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A Periodic Insight into the West Texas Running Club

# West Texas Running Club

## NEWSLETTER



### Upcoming Races!



2nd Saturday in  
October  
8 AM Start  
10K & 2Mi

Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)

USATF Certified #TX07091ETM(2Mi)

#### RACE LOCATION

Shallowater High School  
FM1294, Shallowater

Race Directors:  
Autumn & Cody Lass



2nd Saturday in  
November  
9 am Start  
2 Mile &  
Half Marathon

(USATF Cert#TX09107ETM)

**Half Marathon T-Shirts..and..Finisher Medals to ALL Halfers!!**

**SIGNUP available till Wednesday, November 8th, 7pm.**

**PACKET PICK UP: Friday, Nov 10, 11am to 6pm at**

**FootTech-19th and Quaker, Lubbock**

**OR on Race Day at the Lake.**

#### RACE LOCATION

Buffalo Springs Lake – The Church inside the front gate.

Race Director: Tommy Johnson

WTRC Officers, Board Members,  
Directors and other club volunteers



2017 President  
Jonathan Botros  
jonathanbotros@yahoo.com

Vice President/Operations/Media  
Emmanuel Ramirez  
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Josh Leyva | leyva510@suddenlink.net

Board Member – Social Media:  
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Board Member: Carol Swinonos  
swinkie57@gmail.com

Board Members:  
Cody Lass | codyllass@gmail.com  
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Challenge Series/Newsletter  
Steve German | steve.german@sbcglobal.net

**Address:**

**WTRC — PO Box 2921 — Lubbock TX 79408**

# An Interview with Ron Lubowicz — Past WTRC President

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## How did you get started with running?

I began running in Pampa, TX in the fall of 1977. My motivation at the time was to transfer the pain of the loss of my 4-year old son from my heart and mind into other parts of my body. I simply ran as fast as I could, for as long as I could, and as often as I could. Eventually I became a runner.

## Give some history of your running.

Because my job kept me on the road but afforded me very flexible hours, and because running is so portable, I was free to stop the car and explore any road or path that looked inviting, almost anywhere west of the Mississippi. After a while I began entering races. In fact, the very first event I ran in was on a rainy day here in Lubbock. It was a WTRC event in Clapp Park, complete with popsicle sticks and a stopwatch. After only a few such

events I learned that I did not have the heart of a racer ... I simply enjoyed running down a peaceful road, around a beautiful park, or just over the next hill.

## How many years have you been associated with WTRC and what years were you president of the club?

I'm not sure that I was ever a WTRC member until the mid-90s, but I had entered several Club events over the years and even volunteered for a few. It was sometime in the late 90s that I took on some RD assignments and began serving on the WTRC Board. I believe I became its president in 2002.

## What were the challenges of leading the club early in your time as president and how did the challenges change over time (if they did)? Who are some of the people you've worked with in the club that helped you with developing the club into what it is today?

For the first several years I performed my presidential duties as I understood them based on the **procedures and** traditions I observed during my years on the Board. Year after year we were able to fill the Board with good people who wanted good things for the Club and its members; yet there was this heaviness of dysfunction that took the fun out of it for many of us. I stayed on simply because I seemed to be



able to keep the peace most of the time **because nobody else wanted the job.** Fortunately, what started happening was that a spattering of ideas from several sources began coming together and falling nicely into place with each other. And instead of stubbornly sticking to methods and procedures that

were no longer working, the Boards over the next several years began encouraging individuals who were willing to take ownership of "better" ideas. In addition to all the Club patriots that are still visible to us, the efforts of Tom Griffin and Randy Holloway deserve special mention. But to give me credit for leading the Club would be dishonest; for the last decade all I did was schedule meetings and try to keep the Club true to its foundational purpose ... to promote running and provide a full schedule of proper and safely managed events.

## What race or races have been your favorites over time?

Probably the Buffalo Wallow Half. It is so darn pretty! But I also love the positive energy that I continue to feel at the RRRR.

## What other things fill your life (work, family, hobbies, etc)?

I love exploring solutions to problems by looking at data differently; and trusting that the answer already exists and that I need only to recognize it.

## Something more from Ron...

What I would like to pass on to our members, today's and those of the future, is how absolutely unique the WTRC is in the realm of running clubs. Due to a legal/insurance issue that befell our club about 11 years ago, I got involved in lengthy conversations with the leaderships of about 30-35 running clubs, from coast-to-coast, with similar sized memberships. I learned almost everything about them. And with only 1 exception, these clubs were run by a super-volunteer/dictator and put on 3 or fewer events each year.

This other-world exposure made me realize that the guys who put OUR club together, and the officers & directors who preceded me, were organizational geniuses. For starters, the very idea of a club event every month, PLUS a Turkey Trot, is mind-blowing ... especially for a tiny club, which is what we were for several decades. How in the world can you even begin to staff so many events? Now enters the idea of The Challenge Series ... the genius of which is that each member gives up at least one event each year so that the others can run. Think about it. There are SUCH GREAT PRINCIPLES involved here.

Ron



# 2017 HOT Dam Run



It was a beautiful day — hot, of course! — but a day meant for establishing and breaking records...



A new first for the **5 Mile** as Bill Felton became the first to run this race in the 80 and up age category. *Bill was actually 82 years old at the time of this race — way to go, Bill!!!*

<— M 80+ **Bill Felton** Lubbock 82 1:06:05

## 2 Mile (8 new additions to the records)

M10-12 tied Riki Sampson's time from 2014

M10-12	<b>Wm Ryan Whitworth</b>	Lubbock	TEXAS	12	13:12
M25-29	<b>Phil Eiseman</b>	Lubbock	TEXAS	29	10:57
M30-34	<b>Michael Madison</b>	Lubbock	TEXAS	32	11:25
M50-54	<b>John Corelis</b>	Lubbock	TEXAS	51	11:38 →
M70-74	<b>Darrel McMillen</b>	Wolfforth	TEXAS	70	16:22
F13-15	<b>Emma Lopez</b>	Wolfforth	TEXAS	13	13:27
F16-19	<b>Marika Perlmutter</b>	Lubbock	TEXAS	17	12:36
<i>Marika is the New Overall Female winner for this race</i>					
F70+	<b>Linda Peterson</b>	Lubbock	TEXAS	71	32:38



Race Directors:  
Shannon and Wendy Anderson  
Great race — Thank You!!!



# Meet Some of Your Fellow WTRC Members

*Now you know more of those who enjoy the same thing you do – the joy of running!!*



I enjoy running because it's something that I can do for myself, I live a very active lifestyle and healthy lifestyle and running stems from a choice I enjoy doing and it also challenges myself. I also know that when I run no matter what distance it's also a healthy choice.



My family inspires me to run especially my 2 grandson's Evan and Conner.

Terri Evans

I, Fred Constancio have been running for over 30 years, I enjoy running because I feel an inner peace while running. I admit, I'm certainly not the fastest runner out there, but I do put my mind and my heart to what I do and I think that's all that matters. My faith with God motivates me to push myself harder every step I take, every drip of sweat I drip is one burden being relieved from my body. I have passed down running to my grandchildren and they have taken after what I have given, the ability to appreciate running and it makes my running experience all the more memorable. I enjoy running in downtown Lubbock to see the streets I would once walk as a young boy. I run in McKenzie Park every Thursday and Saturday morning and each time i get the same outcome, relief and happiness. I am blessed to be in the shape I am, at the age I am, and I owe it all to God.



# CONGRATULATIONS, MARIKA!!

**Marika Perlmutter** is 17 years old and is the female winner of the last 2 WTRC races (Hot Dam and Red Raider Road Race)



Marika has been named a **NATIONAL MERIT SCHOLARSHIP** recipient.

Marika is a student at Lubbock Christian High School. This is the link to the article in the Avalanche Journal. Thanks George Jury for spotting this for us.

<http://lubbockonline.com/news/local-news/education/2017-09-13/more-dozen-lubbock-area-students-named-national-merit-scholar>



## How about a few more folks we all should get to know?

I enjoy running in large part for the health benefits and because it allows me to clear my head and focus on the important things in life. Its a time for me to thank the Lord for blessing me with good health, and the willpower to teach myself how many things in life (including running) are mind over matter. *Amy Martin*



*Amy is in the middle — others in her group are, from left to right, Cole Martin, Dave Speaks, Joe Martin, Matthew Wallis, Scott Cain and Stacy Cain*



I didn't enjoy running at first, but my wife really did. It was a way for us to do something together. I had never run in a race before and asked her if she would help me train for a 5K since she had run a few half marathons. It was tough training for the race, but so worth it to accomplish a goal. I am not breaking race records by any means, but I am definitely breaking personal records. I enjoy the feeling of accomplishment when I complete my runs, but really enjoy running alongside others striving for personal satisfaction first. Being that my wife and I are expecting our first child in early 2018, it is important for

me to stay healthy for my family and lead by example. All I can say is, I'm glad I started running.

*Sam Cross*

# 36th Annual Red Raider Road Race

What a day! The 36<sup>th</sup> Annual Red Raider Road Race was certainly one of the most memorable to date. Mother Nature

provided some of the best weather the race has seen in years – with a temperature of 56 degrees and practically no wind to speak of.

Our overall winners had very fast times, with **Dee Russell** (17:51) taking the Men's 5K title and **Hannah Withers** (20:30) coming in first for the women. Our 10K winners were **Ben Miller** (39:28) and **Marika Perlmutter** (41:07). We also had a total of six age group records fall: **Lory Ioppolo** (44:19), **Leesa Price** (53:24), **PJ Sullivan** (58:15), and **Bill Felton** (1:25:44) in the 10K... along with **John Corelis** (18:10) and **Ralph Wolf** (35:17) in the 5K.



The morning started off with an amazing rendition of our National Anthem performed by Shelby Ball, followed by a literal West Texas 'shotgun' start of both the 10K and 5K from Raider Red himself. As our runners made their way around the beautiful course - our new DJ this year, **Todd Jordan**, kept them onlookers engaged.



After conquering the course - our racers were able to enjoy a new addition to the race this year, in having our friends at **Sprouts Supermarket** bring an assortment of fresh fruit and bottled water. The DJ kept the music going as participants and their guests took photos with the iconic **Masked Rider** and **Fearless Champion**. To cap off the day, our overall and age group winners were announced and given their medals and trophies for their accomplishments. Our 10K winners also won a pair of new **Skechers** running shoes, thanks to **footTech**



The overwhelming support of both our runners and our sponsors made the day a huge success, not only on the pavement – but, also to the \$4,000 in scholarships the race was able to generate this year!

Hope to see everyone next month in Shallowater, and at next year's RRRR!

Jonathan Botros & Emmanuel Ramirez  
Race Directors



PJ Mitchell gave me this picture of runners from earlier days of the West Texas Running Club. Can anyone name these fellows? If so, send me an email with the names (be sure to indicate to which person each name belongs!) and I'll post the picture in the next newsletter with names —

steve.german@sbcglobal.net



Check out the current Challenge Series standings (link below). We have 4 more races left:

**Shallowater Stampede,**  
**Turkey Trot, Buffalo Wallow**  
**and Toys for Tots Cross**  
**Country Run.**

So.... plenty of time to earn more points toward the series standings!



<http://wtrunning.com/2014/challenge-series/>

# 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!



WTRC races are found at [www.wtrunning.com](http://www.wtrunning.com)

- \*October 14* **Shallowater Stampede**  
8:00AM Start — 10K | 2Mi at Shallowater High School  
Race Directors: Autumn & Cody Lass  
USATF Certified #TX07090ETM(10K)  
USATF Certified #TX07091ETM(2Mi)
- October 21 **Palo Duro Trail Run — 50 mi, 50K, 20K**  
<http://www.palodurotrailrun.com/>
- \*November 11* **Buffalo Wallow**  
9 am Start  
2Mile | Half Marathon (USATF Cert#TX09107ETM)  
Half Marathon T-Shirts..and..Finisher Medals to ALL Halfers!!  
SIGNUP available till Wednesday, November 9th, 7pm.  
PACKET PICK UP: Friday, Nov 11, 11am to 6pm  
at FootTech-19th and Quaker, Lubbock  
OR on Race Day at the Lake.  
Race Director: Tommy Johnson
- \*November 23* **24th Annual WTRC Turkey Trot — Thanksgiving Day**  
9 am Start | 2 Mile or 12K (USATF Certified #TX12147ETM)  
Bayer Museum of Agriculture, E. Broadway & Canyon Lake Dr  
Go to the WTRC website for signup and packet pickup info.
- \*December 9* **Toys for Tots Cross Country Run**  
9:30am | 1Mi Kids CC Run (ages 4-12)  
10:00am | 4Mi CC(Loop) (ages 10 & up)  
Bib pickup on Race Day – 8:30 to 9:15  
Mae Simmons Park, E 19th & MLK Jr Blvd  
Race Director: Rick Lampe
- \*January 13* **Loop the Lake**  
5Mi | 2Mi (Loops)  
5Mi: ages 13 & over  
2Mi: ages 7 & over  
Buddy Holly Rec Area, N.University  
Race Director: Carol Swinconos

*\* Indicates a Challenge Series Event.*

WTRC Newsletter Editor:  
Steve German  
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The monthly WTRC business meetings are held on the first Tuesday of the month at 6:00 p.m.

Ronald McDonald House —  
Manny Ramirez' place of  
employment



Never Miss a Race  
Registration Deadline Again!



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

 West Texas Running Club

 @WTRunning

