



WEST TEXAS RUNNING CLUB



Volume 7, Issue 5

June 2014



BIG'N LOUD 5K & 10K RUN
 JUNE 14, 2014. 8 A.M.
 SILENT WINGS MUSEUM
 PARKING LOT
 6202 N. I-27, LUBBOCK, TEXAS
 \$5 FOR WTRC MEMBERS AND
 STUDENTS 10-12 YEARS OLD
 \$15 FOR NON-MEMBERS
 NO RACE DAY REGISTRATION
*ONLINE REGISTRATION EXPIRES
 THURSDAY, JUNE 12TH AT 6 PM.*

**SOUTHWEST
 PARKINSON SOCIETY
 WILL OFFER A
 LIMITED NUMBER OF
 RACE SHIRTS
 FOR SALE
 WITH PROCEEDS
 GOING TO SPS.**



**VOLUNTEERS NEEDED
 AND ALWAYS
 GREATLY APPRECIATED!**

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*Whatever you can do,
 Or think you can, begin it.
 Boldness has power, and genius,
 And magic in it.*
 - Goethe

West Texas Running Club
 P. O. Box 2921
 Lubbock, TX 79408

MESSAGE FROM THE BOARD

This May we once again had the pleasure of representing the WTRC at the RRCA Convention in Spokane, Washington. While the seminars and resources at the convention are great, the best part of the convention is that it reminds you of what makes running special. Simply put, it's the people that make up the running community that make our sport special. Runners have a lot of great characteristics: resilience, courage, and determination are a few, but the most outstanding characteristic that runners share is a healthy sense of competition. We can race each other hard and still congratulate each other at the end of the race, regardless of who won. When we accomplish a new goal or set a new P.R., we celebrate it with our training partners because they are the ones who got us there. Promoting this sense of healthy competition and camaraderie are the mission of the club. As a board, we're constantly looking for new ideas to promote a safe, competitive environment and ensure the longevity of our club so that there will be races in the South Plains for years to come. Thank you all for your membership and participation in the club and we'll see you out on the road.

Safe Running,
WTRC Board 2014

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Water stops/Marathon Kids/Team Kids Café
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Challenge Series
Amanda Boston

RRCA Representative
Josh Leyva, leyva510@suddenlink.net



Front row: PJ Sullivan, Ron Lubowicz, Josh Leyva, Amanda Boston.
Standing: David Higgins, Randy Holloway, Terry Dalton, Suzan Caudle, Wendy Anderson, Laura Lappe.

The WTRC monthly business meeting is on the first Tuesday of the month @ 7:00 at Ron's Office, 3309 67th Street, 806-781-0231. All members are welcome.

Debbie Gelber at Horseshoe Bend 2014.

I am West Texas Runner featuring Debbie Gelber by Laura Lappe

1. When did you get started running?

I was a late bloomer. As a marching band geek in high school, I wasn't really involved in any athletics (although we did run a mile before every day of band camp in the summer). I started running regularly to lose weight in July of 2008. I began on a treadmill about 30 seconds at a time with walk breaks. Eventually, after losing 55 lbs., I built up to my very first 5K (The CASA 5K) at age 40 in 2009. I won overall Masters Women at that first race. After that, I was hooked! I discovered the WTRC and built my distances up through the club races. There was a brief time in my 20s when I ran for fun (and to offset margaritas), but never raced until I was 40 years old.



2. Favorite race(s) you have run?

The 2011 Chicago Marathon (my second full marathon, first was the Tyler Rose 2010) was my all-time favorite race. I was amazed at all of the spectator support and entertainment along the route. I also enjoyed the Pittsburgh Marathon (my hometown – loved running all of the bridges), the Walt Disney World Goofy Challenge this past January and the Marine Corps Marathon this past October (set a new PR of 4:03:48). My first half marathon, Heels and Hills in Irving, TX was also a wonderful experience. I loved running on the trails and smelling the honeysuckle. My favorite WTRC races are the Levelland Lope 10K and the Horseshoe Bend 11 miler (I just love the downhill finish and the beautiful trees!).

4. Dream race or run location?

Of course, it's the original marathon! I am planning on running my 10th marathon in Athens. Hopefully in November of 2015. Does anyone want to join me?

5. What are your race day gotta-haves?

My wildly-printed running pants with a matching headband, my ipod nano, my egg white sandwich breakfast, my wonderful husband at the finish line (he can't always be there, but I love it when he is!)

6. Do you have a running music playlist and what two songs would be on it?

I do have a playlist (about 5 hours long) Two must haves: Eye of the Tiger from Rocky and Time Warp from Rocky Horror Picture Show (and anything from the 80's!)



Debbie and Bill Gelber at WDW, annual banquet a few years ago, and Debbie at Run for the Arts 2014.

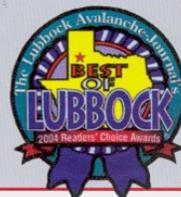


Horseshoe Bend 2014



Your Lubbock home for foot Technology.
 Our Knowledgeable staff will be capable of offering specialized service to all ages and foot types ranging from diabetics to athletes. Foot Tech features brand name shoes such as Brooks, Saucony, Mizuno they also offer a full range of socks and compression wear, orthotics and other foot health accessories are available. Please visit us at 3407 34th St next door to Caprock Cafe, phone # 806-799-1122

Pj Sullivan
 CCT, LMT, CKTP



- Muscle Therapy
- Certified Kinesio Taping Practitioner

806.721.9940 pager

Horseshoe Bend Race Director's Report 2014

The Horseshoe Bend Race was renamed for Dr. Hugh Haynes in 2009. Hugh, who lived along the road north of the tree lined canopy, was race director from 1988-1991. Hugh died following a bike accident in front of his house March 5, 2008. Hugh rode his bike often on that 11 mile loop and after leaving his post as race director continued to serve at the Midway gin corner for the HSB races until the year before his death.

This race began in 1973 and was a 12 mile event with a 2 mile. Both races went east with a slight downhill the first mile, then a gradual uphill return for the 2 milers. The 12 mile made the same loop as our 11 mile now, except they had to go past the finish to a turnaround at approximately .6 mile down the road and return uphill (west) to the same finish we now use. We changed to 11 miles in 1985 to eliminate confusion about the out and back loop past the finish line. The 6 mile was added in 1989.

I have missed only one race in the 36 years I've been a member. There have been some memorable weather conditions, but the most horrific was the 1981 event when a black norther/dust storm came in and the effort required on the east 3 mile stretch was unbelievable--going west the 1 1/2 miles was about as bad as the wind was slightly out of the northwest. The very best condition I can remember was 1989 when I ran my best time and the overall best times were run. Rodney Hendrix and Tim Green ran together for most of the 11 miles but Rodney pulled ahead, going through the tree canopy and won in 1:00:49 to Tim's 1:01:03 (14 seconds). You may wonder why the M13-15 and both 16-19 2 mile records have stood since 1979 & 1980. Soon after 1980, the UIL established the second Saturday in May as the date for the State High School Track & Field Meet. The regionals were held the week before, so naturally, the really fast high school runners were gone for our HSB race.

Ever since I ran there for the first time in 1979, I have always enjoyed the remoteness and the solitude this venue has offered. Even though I am unable to run the event anymore, it is fun for me just to be there in a voluntary capacity. Since I am a birdwatcher and native plant/wildflower enthusiast, both those hobbies are enabled in the canyon. Did any of you who ran this year get to see the wild turkey crossing the road? I still like to think of the event as the "HORSESHOE BEND CANYON SPRING FROLIC", as it was known in the early years.

With a nearly perfect day for racing, we had several age group records set.

In the male 65-69 category, Darrel McMillen tied the 16:38 set by Jack Bearden 2 years ago. Little Carina Velasquez, age 12, reset her record for the 10-12 group with a 13:33 time. Cheryl Weber established a new standard for the women over 60 group with an 18:41 time. No change in the 6 mile records, but in the 11 mile, Michaela Jansen, 41, 1:23:41, broke the record set by Denise Bray back in 2003.

Overall winners are;

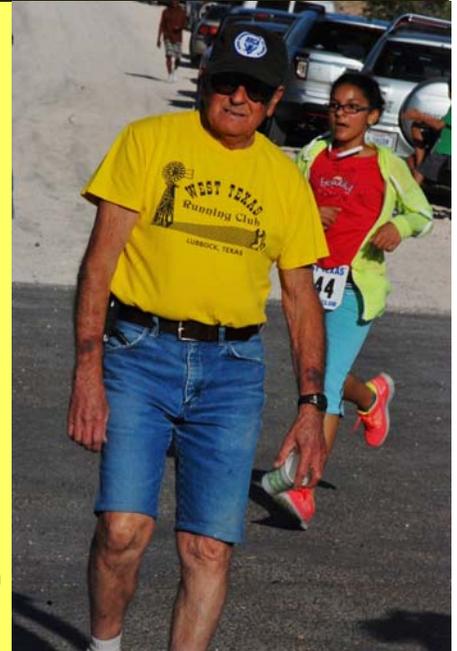
2 Mile: Male, Shane Purser, 21, 12:38, Female, Carina Velasquez, 12, 13:33, (3rd overall)

6 Mile: Male, Daniel Dominguez, 25, 43:04, Female, Jana Redwine, 33, 47:27

11 Mile, Male, Heath Pennell, 46, 1:14:58 (3 weeks after a nice Boston finish) Female, Kayla Campasino, 26, 1:21:10

As stand in Race Director for Randy Holloway, I want to thank the outstanding group of volunteers as follows; David Higgins, Ron Lubowicz, Suzan Caudle, Tony Aleman, Terry Dalton, Ronnie Adams, Amanda Boston, Riki Sampson and his Dad, Stuart, Laura Lappe, Johnny Haynes, Scott Beller and daughter, Jeff Fisher, Stormy Conway, Carol Swinonos, John Corelis, Katie Pakizer, Brook and Bryleigh Rushing, Randy Mulsow and Dee Knapp on the bicycles and last but not least, Clif Lewallen, official Dog Guard.

George W. Jury



West Texas Running Club Event Calendar

· Indicates WTRC Monthly Race & CHALLENGE SERIES EVENT

- JUN 10 WTRC Board Meeting, 7 pm, Ron's Office, 3309 67th, 806-781-0231
- *JUN 14 **BIG 'N LOUD:** 10K/5K, 8am, Silent Wings Museum, proceeds benefit Southwest Parkinson Society, Randy Holloway, RD, 806-789-1547
- JUN 12 Lunar Lope: 5K, TTU Rec Center, 10:00pm, <http://www.depts.ttu.edu/recsports/specialevents/lunarlope.php>
- JUN 21 Summer of Sharing Fun Run, 9 am, Mackenzie Park. <http://www.sosfunrun.org>
- JUN 21 Lubbock Beer Run for Epilepsy: 5K, 7pm – 10pm, Buffalo Springs Lake, www.LubbockBeerRun.com
- JUN 28 5TH Annual 5K Run/Walk to Christ: Medi Park, Amarillo, TX,
<http://www.active.com/amarillo-tx/running/4th-annual-runwalk-to-christ-5k-2013>
- JUN 28 Little Bison Kids Triathlon & Tri Spirit Sprint: Buffalo Spring Lake, <http://buffalospingslaketriathlon.com/nw/>
- JUN 29 Half Ironman Triathlon: Buffalo Spring Lake, <http://buffalospingslaketriathlon.com/nw/>
- * JUL 04 **45th ANNUAL FIRECRACKER RUNS:** 10M/3M/1M, 7:40 1M start, and 10M/3M. Start 8am, Terry County Park, Brownfield, TX, Jim Harris, RD, 575-370-4034
- JUL 26 Grindstone Trail Runs: 4M/8.5M, 7:30am, Wingfield Park, Ruidoso, NM,
<http://ultrasignup.com/register.aspx?did=27840>
- JUL 26 Tour de Nowhere: Bike ride, Levelland, TX <http://www.tourdenowhere.com/>
- AUG 02 Up and Over Trail Run: 10K, Taos Ski Valley, NM,
<http://www.taosskivalley.com/trailrun/>
- AUG 03 Prude Ranch Races: 5K, 10K, ½ Marathon, Duathlon, Duathlon Relay, Ft Davis, TX,
<http://www.fitnesscamp.org/ranchrace.html>
- * AUG 09 **HOT DAM RUNS:** 2M/5M, 8am, Canyon Lakes #6, 22nd & MLK, JR Blvd, Shannon, RD, 806-554-5966

WTRC Site: <http://wtrunning.com> Newsletter, Calendar, Photos, Race Signup, Membership.



P. O. Box 2921
Lubbock, TX 79408
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