



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

2019 March/April

# Newsletter

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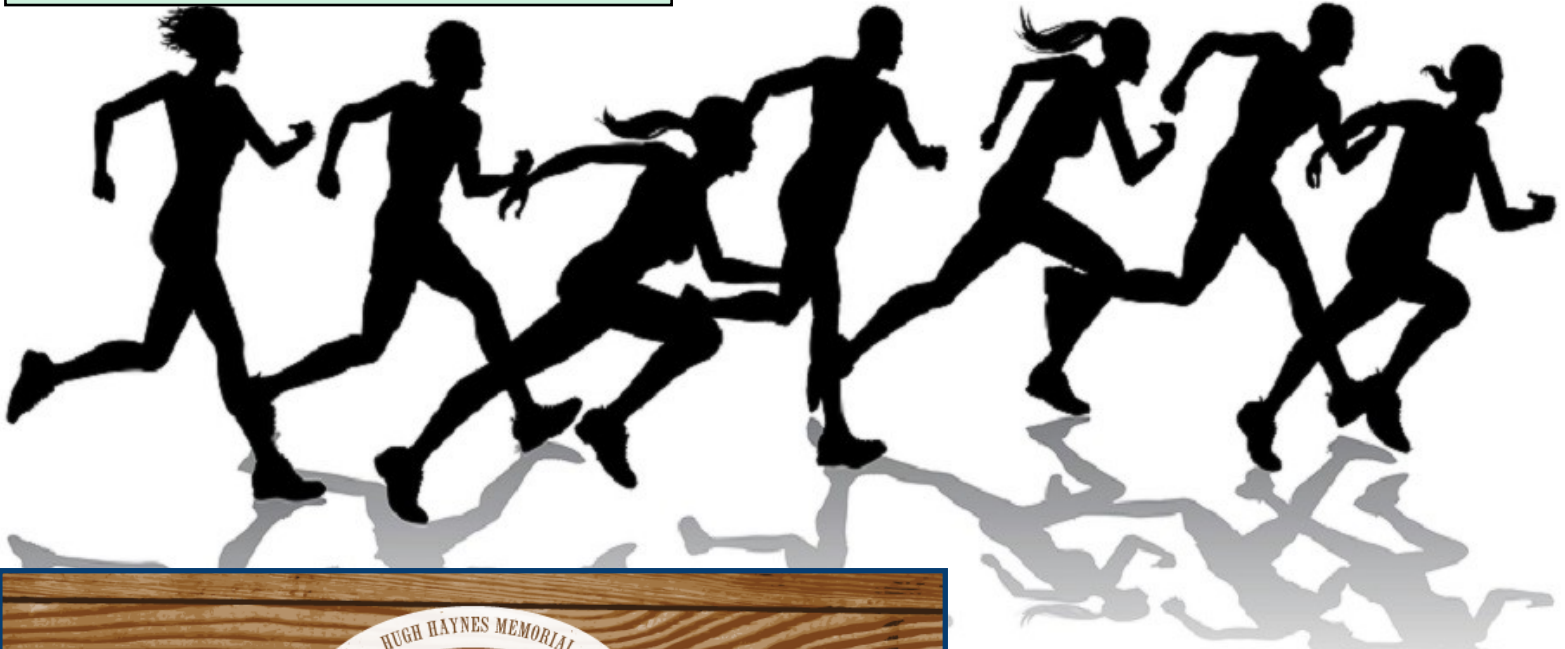
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## Upcoming Races



### Hugh Haynes Memorial HSB Canyon Runs

11Mi (Loop) | 6Mi | 2Mi  
2nd Saturday in May — 8:00am Start  
Bib pickup on Race Day – 6:45 to 7:30  
See WTRC website for directions to the course

### 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 a.m.  
2 Mi or 10K USATF certified #TX16058ETM  
RACE LOCATION  
The old County Line restaurant parking lot on  
FM2641, West of I27



## BOBBY BIRDSONG MEMORIAL

# Meet WTRC Members

## *Ed and Leesa Price*

Ed and Leesa Price. You've likely met them while at a WTRC race or at least seen them running, most often, the longer race that is the option for that particular race. My memories of Leesa are of how she always has something encouraging to say to me even though she is clearly a much stronger, more accomplished runner. Ed is just one of those folks who is easy to visit with and lately has been an inspiration as he recovers from hip replacement surgery (more on that later....).



Ed is a sole law practitioner who works at a cool, vintage converted home at Broadway and Ave. W. Leesa works with Ed as office manager and whatever else it takes to keep the practice moving forward. Ed and Leesa have been

married for 41 years this coming September. Leesa has run races with the WTRC for at least 30 years and has been a member for approximately 20 years. Ed... well Ed started running later on. Ed's decision to get active began with a realization that he was overweight and out of shape at 211 lbs. from (self-reported) eating and drinking too much (you wouldn't guess this looking at him now!). Part of the key to Ed's improved health (off of blood pressure meds!) is that they eat "nothing on the hoof." Seems to work for them both!

Ed began his transformation by ordering a bike on eBay, coupling the biking with running where he eventually worked up to a 5k race with Leesa. Leesa on the other hand was a runner in high school. After several years of marriage and two children,

at age 48 Leesa began running marathons. Since then Leesa has completed 16 marathons and a 50k ultra at the 2017 Palo Duro Trail Run (<http://www.palodurotrailrun.com/>). Ed has completed 8 marathons. Both have run a multitude of half marathons and shorter races. Ed's biking led him to compete four times in the Wichita Falls Hotter'n Hell Hundred (<https://www.hh100.org/>) – Leesa rode in two of these.

Ed's biking and Leesa's running came together with them participating in triathlons. Both Leesa and Ed completed the Buffalo Springs 70.3 three times and one 70.3 in Austin along with several shorter triathlons. Ed tells me that Leesa beat him at all the Buffalo Triathlons as well as the one in Austin saying further that Leesa is the real athlete between them!! One year at Buffalo Springs Leesa qualified for the World Championships but chose not to go because their first granddaughter was due. There's no doubt about Leesa's priorities in life.

The Price's involvement with triathlons began with a class at Texas Tech University – "Intro to Triathlon" (did you know there was such a thing??). Their first triathlon was the TTU Rec Center Triathlon – Super Sprint. Along with the Buffalo Springs Triathlons Ed competed in the *Escape From Alcatraz Triathlon* (<https://www.escapealcatraztri.com/>). Does anyone remember the story about the 3 inmates who escaped from Alcatraz and were never found? Well, I didn't press Ed too much about that....

An interesting goal the Price's have completed is to run the "Abbot World Marathon Majors" (<https://www.worldmarathonmajors.com/about/how-it-works/>) – Boston, Chicago, New York City, Berlin, Tokyo and London. They both have earned the Six Star Finisher Medal that features a plaque from each race. Lots of miles traveled by Leesa and Ed!



Leesa says her favorite marathons have been Big Sur (California, of course) and Boston, Ed says he really enjoyed New York City and Berlin – nothing like viewing Berlin from street level, on foot for 26+ miles!

Leesa's marathon PR was in Houston – 3:58:30, Ed's marathon PR was Berlin – 4:45.



Just recently Leesa and Ed traveled to a continent they had yet to run a marathon in – Antarctica! They traveled to South America where they boarded a ship that took them to Antarctica where they ran the marathon there on March 18th (<https://www.marathontours.com/races/antarctica-marathon-and-half-marathon-386/event-information>). The race course was an out-and-back dirt track – 2.18 miles each way -- so, by the end of the race they had run the course 6 times. As you can imagine weather in Antarctica can change drastically from time to time. The day before was very cold. The day Leesa and Ed ran it was warm by Antarctic standards – 32 degrees -- which would have been nice but there had been a marathon run on that course the day before (some of the ship's runners run the first day, the others run the second day). The course, being even more muddy than what would be the norm because of the first day runners, was a very difficult run. But, all-in-all, both say running Antarctica was a great experience.

I've enjoyed WTRC for

many reasons – one being that there are so many inspiring stories that our members can tell. Ed has had a recent hip replacement. As a young man Ed played baseball and was the catcher. He and his doctors feel that it was this activity along with some football that led to the eventual deterioration of his hip. When it became obvious there was an issue with his hip Ed continued to try to run but the hip was painful. Typically hip replacement parts aren't meant for running. But, Ed learned about hip replacements done in Europe designed for athletes. We didn't have this type of replacement here but Ed's doctor – Dr. Mark Scioli (see this link for a great story about Dr. Scioli : <http://www.kcbd.com/story/1314610/the-dr-mark-scioli-story/>) – agreed to do this type of surgery for Ed. By the way, this particular type of replacement is typically not



done for people older than 60. However, Ed can be very persuasive.....!. Before the surgery Ed ran Boston and then had the surgery and was back running with the WTRC seven months later – running the Red Raider Road Race with a cane!

Bottom line – the world is full of interesting people and we have a lot of them in the WTRC for sure. One more thing Ed told me about Leesa. *Currently Leesa is training for her first full Ironman (that's 140.6 miles for those of us who stick to races on solid ground....) in Wisconsin on September 8 when she will be 63 years old. What a way to celebrate a birthday!!*

If you haven't met Ed and Leesa Price I encourage you to do so. I'm sure there are more stories to be told if we just knew the questions to ask 😊!



# March 2019 Prairie Dog Run

## Race Report

by Nicole Phillips and Ashley Bautista

WTRC congratulates all the finishers that fought against the wind Saturday. When living in West Texas, you never know what the weather is going to be so you just “run” with it. We had



Great race Nicole and Ashley!

183 total runners; 120 two milers and 63 eight milers. The Prairie Dog Town medals had a new look, we hope you all liked the new bling.

We would like to congratulate the overall 2 mile finishers, John Corelis (13:09.1) and Emma Lopez (13:27.7). We would also like to congratulate the overall 8 mile finishers, Jaime Gonzalez (55:53.1) and Lory Ioppolo (1:00:27). The Clydes/Athena runners had a great run as well. The wind didn't stand a chance. Way to go!

The wind didn't stop these young ladies from breaking records in their age groups! Congrats to Daelyn Pena, Reese Pena, and Emma Lopez! Amazing work, girls!

If you participated in the \$50 Visa Gift Card drawing, thank you so much for participating.

The winner of the gift card was Lydia Turner!

We would also like to give a huge shout out to the ALL the volunteers who stood in the chilly wind to course monitor, help with directions, water stations, set up/take down, loading and unloading the trailer, time keepers, picture taker, food, packet pick-up, the lists goes on. Manny gave us a hand and helped more than he had to on directing the race and we couldn't be more thankful for all his help (and patience)! And Frank Mendoza not only volunteered on race day but he came out before the race to mark the course, spray paint all the mile markers and directions.



We want to shine some light on our bike lead, Ian Scott-Fleming. Ian not only volunteered but he also rode his bike in the tornado-like wind that we had. He knew what he was up against but he when out there and fought the wind with a huge smile on his face. We had many runners compliment Ian on how he encouraged them to push through and not to give up while he was also pushing through. Thank you so much!

If you see these volunteers be sure and give them a hug and thank them for all their hard work: Manny Ramirez, Frank & Jamie Mendoza, Tommy Johnson, David Higgins, Suzan Caudle, Tony Aleman, Monika, Norman & Kinleigh DiSandro, Steve German, Fred Weber, Gabe, Callie, Roxie, Laila, & Cecily Flores, Fred Constancio, Ian Scott-Fleming, Lauren Cobbs, Lori Ware, Reeda York, PJ Sullivan, Mike Greer, Shawn Phillips, and Jody, Devanee & Madison Almager.

Most of you all know, this was our first race to race direct so we got to see all the work, dedication and time that gets put into these races, voluntarily. We just want to say a huge “thank you for all you do” to each person that volunteers at EACH race — your hard work does not go unnoticed. Just know that you give each of us something to look forward to each month and that's to run,

meet new people in the community and to see friends that have become family. We basically get a big happy reunion each month. We would not have the people in our lives today if it was not for all of you.

Thank you again for the opportunity.

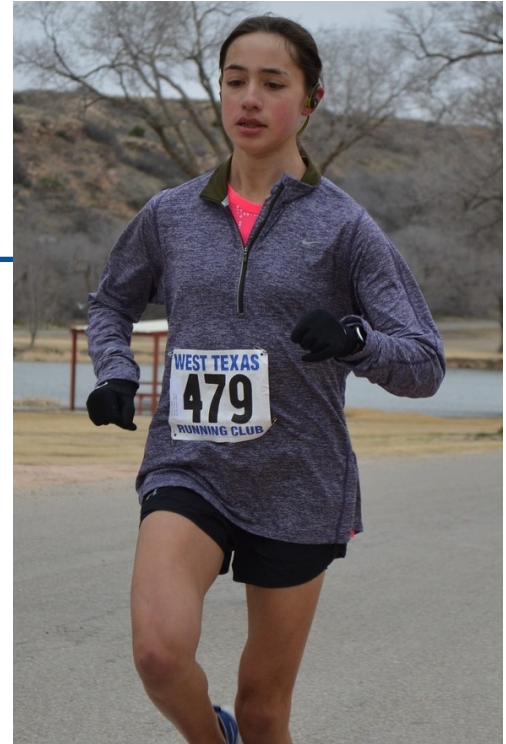
**Nicole Phillips and Ashley Bautista**



# The 2019 Chase Race



Emma Lopez had 3.9 miles to chase down everyone who started ahead of her and had to run fast enough to never be caught by the many "faster" runners who started behind her. That's what it took for her to win the Chase Race event this past October and get her name on the President's Cup trophy alongside Mike Kelley (2016) and Jeff Fisher (2017).



## Congratulations!!

### Emma Lopez (2018)

Why did we add this event? The simple answer is ... **for fun and for bragging rights**. This is the one event where **ANYONE** can win, where the slowest qualified Club member can finish ahead of the Club's fastest speedsters.

#### Some simple facts about this event:

- **The event will be held on Saturday two weeks after the RRRR (Red Raider Road Race);**
- The course will be between 3.8 and 3.9 miles long and will be announced on social media a few days before the event;
- Online registration is required, but there is NO ENTRY FEE;
- ***You must be a member of the WTRC who has finished at least 2 Club events between 3 miles and 10K in length between January's Loop-the-Lake and the Red Raider Road Race;***
- You will be assigned a starting time based on your handicap (calculated using your pace in races between 3 miles and 10K during 2019);
- If everyone runs their usual pace there could be 200+ finishers tied for 1<sup>st</sup>;
- Participation earns a small bonus in Challenge Series points.

**It's fun, it's free** and everyone has a fair chance to earn the bragging rights to having been the WTRC runner who was **UNCATCHABLE** in 2019.

Questions? Email Ron Lubowicz at [ronlubo@aol.com](mailto:ronlubo@aol.com)

# Moonlight Musical Run April, 2019

## Race Report

by Suzan Caudle

The first Moonlight Musical Run did not start out without it's challenges. Although we had venue, volunteers, and all the regular activities ready and set to go, mother nature did not co-operate with us. It began raining lightly Friday night and continued through until afternoon Saturday. Fortunately, with the help of Jonathan Botros and Emmanuel Rameriz we were able to modify the course around a couple of flooded spots and the race was on! This is the first time WTRC has tried an late afternoon/evening run!! I got comments on both side of the issue, but more runners enjoyed the change than those that did not. If it had been an morning run we would have had to cancel because of weather. We had planned to have Food Trucks, but because of weather they canceled. Maybe next year! Our 1 milers ran at 5:30 pm and those youngsters seem to have a wonderful time! The 2 Mile and 15K started at 6:00 pm and 6:03 consecutively. Although it did feel weird having a race at this time of the day, it was kind of nice for a change of pace! We had 111 finishers in the 2 Mile, 45 finishers in 15K, and 94 1 Mile finishers giving us a grand total of 250 finishers!



Great race directing, Suzan!



We had a large group of volunteers to help pull this race off!! Moonlight Musicals had a group of 10-15 that pitched in and worked water stop #1. Some of them also wrote down numbers at the finish line for all runs. Justin Duncan was invaluable by helping organize these volunteers, helping at the finish line and calling out awards. On Friday David Higgins was in charge of Late Day Registration and Packet Pickup. He had a lot of help from Artie and Kyden Corelis as they sorted and managed the shirts and then worked all day. Also helping on Friday was Laura Pharis and Jada Rankin. On race day Artie Corelis and Riannon Rowley eased my mind by taking lots of photographs. I really appreciate it ladies!

Ian Scott-Fleming and Alexander Morgan-Fleming helped keep our runners safe by riding their bikes. They led the runs and monitored the course. The Lubbock Police Department also helped to keep us all safe. Other volunteers on race day were Tommy Johnson, Ronda Birdwell Russell, Sonny and Virginia Bevers, Michael, Mandi, Parkir, and Dylin Duncan, Fred Constanancio, Lydia Turner, Aubrey Whitworth, Amy Gentry, Scout Braly, Joe Martin, Pj and Wayne Sullivan, Terry Dalton, Brennan Lauritzen, and Susan Strawn.

### WTRC April 2019 Moonlight Musical Run Leaderboard

#### 2 mile race:

##### 1st male and first overall:

Colby Sandoval Lubbock Tx 15 10:59.0

##### 1st female:

Grace Peralta Sundown Tx 13 13:47.3

#### 15k race:

##### 1st male and first overall:

Kyle Garcia Lubbock Tx 28 56:36.9

##### 1st female:

Lauren Murphree Lubbock Tx 30 1:10:21.5



Thank you all for participating in the first Moonlight Musical Run!! I look forward to growing and becoming a larger event everyone can get excited about!

Suzan Caudle  
Race Director





2018 Loop the Lake



2018 February Freeze



2018 Prairie Dog Run



2018 February Freeze

**I don't run to add days  
to my life, I run to add  
life to my days.**

Ronald Rook



# The Art of Change

by Mike Greer

One of the hardest things to do in life is to make changes, whether they are big or small. Making any size change is very difficult and sometimes we put the change decision off forever because of

difficulty accepting whatever change is being contemplated as well as the possible outcomes from the change. While a small change may not affect very many, a large change often does!

Now that I have these thought processes on the move, I would like to illustrate a very large change that we have made for the 30th running of the **IRONMAN70.3Lubbock** which was, for the past 25 years, the **Buffalo Springs Lake IRONMAN70.3**. While I know the world of triathlon is very small in comparison to other sports, it is considered very large in our minds. The idea of changing the BSL IRONMAN all started after the conclusion of the 2018 event where we experienced a decline in race entries. This prompted us to re-think what we were doing to meet the current triathlete needs and wants. After asking many questions and listening to the replies from the athletes of the sport *we learned that our approach in our course design was not appealing to today's triathlete*. We found that, yes, they still wanted to swim, bike and run -- but they now wanted to do less challenging courses and do courses that their loved ones could watch – courses that are spectator friendly. The Lord only knows our course had given out more challenges than most of the courses in the triathlon world! In addition to the elements (i.e., heat, wind, sun, semi-arid, 3250' elevation, plus a high temperature one year at 114 degrees to a low one year of 78) this course offered just about as many challenges as an athlete could possibly tolerate. In 2018 the temperature was 106 degrees, wind gusts were up to 40 mph -- it was probably the toughest year ever including the 114 degree day in 1994 and the 113 degree day in 2013. So, while we pounded our chests proclaiming we offered the toughest course in the triathlon world, our customers were pounding back saying, "so what?" and proclaimed that the athletes of today wanted less in challenge and more of a spectator friendly venue.

So, we went to the drawing board.

Hosting this event on at Buffalo Springs Lake came to my mind in 1989 with the idea of planning it for one year and then doing the first event in 1990, which is what happened. During the 29 years of this event being held at BSL we have had the honor of over 26,000 triathletes coming to Lubbock to do the event. We have also the honor of qualifying athletes for the world championship in Kona, Hawaii for 20 years.



Picture from 2013 article: <http://www.ironman.com/ja-jp/triathlon-news/articles/2013/02/preview-ironman-70-3-buffalo-springs-lake.aspx#axzz5jbh2d3Np>

With all that being said, we decided to make a change to answer the athletes' pleas for something new and different (please don't make me say "easier"!!). Our thoughts at this time were not being discussed with BSL – it was our decision to make. And then, as if hiding behind a dark cloud, BSL presented us with a new contract that adversely affected the athletes and so was totally rejected by us, forcing the need to consider swimming, biking and running at a different venue.

As most people know, there are not many lakes to swim in on the South Plains. Since the BSL leadership was unwilling to change their proposal we went to the Lubbock Mayor, the City Manager, and their staffs and told them *we wanted to move the event into Lubbock* – but, we needed a place to swim. To our surprise Dunbar Historic Lake (<https://www.youtube.com/watch?v=-n75n3jXozQ>) was offered as the swimming venue for the 2019 event!

continued next page...

Now the tough part. We had to decide if we would make this major change and would it be better for the athletes. So, we designed a course that offered all the things the athletes were telling us they wanted, plus we had a major partner with the City of Lubbock. It is estimated that, over the years, this event has had an economic impact on Lubbock of over 4.6 million dollars! It was obvious that it had been a great event for Lubbock and thankfully they welcomed us with open arms.



When I say the athletes will get what they are asking for *let me emphasize* they are not getting it that much easier since they will still be challenged from the elements during the 3 disciplines of the sport. For example, the swim will be in peaceful, calm Dunbar Historic Lake, then the athletes will ride their bikes out of Lubbock to the East on a flat course, then climb 3 hills instead of 8, and return to the Texas Tech campus, then do a 13.1 mile run around a spectator friendly course with a dynamic finish line in ATT Jones Stadium where spectators can enjoy the finish of their favorite athlete. Bottom line, we have made a major change to our event for the athletes basing the changes on what they want.



We have found that making this change has been very challenging since during the past 29 years our triathlon was done on the same course with the same routines for our volunteers, lake personnel, event staff and volunteers. We had the system to near perfection for our athletes. BUT, sometimes we just have to make changes for the better rather than just make a change to prove we can. *No matter the walk of life for which we are making changes they must be done with the idea the change will make things better for all concerned.* It is our hope that our decision will accomplish that goal.

I promise to write an honest follow up to this article with the results of the 2019 event. It is so weird in that I have been asked about this change at least 5 times per week. I am flattered by this interest from people who are not triathletes, but just interested Lubbock citizens. Stay tuned for June 30, 2019 results!!

Mike Greer  
IRONMAN70.3Lubbock



# Phantom Snake 5k Trail Run

March 30, 2019  
Mae Simmons Park  
Lubbock, Texas



From the editor....

Just a few years ago I was encouraged by a friend to give trail runs a try. Since then I've run the Palo Duro 20K and, this past year, the Palo Duro 25K and we ran the Hell's Hills 25K. I really enjoy trail runs for several reasons. One positive is that pace is no longer something you have to keep top of mind when running because pace is constantly changing during a trail run due to the continual changes in terrain, elevation and directions. Really takes the pressure off to achieve a certain average pace. Another positive is that trail running exercises some new muscles. You are climbing up and down more often and more quickly



and your ankles need to be stronger because of the uneven terrain underneath your feet. There are more positives but, bottom line, trail running provides a nice change of pace.

The problem for Lubbock runners is that we aren't surrounded by many organized trail runs like there are in south Texas. Once you hit San Angelo and go further south there are many trail run offerings. But, to get to them you have to drive several hours with the exception of the annual Palo Duro Trail Runs (btw — what a great place it is to run in Palo Duro Canyon!!! I encourage you to check it out: <http://www.palodurotrailrun.com/>)



I am excited that David Reed took it upon himself to organize a trail run at the bike trails located above the Canyon Lakes area in the eastern part of Lubbock. In case you didn't know there are about 7 miles of single-track trails in this area. This is Mae Simmons park and this is a link to map of the trails: <https://www.hikingproject.com/trail/7030828/mae-simmons-outer-loop-trail>

## Race Report from David Reed:

We had 27 runners on a cold windy day --15 male, 12 female.

1st overall was Codie Hair coming in at 23:18

1st female: Reese Peña 25:52

1st male: Glen Poklikuha 23:35

2nd female: Jennifer Strawn. 26:20

2nd male: Jeremy Peña 23:45

3rd female: Mandy Satterwhite. 28:35

3rd male: Brian Colley. 25:10

Some of these runners were on the trail for their first time, several are seasoned trail runners. True to the trail running community, almost all stayed until last runner finished. A couple of finished runners went back and helped the first time runner finish.

Thanks go to  who


donated prizes for 1st overall and 1st male and female runners!

This trail run was also the West Texas USATF 5K Trail championship. Reese won the youth division, David Reed won the masters division.



Longer races to come....!

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

 West Texas Running Club

 @WTRunning



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



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

## Come Run With Us!

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



### 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 :-)

WTRC Newsletter Editor:  
Steve German