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**JUNE  
2015**

*A Monthly Insight into the West Texas Running Club*

# wtrc newsletter

*current topics >>>*

## *Join the WTRC Text Club to Stay Connected*

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



# National Running Day

How are you celebrating National Running Day?



*In honor of National Running Day, we'd like to recap eight reasons why we love this sport!*

## **1. Run for your Life!**

*Running would benefit your health and would enable you to live a long life. The University of British Columbia proves this fact, as a reduction in premature death was observed by 20 to 50% in individuals who ran two miles per day. So try to run this (2 miles per day) to save your life.*

## **2. Improves Cardiac Health**

*Even a moderate running routine can benefit in maintaining your heart health by decreasing LDL (bad cholesterol) and increasing HDL (good cholesterol). It helps to lower blood pressure and improves cardiac functioning.*

*We also have good news for those who have already developed cardiovascular disease. The searches prove that running 16 miles per week halts the advancement of heart disease. Whereas, running 22 miles in a week can reverse the effects of developed cardiovascular disease.*

## **3. Helps to be more focused**

*Running is very helpful in enhancing mental abilities. Studies conducted on British workers proved that on days when they worked out they could concentrate better, they made fewer mistakes and they worked more productively as compared to the days when they didn't work out.*

## **4. Running as an Immunity Booster**

*Running is also known to boost immunity. People who run for at least an hour per day are 18% less likely to develop infections of the upper respiratory tract, as compared to people who are inactive. This study was conducted in Sweden.*

## **5. Running as a sleeping pill for Insomniacs**

*People suffering from Insomnia should stop taking sleeping pills and try running as a treatment to get that precious sleep. Researches conducted on Insomniacs proved that on the day when they ran, they were able to sleep within 17 minutes compared to the regular days without running, which took them 38 minutes to sleep. Also on the days when they ran they slept for an extra hour.*

## **6. Running kills Cancer**

*Running has also been found effective in prevention against various types of cancer. High level of physical activity like running reduces the risk of developing colon cancer up to 30-40% in both men and women; also it reduces the risk of breast cancer in women for up to 20-30%. Women who are already suffering from breast cancer can also benefit from running as it reduces its recurrence by 26-40%.*

## **7. Reduces Stress**

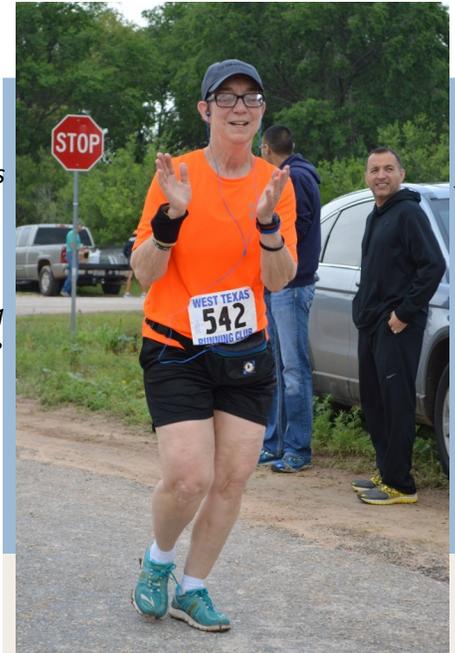
*Running is known as a stress reliever. Running keeps your mind fresh and helps you with positive thinking thus enabling you to get rid of stress.*

## **8. Effective Weight loss Remedy**

*What else could be a better way to burn all those fats other than running? Choose running for losing weight rather than choosing other vigorous exercises. Not only you can lose weight by running but if you have met your target weight you can maintain it by following the above mentioned formula. But still it does not mean that if you are running you have got the license to eat as much as you want, and whatever you want. A balanced diet along with running will give you significant results.*

# I RUN...

NATIONAL RUNNING DAY • JUNE 3, 2015



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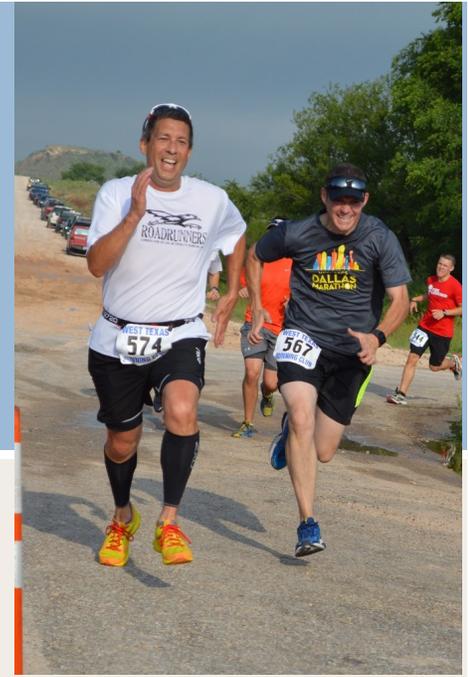
horseshoe bend >>>

## Race Results:

**Overall: 153 Runners**

**65 - 2 Mile**

**88 - 6 Mile**



race recap >>>

# Hugh Haynes Memorial Horseshoe Bend

Hi WTRC Runners,

Just need to report that I used up most of the **club's weather improvement fund** to move the thunderstorms out of the canyon for race morning. So, we were able to race, although the 11 mile loop was not usable due to flooding in portions of that course. We did have a great morning to race the **2 and 6 mile events**.

Overall winners were:

2 Mile Male: Erik Lindberg

2 Mile Female: Dana Allen

6 Mile Male: Tucker Forbes

6 Mile Female: Irene Kimaiyo and a **new course record!**

New Age Group Records:

F16-19 Megan Taylor Lubbock 18 46:59 (47:36)

F30-34 Irene Kimaiyo Lubbock 33 40:29 (41:22)

F40-44 Michaela Jansen Lubbock 42 43:47 (44:50) her own record

F50-54 Connie Waddell Wolfforth 50 46:42 (48:58)

F65+ PJ Sullivan Lubbock 70 58:42 (new)

I also want to recognize and thank the **volunteers** for the race,

Michael Sandoval, Liza Sandoval, Jalen Sandoval, Colby Sandoval, Adam Salinas, Stuart Sampson, Riki Sampson, Tony Aleman, Larry Mullins, Tyler Trammel, Jay Whitefield, Tommy Johnson, Virginia Bevers, Wayne Sullivan, Ron Lubowicz, Wendy Anderson, David Higgins, Susan Caudle, and George Jury.

I also want to thank Gayla Timmerman for bringing fluids.

See You Next Year,

**Randy Holloway**



# Stay Connected to the Club!

Along with our new text alerts, the WTRC is now on Twitter and Instagram. Be sure to follow us today!



@WTRunning



West Texas  
Running Club



@WTRunning



our next race >>>

Our next club race is the **Bobby Birdsong Memorial** on June 13, 2015, held at the Silent Wings Museum off the service road of Interstate 27 (6202 I-27).

This race will begin at **8:00am**... and feature two course distances (**2 mile** (ages 7+) and **10K** (ages 13+)). This course is **flat!!**

Entry Fee: **\$5.00** for members (& students age 7-12, 2Mi Only), **\$15.00** for non-members.



# 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!



\*All race photos provided by Suzan.

- JUN 05** **Relay for Life:** 1.5M/5K, 8:00pm, LeGrand Sports Complex Track, Angelo State University, San Angelo, TX  
[https://secure.getmeregistered.com/get\\_information.php?event\\_id=121465](https://secure.getmeregistered.com/get_information.php?event_id=121465)
- JUN 06** **Motley Miler:** 5K/1M, 9:00am, Motley County School, 1600 Bundy St., Matador, TX  
<http://lonestarrunnersclub.net/2015MotleyCountyEntry.pdf>
- \***JUN 13** **BOBBY BIRDSONG MEMORIAL:** 2M/10K, 8:00am, Silent Wings Museum, Lubbock, TX, Jim Deaver - Race Director, james\_deaver@att.net  
<http://wtrunning.com>
- JUN 20** **Lubbock's Original Beer Run and Bash:** Buffalo Springs Lake, Lubbock, TX  
<http://www.lubbockbeerrun.com/>
- JUN 21** **Jalapeno Half & 5K:** Fort Worth, TX  
<http://www.jalapenohalf.com/>
- JUN 28** **Buffalo Springs Lake Ironman:** Buffalo Springs Lake, Lubbock, TX  
<http://buffalospingslaketrathlon.com/nw/>
- JUL 04** **FIRECRACKER RUN:** 1M/3M/10M, 8:00am, 1M—7:40am, Terry County Park, Brownfield, TX - Jim Harris, RD—(575) 370-4034  
<http://wtrunning.com>
- JUL 12** **Xterra Magnolia Hill Trail Runs:** Magnolia Hill Ranch, Navasota, TX  
<http://www.active.com/navasota-tx/running/races/xterra-magnolia-hill-2015>
- JUL 19** **Wildfire Half Marathon:** Denton, TX  
<http://www.wildfirehalf.com/>
- AUG 08** **HOT DAM RUN:** 2M/5M, 8:00am, Canyon Lakes #6, 22nd & MLK—Shannon Anderson, RD - (806) 544-5966  
<http://wtrunning.com>

\* Indicates a Challenge Series Event.

coming soon >>>

## In The Next Issue

- Bobby Birdsong Recap
- Challenge Series Update
- Firecracker Run Preview
- Member Spotlight
- Upcoming Events



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  
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[wtrunning.com](http://wtrunning.com)