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A Periodic Insight into the West Texas Running Club

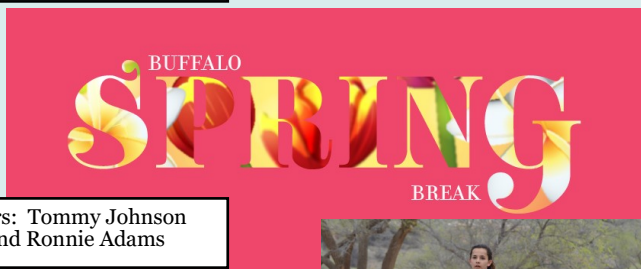
West Texas Running Club

Newsletter



Upcoming Races

WTRC Officers, Board Members, Directors and other club volunteers



Race Directors: Tommy Johnson and Ronnie Adams

2nd Saturday in March | 9 am
2M | 5M Bib Pickup: 7:45 to 8:30 at the Lake.

RACE LOCATION

Buffalo Springs Lake TX – Amphitheater – FM835, Lubbock County



2017 President
Jonathan Botros
jonathanbotros@yahoo.com

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

Secretary
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teachwa@yahoo.com

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David Higgins
d_higgins69@hotmail.com | [C] 806.535.7788

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johnson60@ymail.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
tldalton51@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



RUN FOR THE ARTS

Race Director: Suzan Caudle

April 14, 2018

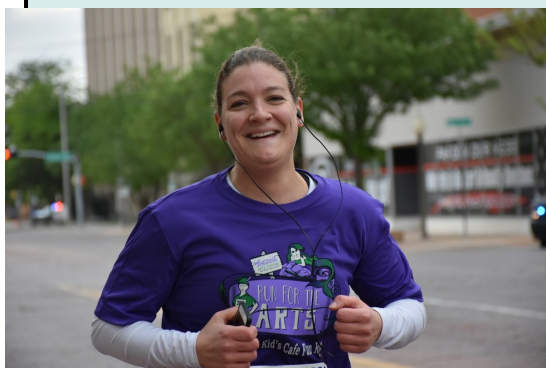
8:00am 1 Mile Kids Cafe' Fun Run

8:30am 2Mi | 15K (USATF Certified #TX08005ETM)

Held in conjunction with the Lubbock Arts Festival.

RACE LOCATION

Lubbock Memorial Civic Ctr
Mac Davis Lane



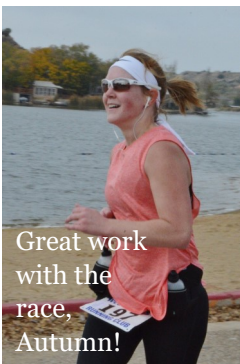
Loop the Lake Race Report

January 2018

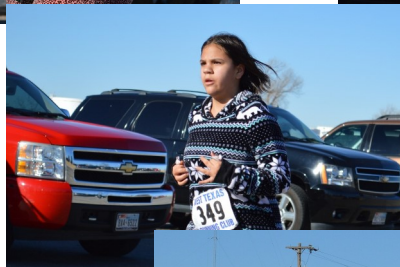
It was a balmy 25 degrees for 2018's first race of the year – *Loop the Lake*. We had perfect weather for the race and a lot of new runners present in the club! In total we had, 187 runners; 109 Two-milers and 78 Five-milers. What a great start to the new year!

While we did face some technical difficulties, which prolonged the wait for our awards ceremony, we had a great turn out for the awards ceremony. We had some great finishes! Congrats to Kyden Corelis and John Corelis for being our overall female and male winners for the Two-Mile race! Congrats to Jeff Chandler and Ashlyn Peralta for being our overall male and female winners for the Five Mile race! Big shout-out to our *finely-aged* members for braving the cold and setting such great examples for the rest of the club!

I couldn't have managed the race (especially since it was the first time for me to direct this particular race) without our awesome volunteers! We had a large number of volunteers which really helpful because this course needed a good number of course monitors to help direct runners and provide safety reminders! We had over 25 volunteers and all them worked hard to make our first race of the year fantastic. So, thanks to our awesome club members who volunteered! All in all, we had perfect weather, a great group of runners, and hard-working volunteers – the perfect recipe for a great race!



Great work with the race, Autumn!



Thanks!
Autumn Lass
 Race Director,
 Loop the Lake



Blast from the past! Loop the Lake official t-shirt. Picture provided by George Jury.

From George Jury — for the Loop the Lake record book:

2 mile					
M65-69	Jerry Morris	Lubbock TX	66	18:23	
F45-49	Debbie Gelber	Lubbock TX	49	16:25	(lowered her own record)
F50-54	Connie Waddell	Wolfforth TX	52	16:05	
F55-59	Rosa Sales	Brownfield TX	59	17:45	(ties Beth Gerkin's time in 2011)
F65-69	Josie Aleman	Lubbock TX	66	33:14	
5 Mile					
F45-49	Amee Blair	Wolfforth TX	45	37:28	

JFK 50 Mile

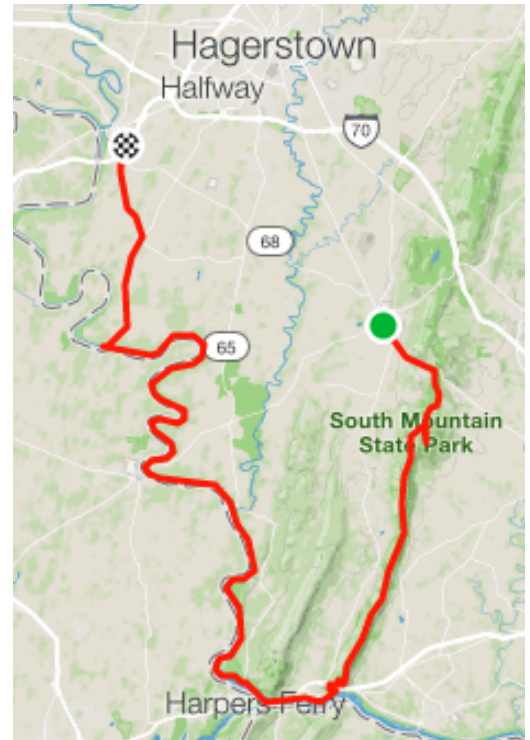
America's Oldest Ultramarathon

Note from the editor: I asked Amanda Boston to send me a report of the 50-mile Ultramarathon she ran not too long ago. I know there are others in our club who "run off the beaten path" like this one. Perhaps there are others of you who have run something recently that differs from traditional road races? If so, please drop me a note and we can allow others to hear your story! S.g.

In 1962, President Kennedy found President Roosevelt's challenge to the US Marines to complete a sub-20 hour 50 mile march as a baseline of fitness. President Kennedy's interest in

this challenge spread to the masses. Fifty mile hikes and races sprung up across the nation, but this one has withstood the test of time. Eleven men toed the line in Boonsboro, MD on March 30, 1963, to compete in the inaugural JFK 50 Mile race. Thirteen hours 10 minutes and 50 miles later, four of these starters arrived at the finish in Williamsport, MD. Four others completed 42.1 miles, and the last 3 got off course a little over halfway. The race results explain that those three completed 27.3 official miles with a note about their off course excursion that actually gained them 42.9 miles for the day.

On November 18, 2017, 806 men and women convened in Boonsboro for the 55th running of JFK 50. I was one of those racers. We all sat in a gym to hear the pre-race instructions and meet veteran racers. The director wanted newbies to see the seasoned finishers so we could help each other have a successful race. He announced the time limit of 13 hours and then asked veterans to stand based on their goal finish time. "Who plans on finishing in 8:30?" Crickets... No veteran stood. "Great," I thought. That's my goal time. I didn't know anyone in the race that day, but this made me feel particularly isolated.

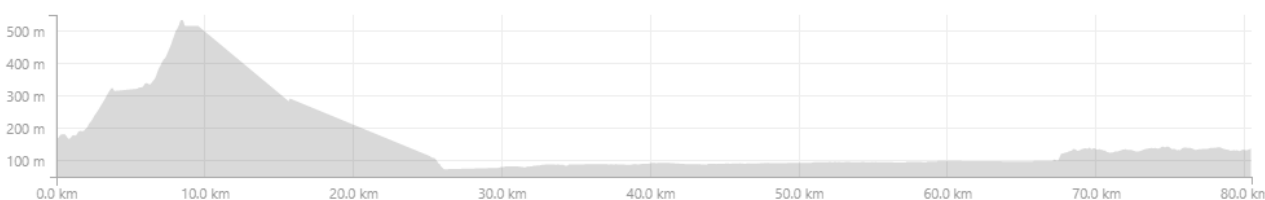


I didn't know anyone in the race that day, but this made me feel particularly isolated.

After the pre-race meeting, we were dismissed to walk approximately 800 m to the start line. I kissed my husband and son for good luck and then hastily made my way to the start. The race started and we ran along 2 miles of road toward the Appalachian Trail (AT). The sun started rising and made for beautiful views as we climbed up the winding road. The AT is beautiful in the fall. Orange and red leaves cover the trees. And the rocks on the trail. This made for 15 miles of scampering to avoid rolled ankles. Unsuccessfully for me. I rolled my ankles three times along those trails. I would have

been very grateful to start descending off the AT except for the fact that it started raining. The rocks became very slick on the switchbacks that lead down the trail. The slick rocks won when my feet slipped out from under me, and I landed right on my butt. I slowed down and meandered off the AT to the first crew station where Ben and Greg were cheering for me. I gave G a quick kiss on his cheek, refilled my liquids, and kept going.

Course Elevation





The next section of the race is along the C&O Canal towpath. This trail runs along the Potomac River and is flat and fast. I liken it to the smoothness of the jogging trails around various parks in Lubbock. The rain had let up, so I picked up my pace and started cruising. I quickly made it to the next crew station at mile 27.3 and got an extra boost of energy from seeing my family again.

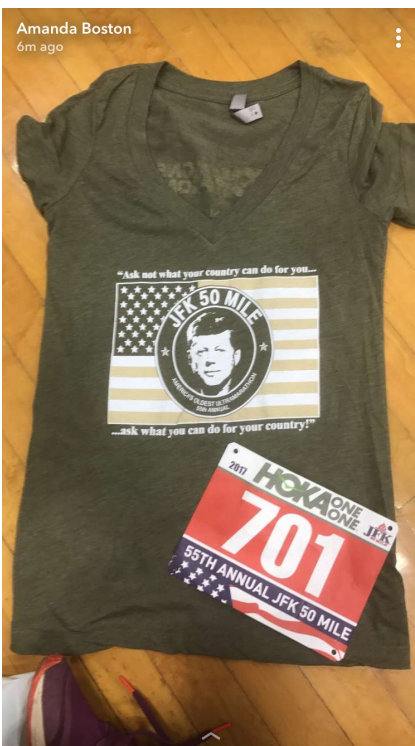
It started raining again around mile 35. I had been feeling really good up to this point, but the rain, monotony of the canal trail, and 5.5 hours of running were starting to take their toll. I knew the next crew station was only 2 miles away and then we'd get off the trail at mile 42. A change of scenery would be nice. I saw Ben and Greg for the last time until the finish and kept rolling. I played leap frog with another runner for several miles, but never saw him again once we hit the road.

Around mile 45, I noticed that I was gaining on two runners. Over hills and around curves, I drew them in over the last few miles until we made our final turn. I saw the finish line about a 600 m away and they were only about 100 m away. I picked it up and caught them right before the finish line. The crowd and my family were cheering for all of us. I finished in 8:16:45 (9:56 pace for 50.2 miles), 18th woman (out of 232 starters), and 78th overall.



This race was beautiful and historic. I highly recommend it to the seasoned or new ultrarunner. The people are friendly, aid stations were well stocked, and course is very runnable. If you have any desire to do an ultra, you can. Not because of the old cliché, "if I can do it, anyone can," but because President Kennedy said so.

Amanda Boston



Resources:

<http://www.jfk50mile.org>
https://en.wikipedia.org/wiki/Kennedy_march
<https://www.strava.com/running-races/2015-jfk-50-mile>

Prairie Dog Town Run Race Report

February, 2018
(new distance this year!)

It was a cold, windy morning but that didn't stop 190 runners from going out and having a great time at the annual Prairie Dog Town races. This year we changed the 4 mile course to an 8 mile course as many runners had commented

they would like some longer long runs. Previously, this had been our shortest long run.

We had a great showing of volunteers who braved the cold wind to provide drinks and directions to our runners. One of our local boy scout troops brought several of their members to assist with the race and to promote their 2nd annual Tenderfoot 5K run which will be this coming April 21st at Mackenzie Park.



The runners enjoyed the warmth of the lovely Bayer Museum while picking up their bibs and swapping war stories. We then grudgingly proceeded outside to commence the running activities. After a few race announcements the horn blew and the races were on.

We had 122 runners finish the 2-mile race with John Corelis leading the entire pack with a time of 12:22 and Michaela Jansen leading the women with a time of 14:41 and setting a new women's record. Dahlia Hood set a record for the women's 55-59 age group with a time of 18:00 and Josie Aleman also set a record for the 65-69 age group with a time of 33:14.

We had 68 runners finish the 8-mile race with Chris Fyock taking first overall with a time of 46:01 (or 5:45/Strawn who posted a time of 1:01:23. Since this was the inaugural race for the 8-mile we used the old Cotton Patch 8 miler for comparison. Based on those times Leesa Price set a record in the female 60-64 age group with a time of 1:17 and Meg Beverly set an Athena record with a time of 1:28.

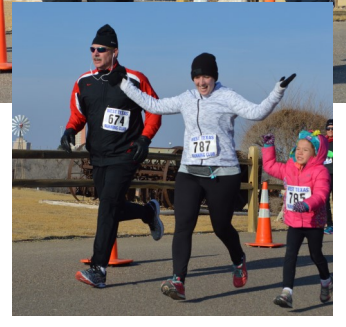
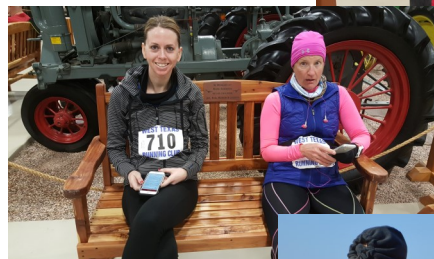
The following folks assisted with the race to make it a huge success:

- Nicole Hood
- Jackie Montoya
- Norman DiSandro
- Kinleigh DiSandro (our youngest and cutest volunteer)
- Jacob Ashdown & Karsten Anderson along with several young men from Boy Scout Troop 530
- Randy Mulow (our fearless bike rider)
- Tony Aleman
- Sonny Bevers



mile). The ladies were led by Jen

- PJ Sullivan
- Wayne Sullivan
- David Higgins
- Suzan Caudle
- Tommy Johnson
- Ron Lubowicz
- George Jury
- Thank you!
- Frank Mendoza**
- Race Director**



Brrrrrr!!! Cold but great race, Frank — thanks!

Resolutions

Well it is that time of year where many people decide to do the New Year resolutions, and then watch the year go by without any of them being accomplished. While I have never been one to do the resolution thing per se, I have always used December to reflect on the business year I have had, and also throw in the personal stuff if I think it needs to be worked on (and it usually does)! Also included is my sport athletic stuff that I have always had in my life, i.e. football, track, handball, long distance running, and triathlons of all distances. Now as I venture into the twilight of my life I am doing some different type of planning or goal setting.

From a triathlon standpoint my 2017 goal was to finish 10 sprint triathlons for a grand total of 391 lifetime finishes, but I was able to finish 11 triathlons by August 5th for a grand total of 392. My ultimate goal is to finish 400 before my 80th birthday on December 16, 2018. So, staying in good health and injury free was the order of the day!! That seemed to be prophetic, since my world was totally upset and modified by a bike crash on August 6 that was caused by a stroke. So, I am in recovery now with the goal of returning to swim, bike and run as soon as my body will allow it. My doctors say everything is looking good and to stay on current course for recovery. The good news is my cardiologist is a two time RAAM finisher and understands where I am coming from and is doing everything medically that can be done to get me back out there.

From a business standpoint I am working on some new projects to expand the income possibility for the household and to plan new activities within the existing multi-sport business. My completely new venture will be created in the city of Lubbock and will be a complete sports and nutrition expo that will involve all sports related companies in Lubbock. This has never been done before and initially the enthusiasm for it has been very good. In the multi-sport business there is a proposal to add three more events to the established agenda. In my book writing section of my life goals I have three outlines ready and hope to have those books ready for printing by the end of the year.

In all honesty I will confess that I have used the points made by the great author John Maxwell on

planning for the new year. He has sold over 24 million books and specializes in leadership "laws" of the universe and does it well.

At this time I would also like to thank the entities of Lubbock that provide all of us with places and things to do to achieve our fitness or outside activities starting with the West Texas Running Club as well as West Texas Endurance, BSLT Triathlon, Buffalo Springs Lake, Lubbock Parks and Recreation, Texas Tech, etc.!!!

One last point I would like to make is to say that many times goals are not achieved simply because they were not realistic or in some cases even possible. So, make sure and be honest with the goal setting and always have a Plan B since sometimes that becomes Plan A!!



Okay, let's get moving and make 2018 the greatest year ever!

Mike Greer
Ransom Canyon

Scenes from the 2017 WTRC Social

(held January 19, 2018)

For more pictures go to: <http://wtrunning.com/2014/galleries/>



It was a fun time!
Great food and fabulous
company



2017 Challenge Series Age-Group Award Recipients



W.T.R.C. 2017 CHALLENGE SERIES -- Female Age-Group Award Recipients																	
FEMALE																	
YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE	AGE	PTS	MLE S	EVT	VOL	30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	50 - 54 FEMALE	AGE	PTS	MLE S	EVT	VOL
Daelyn Pena	8	60.5	17	8	*	Tammy Mosteller	33	108	73.9	12	*	Reeda York	55	85.5	69.2	10	*
Camden Seales	8	42.5	16.5	6	*	Rebecca McCallister	34	89	31.1	10	*	Margaret Woodfin	53	84	57.7	10	*
						Autumn Lass	32	63.5	63	11	**	Kristina Peterson	51	64.5	63.5	8	*
						Rachelle Lock	30	43	48.7	9	*						
10 - 12 FEMALE	AGE	PTS	MLE S	EVT	VOL	35 - 39 FEMALE						55 - 59 FEMALE					
Saylor Corelis	12	109	35.6	13	*	Sarah Pena	36	78.5	38.3	10	*	Terri Evans	58	92.5	33.1	11	*
Reese Pena	11	94	28.1	10	*	Allyson Wall	37	64	29.1	9	*	Dahlia Hood	59	52	31.9	6	*
Aubrey Whitworth	11	76	32.2	9	*	Jennifer Cross	39	55	31.1	10	*	Virginia Bevers	57	42.5	42.8	8	*
						Liza Sandoval	39	53.5	20	8	*						
13 - 15 FEMALE	AGE	PTS	MLE S	EVT	VOL	40 - 44 FEMALE						60 - 64 FEMALE					
Emma Lopez	13	118	39.2	12	*	Amme Blair	45	125	78.9	13	*	Lydia Turner	64	107	43.1	12	*
Kyden Corelis	15	116	35.6	13	*	Michaela Jansen	44	111	76.5	11	*	Leesa Price	61	84.5	62.6	9	*
Violet Keehn	16	52	25.2	9	*	Stacy Cain	45	77	42.2	10	*	Suzan Caudle	64	32	101.8	13	**
16 - 19 FEMALE	AGE	PTS	MLE S	EVT	VOL	45 - 49 FEMALE						65 - 69 FEMALE					
Brylie Corelis	18	110	33.6	12	*	Lori Ware	48	93	73.9	12	*	Josie Aleman	66	118	30.1	13	*
						Cathy Paden	47	85.5	42.1	12	*						
						Ronda Russell	47	69	54.7	11	*						
20 - 24 FEMALE	AGE	PTS	MLE S	EVT	VOL							70 - 74 FEMALE	AGE	PTS	MLE S	EVT	VOL
Marilyn Duarte	20	41	27.4	5	*							PJ Sullivan	73	38	75.1	10	*
Maddie Ward	20	41	19.1	8	*												
25 - 29 FEMALE	AGE	PTS	MLE S	EVT	VOL							ATHE NA-age graded					
Ashley West	28	99.5	75.3	11	*							Gabby Saldana	54	92.5	80.7	12	**
Amy Martin	28	84.5	85.5	13	*							Artie Corelis	51	41	61.1	11	*
Ashley Bautista	30	76	44.4	9	*							Jamie Mendoza	44	39	18	8	*
Amanda Morris	25	73.5	23.1	9	*												

W.T.R.C. 2017 CHALLENGE SERIES -- Male Age-Group Award Recipients																	
MALE																	
YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 MALE	AGE	PTS	MLE S	EVT	VOL	30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	55 - 59 MALE	AGE	PTS	MLE S	EVT	VOL
Billy Bond	9	54	17.2	7	*	Matthew Wallis	32	104	75.5	11	*	Arturo Reyes	56	108	33.1	13	*
Thomas Duncan	7	42.5	14	7	*	Cody Lass	33	98	62.9	11	**	Scott Cain	55	93.5	81.3	11	*
Paul Jansen	8	33	20.1	5	*	Justin R Brown	31	91.5	81	11	*	Joe Martin	58	92.5	85.5	13	*
						Emmanuel Ramirez	34	65.5	63.9	12	**						
10 - 12 MALE	AGE	PTS	MLE S	EVT	VOL	35 - 39 MALE						60 - 64 MALE					
Lathen Myers	12	102	37.1	11	*	Matthew McCallister	35	108	30.1	12	*	Fred Constancio	65	113	33.1	13	*
Ryan Whitworth	13	80	32.2	9	*	Dustin Wall	36	78	31.1	10	*	Ian Scott-Fleming	62	107	81.4	13	*
Carson Bradshaw	13	76	33.2	10	*	Joshua Leyva	38	73.5	72.2	8	**	Terry Dalton	63	95	88	13	**
						James Bond	39	65	27.2	10	*	Steve German	60	93	79.4	12	*
						William Keehn	39	63	25.2	9	*						
13 - 15 MALE	AGE	PTS	MLE S	EVT	VOL	40 - 44 MALE						65 - 69 MALE					
Skyliar Myers	15	87	52.5	10	*	Jeremy Pena	42	108	77.5	11	*	Jerry Morris	66	108	86.3	12	*
Colby Sandoval	14	83.5	22	9	*	Michael Sandoval	41	97.5	26	11	*	Rickey Evans	68	89.5	33.1	11	*
Cooper Bradshaw	14	66	31.2	8	*	Jeff Fisher	42	66.5	67.3	9	*	Fred Weber	66	49.5	27.1	6	*
16 - 19 MALE	AGE	PTS	MLE S	EVT	VOL	45 - 49 MALE						70 - 74 MALE					
Jalen Sandoval	17	92.5	29.1	11	*	Adam Bradshaw	47	108	39.2	12	*	Gary Gressett	70	82	23.1	10	*
Ret Taylor	16	58	29	6	*	Nathan Paden	49	103	88.7	12	**	Darrel Millen	71	81	22.1	9	*
Christopher Keehn	17	41	25.2	9	*	Chad Price	46	92.5	80.5	13	*	Richard Lampe	73	65	24	9	**
						Tim Evans	45	68	67.7	11	*						
20 - 24 MALE	AGE	PTS	MLE S	EVT	VOL							75 - 79 MALE	AGE	PTS	MLE S	EVT	VOL
Alexander Morgan-Fleming	21	55.5	32.4	7	*							James Bone	78	67	20.2	8	*
25 - 29 MALE	AGE	PTS	MLE S	EVT	VOL	50 - 54 MALE						80 - 99 MALE					
Cole Martin	26	111	85.5	13	*	John Corelis	52	126	46.9	13	*	Bill Felton	83	115	55	12	*
Ben Miller	29	88.5	52.5	10	*	Martin Montalvo	52	115	80.5	12	*	George Jury	81	28	82.5	12	*
Chris Fyock	28	68.5	40.8	7	*	Frank Mendoza	50	91	87.5	12	**						
												CLYDE SDALE-age graded					
												Jaime Lopez	45	111	72.7	12	*
												Adam Puckett	46	105	29.1	12	*
												Lance Ward	50	74	23.1	10	*



Congratulations!

Strong running, faithful volunteering and overall great involvement in the WTRC!

Members of the WTRC 2017 Challenge Series

66 Mile Club and Trailblazers



		age group	number of miles	number of races	Trailblazer categories
Billy	Bond	07-09	17.2	7	at least 15 miles
Daelyn	Pena	07-09	17	8	
Camden	Seales	07-09	16.5	6	
Eli	Paden	10-12	39.1	12	at least 22 miles
Lathen	Myers	10-12	37.1	11	
Saylor	Corelis	10-12	35.6	13	
Carson	Bradshaw	10-12	33.2	10	
Averi	Duncan	10-12	33.2	9	
Ryan	Whitworth	10-12	32.2	9	
Aubrey	Whitworth	10-12	32.2	9	
Reese	Pena	10-12	28.1	10	
Caleb	Bradshaw	10-12	23.1	6	
Skyhlar	Myers	13-15	52.5	10	at least 38 miles
Emma	Lopez	13-15	39.2	12	

		age group	number of miles	number of races
Suzan	Caudle	60-64	101.8	13
Tony	Aleman	65-69	92.5	13
David	Higgins	60-64	89.5	13
Nathan	Paden	45-49	88.7	12
Terry	Dalton	60-64	88	13
Frank	Mendoza	50-54	87.5	12
Jerry	Morris	65-69	86.3	12
Amy	Martin	25-29	85.5	13
Cole	Martin	25-29	85.5	13
Joe	Martin	55-59	85.5	13
George	Jury	80-99	82.5	12
Ian	Scott-Fleming	60-64	81.4	13
Scott	Cain	55-59	81.3	11
Justin R	Brown	30-34	81	11
Gabby	Saldana	Athena	80.7	12
Tommy	Johnson	Clydesdale	80.6	10
Chad	Price	45-49	80.5	13
Martin	Montalvo	50-54	80.5	12
Steve	German	60-64	79.4	12
Amme	Blair	40-44	78.9	13
Jeremy	Pena	40-44	77.5	11
Michaela	Jansen	40-44	76.5	11
Matthew	Wallis	30-34	75.5	11
Ashley	West	25-29	75.3	11
PJ	Sullivan	70-74	75.1	10
Tammy	Mosteller	30-34	73.9	12
Lori	Ware	45-49	73.9	12
Jaime	Lopez	Clydesdale	72.7	12
Joshua	Leyva	35-39	72.2	8
Reeda	York	50-54	69.2	10
Carol	Swinconos	55-59	68	9
Tim	Evans	45-49	67.7	11
Jeff	Fisher	40-44	67.3	9



Become a member of the WTRC and also be involved in the WTRC Challenge Series



It is time to renew your membership!

Go to <http://wtrunning.com/2014/memberships/>

There are many ways to compete in the West Texas Running Club. Of course, you can go all out to win the overall race. If, though, you might not want to compete at that level, what about running against your peers — those in your age group? One of the benefits of being a member is that you can compete in the Challenge Series.

The following link goes to the official Challenge Series rules as well as to all of the Challenge Series standings reports:

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

The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

If you don't know about the Challenge Series the following describes how you can be a participant:

- Be a current WTRC member.
- Note: 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.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.
- **Packet pick-up:** volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."
- Run in at least 3 races of the 13 club races.
- Non-running members can still earn miles and be eligible for the 66 Mile Club (see below), but are not eligible for Challenge Series awards

See the WTRC website for more about the Challenge Series:
<http://wtrunning.com/2014/challenge-series/>



2018 Loop the Lake race start

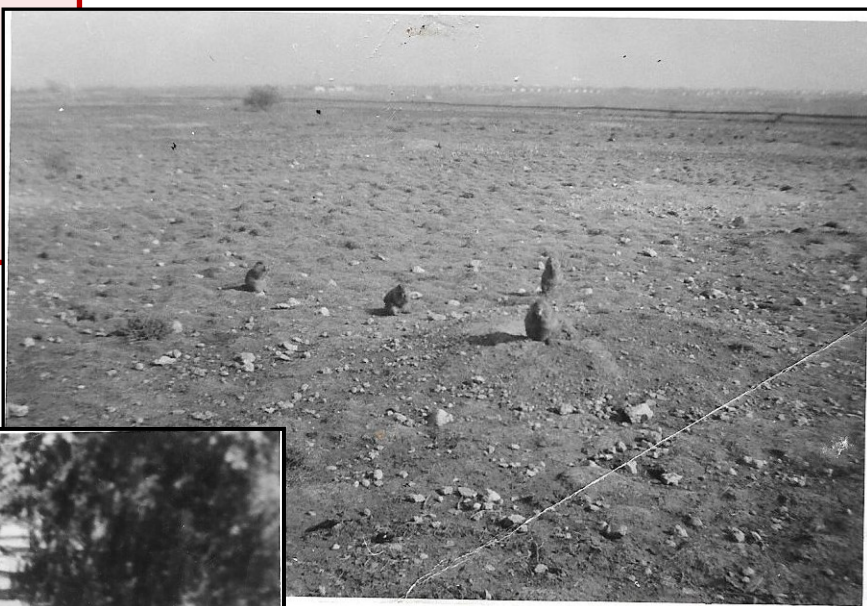


Another PJ Challenge!

These are pictures of.....??

Send me an email with your answers:

steve.german@sbcglobal.net



Interesting Trend noted by the Runners World Editors

Scott Douglas, contributing editor

“Since 2014, the number of finishers of U.S. road races has declined every year. Although 2017’s figures won’t be released until March, we suspect that trend will continue. While bucket-list races continue to sell out—your Peachtree 10Ks, your New York City Marathons — we’ve noticed drops in finisher totals in many other big events throughout year.

At the same time, all indications are that there have never been more Americans who run at least occasionally. Why the discrepancy? **Runners are increasingly choosing informal, low-key outings over commercial, organized events. Think clubs and crews, social runs ending at pubs, solo trail jaunts, and the like.** These DIY runs are less expensive, easier to fit into busy schedules, and customized to meet individual runners’ desires. While we’ll always want a healthy road racing industry, we’re all in favor of runners exploring whatever avenues they enjoy.”

See <https://www.runnersworld.com/general-interest/running-trends-2018/slide/6>

We could have told them this! :-)

*A new Lubbock area running opportunity!
Three events: Marathon, Half Marathon, 5K*

<https://lbkmarathon.com/>



Lubbock Mayor Dan Pope (left) is behind the Fitness Council and WTRC President Jonathan Botros is on the Council.



West Texas Running Club



@WTRunning



**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.)

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

All members are welcome to attend!

WTRC Newsletter Editor:
Steve German
steve.german@sbcglobal.net



WTRC races are found at wtrunning.com