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A Periodic Insight into the West Texas Running Club

West Texas Running Club

Newsletter



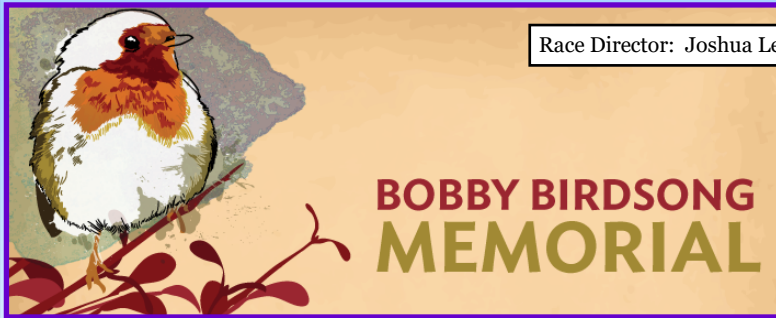
Upcoming Races

Hugh Haynes Memorial HSB Canyon Runs



Race Director: Nathan Paden

11Mi(Loop) | 6Mi | 2Mi – 2nd Saturday in May – 8:00am Start
Bib pickup on Race Day – 6:45 to 7:30



Race Director: Joshua Leyva

Bobby Birdsong Memorial Run
2nd Saturday in June, 8:00am Start
Online signup expires Thurs, 7:00pm.
Bib pickup on Race Day – 6:45 to 7:30
2Mi or 10K
(USATF certified #TX16058ETM).. flat course!

NEW RACE LOCATION

Moving...to the old County Line restaurant parking lot on FM2641, West of I27. Lubbock TX

WTRC Officers, Board Members, Directors and other club volunteers

2017 President
Jonathan Botros
jonathanbotros@yahoo.com

Vice President/Operations/Media
Emmanuel Ramirez
emmanuel.ramirez1010@gmail.com

Secretary
Wendy Anderson
teachwa@yahoo.com

Treasurer/Webmaster/Registration
David Higgins
d_higgins69@hotmail.com | [C] 806.535.7788

Outreach: Ron Lubowicz
ronlubo@aol.com | [Ph] 806.781.0231

Hydration/Trailer: Tommy Johnson
johnson60@gmail.com | [h] 806.781.4842

Board Member – RRCA Delegate:
Josh Leyva | leyva510@suddenlink.net

Board Member – Social Media:
Frank Mendoza | frank@amaonline.com

Board Mbr – Customer Service Dir and Race Calendar:
Suzan Caudle | suzan.caudle@yahoo.com
[h] 806.799.3813 | [c] 806.787.6708

Board Member: Terry Dalton
tdalton51@hotmail.com

Board Members:
Cody Lass | codyllass@gmail.com
Autumn Lass | acostalass@gmail.com

WTRC Store: PJ Sullivan
[h] 806.785.5748 | [p] 806.721.9940

Challenge Series/Newsletter
Steve German | steve.german@sbcglobal.net

ADDRESS: WTRC — PO BOX 2921 — LUBBOCK TX 79408

Thoughts, prayers, well-wishes for long-time WTRC member, **Wayne Sullivan**, who recently suffered a stroke and is currently rehabbing.

Address for cards, etc:

Wayne and PJ Sullivan
3519 39th St. Lubbock, TX 79413



"I want to express my gratitude for everyone's prayers for Wayne & I. A special thank you to FootTech for their support and providing special shirts for Wayne -- they read **"Running For Wayne Sullivan"** -- to run the marathon on Sunday, April 22nd." Pj



Another PJ Challenge!

(from the previous newsletter)

These are pictures of.....??

Answer:

According to PJ these were taken at Mackenzie Park in the mid-1950s.

Ashlyn Rose Peralta: “The sweat and tears...definitely paid off..”

Author: Ashlyn Rose Peralta



Running isn't easy; that's something that all runners can agree on. It's exhausting both mentally and physically, and there isn't ever time for a water break. However, despite the fast-paced atmosphere that is a necessity when it comes to running, sometimes it's nice to just slow down and think. We often get lost in the midst of a race and forget about why we took that first step to begin with.

I began running the summer of 2014. Too young to run on the cross country and track teams with my school, I ran mostly alongside my mom, and we dedicated that summer to preparing for my first cross country season that would begin during the fall. That particular summer is one that I can't forget. It was eventful, to say the least, but the struggle of that particular summer shaped the rest of my running career for the

better. That summer taught me perseverance. It taught me that the goal wasn't to beat the other runners, but to beat who you were yesterday, and I feel that I definitely did that every single day that summer.

The sweat and tears that went into that summer definitely paid off during the cross country season that followed. It was my first cross country season, but I consider it my best. I wasn't the best on the team, by any means. I actually was pretty close to last, but I feel that my heart was always in the right place while I ran that year, and I will forever treasure the feeling of that small, yet powerful, victory.



Ashlyn

I went from running a consistent 16 minute two miles my seventh grade year to a 12 and a half minute two miles my sophomore year. I have even contributed to winning everything from district titles to two state champion titles, and I can definitely say that it's been a long and amazing journey. I feel that any runner could say the same for themselves when reflecting on how far they've come.

Aside from running with my school, I eventually began running alongside my family and alongside the members of the WTRC in races each month. My favorite race would have to be the Loop the Lake of 2018. One of my worst traits is that I'm extremely bad with directions, so I did get lost that race, but I consider it my favorite because I didn't give up after taking a wrong turn. I turned around and accepted the challenge of trying to find my place again and even ended up beating my best time. I feel that running often presents challenges to us that teach us perseverance and hard work, and that is something that is difficult to find today.



Ashlyn

Aside from running in general, I enjoy reading and writing, though I have trouble finding the time to do so. I would like to find a career in journalism when I'm older and hope to pursue that more throughout the years.

I feel that I wouldn't be the runner that I am today if it weren't for my family being there, literally, every step of the way. We've run every race together. From my mom and sisters running alongside me from behind the streamers of flags at my cross country meets and cheering me on to us actually running races together, I couldn't imagine running without my sisters, Gabby, Grace, and Sofia, and my mom, Sheila, there beside me.

Every runner has their own story, and that was just a summary of mine. As runners, we all know that there is more that goes into the sport than workouts and tears. However, seeing as listing all those things would be nearly impossible, I'll just leave it at that!



2018 Loop the Lake
1st Female Overall
for the 5 mile!

Boston: A Year Later

by Debbie Gelber

Editor's note: April is Boston Marathon month so I thought it would be interesting to hear from one of our WTRC members who ran this marathon just this past year.



With Katherine Switzer

I am approaching the one-year anniversary of running my very first Boston Marathon. Time flies! As I reflect on this major milestone in my life, I'd like to look back on my attempts to qualify for this race.

I started believing that I might have what it takes to qualify for Boston after I ran the Marine Corps Marathon in 2013. That was my 5th marathon, and I PR'd with a 4:03:48. I later learned that I would need a 3:55 or better for a BQ and that was only 8 minutes away. So, I began to focus my training towards chipping away at that marathon time. I also became interested in double races and signed up for the Goofy Challenge in Orlando and the New Year's Double in Allen, TX. These races gave me a great base, but I just could not break that PR. That's when I decided to seek out a coach.

I am an avid podcast listener and one of my favorites is Marathon Training Academy. Angie and Trevor Spencer are a husband and wife team who began as ordinary runners who enjoyed sharing their experiences. They expanded their podcast to be a full-time business and coaching program. Luckily, Angie had an extra spot available and I signed on to be her coaching client in January of 2015. We set Oklahoma City in April as my first serious attempt at a BQ. I began Heart Rate training and didn't get a BQ at that race, but broke the 4-hour mark and my long-standing PR with a 3:59:52. I was on my way!



With Ryan Hall

My next attempt was at the Chicago Marathon that October. I had run Chicago back in 2011 and loved the course, so I really felt as if I could do it. Well, it didn't happen. Because of a warm day and going out too fast to catch the pace team, I ended up with a 4:00:30. In tears, I called my husband from the finish area. I was so disappointed. But, I didn't let it crush my dream. My next two marathons were not attempts to BQ, but were part of the New Year's Double-Double challenge. That goal was to finish 4 races (58 miles total) in 2 days. Done! My next BQ attempt was at the Napa Valley Marathon in March of 2016. I knew this was a net downhill race and I thought that could help my time. I finished in 3:55:30. Only 30 seconds from a BQ! But, I knew that I would also need at least a 3- to 4-minute window to really qualify, so this was another step closer to where I needed to be. Now I had a glimmer of hope. My friend Sharla told me about the Revel Race Series and I was intrigued. There was to be a brand new inaugural Revel Race in Las Vegas in April. It looked perfect, so I signed up. That was the race that did it. I qualified for Boston with a time of 3:43:57. I was finally going to Boston!

In September, I finally registered and began planning my trip. Hotels were pretty expensive. My husband told me to go ahead and book whatever I wanted because this was truly a once-in-a-lifetime experience. While I was making travel plans, I received notice that I was accepted into the Boston to Big Sur Challenge! I was going to run Big Sur 2 weeks after I ran Boston! Wow!

The hotel I chose in Boston was the Harborside Inn. It was in a wonderful location and was a great hotel. But, because it was such a special event, we also booked a room at the Fairmont Hotel for the nights before and after the race. It was pretty expensive, but totally worth it for the convenience. We were treated like VIPs and had all the amenities we could ask for.

The expo was very crowded, and we had to wait in line for quite a while to pick up my packet. Runner's World had a pop-up store right on Boylston Street. We spent some time there and got to hear from David Willey, Dean Karnazes, and Shalane Flanagan. She signed my cookbook! At the expo, we also met Ryan Hall and Katherine Switzer. It was 50th anniversary of Switzer's historic first Boston run, and she told me as she was signing my bib that she was nervous for the race. That made me feel better!



With Shalane Flanagan



At Cheers!

Of course, we went to the Cheer's bar and other iconic places, but one of the most special things we did was to attend the premiere of "Boston, The Documentary." It was awesome! The soundtrack was underscored by a live orchestra and the movie was terrific.

Race Day was epic. We got up early and walked to the bus area. I said goodbye to Bill and was bussed to Hopkinton, where we all waited in our corrals for the start. I was not used to such a late start for a marathon. My corral started around 10:30 a.m. Athlete's village was packed with people, but there were more than enough port-a-johns available. I looked up and

saw guards on the rooftops. I felt like I was in the safest place in the world at that point. I then perched myself under a tent and sprawled out on the mylar blanket I had packed in my gear bag. (This has been a good tip I learned from somewhere: always pack a mylar blanket or two for the wait.) It was quite a warm morning and there wasn't a cloud in the sky. I was no longer trying to qualify but to experience the race of a lifetime; meanwhile, the heat bothered me, but I didn't let it crush me.

I wore a shirt to represent FootTech and promptly took it off by mile 5 and ran the race in my sports bra. The spectators were the best ever. I was smiling the entire race. People were commenting on my big smile. I know they were thinking, she's running 26.2 miles and smiling about it! Darn right! I worked so hard to get to this race and I was enjoying every step I took. There were kids on the sidelines handing out ice and popsicles. There were people handing out Dixie cups of beer. It all was so refreshing in the heat! About halfway through, the clouds started rolling in and that made it much more bearable. I reached the first of the Newton Hills and then the second, and then the third. Heartbreak Hill didn't seem so bad compared to the others. The misting tent at the top of Heartbreak Hill was like an oasis in the desert. It felt so good!

My husband told me he would be waiting around mile 24 and I started to keep an eye out for him. I was on the left side of the street when I spotted him on the right, so I darted over, gave him a quick kiss and headed towards the final miles of the race. At mile 23, I spotted the Citgo Sign. My heart started racing. As I saw the sign for Hereford Street, the words, "right on Hereford, left on Boylston" were repeating over and over in my head. I was finishing the BOSTON Marathon! On Hereford, the crowds were louder and louder, and I made that left turn I had watched the elites make so many times on television. I picked up the pace

and with a huge smile on my face and tears in my eyes, I crossed that iconic finish line in a perfectly rounded off time of 4:18:00. Not my fastest time, not my slowest time, just my most memorable experience ever!

Will I ever run Boston again?

Probably, but it's not a race that I want to do over and over like some people do. I prefer to keep this special memory in my heart. I am and always will be so thankful that I was able to experience it.

2017 was an epic year. I got to run not only the Boston to Big Sur Challenge, but also the New York Marathon, Revel Big Cottonwood, and Houston. I didn't set any PRs, but sometimes it's not about that. I wouldn't trade those race experiences for all the PRs in the world. As I get ready to celebrate my 50th birthday, I look forward to entering the ultra world and creating even more life-changing memories.

If you get one thing from reading this story, I hope it is to never give up on your dreams. With a lot of hard work, determination and support from your family and friends, you can achieve dreams you never thought possible!

Debbie



With Dean Karnazas



Post-race!



At The Finish!!!

Buffalo Spring Break Run

March 2018 — Race Report by Tommy Johnson

WOW!

What a great morning,!

A excellent venue mixed with awesome volunteers and a wonderful club.

Reese Pena 11 of Lubbock was the first lady across the finish line in the 2 mile with a time of 13:42.1

In the men's division Colby Sandoval 14 of Lubbock was the first runner in at 11:07:04.



In the 5 mile race Margaret Santucci 25 of Lubbock was our first lady to cross the line at 38:56:4

In the men's division our over all was Chris Fyock 28 of Lubbock came in at 27:55:9

I believe we had **27 course records broken** (see the next page) as the conditions were ideal.

ALERT! WE WILL MOVE THIS RACE TO FEBRUARY NEXT YEAR.

I appreciate all the smiling faces and our core group of volunteers that make my job as director very enjoyable and fulfilling.

Also a BIG SHOUT OUT to the **Boy Scouts** for helping me park our runners and maintain a waterstop near the bridge. I believe they will be at our April *Run for the Arts* run, so make sure you tell 'em THANKS along with all of our other volunteers and Board members.



Great race, Tommy!

I feel blessed to be a member of this club.

THANKS,

Tommy Johnson



BUFFALO LAKE SPRING BREAK RUN

WTRC MARCH RACE

Age-Group and Course Records

5 MILE

USA T&F CERTIFIED, #TX16065LAB

Established 2015

#Course was approximately 70 yards short in 2016

WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Gabriella Peralta	Sundown	14	41:24	2018
16-19	Freda Montoya	San Antonio	19	38:06	2017
21-24	Megan Taylor	Lubbock	21	41:39	2018
25-29	Margaret Santucci	Lubbock	25	38:57	2018
30-34	Irene Kimaiyo	Lubbock	33	31:45	*2015
35-39	Cheri Gerwig	Lubbock	36	40:52	2017
40-44	Amme Blair	Wolfforth	44	35:32	2017
45-49	Michaela Jansen	Lubbock	45	39:18	2018
50-54	Connie Waddell	Wolfforth	51	41:05	2017
55-59	Leesa Price	Lubbock	58	40:43	2015
60-64	Leesa Price	Lubbock	61	43:53	2018
65-69	open				
75-79	Jackie Montoya	Lubbock	73	1:03:26	2018
Athena	Kristi Starr	Lubbock	44	42:13	2015

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
13-15	Ryan Whitworth	Lubbock	13	35:47	2018
16-19	Demetri Martinez	Lubbock	19	38:09	2018
20-24	Juan Sanchez	Lubbock	21	32:46	2018
25-29	Chris Fyock	Lubbock	28	27:56	*2018
30-34	Damon West	Lubbock	34	34:32	2015
35-39	Joshua Leyva	Lubbock	35	32:21	2015
40-44	Jeremy Pena	Lubbock	42	32:18	2018
45-49	John Corelis	Lubbock	49	31:03	2015
50-54	Andy Wilson	RnsmCnyn	51	34:22	2015
55-59	Joseph Wilson	Lubbock	59	37:13	2015
60-64	Joseph Wilson	Lubbock	62	40:01	2018
65-69	Jerry Morris	Lubbock	66	43:16	2017
70-74	Larry Mullins	Lubbock	74	50:30	2015
75-79	Gorden Jenkins	Amarillo	76	53:15	2017
80+	Bill Felton	Lubbock	80	55:50	2015
Clyde	Nathan Paden	Slaton	49	37:01	2018



2 MILE

Established 2015

#Course was approximately 70 yards short in 2016

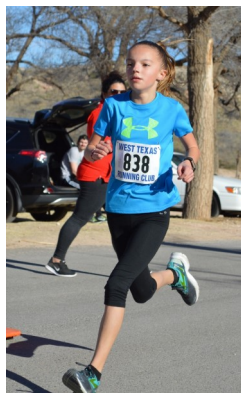
WOMEN

AGE	NAME	TOWN	AGE	TIME	YEAR
07-09	Emily Bachicha	El Paso	8	15:48	2015
10-12	Emma Lopez	Wolfforth	12	13:16	*2017
13-15	Carina Velasquez	Lubbock	13	14:04	2015
16-19	Brylie Corelis	Lubbock	18	14:50	2018
20-24	Amber Brown	Lubbock	24	15:28	2017
25-29	Katherine Albus	Lubbock	25	16:35	2015
30-34	Tammy Mosteller	Lubbock	33	16:03	2018
35-39	Rebecca McCallister	Rnsm Cnyn	35	15:47	2018
40-44	Olivia Boggs	Lubbock	40	18:03	2018
45-49	Amme Blair	Wolfforth	45	14:46	2018
50-54	Connie Waddell	Wolfforth	52	16:49	2018
55-59	Libby German	Lubbock	56	20:44	2015
60-64	Lydia Turner	Levelland	64	23:34	2018
65-69	Josie Aleman	Lubbock	66	33:43	2018
70+	Linda Peterson	Lubbock	72	31:10	2018
Athena	Chelsea Smith	Lubbock	24	21:17	2015

MEN

AGE	NAME	TOWN	AGE	TIME	YEAR
07-09	Billy Bond	Lubbock	9	14:27	2018
10-12	Riki Sampson	Lubbock	12	12:53	2015
13-15	Colby Sandoval	Lubbock	14	11:08	2018
16-19	Gabriel Walton	Dimmitt	16	13:39	2015
20-24	Christopher Gaschen	Lubbock	20	13:05	2018
25-29	Chris Fyock	Lubbock	27	10:32	*2017
30-34	Cody Lass	Lubbock	32	14:20	2017
35-39	Matt McCallister	Rnsm Cnyn	36	11:55	2018
40-44	James Bond	Lubbock	40	14:34	2018
45-49	Alex Bachicha	El Paso	45	14:21	2015
50-54	John Corelis	Lubbock	51	11:45	2017
55-59	Randy Mulsow	Lubbock	59	17:03	2015
60-64	John Clements	Lubbock	60	15:39	2017
65-69	Ricky Evans	Lorenzo	65	17:38	2015
70-74	Gary Gressett	Lubbock	70	23:30	2017
75-79	Ralph Wolf	Lubbock	77	22:54	2015
80+	Bill Felton	Lubbock	82	22:12	2017
CLYDE	Adam Puckett	Lubbock	46	16:04	2017

* OVERALL COURSE RECORDS



Run for the Arts

April 2018 race report by Suzan Caudle

Friday was a great late day registration and most of the packets were picked up then. I

had some great help with Artie Corelis, Laura Pharis and Debbie Gelber taking turns on the late day sign ups. Karsten Anderson and another troop leader stuffed bags with shirts and other goodies during lunch time. James and Billy Bond came in about 1 pm and stayed most of the afternoon. Tommy Johnson was available most of the day and filled in where needed. Pj Sullivan helped set up and organized the shirts — she and Wayne ran the store on race day.

Race day started out cool but dry. We had a good turn out for the Kid's Cafe Fun Run! The Boy Scouts did the flag ceremony and then staffed the 1 mile and 2 mile water stops. They were a great help! The wind picked up as the day went along and the runners (especially the 15K) struggled. However, the only casualty was the speaker. We had some wonderful volunteers! William, Christopher, Thomas and Violet Keehn covered water stop 3 and the turn around by the dam. Matt McCallister and David Weagruff directed runners through Mackenzie Park. The rest of the volunteers helped as course monitors, packet pick up, finish line water stop, finish line duties, and anything else requested of them. I appreciate Nadia Navarro, George Hinajosa, George Jury, Ashlyn Peralta, Miranda Hastey, Dahlia Hood, Jokari McMillen and Mary Ann Schwertner for all their work. Our fabulous pictures were taken by Artie Corelis, Jim Harris, and John Corelis!

I could not have conducted such a smooth race without all these great volunteers and helpers! We had great support from the Lubbock Police Department. Ian Scott-Fleming and Josh Levya were an invaluable support by riding their bikes leading the races and monitoring the course for safety of all our runners. Thank you!

David Higgins worked both Friday and Saturday. He set up computer Friday and took some of the first late registrations. Then he returned and helped close up the late registration. Saturday her helped at the finish line, monitored timing, and even managed to take a few pictures of the 1 milers.

It was a great race this year! I look forward to next year.

Suzan Caudle
Run for the Arts Race Director

Great race Suzan!

First Place Runners

2 Mile

Reese Pena 14:31.9

Colby Sandoval 11:34.7

15K

Margaret Santucci

1:13:21.2

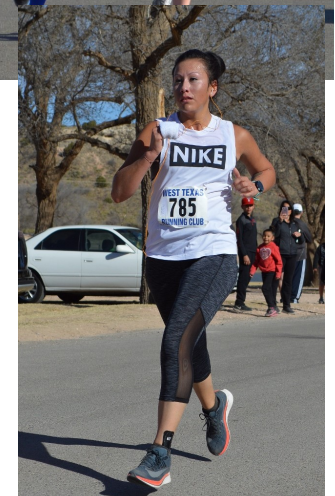
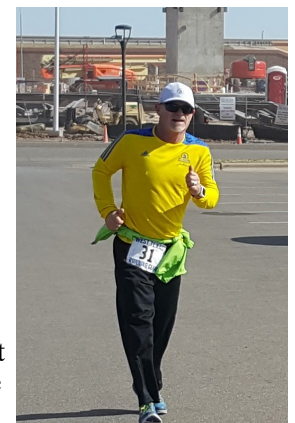
Chris Fyock 54:43.7

Run for the Arts Records Update

No records broken in the 15K but 2 were broken in the 2 Mile:

F45-49 Michaela Jansen Lubbock TX 45 14:37
broke PJ's time from 1991

F65-69 Josie Aleman Lubbock TX 66 34:35
reset her own record from last year



Cultures

The hardest part about writing is finding a subject that is interesting and informative for the audience that will be reading it. So, to get this kicked off I would like to provide the Wikipedia definition of culture. “Culture” is a way, meaning the way people do things within their group. Each group of people may have different cultures and these cultural habits are passed on to the next generation by learning,

whereas genetics are passed on by heredity. The culture of people is exhibited by their writing, religion, music, clothes, cooking and in general what they spend their time doing.

Since I was looking for something a little different and surprising I am amazed that I got the inspiration for the “cultures” subject while I was walking out of the Walgreen’s drug store with my latest prescription in hand. The surprise comes from the fact that I have never “had” to take prescription drugs on a regular basis over my many years of being on this planet. So, going to pick up my latest life saving bottle of pills prompted a thought in my brain that I now MUST go to the pharmacy and pick up my life saving drugs and along the way I find myself indulging in conversation with other people standing in line for the same reason. My thought process began to really expand as I discovered this new group of people and professionals (medical doctors, nurses, pharmacist, pharmacy techs, patients and drug store employees, etc.) plus my close friends who are also required to take prescription drugs. I found that there is actually a culture of people taking life saving prescription drugs to maintain life and become as healthy as possible while taking them.

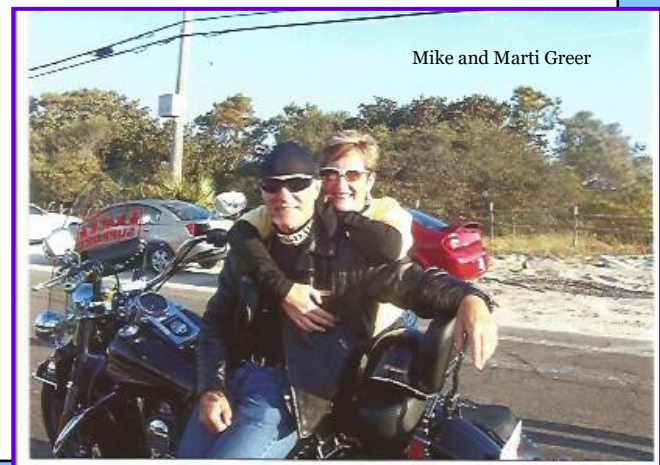
The other day I had lunch with two of my long time friends who are also past 70 years of age and even though I thought my daily 4 prescriptions drugs per day was a lot I found that they were up to 8 pills a day, and there seemed to be some kind of competition here. So, I have found I am in another culture that I never thought I would be in nor that I am particularly proud of. Of course, it is better than being in the illegal drug culture and any culture that is bad for your health.

Now, it is time to bring this writing around to making the solid points I want to make. Sporting cultures are so cool and I have had the opportunity to experience many in my lifetime. For example, each sport that I have trained and competed in over the years has introduced me to a very different kind of people, since not everyone will have the experience of being in many sports. As I go through my inventory of sports — football, track, handball, golf, bowling, endurance athletics, triathlon, etc. — I find everyone concerned with these sports did have some common trait but, for the most part, each sport had its own culture. The point of consistency in each sport centered around the willingness to work hard so as to compete at the highest level, no matter the sport! These sports present a wide array of differences in how they might compare — football being an extreme contact sport the recovery from injury was a big deal, on the other hand bowling does not have this type of challenge. Over my years as an athlete in 7 sports I found that each had a culture that made them different from each other BUT, they all had one thing in common: the participants wanted victory more than defeat. While winning first was not always realistic, improving each time out was considered victory. For example — taking 2 minutes off your finish time in a 10K running road race was a form of victory while it might not earn the first place medal. This was consistent throughout each sport. As I transitioned from one sport to another I found the different cultures and could write cultural information books on each one of them. For example, handball players love to “dig” each other during a match while runners would never do that!

As we study each sport we find another aspect of the culture is the administrative or management side that is consistent throughout. While football is usually found in public schools and universities and later at the professional level, endurance athletics are offered through clubs, teams, or individuals. As I think about that aspect of a sport, and running for sure, I think about the different clubs I have been associated with and how much they mean to a sport. At one time I was a member of 9 different running and triathlon clubs from coast to coast and I found a consistent culture within each of them. In triathlon I could go to a club meeting in Los Angeles, CA or St. Petersburg, FL and come away with the feeling that they knew what they were doing concerning the sport and offered great leadership for it. But, at this point I can say that the most consistent club leadership I have ever experienced comes from the West Texas Running Club of Lubbock. This is a West Texas created club that has offered tremendous guidance and opportunities for a runner to learn the aspects of successful running and has set a perfect example for other clubs to follow. The consistency in the succession of leadership and discipline to staying with the mission statement of the club has been the secret to their success. As I have watched other clubs come and go I have watched the WTRC hold true to the mission statement and continue to offer great membership packages and great running opportunities consistently during the year. This is always evidenced in their monthly running events. The excellence provided is part of the WTRC culture and I hope that each member realizes how special this is to the running community and a voice of thanks is given to each member. Please take the time to offer that thanks!

Mike Greer

Member of WTRC since 1977



Mike and Marti Greer

*West Texas Running Club is for anyone who enjoys running!
Some run faster, some run slower, but all are doing something that is positive for body, mind and soul.*

January Loop the Lake



February
Prairie Dog
Run

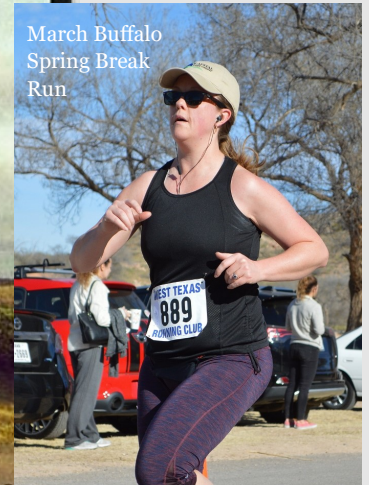


a 12 min mile is
JUST AS FAR
as a 6 min mile

April Run
for the Arts



March Buffalo
Spring Break
Run



February
Prairie Dog
Run



March Buffalo
Spring Break
Run



April
Run for
the Arts





Never Miss a Race Registration Deadline Again! Sign Up for Text Alerts.

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

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning

Congratulations to two WTRC members who ran this year's rainy, stormy, windy Boston Marathon!

Tonya Hodgkins finished in 3:40:58

Nathan Paden finished in 3:28:16

Way to go!!

WTRC Members –

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series. Participation in the Series has increased over the years. This past year there was an approximate 15% increase in those who had volunteered in at least one race, thus placing themselves in the Challenge Series.

For the rules of the Series go to:

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

Bottom line – run as many races as possible (3 qualifies but more is more fun!) and volunteer for at least one race (when you volunteer you are not running that particular race). For our club to work we need help during each of the 13 races – the “jobs” are not difficult and you will get to see the race from a whole new perspective! It's fun to see the “guts” of the race :-)

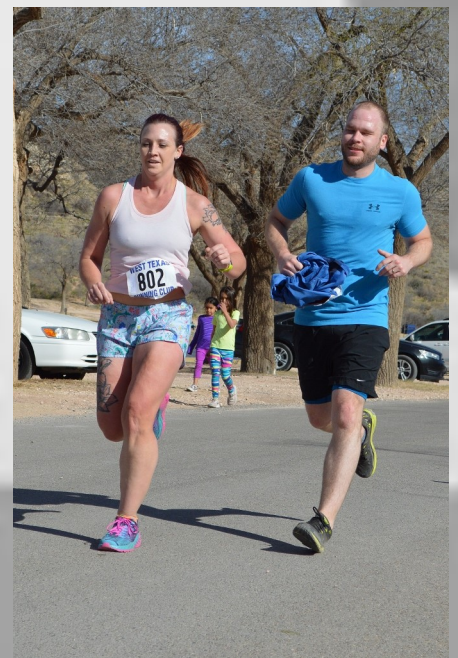
Come Run With Us!

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

Texas Tech University
3413 10th St. 79415

WTRC Newsletter Editor:
Steve German
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W.T.R.C. 2018 CHALLENGE SERIES through the April Run for the Arts race

MALE

YTD TOTALS

7 - 9 MALE	AGE	PTS	MILES	EVT	VOL
Thomis Duncan	7	36	8	4	
Zane Whitworth	7	23	6	3	
Dylin Duncan	8	11	4	2	
Daniel Perez	9	8	2	1	

YTD TOTALS

10 - 12 MALE	AGE	PTS	MILES	EVT	VOL
Billy Bond	9	33.5	15.3	4	*
Truett Davis	11	28	6	3	
Chase Hixson	12	25	6	3	
Caleb Bradshaw	12	21	6	3	
Lathen Myers	12	20	4	2	
Donovan Martinez	10	16	8	4	
Eli Paden	11	9	4	2	
Jantzen Torres	9	6	2	1	
Robert Mayfield	12	6	2	1	
Daniel Adams	11	4	2	1	

YTD TOTALS

13 - 15 MALE	AGE	PTS	MILES	EVT	VOL
Ryan Whitworth	13	38.5	11	4	
Colby Sandoval	14	32.5	11	4	*
Cooper Bradshaw	14	28	6	3	
Skyhlar Myers	15	23.5	9	3	
Sebastian Keehn	15	21.5	15.3	4	*
Jaiden Rodriguez	13	21.5	11	4	
Carson Bradshaw	13	16	4	2	
Christian Perales	14	14	4	2	
Nathan Young	14	9.5	5	1	
Eli Pruitt	14	9	2	1	
Merrill St.Clair	14	5	2	1	

YTD TOTALS

16 - 19 MALE	AGE	PTS	MILES	EVT	VOL
Christopher Keehn	17	32.5	15.3	4	*
Jalen Sandoval	17	21.5	9	3	*
Seth Turner	18	9.5	8	1	

YTD TOTALS

20 - 24 MALE	AGE	PTS	MILES	EVT	VOL
Alexander Morgan-Fleming	22	29	6	3	
Juan Sanchez	21	10.5	5	1	
Nathan Dortch	20	10	2	1	
Christopher Gaschen	20	10	2	1	
Paul David Gaschen Jr	22	9.5	5	1	
Connor Elston	22	7	2	1	

YTD TOTALS

25 - 29 MALE	AGE	PTS	MILES	EVT	VOL
Cole Martin	27	38	27.3	4	
Chris Fyock	28	34.5	22.3	3	
Karl Mueller	28	19	4	2	
Jiguo Dai	27	18.5	11.3	2	
Daniel Ford	29	10.5	5	1	
Kyle Bell	28	9.5	8	1	
Richard Christopher	29	8.5	5	1	
Eric Kirkes	29	2.5	5	1	

YTD TOTALS

30 - 34 MALE	AGE	PTS	MILES	EVT	VOL
Matthew Wallis	32	39	27.3	4	
Josh Brazell	34	39	27.3	4	
Calvin Day	31	34	8	4	
Curtis Norrod	34	30	6	3	
Mike Lemon	34	28	27.3	4	
Norman Disandro	33	25.5	14	4	*
Steven Morales	32	19	4	2	
Cody Lass	33	17.5	7	2	
Emmanuel Ramirez	34	12	14.3	2	
Michael E Madison	33	10.5	8	1	
Kyle Williamson	29	10	2	1	
Keith Koser	33	7.5	5	1	
Leo Diosdado	32	5.5	9.3	1	
William Renter	30	3.5	5	1	

YTD TOTALS

35 - 39 MALE	AGE	PTS	MILES	EVT	VOL
Damon West	37	31.5	19.3	3	
William Keehn	39	30.5	15.3	4	*
Adrian Lock	37	27.5	22.3	3	
Matt Mccallister	36	23.5	13.3	3	*
Codie Hair	39	19	14.3	2	
William W Whitworth	36	18	6	3	
Zach Manning	36	17.5	7	2	
Joshua Leyva	38	12	14.3	2	*
Travis Cram	35	9.5	8	1	
Jonathan Botros	35	8	14.3	2	*
Michael Duncan	39	7	2	1	
Justin Davis	35	5	2	1	
Benjamin Mccauley	37	4	2	1	

YTD TOTALS

40 - 44 MALE	AGE	PTS	MILES	EVT	VOL
Jeremy Pena	42	42	27.3	4	
Bernard Mejia	40	36	8	4	
James Bond	40	32.5	15.3	4	*
Adam Hixson	39	30	8	4	
Kenny Powell	44	28	8	4	
Brian Colley	44	26.5	19.3	3	
Jason Pena	42	23	8	4	
Jason Besherse	39	19	4	2	
Jeremy Dickson	42	19	4	2	
Jeff Fisher	42	18.5	19.3	3	
Brian Eppright	41	17	10	2	
Ryan Phillips	43	17	10	2	
Robert Martinez	40	16	14	4	
Michael Sandoval	41	16	12	3	*
Barry Broughton	43	16	4	2	
Corby White	40	7.5	5	1	
Petar Grozdanov	40	6.5	5	1	
Ricardo Flores Jr	43	6	2	1	
Troy Young	43	5.5	5	1	
Ray Castillo	41	4.5	5	1	
Charles Torres	44	4	2	1	

YTD TOTALS

45 - 49 MALE	AGE	PTS	MILES	EVT	VOL
Gary Tayag	47	38	27.3	4	
Adam Bradshaw	47	35.5	14	4	
Tim Evans	46	32	8	4	
Eddy Morelock	46	31	15	3	
Chad Price	46	27.5	9	3	
Ron Appling	46	23.5	21.3	4	*
Kevin Lipe	45	20	13	2	
Bernard Lumongsud	49	13.5	7	2	
Mark Porter	45	9	2	1	
Jon Mcgough	45	8.5	5	1	
Ray Young	49	6.5	5	1	
George Mesquias	47	6	2	1	
Paul Willoughby	47	1.5	5	1	*

YTD TOTALS

50 - 54 MALE	AGE	PTS	MILES	EVT	VOL
John Corellis	52	42	8	4	
Mike Humphrey	51	32.5	21.3	4	*
Frank Mendoza	51	32	35.3	4	**
Martin Montalvo	53	21	12	3	*
Les Kinman	53	16	10	2	
Brad Pruitt	50	9	2	1	

YTD TOTALS

55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Arturo Reyes	56	40	8	4	
Mark Woodfin	55	30.5	18	3	
Scott Cain	56	26.5	18	3	
Joe Martin	58	23.5	22.3	3	
Marc Hood	58	18	4	2	
Adam Barron	55	9.5	5	1	
Gail Faries	58	9	2	1	
John Culberson	58	8.5	8	1	
David Weagraff	58	3.5	9.3	1	*
Marc Williamson	59	1.5	5	1	*

YTD TOTALS

60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Randy Mulsow	62	32.5	14	4	*
Steve German	60	31	27.3	4	
Joseph Wilson	62	29.5	18	3	
Ed Price	61	26	27.3	4	*
Richard Akers	63	20	13	2	
Ian Scott-Fleming	63	14	16.3	3	*
Terry Dalton	63	13	10	2	
Jim Thompson	63	10	2	1	
James Toney	59	9	2	1	
James Deaver	60	7.5	5	1	
David Elder	64	4.5	5	1	
Clyde Neff	60	3.5	5	1	

YTD TOTALS

65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Rickey Evans	68	33	8	4	
Jerry Morris	67	32	17	4	*
Fred Constancio	65	30.5	11	4	*
Mike Kelley	69	17	4	2	
Fred Weber	66	10.5	5	1	
Richard Gale	68	9.5	8	1	
David Higgins	65	9	27.3	4	*
Tony Aleman	68	6.5	19.3	3	*
Wayne Sullivan	67	5.5	18	3	*

YTD TOTALS

70 - 74 MALE	AGE	PTS	MILES	EVT	VOL
James Livermore	70	38	8	4	
Gary Gressett	71	25	6	3	
Rick Lampe	73	25	6	3	
Richard Bray	74	19.5	7	2	
Darrel Mcmillen	71	11.5	7	2	*

YTD TOTALS

75 - 79 MALE	AGE	PTS	MILES	EVT	VOL
James Pratt	76	30	6	3	
James Bone	78	18	4	2	
Jacob Montoya	75	10.5	5	1	
Ron Lubowicz	75	5.5	18	3	*
Jim Harris	75	3.5	9.3	1	*

YTD TOTALS

80 and up MALE	AGE	PTS	MILES	EVT	VOL
Bill Felton	83	41.5	11	4	
George Jury	81	9	27.3	4	*

CLYDESDALE-age graded

CLYDESDALE-age graded	AGE	PTS	MILES	EVT	VOL
Adam Puckett	47	40	8	4	
Nathan Paden	49	31.5	18	3	
Sam Cross	43	27	8	4	
Lance Ward	50	26	6	3	
Jerry Adams	42	20	14.3	2	
Jaime Lopez	46	18	13	2	
Tommy Johnson	57	9	32.3	4	**
Richard Rodriguez	29	9	2	1	
Chris Abers	44	8	2	1	
Robert Bloodworth	53	7.5	5	1	
Steve Jenkins	41	7	2	1	
Michael Roberts	30	7	2	1	
Darik Pickerel	38	6.5	5	1	
Sonny Bevers	64	3	10	2	*

** = RACE DIRECTOR
* = VOLUNTEER