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APR/MAY  
2015

A Monthly Insight into the West Texas Running Club

# wtrc newsletter

## A WTRC Member's Boston Experience

Running the Boston Marathon was a dream for me that started about two years ago after watching the elites run it in 2013. From that day forward, I made it my mission to do whatever I could to qualify for Boston. So, I trained harder than ever and made much better food choices, and was able to qualify in January 2014 at the Houston Marathon, cutting 21 minutes from my previous marathon. I had to wait until September 2014 to know if my time would be enough to get me into the 2015 Boston Marathon. **The cut off ended up being 1 minute and 2 seconds, which meant I WAS IN! It was such an exciting moment when I knew I was going to be running THE marathon of all Marathons!**

The bus ride Monday from Boston Common to Hopkinton was quite enjoyable and full of excitement and pre-race buzz from all the runners. About 10:25, we headed out to the start line. Right about the time I got to my coral, it started to rain big drops. The temperature was in the low 40's and the (head) wind was beginning to pick up. I started the race around 10:55am. The first 6 miles were almost all downhill. I tried to keep my pace slower, but with the crowds and the downhill and the idea that I WAS RUNNING THE BOSTON MARATHON, I paced a bit too fast. For the next 4 or so miles, I continued to hear people scream "Go Beef" and "it's what's for dinner" over and over (I run for the Beef Team), and high fived all the little kids who came out to spectate. **Because my Garmin would not work due to the high humidity and rain, I just decided to run it with my heart and just take it all in.** The rain began to really pick up around mile 10, and when I saw my family there, I gave them a big smile and handed

"Because my Garmin would not work due to the high humidity and rain, I just decided to run it with my heart and just take it all in."

off my sunglasses since I knew I wasn't going to need them with all the rain. It was about then that I entered the famous Scream Tunnel at Wellesley College. I did my best to high five all the girls, but did not stop for a kiss (they are known for their kisses!) The Newton hills and Heartbreak Hill at miles 16-21 were much tougher than I thought. Also, that is about the time the wind picked up more and the rain stopped, so my fingers seemed frozen and my legs felt like lead. After Heartbreak Hill, I saw the Boston College Students and, surprisingly, my family, once again. They blended in so well with the college students that I did not even realize it was them till I passed them! The Boston College students were especially awesome and loud...and smelled of beer! The last 5 miles were just lined with spectators! After the famous "right on Hereford and left on Boylston," I turned the corner for the last long stretch. Every step on Boylston was memorable! **I was so excited to see the finish line from afar, but a part of me was thinking of all those affected in 2013. The Boston Marathon, for me, was an experience like no other. I may never run it again, but I will forever have the memories in my heart.**

- Christine Steen



**Run for the Arts >>>**

## Race Results:

**1 Mile:** 1st Place

2nd Place

**2 Mile:** Overall Male Winner

Overall Female Winner

**15K:** Overall Male Winner

Overall Female Winner

**Joey Mojica** (Age 11)

**Briseis Castillo** (Age 8)

**Ret Taylor**, 11:29.9

**Michaela Jansen**, 13:24.6

**Larry Lovato**, 58:25.1

**Lory Ioppolo**, 1:06:03.8

Lubbock  
*Arts*  
Festival

**RUN FOR  
THE ARTS**

**385 Total Runners this  
year!**

**race recap >>>**



## Race Recap: *Run for the Arts*

I have never felt more appreciated than I do now. The members of WTRC have told me they appreciate me for pictures and the volunteering I do on a monthly basis, but this year they showed me starting with Artie Corelis! She took over the Late Registration on Friday until I could get there. She stayed and volunteered for most of that day and then came the next morning and helped with the registration table! Lydia Turner, Debbie Gelber, and Amme Blair ran the race on Saturday, but on Friday they all helped with the Late Registration! It was a tremendous help. I feel really humbled to have them stepping up to help. Two from the Ropesville group volunteered on Friday, Billy and Evelyn Gilson. They both volunteered a big part of Friday and then returned Saturday with Randy & Sheryll Putman, Marilyn Harris, Tonya Thrash, and Tami Jeffcoat to work the water stop at Lake Canyon Drive and Broadway.

I hope many of you will go to Ropesville on May 2<sup>nd</sup> and support them by **Running The Ropes 5K!** Billy even had a coworker, Michelle, helping for a short time at Late Registration. Another group that has volunteered again this year is from General Nutrition; Benito Lugo, Jr. who brought Joseph, Ronda, and Rose to help him this time. Thank you, Benito! They worked the water stop at the 2 mile turnaround. Autumn & Cody Lass and Gabriel Walton worked the third water stop in the Lake Canyon 6 area. Wendy Anderson was in charge of the Registration on Saturday and she stayed and sold shirts throughout the race!

We had several bicycle riders riding and monitoring the course. These included Randy Holloway, Randy Mulsow, Ed Price, Randy Younts and Ron Adams. They contributed much of the safety on the course along with the Lubbock Police Department. George Jury supervised setting the course out and then worked the 2 mile turnaround. Cliff Lewallen worked the 15K turnaround and was a big help there! Course monitors Tommy Johnson, Glen Mullins, and Jessica Seago helped keep the runners keep on track. Jennifer McGuire ran the 2 mile and then took pictures of the 15K finishers! Thank you, Jennifer. Debbie Johnson helped at the registration table and handing out medals. Carol Swinconos and her son Billy Swinconos helped at the finish line! Valerie & Richard Gatlin cut up bagels and bananas.

They supervised the water stop at the finish line. Terry Dalton took charge of the Kid's Café Fun Run (1 Mile). He did a great job of adding entertainment and patriotism before the run! We had more finishers this year over last year with a total of 385!! Two of our regular volunteers, David Higgins and Tony Aleman was present...the race couldn't be timed without them! Ron Lubowicz supervised the water stop volunteers! Thanks, Ron! The weather was beautiful and it was a perfect race day. Thank you all for coming and I look forward to next year!!

-Suzan Caudle, Race Director



# Team Kids Cafe

**What's better than watching kids cross the finish line?  
There's only one thing better than watching kids cross the  
finish line – helping make it happen!**

On Saturday, April 18<sup>th</sup>, over 200 kids aged 4 to 12 crossed the finish line at the 8<sup>th</sup> Annual Kids Cafe Fun Run. Joey Mojica, age 11, from Team Optimist Prime at the Optimist Boys and Girls Club Team Kids Cafe, crossed the finish line first and received an Overall Winner medal. But every kid that crossed the finish line that morning was a winner. Every kid is good enough to win is the message presented by Team Kids Cafe. Winning on their own terms, which means doing the best they can with the abilities they have been given. "If you aren't good enough to win, don't bother trying". That's the message kids hear too often. So, many kids don't try. Why bother? But you don't have to be the first one to cross the finish line to be a winner – just finish! **The magic of the finish line** provides one of the greatest lessons in life about winning – set a goal, work hard to prepare, and do your best to achieve the goal. We witnessed each kid winning on their own terms as they crossed the finish line at the Kids Cafe Fun Run. The finish line is the icing on the cake. The big smile on the faces of each kid when that shiny finisher medal was put around their necks was from pride of accomplishment – crossing the finish line! **The magic of the finish line** did not end that morning. Many kids wore their finisher medals and race t-shirts to bed that night, to church the next day, and to school the following week.

A big "Thank You" to all the Team Kids Cafe Coaches for helping make it happen – **the magic of the finish line!** Many of the coaches are West Texas Running Club members. Click [here](#) to see all the volunteer coaches of the 2015 Team Kids Cafe.

Speaking for all the kids of Team Kids Cafe:

"I want to thank you Coach for teaching me about running and how to pace myself. Thank you for teaching me how to 'Be a Champion' and how to overcome the 'shark attack' of adversity I will face. Thank you for your smile, your kind words, and your nurturing, generous spirit. But most of all, thank you for **the magic of the finish line!**"

Go Team Kids Cafe!

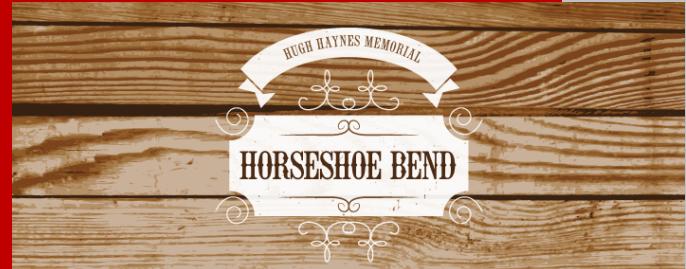
-Terry Dalton

**our next race >>>**

**Our next club race is the Hugh Haynes Memorial Horseshoe Bend on May 9, 2015, held at the Horseshoe Bend Canyon north of Slaton (CR 3600 & East CR 7300) beginning at 8:00am.**



SOUTH  
PLAINS  
FOOD  
BANK  
[SPFB.ORG](http://SPFB.ORG)



**Entry Fee: \$5.00 for members (& students age 7-12), \$15.00 for non-members.**

**Race Options: 11 Mile (Must be 16 or older), 6 Mile (Must be 13 or older), 2 Mile (Must be 7 or older).**



## Pre-Race Pasta Dinners

Come socialize and enjoy carbs with other WTRC members before each month's club race!

### WTRC Text Club

*Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)*



### challenge series >>

The **WTRC Challenge Series** is A 12-month series of 13 club sponsored races held January through December annually culminating in year-end awards and recognition for club members' performance, endurance, and participation in our monthly club races.

### Here's how to participate!:

- ⇒ Be a current WTRC member.
- ⇒ Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- ⇒ Volunteer to serve as a non-running worker at one or more Challenge Series events.
- ⇒ "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- ⇒ Run in at least 3 races of the 13 club races.

For more requirements and up-to-date standings (through April), [click here!](#)

This month's pasta dinner will be held at:

**Orlando's Italian Restaurant**

**Thursday May 7th, 2015 @ 6:00pm**



Thank you to Carol Swinconos for her help with organizing these dinners as well!



# WTRC Throwback!



2004 Race for the Cure

**How many WTRC  
members do you  
recognize??**



2003 Cotton Patch

marathon kids >>>



## Marathon Kids!

*Moving. Eating. Growing. Together.*

**Volunteers are needed for the WTRC Gatorade Booth in Rewards Alley at the Marathon Kids Finisher Medal Celebration. The Finisher Medal Celebration is Saturday, May 2, 2015, at Lowrey Field. Volunteers are needed for this event from 8:30 a.m. to 12:30 p.m. To volunteer, please contact Terry Dalton at [tldalton51@hotmail.com](mailto:tldalton51@hotmail.com).**

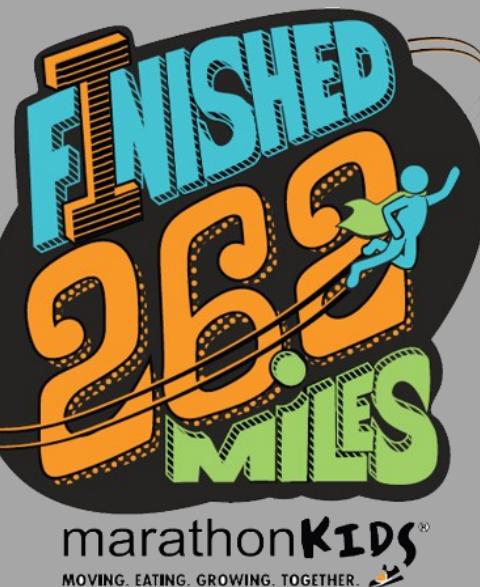
The Finisher Medal Celebration is the official 'last lap' of the Marathon Kids 26.2 Mile Challenge. Over 9,000 K – 5<sup>th</sup> grade students from 25 Lubbock elementary schools will be recognized for completing a full marathon – 26.2 miles! All children from each school, as well as their families, teachers and administrators will walk one ceremonial lap together around the track to celebrate the completion of a marathon. Each registered student who crosses the finish

line will receive a finisher medal and earn admission into Rewards Alley for rewards, healthy drinks and snacks.



Volunteer and help celebrate the completion of the 26.2 Mile Challenge by over 9,000 Lubbock elementary students!

**The West Texas Running Club is a proud sponsor of Lubbock Marathon Kids!**



marathonKIDS®  
MOVING. EATING. GROWING. TOGETHER.

# upcoming events

Each month we like to keep our members up to date on the upcoming races/events in the area, to keep everyone active and engaged!

- MAY 02** **Running The Ropes:** 5K/1 Mile Fun Run, Ropesville, TX, Discounts for early sign-up and pancake breakfast included! Randy Putman, RD, 806-790-0878 or Marilyn Harris 632-5222. <http://www.yellowcheetah.com/ropes5k>
- MAY 05** **WTRC Board Meeting:** Tuesday, 7:00pm, Ron's Office, 3309 67th Street, (806) 781-0231
- \*MAY 09** **HUGH HAYNES MEMORIAL HSB CANYON:** 11M/6M/2M, 8am, Randy Holloway, RD, 806-789-1547, Horseshoe Bend Canyon, N of Slaton, CR 3600 & East CR 7300.
- MAY 23** **Sun n Fun Festival:** 5K, 9:30am, 62nd & Elgin, Lubbock, TX <https://app.etapestry.com/onlineforms/YWCAofLubbock/sunNfun.html>
- MAY 23** **4th Annual PC Alaniz Run:** 5K/1M, McDade Park, Dumas, TX <http://www.active.com/dumas-tx/running/distance-running-races/4th-annual-pc-alaniz-run-2015>
- MAY 23** **Run 2 Rodeo:** 5K, 9:00am, Austin Middle School, Amarillo, TX, Benefits Cal Farley's Boys Ranch <http://www.lonestarrunnersclub.net/2015Run2RodeoEntry.pdf>
- MAY 23** **Rock the Block:** 10K/5K/FunRun, Oak Pint Park, Plano, TX <http://donteentryit.org/newevents/rocktheblock.html>
- MAY 25** **Summer of Sharing Fun Run:** 5K, MacKenzie Park, Lubbock, TX, 600 Broadway, Please bring non-perishable food items. <http://www.sosfunrun.org/>
- May 30** **Buffman & Squeaky Triathlon:** Buffalo Springs Lake [http://buffalospringslaketriathlon.com/nw/?page\\_id=214?ri=0](http://buffalospringslaketriathlon.com/nw/?page_id=214?ri=0)
- May 30** **Run for Dreams:** 5K, 8:00am, Thompson Park, Amarillo, TX <http://www.lonestarrunnersclub.net/2015RunForDreamsEntry.pdf>
- JUN 06** **Motley Miler:** 5K/1M, 9:00am, Motley County School, 1600 Bundy Street, Shirt guaranteed if registered by May 16th <http://www.lonestarrunnersclub.net/2015MotleyCountyEntry.pdf>
- JUN 06** **Relay for Life:** 5K/1M, Angelo State University, San Angelo, TX [https://secure.getmereregistered.com/get\\_information.php?event\\_id=121465](https://secure.getmereregistered.com/get_information.php?event_id=121465)
- JUN 13** **JUNE WTRC Club Race:** Silent Wings Museum, More Info to Come Randy Holloway, RD



\*Race photos provided by Suzan, David, & Jennifer Maguire.

coming soon >>>

## In The Next Issue

**Horseshoe Bend Recap**

**WTRC Member Spotlight**

**June Race Preview**

**Other Upcoming Events**

**wtrunning.com**

\* Indicates a Challenge Series Event.



The WTRC monthly business meeting is held on the first Tuesday of each month @ 7:00pm. All members are welcome to attend.

Ron's Office

3309 67th Street

806-781-0231

WTRC Newsletter Editor:  
Jonathan Botros  
[jonathanbotros@yahoo.com](mailto:jonathanbotros@yahoo.com)

