

# CALENDAR

- \* Indicates W.T.R.C. Monthly Race and CHALLENGE SERIES EVENT
- FEB. 2 W.T.R.C. Social and Challenge Series awards with refreshments 7-9:30pm, Melony Park South Clubhouse, 3426 74th Street
- FEB. 4 **3M HALF MARATHON:** Austin, FMI call (512) 984-7223
- FEB. 6 W.T.R.C. Business meeting, Tuesday, February 6th, 7:00 p.m. at 1623 10th street
- \* FEB. 10 **COTTON PATCH RUNS:** FRENSHIP HIGH, Wolfforth, 9am, 4 & 8 Miles, David Higgins, Race Director, 795-5823 (w), 785-8562 (h)
- FEB. 18 **MOTOROLA/AUSTIN MARATHON:** Austin, FMI, Call (512) 505-8304
- FEB. 24 **FORT WORTH COWTOWN MARATHON:** FORT WORTH, Ca11 (817) 735-2033
- FEB. 24 **LCU PRESIDENT'S RUN:** 5K & 1 Mile walk, 8:30am, LCU Campus, call Jeff Key, 796-8800 or 798-8740 (n) jeff.key@lcu.edu
- \* MAR. 10 **PRAIRIE DOG TOWN RUN:** Mackenzie Park, Lubbock, 4 Miles, 9am John Trompler, Race Director, 794-1359 (n)
- MAR. 18 **ARMY/MEDCOM MARATHON:** San Antonio, (210) 221-2523
- MAR. 24 **MARATHON of the GREAT SW:** Abilene, FMI, Ca11 (915) 677-8144
- MAR. 31 **NUTRITION ON THE RUN 5K:** also 1 Mile fun run/walk, Lubbock Dietetic Association, Mae Simmons Park, 9am FMI call Gina Jarman, 725-8081(d), 795-1276(n)
- APR. 1 **CAPITOL 10,000:** Austin, FMI, call 1-512-445-3598
- \* APR. 7 **FLIGHT LINE RACES:** Reese AFB, 8am, 2 Mi, 10K, Half Marathon, Jim Harris, Race Director, (505) 392-8945
- \* MAY 12 **HORSESHOE BEND SPRING FROLIC:** 8am, N. of Slaton, 11, 6 and 2 Mile Races, Race Director Ron Hewett, 748-6017
- \* MAY 26 **LONESTAR PAPER CHASE MARATHON:** Amarillo, Call (806) 345-3451
- \* JUNE 9 **BOBBY BIRDSONG MEMORIAL LEVELLAND LOPE:** Levelland, 8am 10K and 2 Mile, Race Director Jimmy Sanarron, 894-0127
- \* JULY 4 **31st ANNUAL FIRECRACKER RUN;** Brownfield, 8am; 10 Mile and 3 Mile, kids 1 Mile, Jim Leser, RD, 794-2474 (n), 746-6101 (d)
- \* AUG. 11 **HOT DAM 5 MILLER:** Canyon Lake 6, Lubbock, (also 1 Mile Child-dren's Run) 8:00 am, Etta Mayer, Race Director, 742-2907
- \* SEPT 8 **SHALLOWATER STAMPEDE:** 10K and 2 Mile, 8:00 am, Shallowater High School, Dwayne Oakeley, Race Director, 799-4473
- \* OCT. 6 **RED RAIDER ROAD RACE:** TTU Campus, Lubbock, 8:00 am, 10K and 5K Wade Wilson, Race Director, 755-1667, dandwilson@aol.com

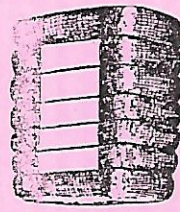
February 2001



James Livermore  
5707 Second Place  
Lubbock, TX 79416



January W.T.R.C. RACE  
COTTON PATCH RUNS  
9am, Saturday, February 10, 2001  
Wolfforth, Texas  
Details Inside Back Cover



WEST TEXAS  
Running Club

Newsletter  
5406 86th St.  
Lubbock, Texas 79424  
February 2001

# WEST TEXAS RUNNING CLUB

## OFFICERS

**President - Mike Kelley**  
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**Internal Vice-President - Ron Lubowicz**  
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**External Vice-President - Debbie Wilson**  
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**Secretary - Etta Mayer**  
(H) 792-1471 (O) 742-2907  
(e-mail) etta\_mayer@ttu.edu

**Treasurer - David Higgins**  
(H) 785-8562 (O) 795-5823  
(e-mail) d\_higgins69@hotmail.com

### WTRC Web Address:

<http://members.tripod.com/wtrc>

## DIRECTORS

**Newsletter Director - John Trompler**  
(H) 794-1359  
(e-mail) trompler@eudoramail.com

**External Race Director - Ron Hewett**  
(H) 748-6017 (O) 742-3329

**Equipment Director - Ronnie Prigg**  
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**Race Calendar Director - Dwayne Oakeley**  
799-4473  
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**Membership Director - Martha Martinez**  
(H) (915) 728-5984 (O) (915) 728-5294  
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**Internal Race Director - Pete Torres**  
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## W.T.R.C. RACES ARE USUALLY HELD THE 2ND SATURDAY OF EACH MONTH.

The WTRC monthly business meeting is on Tuesday, January 9, 7:00 p.m. at 1623 10<sup>th</sup> Street, Conference Room, Bollinger, Segars & Gilbert

All members are welcome.

## FROM THE PRESIDENT

Rats and Running  
I was listening to NPR one morning on my way to work and heard a report on an experiment at the Salk Institute with mice and brain development. Researchers found that mice who were placed in a stimulating environment grow more brain cells than mice in a sterile environment. Of course, we have known for years that babies that are stimulated, attended to, and touched develop and thrive better than those who are deprived of attention. That's not new. Interestingly enough, the researchers found that mice that were allowed to run developed cells similar to the group with a stimulating environment. The conclusion was that running can stimulate brain growth, and this was true regardless of the age. So, the next time you are in the Dilbert work environment and find your brain going numb, tell your boss you need to go for a run - your brain needs a massage!

Slow Motion Dreaming  
Remember that dream you have where you are trying to run from the bad guy and it feels like your legs are in cement? I realized this was a nightmare-come-true at my last race! Suddenly it was "deja vu all over again", trying to hold off the guy gaining on me near the finish line! Since this is a universal dream, maybe everyone is a runner at heart trying to beat the next guy to the finish.  
(continued on page 8)

**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 Barnero at 748-9418 (N)

## THE 10TH ANNUAL LOOP THE LAKE 5 MILE ROAD RACE

\*\*\*EVENT NUMBER 1 OF THE 2001 WTRC CHALLENGE SERIES \*\*\*  
LUBBOCK, TEXAS JANUARY 13, 2001

### \*\*\* OVERALL RESULTS \*\*\*

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
1	CASEY SUMPTER	LAMESA	TX	1	M1619	16	M	30:06	6:02
2	TIM KEY	LUBBOCK	TX	1	M3034	33	M	31:40	6:20
3	KEITH VINCENT	DALLAS	TX	1	M3539	35	M	33:24	6:41
4	FRANK SUMPTER	LAMESA	TX	1	M4549	47	M	33:44	6:45
5	AL GARDNER	LEVELLAND	TX	1	M4044	44	M	33:54	6:47
6	BEN WRIGHT	LUBBOCK	TX	2	M1619	17	M	34:44	6:57
7	CHRIS HERNANDEZ	LUBBOCK	TX	1	M1315	15	M	34:45	6:57
8	FARRELL MARTIN	SHALLOWATER	TX	2	M3034	34	M	35:09	7:02
9	NATE WILSON	LUBBOCK	TX	2	M4549	45	M	35:31	7:07
10	ADAM NELSON	LUBBOCK	TX	3	M1619	17	M	35:48	7:10
11	DAN ADAMS	WHITEFACE	TX	2	M4044	43	M	36:26	7:18
12	RICK SYPERT	LUBBOCK	TX	3	M4549	45	M	36:45	7:21
13	CODY TURNER	SHALLOWATER	TX	4	M1619	17	M	36:55	7:23
14	KEN JERNIGAN	MILES	TX	4	M4549	49	M	37:00	7:24
15	KIRK THOMAS	LUBBOCK	TX	3	M4044	42	M	37:27	7:30
16	DANA SOUCY	LUBBOCK	TX	2	M3539	39	M	37:32	7:31
17	DENISE BRAY	LUBBOCK	TX	1	F3539	39	F	37:36	7:32
18	SHAWN ANGER	LUBBOCK	TX	3	M3034	30	M	38:05	7:37
19	JAMIE FRANCIS	LUBBOCK	TX	1	F1315	15	F	38:06	7:38
20	PRINCESS SPENCE	LUBBOCK	TX	2	F1315	15	F	38:07	7:38
21	DANNY GALEY	COLORADO CITY	TX	1	M5559	55	M	38:11	7:39
22	ADAM PUCKETT	LUBBOCK	TX	1	M2029	29	M	38:14	7:39
23	LORENZO PADILLA	LEVELLAND	TX	5	M4549	46	M	39:21	7:53
24	FRED WEBER	LUBBOCK	TX	6	M4549	49	M	39:40	7:56
25	GALLE BECK	LUBBOCK	TX	5	M1619	17	M	39:48	7:58
26	MIKE KELLEY	LUBBOCK	TX	1	M5054	52	M	40:56	8:12
27	ALYSSA MCMENAMY	LUBBOCK	TX	1	F1619	16	F	40:58	8:12
28	DREW SOUCY	LUBBOCK	TX	1	M0112	12	M	41:01	8:13
29	DWAYNE OAKELEY	LUBBOCK	TX	4	M4044	44	M	41:11	8:15
30	DON SANDERSON	TULIA	TX	1	M6099	71	M	41:14	8:15
31	TOMMY PARRISH	LUBBOCK	TX	5	M4044	44	M	41:35	8:19
32	DAVID HIGGINS	LUBBOCK	TX	7	M4549	48	M	42:26	8:30
33	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4549	47	F	42:50	8:34
34	JIM BECK	LUBBOCK	TX	6	M4044	41	M	42:51	8:35
35	RISSA FORD	LUBBOCK	TX	2	F1619	17	F	43:25	8:41
36	KENETH KINZEMBAW	LUBBOCK	TX	2	M0112	12	M	43:26	8:42
37	ANGELA THORNBERRY	LUBBOCK	TX	3	F1619	17	F	43:48	8:46
38	TOM GRIFFIN	LUBBOCK	TX	2	M5054	52	M	43:48	8:46
39	GARY LINDSEY	LUBBOCK	TX	3	M5054	52	M	44:07	8:50
40	JON MCMENAMY	LUBBOCK	TX	8	M4549	46	M	44:16	8:52
41	JAMES LIVERMORE	LUBBOCK	TX	4	M5054	53	M	44:22	8:53
42	GINGER STANLEY	MIDLAND	TX	2	F4549	49	F	44:44	8:57
43	LORENZO RAMIREZ	ROTAN	TX	2	M6099	66	M	44:59	9:00
44	MIKE GREER	LUBBOCK	TX	3	M6099	62	M	45:11	9:03
45	NATHAN BECK	LUBBOCK	TX	2	M1315	14	M	45:17	9:04
46	FRANK RHOADES	LUBBOCK	TX	2	M2029	29	M	45:27	9:06

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 LUBBOCK, TEXAS  
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\*\*\* OVERALL RESULTS \*\*\*

PLACE	NAME	TOWN	ST	DIV	PLACE	AG	S	TIME	PACE
47	TEEL DUNLAP	DALLAS	TX	3	M3539	37	M	45:48	9:10
48	MADONNE MINER	LUBBOCK	TX	3	F4549	48	F	45:58	9:12
49	DAVID MALONE	LUBBOCK	TX	7	M4044	43	M	45:59	9:12
50	SHANNA ARMSTRONG	LUBBOCK	TX	1	F2029	26	F	46:44	9:21
51	LOU MAYER	LUBBOCK	TX	1	F5099	51	F	46:56	9:24
52	ETTU ARTERBURN	LUBBOCK	TX	1	F3034	31	F	47:01	9:25
53	ANGELA FRANCO	MIDLAND	TX	2	F2029	23	F	47:14	9:27
54	MICKEY DAVIS	LUBBOCK	TX	8	M4044	40	M	47:32	9:31
55	JOYCE HOWELL	PLAINVIEW	TX	2	F3539	38	F	47:49	9:34
56	SAM PROSE	LUBBOCK	TX	5	M5054	52	M	47:55	9:35
57	DAVID BALDNER	LUBBOCK	TX	9	M4044	41	M	48:04	9:37
58	MARSHA BENNETT	LUBBOCK	TX	3	F3539	37	F	48:17	9:40
59	MIKE MALONE	WOLFFORTH	TX	10	M4044	43	M	48:47	9:46
60	JULIE CRIBBS	WHITEFACE	TX	1	F4044	42	F	48:49	9:46
61	ALICESON DUSANG	LUBBOCK	TX	3	F2029	22	F	49:22	9:53
62	CLINT STEPHENSON	LUBBOCK	TX	4	M3034	30	M	50:03	10:01
63	MIKE TREVINO	LUBBOCK	TX	5	M3034	31	M	50:04	10:01
64	ALLISON MORRIS	LUBBOCK	TX	4	F2029	27	F	50:35	10:07
65	MARTY GREER	LUBBOCK	TX	2	F4044	42	F	50:41	10:09
66	CONNIE BERLINGERI	LUBBOCK	TX	4	F4549	46	F	51:16	10:16
67	BRANDY TEMPLE	LUBBOCK	TX	5	F2029	28	F	51:17	10:16
68	ROBIN THOMAS	MORTON	TX	3	F4044	40	F	52:16	10:28
69	SUSIE COBOS	LUBBOCK	TX	4	F3539	35	F	53:26	10:42
70	JOSIE ALEMAN	LUBBOCK	TX	5	F4549	49	F	53:28	10:42
71	ESTELLA GALVAN	BROWNFIELD	TX	2	F5099	58	F	54:15	10:51
72	PJ CONDIT	LUBBOCK	TX	3	M2029	24	M	56:56	11:24
73	JANIE PHILLIPS	ODESSA	TX	3	F5099	51	F	1:00:37	12:08
74	CHRISTINA BIGGS	SAN ANTONIO	TX	4	F1619	18	F	1:07:40	13:32
75	JESSICA JOHNSON	LUBBOCK	TX	5	F1619	18	F	1:07:41	13:33

LOOP THE LAKE REPORT

Sunny skies and a brisk, cold wind greeted 82 runners at the 10th running of the Loop the Lake 5 mile road race.

The times this year were generally slower than those of past years. Could the reason be good food during the holidays? Oh Well!

As usual the volunteers performed flawlessly. As we all know without them there would be no race. The cast this year includes: Bill Roger, Ron Key, Wayne Ivey, Jon Omdahl, Ron Lubowicz, Jim Wilhelm, PJ Mitchell, James Bone, Jerry Wright, George Jury, Ed Dabrowsky, Tony Aleman, Jimmy Clark, Roger Turner, Jimmie Key, Delores Key, Carolyn Rice and Ida Sumpter. My sincere appreciation to all of you.

Hope to see all of you at next years' race..... "Bullet" Bob Bernero

\*\*\*\* The West Texas Running Club's 2001 Challenge Series \*\*\*\*  
 The WTRC CHALLENGE SERIES continues for 2001, 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 2001 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 2001 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 for at least one other.

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

COTTON PATCH RUNS  
Since 1973  
EVENT RECORDS

+ for information

		1990 to Lubbock	
		AGE	TIME
<b>8 MILE MEN</b>			
	TOWN	YEAR	YEAR
15 & Under	Lamesa	15	42:54
16-19	Lubbock	16	47:37
20-29	Levelland	23	41:54
30-34	Odessa	31	44:14
35-39	Lubbock	36	43:09
40-44	Hobbs	40	43:46
	San Angelo	40	45:40
		41	45:47
45-49	Abernathy	46	48:14
50-54	Bobby Cunningham	53	50:23
55-59	Don Webb	55	51:41
60 Plus	George Jury	64	59:18
	Don Sanderson		
	Tulia		
<b>WOMEN</b>			
15 & Under	Lamesa	15	1:01:59
16-19	Lubbock	18	1:05:32
20-29	Lubbock	28	54:36
30-34	Lubbock	32	49:01
35-39	Marjory Stewart	35	50:37
40-44	Marjory Stewart	41	55:55
45-49	Shirley Wigley	45	1:08:26
50 Plus	Jane Hamlyn	51	1:08:26
	San Antonio		
<b>4 MILE MEN (1985)</b>			
	TOWN	AGE	TIME
12 & Under	Sundown	12	26:49
13-15	Brownfield	15	23:24
16-19	Lubbock	18	21:45
20-29	Hobbs, NM	20	21:02
30-34	Lubbock	32	23:16
35-39	Odessa	37	21:26
40-44	Lamesa	42	23:34
45-49	Abernathy	45	22:48
50-54	Lubbock	53	25:10
55-59	Hobbs	57	28:02
60-64	Lubbock	60	31:59
	Abernathy	61	31:59
	Tulia	66	28:17
	Don Sanderson		
<b>WOMEN</b>			
12 & Under	Lamesa	12	28:21
13-15	Hawley	15	28:31
16-19	Hobbs	17	26:13
20-29	Lubbock	29	31:02
30-34	Lubbock	34	30:14
35-39	Lubbock	38	29:23
40-44	Idalou	41	28:37
45-49	Lubbock	45	32:47
50 Plus	Eva Martinez	53	38:12

\* Overall Event Record

WTRC MEMBERS NEWS

COMPAQ HOUSTON MARATHON RESULTS

Congratulations to Linda Northrup and Brent Lowrey on their performances in the Houston Marathon. Linda finished in 3:36:57 (Chip time) to finish 51<sup>st</sup> overall, and 8<sup>th</sup> in her age group of 359 competitors. Brent completed the course in 3:47:38 to finish 760<sup>th</sup> overall, and 101<sup>st</sup> in an age group with 576 runners. For the few of us who have been in the running club long enough, Kim Wrinkle of Houston, but formerly of Big Spring, finished 11<sup>th</sup> overall with a time of 2:46:24 at the age of 42. Kim still holds the age group record for 19 and under for the 10-mile Firecracker Run in Brownfield with a time of 55:57.

VOLUNTEERS NEEDED

The Club operates a store at several events each year where T-shirts and other gear with the WTRC logo may be purchased. For a number of years the same few people have assumed the responsibility of running the store during events like the Red Raider Road Race. It is time to share this job with some new volunteers. It is not a money making operation, but an opportunity to promote our club and running. If you would like to help, please call Mike Kelley at (H) 765-0441, or (O) 766-0355.

FOR SALE

One pair Asics Gel Gt-2040's, size 9 1/2, very little used, a real bargain! Call Mike Kelley at (H) 765-0441, or (O) 766-0355.

THE STEWARTS IN WISCONSIN

Many of us got to know Marjory Stewart and her family over the years. Alex took a position with Marquette University and the entire family packed up and moved to Wisconsin this past summer. As you might expect, if you know the Stewarts, they are staying busy and continuing their quest for new challenges and achievements. Following is an excerpt from an email that gives a little insight into what they've been doing lately.

"We've had a wildly busy time here, but everyone's doing great. Ben won the JV conference for cross-country running and then won state at the USA TF meet. There were too many seniors on his team for him to get to run varsity, even though his times beat three seniors! Ian was the fastest seventh grader at the middle school conf meet, fourth overall, so he'll have a good shot at winning next year as an eighth grader. We miss the charm of the WTRC events, and, of course, many of the members. I'm writing the WI bar in Feb. I can write early since I only have two credits to go. Hence, it's cramming time. I've got some great training routes here. I guess the equivalent to calling the TX scorching weather a "dry heat" is the quite accurate claim of the WI locals that, despite our 49 inches of snow, there are still "places to run". Indeed, there are, and there are few days when one can't run outside, but you darn well better get to safe places, away from glissading cars. On the heavy snow days, we always have the backup aerobic sport of snow shoveling! Ian has five forts built around our house (corner lot, so lots of frontage for the snowball events) and has them all joined by tunnels etc. It's a real winter wonderland. The neighborhood kids spend hours sledding, skating etc. We've outfitted our group with gear and they hook up with like-minded adventurers every day after school. The schools are great, and every kid in the group has homework, so around six the action stops, huge dinners are inhaled, and the books come out."

## WTRC SOCIAL AND CHALLENGE SERIES AWARDS

All members of the West Texas Running Club are invited to attend a social event on Friday, February 2, at the Melonie Park South Clubhouse at 3246 74<sup>th</sup> Street, from approximately 7-9:30 PM. Please bring family or friends. This will be a potluck supper, so bring a covered dish, dessert, salad, etc. The club will provide drinks and utensils. The primary focus of this event will be to present Challenge Series Awards, as well as several special awards for volunteer hours, and race mileage awards. There may be other special recognition given to those who made the past years' club events a success. Past club president Bob Bernero has agreed to emcee the awards portion of the evening, so expect a lively and engaging event.

Some of you may think that this event is only for those who competed well enough, and frequently enough to win some sort of award. That would be wrong!! This will be a great time for all of us to get to know one another better. We can share stories and tales of our past running glory, and on the more practical side, share our knowledge of the whole realm of running. Perhaps, with luck, you might meet someone with whom you can share a long training run someday. The time after races is so compressed, in most cases, that we have little time to talk and network with fellow runners. Please join us for a more leisurely involvement with friends. See you there!!

## WTRC WEB SITE

For the past few years the Running Club has provided access to race results, a race calendar, and other information on the Club's web site at <http://members.tripod.com/wtrc>. The initial work on this site was provided by Jeremy Mallory, a Texas Tech student and part-time employee of George Jury. Jeremy recently graduated, and the future maintenance of the web site was uncertain. Thanks to David Higgins, and one of David's coworkers, Michael Kruger, active maintenance and enhancement of the site is underway. A downloadable entry for next month's Cotton Patch Run is available for printing, and active links have been added to the Calendar. There are also several active links to email addresses of some club officers, and David and Michael are currently working on posting photographs from recent races. Please thank David for his efforts, and make a visit to our site.

## PRESIDENT'S MESSAGE, (cont'd)

Welcome To the New Board  
The board election was completed with only a minimum of hanging chads, and the elected officials have taken their seats (just remember to return them!). All the previous year's members have returned to their positions, with the exception of John Trompler, who was elected by write-in to newsletter editor. Garnering write-in votes for the Membership Director seat was Martha Martinez. Welcome to the board, Martha, and thanks to all who have committed their time and energy for a smoothly running club in 2001.

See you down the road. Mike Kelley

## THE RUNNER'S RECIPE

FROM "OFF THE TRACK: RANDY COHEN, THE 60 SECOND GOURMET", The Runner, April 1982

The 60 second gourmet always performs his warmup drill before he begins the actual cooking. Thus, he avoids the most common injuries that attend high-speed food preparation: shin splints, cramps in the stirring arm, muscle pulls in the dicing/slicing/ricing hand. He flexes all of his back flexor muscles and extends all of his extensor muscles. With his back straight and his knees bent, the 60 second gourmet opens and closes the refrigerator door 50 times with each arm, the spatula arm as well as the pot-holder arm. Resting his leg on the handle of the oven door, he bends at the waist, bringing his chin to his toes--30 times for each leg. He works out with weights. The 60 second gourmet has a 10# lead crepe. Each day he flips it a dozen times with each hand. Only after completing this regimen does he begin the meal.

Safety note: the 60 second gourmet is a trained professional; he knows what he is doing. Nobody else should attempt a 60 second recipe without first receiving proper instruction and even then only under the closest supervision. In cooking as in stunt driving, safety must be the prime concern. ABC--Always Be Careful. Wear all safety equipment, never cook when taking any medication, and most important, never cook alone. Always use the buddy system.

Most novices are fascinated by the utensils employed in 60 second cookery, particularly the cutlery and the oxyacetylene blowtorch. However, equipment is only as good as the chef who uses it. Don't run out and buy a lot of expensive gear. First study, practice, learn. Shopping comes later. There is, however, one essential purchase. Fine food cannot be prepared without the proper footwear. The 60 second gourmet varies his shoes to match the menu, but in every case his shoes have neoprene rubber soles for sure grip. For the student chef, sneakers are satisfactory. Basketball shoes are recommended, but tennis shoes are o.k. The advanced student who desires a professional quality shoe might consider the Adidas "cordon blue", The Nike "jet chef" or the Converse "Pierre Franey" signature model.

As for the rest of the wardrobe just use common sense. Sweatbands for forehead and wrists are encouraged--nobody wants his veal seasoned with the chef's perspiration. Many students ask "what about shaving all the hair off the body--head, arms, legs, chest--to cut down wind resistance?" This certainly is the practice at the highest levels of international competition, but it is inappropriate for the novice. Indeed, the head chef at the prestigious High Speed Cooking College in Paris wears a mustache.

In addition to creating many new dishes, the 60 second gourmet has adapted several old favorites. The Chicken Tetrazzini offers a pleasing blend of old taste and new technique.

see recipe on next page

## CHICKEN TETRAZZINI

- 1 5# stewing chicken, cut into serving pieces
- 1 onion, studded with 2 cloves
- 2 stalks celery with leaves
- 1 tablespoon salt
- 1/2 bay leaf
- 1 carrot
- 3 cups water
- 1/4 cup flour
- Tabasco sauce to taste
- 2 tablespoons grated Parmesan cheese

1) In a heavy kettle, rapidly place the chicken, onion, celery, one tablespoon salt, bay leaf, carrot, and 3 cups water. Immediately bring to a boil, instantly reduce the heat and simmer, covered, until the chicken is tender. (Hurry--you have 45 seconds remaining) Remove the chicken from the broth and quickly let cool. Remove the meat from the bones as fast as you can.

2) Stepping up the pace, skim the fat from the top of the broth and place 4 tablespoons of the fat in a saucepan (31 seconds) (HURRY!) Meanwhile, hastily bring 2 cups of the strained chicken broth to a boil and add all at once the flour to it, stirring vigorously with the whisk until the sauce is thickened and smooth. (You have 26 seconds remaining).

3) In a skillet--as quick as a wink--heat 3 tablespoons of the remaining fat or butter, add the mushrooms PDQ and lightly brown. (20 seconds--don't dawdle).

4) At an astonishing rate, to the sauce add the egg yolk lightly beaten with a little of the hot sauce and speedily stir in the sherry, cream, chicken and mushrooms. Cook, STAT, stirring until heated through. Do not boil. (11 seconds) Shake a leg.

5) Cook the spaghetti according to package directions (only much, much faster). Place alternate layers of spaghetti and sauce in a buttered casserole dish at great speed, sprinkle with grated Parmesan cheese and dot with the butter. Brown quickly in a pre-heated 350 degree oven and serve garnished with toasted almonds. (Time's up!)

Submitted by--- Pat Jury

This is a delicious dish, but should be prepared at the "back of the packers" pace!

W.T.R.C. COTTONPATCH RUNS8 MILE and 4 MILE RUNS

USA T&F Certified, #'s TX97109ETM and TX97110ETM

**WHEN:** SATURDAY, FEBRUARY 10, 2001  
**REGISTRATION:** 8:00 to 8:45 A.M.  
**RACE START:** 9:00 A.M.

**WHERE:** **WOLFFORTH;** FRENSHIP HIGH SCHOOL, From Lubbock, take US highway 62/82 to 82nd Street, turn right across RR tracks, west to Highway 179 and turn left

**COURSE:** ASPHALT ROAD, 4 Mile; OUT and BACK, Flat  
 8 Mile; OUT and BACK, Mostly Flat  
 WATER and SPLITS at 2, 4, and 6 Miles

**ENTRY FEE:** W.T.R.C. MEMBERS \$5.00 OTHERS \$6.00  
**Pre-Registration Available:** Return form in Newsletter or call George Jury before 7pm, Friday, Feb. 9th. at 792-3291 (d) or 792-1237 (n)

**AGE DIVISIONS, AWARDS:** Custom Medals;

3 deep & up to 50 Percent deep in each age division

**MEN,** 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, & 60+

**WOMEN,** 13-15, 16-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50+  
 (6-12, 13-15 and 16-19 Age Groups in the 4 Mile)

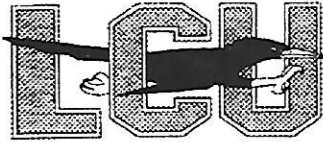
**RACE DIRECTOR:** David Higgins, 795-5823 (d), 785-8562 (n)

We will have access to the High School cafeteria and rest-rooms for registration and the awards ceremony. **Volunteers are needed, please call David at one of the numbers above.**

"In the days of my victory and joy, I had faith enough to thank the Lord. Now as well, I should not but accept my accident in grace."

ABEBE BIKILA, AFTER BEING PARALYZED IN A CAR ACCIDENT IN 1969

# LUBBOCK CHRISTIAN UNIVERSITY'S



## PRESIDENT'S RUN

**5K AND 1 MILE FUN RUN/WALK**

**FEBRUARY 24, 2001**

**LCU FIELDHOUSE**

5601 19<sup>TH</sup> Street

796-8800 x. 250

### Awards

The first 100 runners to register will receive a long sleeve t-shirt. Medals to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishers in each age group in the 5K. No awards given for the 1 Mile event.

### Cost

\$12 before February 21, after February 21 \$15

### Time & Location

8:30 AM - LCU Fieldhouse Start Location

### Late Registration

February 24, 7:00AM to 7:45 AM

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Mail to: Jeff Key in the LCU Sports Information Office  
5601 19<sup>th</sup> Street  
Lubbock, TX 79407  
(806) 796-8800

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ SEX: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EVENT:  5K  1MILE SHIRT SIZE: L  XL  XXL

### LIABILITY WAIVER

In consideration of acceptance of the entry, I the undersigned, my family and heirs do waive and release any and all rights or claims for which I may have against Lubbock Christian University and the West Texas Running Club and all individuals assisting, arranging, and conducting these events and any of their agents, representatives and assignees for any and all injuries, loss or damage suffered by me at or while traveling for the Run With The President. I verify that I am physically fit and capable of running /walking in this race and have sufficiently trained for the competition of this event. I realize that there are risks inherent in the sport of running and walking and I am willing to accept the results of those risks.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ (Parent or guardian must sign if under 18)