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May/June  
2018

*A Periodic Insight into the West Texas Running Club*

# West Texas Running Club NEWSLETTER

## Upcoming Races

Race Director: Gabby Saldana

49th Annual Firecracker Run, Wednesday, July 4, 2018

7:40: 1Mile Elem Run  
8am: 3 Mile | 10K  
Bib pickup on Race Day – 6:45 to 7:30

RACE LOCATION: Coleman Park – Brownfield TX

Race Directors:  
Shannon and Wendy Anderson

2nd Saturday in August

8:00am Start | 5Mi | 2Mi  
Bib pickup on Race Day –  
6:45 to 7:30

RACE LOCATION:  
Canyon Lakes #6: 22nd &  
MLK Jr Blvd  
Start by the waterfall on  
MLK & 22nd St.



## 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

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Suzan Caudle | suzan.caudle@yahoo.com  
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Board Members:  
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Autumn Lass | acostalass@gmail.com

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ADDRESS: WTRC — PO BOX 2921 —  
LUBBOCK TX 79408





# Hugh Haynes Memorial Horseshoe Bend Canyon Runs

May, 2018 Report

by *Nathan Paden* — Race Director



The 2018 Horseshoe Bend Canyon Runs went off really well this year! The weather was a little bit on the warm side for the folks running the 11 miler, but overall I don't think we could have asked for a much better day.



There were **several records** that were set in the shorter races. In the 2 miler Tammy Ureste set a new record for the 50-54 year old age group with a 17:02, Toni Lynn Merchen set a new record for the 55-59 age group with a 18:42, Josie Aleman set the record for 65-69 age group with a 33:11 and Linda Peterson set the record for the 70+ age group with a 30:25. It must have been perfect conditions for 50 and over females with new records in all except one category!



In the 6 miler, Chris Fyock beat his own overall course record with a time of 33:37 and Amme Blair beat the course record for the 45-49 age group with a 47:07. There weren't any course records broken in the 11 miler, although I'm always impressed with the course record for the 11 miler that was set back in 1989 by Rodney Hendrix which was a 1:00:49 which averages out to a 5:32 pace. Pretty impressive.

A big thank you again to all the volunteers that helped out this month and especially the ones that help out nearly every race. There is no way we could put on the quality races each month without that core group of people that put the time in every month helping with registration, putting the bibs together, hauling the trailer, getting the water and snacks, helping with the timing, etc. As a race director you get to see a lot of the work that goes on behind the scenes and it really makes you appreciate what goes into every race.

And also a big thank you for everyone who came out and ran the race. We really couldn't do this without you! There were 185 runners this year which was an increase of just over 20 from last year. I think this is a great course and really encourage anyone who hasn't had a chance to run it to give it a try.

See you next year. Nathan



Great race Nathan and Cathy!!





# 2018 Kids Cafe Fun Run

*Run for the Arts — April, 2018 — Terry Dalton*



The weather that morning was cold and windy, very cold and very windy. It was

a terrible morning for a run. Even more so for a kids run. If you build it they will come? We'll see. The run builders were there that morning to get everything ready, the usual suspects: Tommy Johnson, George Jury, David Higgins, Suzan Caudle, Jonathan Botros, Emmanuel Ramirez, Ron Lubowicz, Josh Leyva, and Frank Mendoza. Now, will anyone come?

Yes, and come they did! Saturday, April 14<sup>th</sup>, turned out to be a great day for a kids run. About 100 kids from Team Kids Cafe crossed the finish line at the 11<sup>th</sup> Annual Kids Cafe Fun Run. Did you see it? If you did, you had a big smile on your face. You saw the big smiles on the faces of all the kids too as they received their finisher medals. You also noticed that each kid wore a Kids Cafe Fun Run t-shirt and brand new running shoes. Most of these kids are from low-income families and they participate in the Team Kids Cafe program for free which includes: registration for the Kids Cafe Fun Run, the finisher medal, t-shirt and running shoes – all free. Saying **Thank You to all the sponsors** puts a big smile on my face: **West Texas Running Club, South Plains Food Bank/Kids Cafe, Humdinger Equipment, footTech, Petra Integrated Construction Strategies, HealthCare Design and Construction, Culligan, Skechers, BSA Troop 530, Crosstown Sound, and Schlotzsky's.**

Mayor Dan Pope was there. Running with the kids and watching them cross the finish line put a big smile on his face. Every kid that crossed the finish line that morning was a winner even though they weren't the first to cross. The coaches of Team Kids Cafe made sure every kid understood that concept. That winning is not just that moment, but an attitude – a winning attitude that they instilled in their kids. They implanted in their kids one of the greatest lessons in life about winning: set a goal, work hard to prepare, and do your best to achieve the goal. All the coaches that were there that morning had big smiles on their faces. **Thank you Team Kids Cafe coaches.** You have given your talents, skills, time and love. You have coached, mentored, advised, guided and served as a positive role model. I am grateful to all of you for volunteering your time and energy to get kids moving! Thank you for caring and teaching your kids that they can meet their goals and achieve more than they ever thought they could.

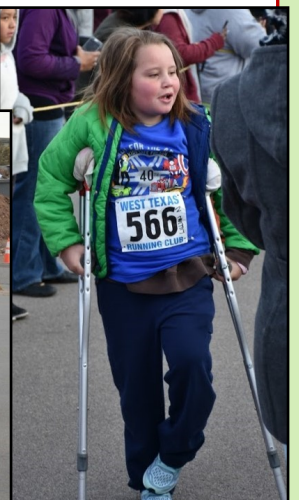


Great job, Terry!!

Smiling Faces! Smiling faces was the biggest takeaway for me from the 2018 Kids Cafe Fun Run. The big smiles on the faces of all the kids told me they were happy, healthy and proud! Every kid deserves a chance to

be happy and healthy and make themselves proud. That's what Team Kids Cafe is all about.

Go Team Kids Cafe!





# WTRC History.....

## Gene Adams

West Texas Running Club  
Founder and First President

*something the organization is doing..... of course there are more. One thing, though, I want to do, as other newsletter editors have done, is to capture some of the history of the organization.*

For example, did you know that what we know as the West Texas Running Club began in the summer of 1972 – 46 years ago! – not in Lubbock but in Brownfield? Well – WTRC began when a guy named **Gene Adams** moved to Brownfield because of his job as a Chemical (Petroleum Refining Engineering) Engineer with Amoco (originally Standard Oil Company). A lot of Gene's work was in the Sundown area.

Well – a little of Gene's background is helpful at this point. Gene was one of 5 brothers from a very, very poor family who lived in Vineland, New Jersey. This is southern New Jersey – very much an agricultural area – mostly what Gene terms “garden crops” – veggies, etc. – were grown there. Gene's father abandoned the family (later remarried and started another family...) when the kids were young so his mother was left with a large family (imagine feeding 5 boys on almost nothing!) and she had only an 8<sup>th</sup> grade education and no, what Gene termed, “marketable skills.” The crops were picked early in the mornings (Gene did some of

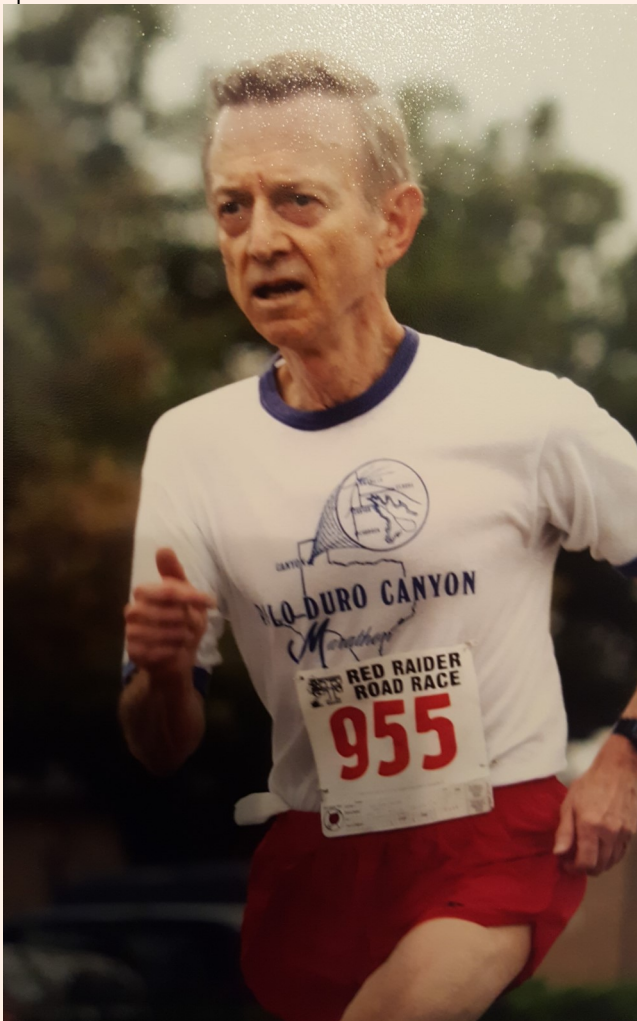
WTRC Members –

*A newsletter has many purposes – information about upcoming events, news about the organization's members, encouragement to participate in*

this) and then boxed and trucked to an open-air market where they were auctioned off. Gene and his brothers would sometimes go to the trucks after they were unloaded and scavenge some of the produce that had been dropped during the unloading process.

Gene's mother later remarried – Gene says this was a good man – hard worker. Gene's step-dad was a “gypsy trucker” – hauling the produce during the night-times to get the produce from auction to markets in eastern cities. Gene often rode with his step-dad on these trips. His mother died suddenly at age 49 and, just a few months later, his step-dad died at 50 from a heart attack likely due to the rigors of the hours and difficulty of his work.

Bottom line – there was no money from the family for Gene to go to college – none of his family, even the brothers – went to college. In fact, none of them graduated from High School except for Gene. Gene wanted to go to college so enlisted in the Army – was a part of the Ordinance Corp. – and did so for 3 years so he could earn a larger amount of the G.I. Bill which he used to fund a Bachelor's degree as well as a Master's degree in Petroleum Refining Engineering from Colorado School of Mines -- a tough program! (btw – Gene is a member of Mensa International – look it up -- which means he's one of the brighter bulbs in the box..... – just sayin'!). Gene graduated from college in 1963.



continued next page....



While in high school Gene ran track and played football. In High School track he specialized in the 440 and 880 (races were in yards then) and in college lettered in Track and Cross Country -- specializing in the mile and two mile races. While in high school Gene ran the Gil Dodds ([https://en.wikipedia.org/wiki/Gil\\_Dodds](https://en.wikipedia.org/wiki/Gil_Dodds)) Memorial 1 mile race in Atlantic City on the Boardwalk – was 4<sup>th</sup> overall.

After college there weren't the myriad races being hosted across the country that we have now. Most of the organized races were AAU meets (<http://aautrackandfield.org/>) so Gene would compete in these meets running both track and cross country.



James Livermore, James Morris, Gene Adams

It was during this time Gene became interested in running marathons. Gene has completed 16 marathons in his lifetime with a PR of 2:58.10 in the 1977 Tulsa Oil Capital Marathon. Remember – races like this were in their infancy. This marathon was run on a 3 mile loop around Mohawk Park (Tulsa) – so there were 8 loops with an out and back segment going to and from the park. Gene says the good things about this race were that it was a flat course and trees lined the roadway so was protected from the wind. Gene had determined this race to be where he would attempt breaking the 3 hour barrier so wrote interval times on his arm to stay on pace, which he did within just a few seconds! Gene earlier ran a 3:15 at the Dallas Whiterock Marathon. Gene's first "marathon" in the late 1960s was in a very, very small town – Gage, Oklahoma. This was the first time they had hosted a marathon and, as mentioned earlier, there were not many of these being hosted in the area at this time. The folks in Gage thought "marathon" meant "long" so just sort of mapped out a route. Gene said it was difficult – an out-and-back – that actually measured over 28 miles! Gene said he had to stop and prop his feet up on a barbed wire fence to rest – took almost 6 hours. The race was hosted the next year and was measured more accurately for the marathon distance and Gene finished in a little more than 4 hours. It was there Gene met some guys who ran with the Dallas Cross Country Running Club – the closest running club at the time to the Lubbock/Brownfield area. By the way – there were no aid stations at the Gage, OK "marathons".....!

Gene worked for Shell Oil Co. after college in 1964 and heard that Shell was closing the Tulsa office where he was – Gene would have to move to someplace like Montana..... So, Gene went across the street, interviewed at Amoco, and was immediately hired. Later on it was from Tulsa that Gene was transferred to Brownfield where he, as was his custom, looked for places to run. Gene saw that the high school had a track. Back then these tracks weren't as nice as they are today – that track was an "oil/sand" composition – and so Gene began running laps in the evenings as the high school runners were finishing up. James Morris (of later South Plains College track fame) was the track coach and he was curious about the guy running laps. In their conversation Gene asked if James knew of any local running clubs which, of course, there were none. Gene asked James if he thought they both could begin a club. James didn't think enough people would be interested. But, James had been hosting a local race during the summer – July 4<sup>th</sup> – mainly to give his high school runners incentive to train during the summer – this was the



Brownfield "Firecracker Run." Gene suggested they publicize the new club at the July 4<sup>th</sup>, 1972 race and several people signed up for it. The second race offered by the new club was a 5 miler in August at Brownfield's Coleman Park – more people signed up – thus the beginning of the West Texas Running Club! At the end of the year Gene estimates there were 30-40 club members.

There will be, at the end of this year, almost 700 WTRC members – from humble beginnings.....!

Gene was president, secretary, treasurer, often race director, newsletter editor and mailer, recorded all the times and other things necessary to put on races. The number of races grew and were hosted in several area cities which is how the club grew in membership more quickly than if it had been confined to Lubbock and Brownfield. Read the article (following this article) from Gene that he wrote for a 1990 WTRC newsletter and "hear" how the club grew and the spawned running clubs in those surrounding West Texas cities.



Running the Red Raider Road Race

continued next page....





One interesting story that Gene related –

There was a group of guys from San Angelo who rode together to the WTRC races. Gene and James Morris had been working with the club for some time and James figured Gene must be tiring of all the work. Finances were always tight. The club at that time charged a \$5 annual membership fee and charged a dollar or two for each race. It is hard to imagine organizing all those races, bring trophies (not medals – trophies) for each race, writing, copying and mailing newsletters, keep track of times – all on just the few dollars that each race brought into the club. The guys from San Angelo expressed an interest in running the club so James, having heard time-to-time from Gene about the large amount of time he was spending administering the new club and would welcome some relief, gave them all the club's books, funds, and other material pertinent to the club and the guys took off for home. Well, Gene knew James was just wanting to provide him (Gene) some relief but Gene knew immediately that if the club's operations were moved to San Angelo so most, maybe all, of the races go there too. So Gene took off in his car and beat the guys to San Angelo and asked for the club materials to be given back – which they did. Just think – the WTRC we know now would likely not be here if Gene had not made that trip!

Another story – one time James (Morris) gathered up old trophies from Brownfield High School – said no one would miss them – and the club used them for its race trophies.

Of course, back then there were no computerized timing systems. Running times were kept using numbered popsicle sticks. The sticks were given to the runners in numerical order as they crossed the finish line. Each stick was matched with times kept on a legal pad. Gene's "computer" at that time was a programmable TI calculator.

One award the club gave at the time that didn't last too long was the "Tail-End Award" – was a trophy with the back half of a donkey on it – and was given to the person finishing last. That person would bring it to the next race and hand it off to the next person who finished last..... as I mentioned, Gene said this award didn't last long!

There were no elections during Gene's tenure from 1972 to around 1980. Club members were from towns all over West Texas so it was difficult to get a representative number of them together to do something like hold elections. So during that time Gene took on the responsibility of managing the club.

Another time the club (Gene) purchased shirts with WTRC on the front (see Gene's picture) for sale. Gene said he was really nervous because it took all the club funds to purchase the shirts – if they didn't sell the club would be in trouble. The shirts were "Heather Blue." Someone asked Gene why that color was chosen..... well – that was the only color available from Big Spring Athletics (Gene was always looking for a good deal to help minimize the costs of the club – this company did that for him) at the time – but Gene said that he took an "informal poll" and that color surfaced as most popular 😊! It took a lot of creativity in those days to keep the club afloat!

During those years it took Gene 3 weekends per month – Saturdays, Sundays – to deal with club business – compiling times, putting them into the newsletter along with articles and other information, calculating handicaps for a handicap race that was run each year at Clapp Park (between 34<sup>th</sup> and 50<sup>th</sup> off of University) and other duties. The newsletter was crucial to the operations of the club – it carried the information for the next race and that race's registration form which had to be filled out by the runner and sent back before the next race. Later during this time a group of people developed around Gene who met at a church on the weekends to help with the tasks. It is easy to see that it took a unique person with unique skills at a unique time of his life to give the club the life and momentum that has carried it for almost 50 years.

The club presidency was handed off to Don Kephart in the early 80s. Gene kept racing with the WTRC until he was transferred in 1988 to Houston.

Gene later moved back to Lubbock in 1991 and continued running occasional WTRC races. Gene is 83 years old this year, still runs 16-20 miles over 5 days each week, does (daily) 35 pushups and 40 crunches and is looking for a way to install a pullup bar in his house.

Thank you, Gene, for beginning, in the words of past WTRC president Ron Lubowicz "such a great club!"





Jan. 31, 1990

Dear George:

Just read in the newsletter that (the writer) was unable to determine the origin and history of the "Cotton Patch Run". James Morris and I held the very first one in the first year of the club's existence. That would have been in February, 1973 (club was formed in July, 1972). In the beginning, we had 3 or 4 of the 12 annual races in Brownfield. There were 2 reasons for this: (1) At that time, there was not a large enough running population in the Lubbock area to support a strictly local club. To survive financially, our only hope was to draw members from all over the (relatively) sparsely populated west Texas area. We were drawing runners from Amarillo, Dumas, and the panhandle in the north, San Angelo, Odessa-Midland, and even San Antonio in the south, as far west as central New Mexico (we had a large, faithful core in Hobbs), and at least half-way to Ft. Worth in the east. There were no other running clubs in these places at the time. All of the existing clubs are spin offs from the WTRC and were started by WTRC members as their local running population became large enough to support a separate club and, of course, in doing so, they eliminated the travel to run in our races.

Anyway, the desire was to distribute the travel burden, and by staging races from one end of our area to the other (we used to have the monthly club races in Amarillo, San Angelo, Odessa, etc.), we were able to do so. Brownfield seemed to be about mid-way between the extremes of our area (and that's where we were) and for those races held there, the travel burden was roughly equal for folks on the extremes of our area.

And (2) The second reason was that it was never easy (probably still isn't) to find willing race directors and volunteers to help with the races. Naturally, if we couldn't get a volunteer, either James or I had to be the race director for that month. Of course, if we were going to be race director, in general (but not always), we held it in Brownfield to make it easier to prepare (measure and mark course, etc.).

Since we were having several annual races in Brownfield, we wanted them all to be somewhat different in distance, course, etc. We already had 2 or 3 other races there (August 5-miler in Coleman Park and July 10-miler come to mind), and the opportunities for variety in Brownfield were limited. The Cotton Patch course was attractive for several reasons: (1) It was different--long stretches of unpaved roads, mostly away from houses and traffic, (2) It started and finished near the high school field house, so that we could use it for sign up and presentation of awards (very nice in cold or inclement weather), (3) It wasn't necessary to measure the course since it was run on section line roads which had been surveyed on one mile squares (middle of intersection to middle of intersection), and (4) Last, but not least, it went right by my house and was run on roads that I used for training every day. Also important, from my personal knowledge and experience, the hard caliche on the unpaved portions never became too mushy to run on, even when quite soaked.

Don't know if the writer of the article was really interested in all of this, but thought I'd respond in case (he/she/it) is.

Gene





Chip Time	First Name	Last Name	City	Division
0:33:00	Rachel	Adams	Lubbock	5K F 1-19
0:34:59	Hannah	Adams	Lubbock	5K F 1-19
0:32:59	Sarah	Adams	Lubbock	5K F 35-39
0:37:58	Daniel	Adams	Lubbock	5K M 1-19
2:06:56	Jerry	Adams	Lubbock	Half Marathon M 40-44
	Ron	Appling		Marathon Relay
4:38:00	Sandra	Aven	Plainview	Marathon F 50-54
3:50:30	Adam	Barron	Odessa	Marathon M 55-59
0:23:43	Jason	Besherse	Hale Center	5K M 35-39
2:33:49	Meg	Beverly	Lubbock	Half Marathon F 30-34
0:34:07	Virginia	Bevens	Post	5K F 55-59
0:29:23	Kris Ann	Blodgett	Lubbock	5K F 30-34
4:58:11	Robert	Bloodworth	Lubbock	Marathon M 50-54
	Amanda	Boston		Marathon Relay
	Jonathan	Botros		Marathon Relay
0:20:37	Carson	Bradshaw	Lubbock	5K M 1-19
0:23:59	Adam	Bradshaw	Lubbock	5K M 45-49
0:18:37	Cooper	Bradshaw	Lubbock	5K OVERALL
0:38:56	Richard	Bray	Lubbock	5K M 70-74
3:36:28	Josh	Brazell	Lubbock	Marathon M 30-34
1:58:43	Barry	Broughton	Lubbock	Half Marathon M 40-44
0:34:46	Beth	Burks	Lubbock	5K F 25-29
4:18:29	Scott	Cain	Lubbock	Marathon M 55-59
	Stacy	Cain		Marathon Relay
0:41:09	Renee	Cook	Lubbock	5K F 35-39
4:06:09	Travis	Cram	Lubbock	Marathon M 35-39
5:45:58	Terry	Dalton	Lubbock	Marathon M 60-64
5:12:16	Theresa	Daniel	Lubbock	Marathon F 50-54
5:42:24	James	Deaver	Lubbock	Marathon M 60-64
5:25:46	Leo	Diosdado	Lubbock	Marathon M 30-34
0:26:21	Averi	Duncan	Lubbock	5K F 1-19
0:55:22	Mandi	Duncan	Lubbock	5K F 35-39
0:27:40	Thomis	Duncan	Lubbock	5K M 1-19
0:55:03	Dylin	Duncan	Lubbock	5K M 1-19
0:35:57	Mckenna	Elston	Lubbock	5K F 20-24
0:23:20	Connor	Elston	Lubbock	5K M 20-24
	Brian	Eppright		Marathon Relay
	Melissa	Esquibel		Marathon Relay
0:31:49	Terri	Evans	Lorenzo	5K F 55-59
0:44:23	Rickey	Evans	Lorenzo	5K M 65-69
	Paul	Faulkner		Marathon Relay
	Erica	Freeman		Marathon Relay
0:35:46	Lindy	Fruge	Lubbock	5K F 55-59
2:09:13	Sarah	Garcia	Lubbock	Half Marathon F 45-49
2:09:13	Abe	Garcia	Lubbock	Half Marathon M 45-49
2:11:45	Debbie	Gelber	Lubbock	Half Marathon F 45-49
2:14:34	Steve	German	Lubbock	Half Marathon M 60-64
0:23:38	Chris	Graham	Lubbock	5K M 35-39
2:11:49	Megan	Graham	Lubbock	Half Marathon F 30-34
0:40:45	Tommie	Gressett	Lubbock	5K F 55-59
0:40:02	Gary	Gressett	Lubbock	5K M 70-74
1:38:26	Codie	Hair	Lubbock	Half Marathon M 35-39
2:19:19	Dahlia	Hood	Lubbock	Half Marathon F 55-59
4:03:40	Mike	Humphrey	Lubbock	Marathon M 50-54
2:01:25	Sharla	Kinman	Lubbock	Half Marathon F 45-49
1:57:30	Les	Kinman	Lubbock	Half Marathon M 50-54
0:32:45	Toby	Klameth	Lubbock	5K F 40-44
0:43:54	Rick	Lampe	Lubbock	5K M 70-74
5:08:40	Kevin	Lipe	Lubbock	Marathon M 45-49

List of WTRC Members Who Ran The Mayor's Marathon, Half Marathon, 5K or Marathon Relay

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Lots of miles run by WTRC members at the inaugural Mayor's Marathon, Half Marathon, 5K and Marathon Relay. Way to go!!!



Chip Time	First Name	Last Name	City	Division
2:24:26	Rachelle	Lock	Lubbock	Half Marathon F 30-34
1:38:01	Adrian	Lock	Lubbock	Half Marathon M 35-39
4:46:29	Jaime	Lopez	Lubbock	Marathon M 45-49
	Kelly	Marquez		Marathon Relay
	Roxanne	Marquez		Marathon Relay
1:41:50	Cole	Martin	Lubbock	Half Marathon M 25-29
2:16:34	Joe	Martin	Lubbock	Half Marathon M 55-59
	Michael	Mata		Marathon Relay
0:26:34	Robert	Mayfield	Lubbock	5K M 1-19
0:24:23	Rebecca	McCallister	Ransom Cyn	5K F 35-39
1:53:54	Jon	McGough	Lubbock	Half Marathon M 45-49
	Jokari	Mcmillen		Marathon Relay
4:47:17	Frank	Mendoza	Earth	Marathon M 50-54
0:30:28	Gena	Mesquias	Levelland	5K F 45-49
	Sylvia	Miller		Marathon Relay
4:15:19	Mitch	Monroe	Lubbock	Marathon M 55-59
3:40:05	Martin	Montalvo	Plainview	Marathon M 50-54
3:38:32	Eddy	Morelock	Lubbock	Marathon MASTERS
2:21:58	Shannon	Morrison	Lubbock	Half Marathon M 40-44
	Tammy	Mosteller		Marathon Relay
0:29:23	Candace	Norrod	Lubbock	5K F 30-34
0:23:00	Sydnei	Orozco	Levelland	5K F 1-19
2:34:38	Cathy	Paden	Slaton	Half Marathon F 45-49
0:31:27	Jason	Pena	Lubbock	5K M 40-44
4:55:23	Sarah	Pena	Lubbock	Marathon F 35-39
3:49:21	Jeremy	Pena	Lubbock	Marathon M 40-44
0:39:13	Allison	Phillips	Lubbock	5K F 35-39
4:47:55	Troy	Pratt	Lubbock	Marathon M 50-54
1:57:29	Chad	Price	Lubbock	Half Marathon M 45-49
	Christina	Ramirez		Marathon Relay
	Emmanuel	Ramirez		Marathon Relay
	Heather	Riley		Marathon Relay
4:37:06	Courtney	Rodriguez	Lubbock	Marathon F 25-29
	Richard	Rodriguez		Marathon Relay
	Allie	Rodriguez		Marathon Relay
4:56:04	Rachael	Rogers	Lubbock	Marathon F 35-39
0:46:18	Debby	Roman	Lubbock	5K F 60-64
	Ronda	Russell		Marathon Relay
	Rosa	Sales		Marathon Relay
4:55:22	Liza	Sandoval	Lubbock	Marathon F 35-39
1:47:58	Mandy	Satterwhite-Poklikuh	Lubbock	Half Marathon MASTERS
0:38:53	Camden	Seales	Lubbock	5K F 1-19
0:26:20	Maegin	Seales	Lubbock	5K F 35-39
	Krissy	Shipman		Marathon Relay
2:11:03	Librada	Sissell	Lubbock	Half Marathon F 50-54
2:34:35	Rena	Smith	Lubbock	Half Marathon F 45-49
1:56:59	Kristi	Starr	Lubbock	Half Marathon F 45-49
1:44:46	Jennifer	Strawn	Justiceburg	Half Marathon F 35-39
5:15:54	Pj	Sullivan	Lubbock	Marathon F 70-74
2:38:33	Casidy	Waddell	Lubbock	Half Marathon F 20-24
1:54:47	Connie	Waddell	Wolfforth	Half Marathon F 50-54
1:58:32	Amy	Wallis	Lubbock	Half Marathon F 25-29
1:39:55	Matthew	Wallis	Lubbock	Half Marathon M 30-34
3:24:15	Damon	West	Lubbock	Marathon M 35-39
	Ashley	West		Marathon Relay
2:20:35	Kristina	Williams	Lubbock	Half Marathon F 30-34
	Joseph	Wilson		Marathon Relay
	Shawna	Wilson		Marathon Relay
4:52:59	Margaret	Woodfin	Lubbock	Marathon F 50-54
2:14:49	Rose	Woods	Lubbock	Half Marathon F 35-39



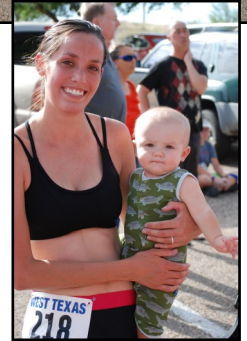


# Bobby Birdsong Memorial Run

June, 2018 Race Report

It was a good day for a run in a new venue! Some time ago the WTRC board decided to move the Bobby Birdsong Memorial Run from the roads in front of the Silent Wings Museum to across the street (well, across the interstate, actually!) to the EJ Smokehouse restaurant (Spirit Ranch) area. The new course began in the restaurant parking lot, went west out Regis and then dove into the Country Club area and back. It was a nice change, the area around the Country Club homes was particularly scenic. There were some hills that gave the course a bit of an extra challenge.

The weather was nice given it was June and we are in a warmer (hotter)-than-usual summer — was breezy, mid-70s. In addition to the normal bagels-n-bananas runners were able to cool down with popsicles! Thanks, David!



A big thanks go to our volunteers. We are always fortunate to have “regulars” like David Higgins, Suzan Caudle, Ron Lubowicz, Manny Ramirez and Tony Aleman. Also volunteering were Rhonda Russell, Lydia Turner, Tim Evans, Sandra Mulsow, Mike Lemon, Sonny Bevers, Heather Riley, the Whitworth clan — Kyla, Zane and Adalynn, Michelle Willoughby, Ben Miller, Adam Puckett, Sandra Aven and Emma Lopez. It takes a lot of people pulling together to pull off the monthly WTRC races — thank you volunteers!

One thing to note — since this is a new course everyone who won his or her age-group category also set the course record. Way to go! Of special note, in the 2-Mile race Reese Pena (14:02.2) and Chris Fyock (10:26.5) were the overall female and male winners. In the 10-Mile race Nyia Sena (43:12.5) and Martin Montalvo (43:35.7) were the overall female and male winners. Notice that Nyia won the 10-Mile race — way to go,

Nyia!

Thanks to all for coming out — keep this race on your calendar for next year!

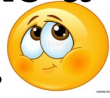


Josh Leyva was the race director — great job, Josh!!





# Enough to make a Baptist cuss.....



By Jim Deaver

I have been talking for several years about writing an article for the newsletter. I just could not find details I needed for an old club race. I decided

to write about the transition from my early days of marathon running to recent marathons.

I restarted my training in 2008 after almost 8 years without running. I had to learn to start slow in fear of reinjuring myself. The strategy was to train less and slower, but still run some more marathons. Just trying to be happy with being able to finish and run some additional locations. I never could qualify for Boston, but I had some good runs. I had a good run at Houston and one at Austin under 3:40.

In 2012 I ran Nashville Rock and Roll, and was happy to finish around 6 hours. I was also able to stay with my youngest son for part of the run. Running with one of my boys was very satisfying. The weather wasn't always cooperative, but I finished. Seeing Jimmy Buffett in concert the night before was probably way more fun than the marathon. I also ran Seattle, Lubbock, Bataan and the Equinox Marathon in Fairbanks, Alaska. Trying to run with my son in Alaska was fun. As always, I had to make him run on without me, but my times were ok.

This year I ran what I called a redemption run at the Bataan Marathon in White Sands, New Mexico. This was my 3<sup>rd</sup> attempt and was able to run in just over 6 hours. This is a high desert run in sandy soil with one humongus hill. The previous race I had some sort of breathing issue and had to walk a bunch. The difficulty is getting enough training in to complete the run and still have a good experience. The Bataan survivors and the current day wounded warriors make this event memorable. I am very happy that PJ and Wayne Sullivan brought this event to my attention.

Call me crazy, but after talking with Terry Dalton and PJ, I signed up for the Lubbock Mayor's Marathon. I was initially part of the crowd that said this was the stupidest idea I had ever heard of. I knew the course was going to be hilly, but they were doing it, so I felt the need to follow! Peer pressure I guess. The training was adequate, I felt the previous run at White Sands in March would be good enough. I am having some breathing issues, but I have been able to walk it off. So off I went.

I decided to run with PJ and Terry and we would get through the Mayor's together. That morning PJ and I are standing around waiting for the start and no Terry. So off we went, expecting him to catch up later. The adrenaline kicked in and we started off a little fast, a 9:45. We settled in around 10+ and it was a beautiful day. We rounded the loop at Quaker I was able to wave at the grandbaby and keep on moving. We hit the half marathon at 2:25 plus and I felt ok. Somewhere around 14 miles I could tell things were changing. I sent PJ on her way and expected Terry would be catching me soon.

The hill at 50<sup>th</sup> street had no mercy, but I walked it and kept on going. I ran walked to Idalou and the hill there was ridiculous. I settled in to just enjoy the rest of the run, walking and jogging. Had to fight a few cramps but felt like I was going to live. I had to walk a bunch, but I could tell I was going to break 5:45, I settled down to hobble on in. Then my wife texted me and I knew PJ had crossed at 5:15. It was amazing the change in my perspective. Enough to make a Baptist cuss. I was no longer as happy with my finish, I did make it in 5:42, but now I was just exhausted. Congrats to PJ for a great finish! Even beating Terry did not help, he had a story that beat my suffering. LOL

If you are a marathoner and didn't run this years Lubbock Marathon, you missed one. The weather was perfect and it was a well put on event. All the stops had great volunteers and the medical and police support was great. Thankfully I used neither. Yes, it was hilly, but the rolling part gave time for recovery. I know the scenery isn't much to speak of, but running a local marathon is fun. The start and finish line for the marathon was impressive for a Lubbock run. Kudos to all.





**4TH ANNUAL August 25th, 2018**  
**ROPESVILLE, TEXAS**  
**Running the Ropes**

**5k - 1 mile - 10k**  
**All you can eat pancakes**

Races start & finish on service road in front of Methodist Church  
 808 Arnett Road, Ropesville, TX - Breakfast in School Cafeteria

**Pancakes**  
**8:00 - 11:00 am**  
**School Cafeteria**

**Race times:**  
**10k - 7:40 am**  
**5k - 8:00 am**  
**1 mile - 8:10 am**

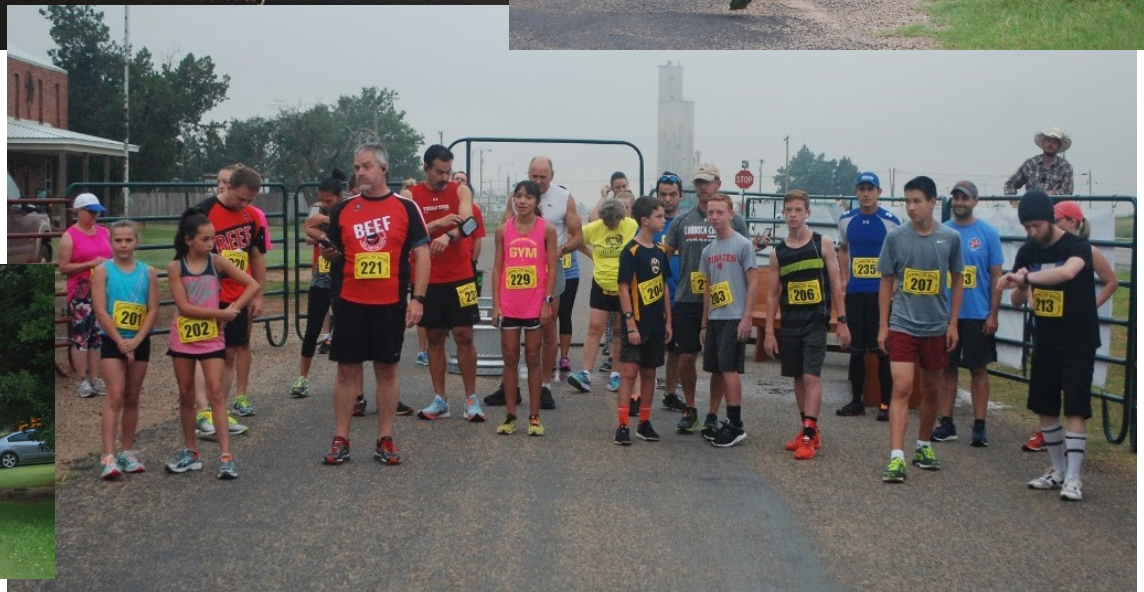
**Entry Fees for all divisions \$25.00**  
 All you can eat Pancakes included in Entry fee - Non Runner \$7.00  
 \*Contestants MUST register before August 15th to receive T-shirt

**Register at:**  
**[www.soccerbox.club/ropes](http://www.soccerbox.club/ropes)**  
**Toll Free: 1-800-457-0352 or 806-790-0878**

\*\* If you are brave enough to run in any of our races, then come back for the Street Dance, we have a deal for you. Enter promo code: Ropesville, and receive a 20% discount on the music fest tickets.

**Featuring:**  
 Shane Smith and the Saints • Randall King  
 Hogg Maulies • 108 E Broadway

A fun race in case you're looking for a race in addition to the monthly WTRC races (the pancakes and other "fixins" are great!)







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



West Texas Running Club



@WTRunning



### **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

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