to hold future races on the old Air Force roads and runways, and I think the Flight Line Races have the potential for being one of our premier club events, especially when the word gets out. All those who stayed away this year because of the bad karma from last year need to look at the new records set by Beardon, Leser, Basora, Roger, Stalcup, McVey, Wigley and Mayer.

Thanks to Duane Lavery and Eddie McBride of Lubbock Reese Redevelopment Authority.

Thanks to all the volunteers: Tony Aleman, Jon Omdahl, Richard Thomas, Ralph Wolf, Hawk Harris, Mike Gallagher, Ron Hewett, Richard Verrone, Larry Byrd, and of course George Jury. Also, thanks to Mrs. Kinzenbaw for helping stack the tags.

At the end of his novel "House Made of Dawn," Scott Momaday has a Native American runner racing across the land: "He was running and there was no reason to run but the running itself and the land and the dawn appearing."

May the dawn await you at the end of each of your runs.

Jim Harris

MEMBER NEWS

Stephen and Ginah Vrooman: Were blessed with the birth of a baby boy weighing 9 pounds on March 15, 1999.

Judy Lawley: Was one of the ones I missed reporting who had run COWTOWN MARATHON. She had a time of 4:06:51. Ric Thomas also had a 5:35.

Janda Ibbetson: Was 3rd in her 25-29 age group with a 3:39:07 at the MEDCOM MARATHON, qualifying for BOSTON and plans to go in 2000.

Mike Flores: Ran the DALLAS TRAILS MARATHON, March 21, 1999 in a time of 3:17:52. This was 19th overall and 3rd in Age Group. Mike and three other Amarillo runners, Blake Wilson, Charlie Hennessey and Michael Armstrong were a team at Abilene's MARATHON of the GREAT SW, March 27th and they posted a time of 2:35:52.

Mike is finishing med school and "Match Day" put him in the Family Practice Program at ITU-Amarillo, which was his first choice. The three year internship begins June 21st.

Sullivan Family: I previously reported that they had moved from Colorado City to El Paso. Nancy reports that she has taken a job as general manager for Sprint PCS there.

Wendy is a freshman at The University of Chicago, majoring in Biology with an interest in genetics. She is the second fastest runner on the X-C team which finished 6th in the NCAA Div. III championships last fall. Her coach is former Olympic miler, Jim Spivey. She is doing well in school and is looking forward to the outdoor track season.

Mindy is a freshman at Franklin High, a 5A school which is in Region 1 so we can see her here when the regional meet comes. She has been the top point scorer in all the meets so far. A region I best time of 2:18 in the 800M, (5th in state), does the 300 hurdles, 400M, 4 X 400 relay, and triple and long jumps. Bet she's a pretty tired girl each week end!

Nick is a 5th grader and is tired of going to all the meets with big sisters and plans to sign up for golf, tennis and bowling next fall!

Frank Goodman: Frank had to stop running entirely in January due to a calf muscle or nerve problem but is preparing to try it again. Frank and Teri live in Lewisville. His E-Mail is---- fegntag@gte.net

Al Becken: Al has turned 70 and won his age group at the GRUENE 10,000 in New Braunfels with a time of 49:56.

AT THE RACES

MARATHON of GREAT SW: Brad Ewing ran a 4:24:57 in his 2nd Marathon to better his previous time by over 30 minutes.

CAPITOL 10,000: Hawk Harris was 47th overall and 3rd in his age group with a time of 36:38. Mike Flores was 17th AG, with a 39:32. Chris Longren ran in the "peoples" race, getting the governors autograph on his bib and passing him to finish in 44:15 to the Governor's 47:30!

GIRLSTOWN, USA

Girlstown at Whiteface is having thier 50th anniversary this year and will have 5K run followed by bike rides on July 10, 1999. One of our members, Dan Adams, is superintendant there and will be working with David Higgins to put on the road race. Let's all support this great facility.

WTRC/TTU SCHOLARSHIP

NOMINATIONS DUE

The WEST TEXAS RUNNING CLUB scholarship at TEXAS TECH UNIVERSITY was established and criteria defined in the fall of 1989. This endowment fund, derived from the proceeds of the RED RAIDER ROAD RACE, had grown large enough that an award could be made. The stipend is now \$500 per semester for two semesters.

The scholarship selection committee to be named, will make the selection of recipients by August 15, 1999.

RECOMMENDED CRITERIA:

The person selected will be chosen without regard to age, race, sex, religion, color, national origin, marital status, ancestry or handicap.

- 1) Non-Academic/ Non-Athletic Scholarship
- 2) Must have letter of recommendation by a W.T.R.C. Member

- 3) Applicants will submit a standardized form approved by the selection committee

- 4) Recipient must be from West Texas as defined: The area north of Interstate 20 as far west as Pecos and west of a line from Abilene to Wichita Falls
- 5) Recipient must have a GPA of 2.5 after at least one semester at TTU and maintain that GPA during the scholarship period

- 6) Major Area of study can be any
- 7) Full time student status; at least 12 hours undergrad
- 8) Restriction: Recipient must have a verified Financial Need

Deadline is August 1, 1999

WEIGHTED CRITERIA:

- Extra Curricular Activities
- School Activities
- Leadership Positions Held

Recipient may re-apply each year: WEST TEXAS RUNNING CLUB members should make nominations in writing to:

Jim Leser, W.T.R.C
5517 74th St.
Lubbock, Texas 79424

Application forms are available for Students: Pick up at 4808 50th St. or call George W. Jury at 792-3291 for information.

Feb. 5, 1999

PRO-PROTEIN

Warning: What you're about to read here could shake your faith in what you've been taught about nutrition. Or it could anger you because I question your fondly held beliefs.

This column swims against the tide of conventional wisdom about what a runner should and shouldn't eat. Which is: Carbohydrates are good, fats are bad, and proteins are limited because they often come in packages with little carbo and loads of fat.

Until the past two years I ate the usual high-carbo, low-fat and therefore little-protein runner's diet. This began to change when spells of dizziness suddenly hit me in 1995 and continued rather dramatically for the next year.

Eating less carbohydrates of the refined type (especially sugar, to which I was addicted) along with more protein helped me more than any other therapy. The fat load has naturally crept up, but this seems a small penalty for remaining level-headed.

My book Best Runs carries a chapter on these diet changes. I won't repeat any of that now, but will update with supporting material gleaned recently from someone else's book.

Michael and Mary Dan Eades, both MDs, promote a high-protein and low-carbohydrate diet in their book Protein Power. They say that many Americans suffer from carbo overload, which leads to everything from excess weight to serious medical conditions.

The Eadeses write that insulin is the culprit. Too much carbohydrate floods the systems with insulin -- which among other effects causes yo-yoing energy, water retention, elevated blood pressure and weight gain.

These authors generally recommend limiting carbo grams while raising protein intake. For active people such as runners they prescribe at least 0.6 grams of protein each day per pound of body weight, and no more than 0.9 gram of carbohydrates daily per pound.

I would weigh 135 on a good day. By the Eades formula I need at least 80 protein grams daily. They'd limit my carbos to 120 grams a day.

JOE HENDERSON COMMENTARY (Continued)
(Pro Protein)

I could launch into a personal testimonial of benefits from shifting my protein-carbo balance, but will simply say the results have been pleasant so far. Instead of speaking personally, I'll let Drs. Michael and Mary Dan tell a running story.

They don't speak highly of our favorite activity, dwelling on the story of an ex-runner. In mid-book, four photos appear. They look like as many different people but are all the same one, Stan Kuter from Little Rock.

The Eadeses describe the pictures:

1. "Stan was 43 years old and heavily into running and low-fat dieting. He appears kind of wasted and emaciated because... well, he was. The constant running, 50 miles per week, was breaking down his muscles, and the inadequate protein component of his low-fat diet wasn't rebuilding them." Finally, the authors write sarcastically, Stan "had all the fun he could stand." He stopped running and his weight soared, as shown in the next photo.
2. "When he quit running, the combination of reduced metabolic rate and no exercise opened the floodgates of body-fat accumulation. This situation is one familiar to many who try to maintain their weight by running and other endurance exercises... When they quit or even slow down, they find their weight increasing at a frightening rate." The ex-athlete tired of lugging around this fat, so he entered the next stage of his metamorphosis.

3. "Stan decided to take a different approach to conditioning. He got a copy of *Thin So Fast*, [Michael Eades's] earlier book on the advantages of a restricted-carbohydrate nutritional program, followed it to the letter and began a regimen of weight training." This yielded a body-builder's physique. But again he couldn't stick with what he'd found in this phase, and he settled into the body seen in the final photo.

4. "Stan doesn't work out regularly anymore and doesn't always follow his restricted-carbohydrate regimen. But he still looks great... When he does gain a little fat, he simply cuts back on his carbohydrates slightly, and in just a few days the excess is gone."

Stan Kuter now shuns running. I wish he had completed the cycle and gone back to his original activity, to see what his new diet would have meant there. Next week we'll meet a runner who did profit from such a change.

CARBO LOWERING

A testimonial to protein-power eating (see "Pro-Protein" February 5th column) comes from one of my longest-time friends, Jeff Kroot was the first runner I met after moving to California in 1967.

He was then an architecture student at UC/Berkeley who moonlighted as a photographer for *Track & Field News* (where I'd come west to work). I already knew his name when we met at a race in Sacramento.

My first impression of Jeff was how big he was for one who ran so well; not fat, just solid. Our abilities were similar, and I was pretty good then. He outweighed me by 50 pounds.

Jeff's weight later went down as his mileage went up. He bottomed out at about 150 pounds, at a time when he could break 10 minutes for two miles and 11 miles for an hour.

Jeff quit running races some 20 years ago. Though he kept running, his mileage eased -- and his weight climbed -- as his business thrived and he entered local politics.

His architectural work was featured in regional and then national magazines. He ran for the city council in his Marin County suburb, and won. He later served as mayor of San Anselmo.

During these years Jeff's weight inched above 210 pounds, an all-time high. He couldn't live with this, and could barely run with it.

Dieting had little effect. Running more only injured his overburdened legs.

Then he found an adviser who told Jeff exactly what he needed to hear: "You're one of those people who is sensitive to carbohydrates. Cut way back, especially on sugar and flour. Eat like a caveman and see what happens."

Jeff did as he was told. He ate all the meat and vegetables he wanted, but studiously limited the high-powered carbs.

"I'm down into the 180s now and still dropping," he told me recently. His running has gone up as the poundage has come off. "I ran several 10 to 15 miles during the summer and fall," he said.

Jeff isn't dieting, at least not in terms of cutting total calories. He has just said no to constant carbo loading.

This doesn't mean he has lost the craving for the missing items. "Tina made a cherry pie last week," he said of his wife. "I couldn't resist, and it tasted great."

I asked him about what effect, if any, this eating change had on his energy. The party line among runners rates carbs as our fuel of choice. What happens if they run low?

"My energy stays steady all day," said Jeff. "Before, it had highs and lows because I was in effect hypoglycemic."

His body had trouble regulating blood sugar, in other words. The low-carbo diet stabilized it.

A diet that offers weight loss and energy gain is tempting. But a stronger temptation, the urge toward everyday carbo loading, stands in the way of carbo lowering.

"A Child"

Like most distance runners, I am still a child. And never more so than when I run. I take that play more seriously than anything else I do. And in the play I retire into the fantasyland of my imagination any time I please. Like most children, I think I control my life. Believe myself to be independent. I am certain I have been placed on this earth to enjoy myself. Like most children, I live in the best of all possible worlds, a world made for running and racing, where nothing but good can happen. And, like most children, I am oblivious to all of the work done by other people to make it that way.

This is more than faith. Faith is the Breton peasant praying for rain and then taking an umbrella with him when he leaves the house. Faith is a nun friend of my grandmother's who periodically herded thirty or forty orphans onto a train at Poughkeepsie and set out for Coney Island without a penny in her purse. "God will provide," was her motto. That's faith.

Faith is an act of the will made by an adult. The child acts before will and reason and dogma. He simply knows. And the child in me knows that I am in a game that will always have a happy ending. That I can enjoy the anxiety leading up to the race, and the tremendous challenge in the running, and the sweetness or bitterness of the ending, knowing that, whatever happens, I am already a hero, a winner. Knowing that in the end, whatever the crisis, there would always be someone to take care of me.

I hadn't realized this (although it may well have been evident to my family and friends) until the 1976 Boston Marathon. The official temperature on Patriots Day was ninety-two degrees, a level listed as dangerous for livestock and death-dealing to runners. Any thinking adult would have sat this one out. But there I was with 1,800 others dressing at the Hopkinton High School gym. Then, walking to the starting line, I passed a gasoline station with a thermometer on the wall. It read 116 degrees. I passed by undeterred.

At the starting line there were hoses to fill our cups, to douse our heads and caps and the shirts we wore. The family of man was already operating. The people were already taking care of their children. And that was the way it was. The whole thing was absurd. The race should have been postponed or set for later in the day. There was no way for a runner to go those twenty-six sunbaked miles to Boston relying on official help. Yet I set out knowing I would get whatever help I needed. Knowing I would survive.

For one thing, Boston Marathon crowds are special. I recall my first Boston and how astounded I was that people called me George all along the way. They stood in groups with one person picking the names out of the Globe so that when I got to them there would be cries of "You can do it, George," or "George, you're looking strong," or, in the late stages, "Keep it up, George, there's only three miles to go." To Page 13

Dr. George Sheehan

(Continued from Page 12)

What that can do to a childlike runner previously known only to his own family is unbelievable. I felt capable of anything, even completing the Boston Marathon.

This year the crowd outdid itself. Within two miles we were running in the rain. It was ninety-two degrees and a cloudless sky, and we were running in a rain provided by hose after hose after hose. There was water everywhere. Mile upon mile of people and children offering water to drink and pour on me. Swarms of young boys giving out Gatorade, with the same enthusiasm they had shown an hour before supplying the leaders. Others with buckets of ice. Some with the traditional orange slices, many of the children just holding out their hands to be touched by the heroes passing by.

From Ashland on, there was nothing but applause and cheers. Then came the reception from the girls at Wellesley, and father on the children in the Newtown Hills outdoing each other to get us ice and water. And there I saw this solemn four-year-old, just standing with a tiny cup, hoping someone would stop. I did and drank the two ounces and told her, "You're my honey." Boston is like that, a voice, a face, a child that you remember forever.

I was in Boston now and should have been home free. I wasn't. I was running a poor marathon, and when you run a poor marathon, you're not only hurt, you hurt longer. I had been out on the roads longer than any time in my fourteen years of running. But through all the pain and not knowing whether I would finish, the dragging out those last terrible miles, I always felt safe. I knew I was surrounded by friends and family and those who would take care of me no matter what happened. And knowing, too, that if I stopped they would say, "You gave it your best, George." Knowing that whatever I did, I would not disappoint them. There would always be a meal and a soft bed and a good day of running tomorrow.

Only the child still lives in a world where such days are possible.

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JOE HENDERSON'S COMMENTARY ONLINE

Mar 13, 1999

GIVING BACK

One of the great strengths of American running is also one of its subtle weaknesses. We rarely suffer a shortage of runners willing to run any distance, anywhere there is a race that weekend. We often suffer from a shortage of workers willing to help conduct the races.

In this sport we are a nation of doers, not viewers. We would rather run in a race ourselves than watch others run it, now matter how fast they are and how slow we are.

Few events here are in danger of disappearing for lack of entrants. Many must limit their fields by setting a maximum number (New York City Marathon) or by imposing qualifying times (Boston Marathon).

The demand for space at starting lines is high and growing higher. The demand for volunteer workers grows too, and the supply remains short.

Race directors -- who usually are volunteers themselves -- forever beg for help. They never seem to have quite enough of it on raceday.

The volunteers give up a weekend day to stand shivering in the cold or baking in the sun, delivering the aid that runners demand. For this the workers usually receive no more than a free T-shirt. This lets me follow them through their raceday, which usually begins after a sleepless night for them. They and their support troops arrive before the first runner, and stay long after the last one goes home.

Watching the start area come together, seeing the course from the standpoint of the workers, then observing the finish-line cleanup is something every runner should experience at least once. It tells several truths about this sport:

* Running the race may be one of the easiest tasks that day. At least it takes much less time than the scene-setting work that makes the running possible.

* Runners are abundant, and each has only one job to perform -- running his or her own race. Workers are scarce, and each often does multiple jobs.

* Runners as a group are quick to complain and slow to compliment these workers. They hear little or nothing from the 99 percent of runners who go home happy, but hear much from the one percent who are not pleased.

The least we can do as runners is to say more thank-yous. Let the volunteers, those too often invisible heroes of the sport, know that we appreciate them.

The best we can do is to give back to the sport by serving as volunteers ourselves. Set aside an occasional race to stand and deliver assistance to the runners.

Christian churches promote the concept of the tithe, which means giving one-tenth of one's earnings to the church. Runners of all religions, or none, would do well to practice a form of tithing.

For every 10 races we run, we might agree to work at one. Hand out the race packets, work at an aid station, direct the traffic, read the splits, award the winners, assist the injured, distribute the food.

Doing this would help a sport that is always long on runners and short on volunteers. It would also help us to be slower with complaints and quicker with compliments when next we run a race.

WEST TEXAS RUNNING CLUB'S

27th Annual HORSESHOE BEND CANYON SPRING FROLIC

11 MILE, 6 MILE and 2 MILE RACESEVENT # 5 OF THE W.T.R.C. CHALLENGE SERIES**WHEN:** SATURDAY, May 8, 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 7th, then pay fee race day

WHERE: HORSESHOE BEND CANYON; North of Slaton, TX,

From Lubbock, take US 84 to the first Slaton exit; turn left at Slaton Gas & Equip. on Golf Course Road, follow the pavement north, 2 miles past the Golf course to the crossroads at the bottom of the canyon

COURSE: 11 Mile; Loop, One long hill at mile 1 to 2

6 Mile; Out & Back, long hill about mile 1 to 2

2 Mile; Out & Back, slight grade increase on return

AID STATIONS: At least, every 2.5 Miles

Splits at 1 Mile

AGE DIVISIONS: 11 Mile**MEN:** 0-19; 20-29; 30-34; 35-39; 40-44; 45-49;

50-54; 55-59; 60 Plus

WOMEN: 0-19; 20-29; 30-34; 35-39; 40-44; 45-49, 50 Plus

(Special 0-12, 13-15 & 16-19 age groups in the 2 Mile)
(6-15 and 16 to 19 Age Groups in the 6 Mile)

Clydesdales and Athena 1st Three, 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: Vicki Fischenich, 792-0662 (n), 793-4245 (d)

HORSESHOE BEND CANYON SPRING FROLIC RUNS

Mail \$5.00 WTRC members, \$6.00 non members
Registration thru May 5 Make checks payable to the West Texas Running Club
Telephone registration Mail checks & entry forms to: George Jury Race start at 8 am, Horseshoe Bend Canyon, North of Slaton
by 7 p.m. ~~7~~ MAY 5212 44th Street Lubbock, Texas 79414
792-1237 (N)
792-3291 (D)

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

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

Signature of entrant _____ Signature of guardian(minors) _____
Age _____ (on race day) Date of Birth ____/____/____ Male _____ Clydesdale (190 lbs or more)
Name _____ Female _____ Athena (150 lbs or more)
Street Address _____ Race Distance ____ 2 mi. ____ 6 mi. ____ 11 mi.
City _____ State _____ Zip _____ Phone Number _____