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**WEST TEXAS  
RUNNING CLUB**  
LUBBOCK, TEXAS

*A Periodic Insight into the West Texas Running Club*

# West Texas Running Club NEWSLETTER

## Upcoming Races



**SHALLOWATER  
STAMPEDE**

Race Directors:  
Autumn & Cody Lass

2nd Saturday in September  
8:00AM Start  
10K | 2Mi at Shallowater High School  
Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)  
USATF Certified #TX07091ETM(2Mi)

RACE LOCATION: Shallowater High Sch  
FM1294, Shallowater



## WTRC Officers, Board Members, Directors and other club volunteers



### 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 | codylass@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

## 37th Annual Red Raider Road Race

Oct 13, 2018  
8:00 am Start



**RED RAIDER  
ROAD RACE**

Race Directors: Jonathan Botros  
& Manny Ramirez

10K | 5K

USATF Certified #TX13187ETM (10K)  
USATF Certified #TX13188ETM (5K)

RACE LOCATION: Texas Tech University

Robert H. Ewalt Student Rec Center,  
Lubbock TX



# 49th Annual Firecracker Run

## Race Report by Gabby Saldana



Independence Day in Brownfield Texas is special in so many ways for one of the longest running events in Texas. WTRC began its humble beginnings in Brownfield TX and the tradition of running continues. This year we made changes to the course with a 10K instead of 10 miles. Since this is a new course everyone

who won his or her age group category also set course records. The running event began with a separate kids run on a warm July day and ended with the completion of the 10K

*22 Elementary aged kids completed the one mile run.*



For the 3 mile run Colby Sandoval was the overall male winner with a time of 18:46, and Reese Pena was the overall female runner with a time of 21:22. 124 runners completed the 3 mile run.

For the 10K, Ben Miller was the overall male winner with a time of 40:06 and Nyia Sena was the overall female winner with a time of 44:01. 71 runners completed the 10K.

Thanks to all the **volunteers**: Michaela Jansen, Stacy and Scott Cain, Connie and Cassidy Waddell, Lance and Maddie Ward, Michelle and Cassidy Cooper, Donna Dill, Morgan Vaughn, Linda Peterson, Tammy Ureste, Rebecca



McCallister, Suzan Caudle, David Higgins, Tony Aleman, Wayne and P.J. Sullivan and the board members of the West Texas Running Club.

Hope to see you next year for another Firecracker Run!  
Gabby Saldana



Great job directing the race, Gabby!





# William (Bill) Felton

*running strong at 84!*



*From the editor: The WTRC is made up of a lot of interesting people. Everyone has a story, right? Club members come from all walks of life and many places. It would be easy to say that we are all different. However, we all have something in common — we are runners! One runner I'm sure most, if not all, of you have noticed is named William (Bill) Felton. He's that guy who is always dressed in his gray running/track shorts and shirt (or, when it's cold, he might opt for running pants — gray, of course!), is always friendly and encouraging, and seems to run with all his heart.*

*I thought you might like to know a little more about Bill who has the distinction of being our oldest (years only, not in spirit!) member. If you ever had the thought that you might be too old to run, get to know Bill and that thought will be thrown out the window!*

I first began running in 1953 on the Cornell Freshman Cross Country (X-C) team. In H.S. I had either played football in the Fall which eliminated X-C and baseball in the Spring which conflicted with track and field (T & F).

After serving in the Army, graduating from Penn State, Michigan Law, starting the first computer dating service, (Selectra-Date), in PA, South Jersey & Del in 1967 my best friend gave me the book "Aerobics" by Dr. Ken Cooper, that has become my "running bible" ever since.

I finally did catch up with Dr. Cooper when he was in town a couple of years ago at which time he very kindly autographed that battered old paperback which has to be one of my all time treasures.

This year, 2018, marks fifty (50) years since I began my "career" of serious running. First of all, it will disappoint many to learn that I have no exciting news to report about my results in the glamour event of running - the marathon.

I admit that I once tried one in Atlantic City, NJ that had three loops of 9-miles each but after the 2nd loop at a 7-8 minute mile pace I realized that I had never run that far before and skipped the last loop. It made no sense to me then or now to over tax my body like that.

Thus, instead of concentrating on heavy long distance, I have been training all these years for the much shorter road races of a 5-K or 10-K at the most, plus track events: 200, 400, 800 & 1500. My most recent T & F meet was on June 30th in Hutto (a suburb of Austin) where I placed either first or second, thanks to a lack of competition in my 80-84 age group from the 200 to a 5-K on the track.



Firecracker Run 2008

If I have a secret, folks, that is it! Don't wear yourself out and have to quit before you reach 60, 70, or beyond due to extra heavy mileage with marathons, ultras, etc. because of your body possibly breaking down, especially, in your knees, back, etc. I can't stress that enough!

I'm definitely NO star at the State or National level but I do show up for the fun and camaraderie of it all. They've only had 16 National Senior Olympics (every other year in the odd years - 2015, 2017, 2019, etc.,) and I've been to the last 14 of them. I wasn't eligible for the first two because you had to be 55 to compete then (since reduced to 50).

No one on our Texas State team has been to more Nationals. I'm sorry, fellow runners, but at 84 that is my only claim to fame, if that is the right word for it.

"See you on the Road."  
Bill



Buffalo Spring Break Run 2017



Shallowater Stampede 2016

# A bit of history from Bill.....

*Many of our members are have been and are members of our U.S. Armed Forces and have served during many times of conflict (is there ever not a time of conflict?) as well times afterward when the effects of the prior conflict are still being felt in real ways.*

*I asked Bill to give us some insight into his time of service. Bill wrote:*

For the record, I served in the U.S. Army from 1954 - 1956 with my main duty assignment, after basic training, in Berlin, Germany serving in the U.S. Command Headquarters there in the Adjutant General's section as a Morning Reports clerk for the entire Army Command. I received several promotions eventually filling a Master Sergeant's slot in charge of that entire M.R. Section.

FYI, every unit of any size in the U.S. Army must file a daily status report to HQS. showing a daily accounting of those present for duty, sick, AWOL, on temporary duty (TDY), leave (furlough), in transit, desertion, men transferring in or out, etc. It is very meticulous & detailed work which was a perfect fit (lucky for me) of my Army tested, aptitude scored profile. I also managed to do okay in the O.C.T. (Officer Candidate Test) but declined going to OCS (Officer Candidate School) because it would have only extended my obligated, service time after being commissioned.

I was lucky to catch the Korean G.I. Bill of Rights by a few months (discontinued 1/31/55), which I later used to finish college and was paid \$110.00 a month - a meager amount now but was decent money back in the '50s. Inflation graded today for the past 65 years would be a tidy sum in this day & age.

**Jerry Morris (WTRC member) asked Bill this question:** I'll bet Berlin was really interesting when you were there. I guess that time was about the beginning of what came to be called the "cold war". Did they still have the various "sectors" when you were there?

**From Bill:**

Yes, Jerry, Berlin at that time was an exciting place to be and was still very much experiencing the ravages of WWII with thousands of damaged homes & such needing to be replaced. You are absolutely right about the four (4) SECTORS in Berlin.

You couldn't tell the three (3) Allied (U.S. British & French) sectors apart, though, since they were all administered as just one BIG sector. The Russian sector stood in stark contrast to the others, believe me, and was one we were allowed to visit BUT only in uniform.

The U-Bahn (underground subway train) and S-Bahn (elevated train) were operational between all four sectors so it was possible for "tourists" (refugees fleeing from all over Eastern Europe) to simply get on a stop in the Russian Sector and get off in the Allied sectors and then flee to Western Europe by plane and be FREE again.

There was just one problem they had, however, and that was they could NOT be carrying any luggage or suspicious items when they got on a train in the Russian sector or they would have been stopped by the Stasi (East German Police), arrested and possibly executed for their attempt to flee Russian & Communist domination. Very sad but true.

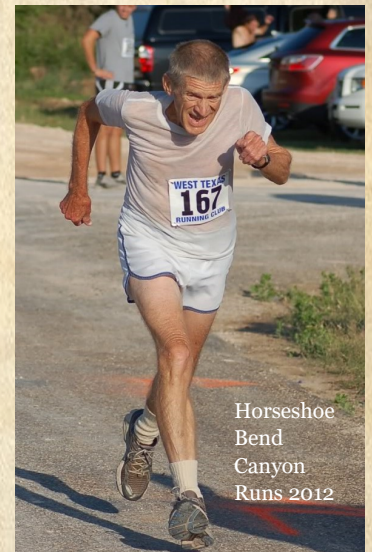
Eventually, the Communists wised up by building the infamous Berlin Wall to stop this wholesale escape to the West via West Berlin. The Cold War was definitely raging then and we Allied troops stationed in Berlin, 100 miles behind the lines (from the allied occupied Western German Zone), were told that our position, being totally surrounded, would be indefensible and, if an actual hot war broke out: "You'll be on your own & "Lots of Luck."

Thanks for asking. I had almost forgotten about my days in Berlin from 1954 - 1956. Quite a time & place!

Bill



Jerry Morris



Horseshoe Bend Canyon Runs 2012



Bill at this year's Firecracker Run

# HOT Dam Run



## August 2018 Race Report

It was a beautiful day to run! Typically the HOT Dam Run is really hot! But this year was unseasonably cool, very little wind — super day to run either 5 or 2 miles depending on your race. You are



Wendy and Shannon — Great job directing the race!

encouraged to go to WTRC website to view pictures of this and other races taken most often by Suzan Caudle but also Jim Harris adds some great pictures from time to time and David Higgins contributes his photographic prowess as well.

134 runners took on the 2 mile race while 90 ran the 5 mile challenge. Each month it is such an inspiration to see this many people who care enough about themselves to get out of bed on a Saturday morning, make it whatever race is being run, and then going the “extra mile” to run either of the race options with other like-minded souls. So many positives there are about running!



WTRC races are dependent upon volunteers. Each month there are those who are “regulars” — they just enjoy being in the mix of people who come to the races — and there are others who participating in the Challenge Series and are giving up being a runner in one race during the year to volunteer as a worker for that race, thus qualifying for inclusion in the Series. If you haven’t done this you are encouraged to look over the upcoming races and target one for your volunteer time.



Volunteers for this race include Wendy and Shannon Anderson who directed the race (thank you!!), Dahlia Hood, Renae Smith, Sheila Peralta and her daughters Gabriella, Sofia, and Grace, Sonny Bevers, Mike Lemon, Megan Taylor, Annalise Winn, Amin Rahman, Margaret Woodfin, Tony Aleman, Ron Appling, Moira Mahady, Jamie Mendoza, and Steve German. WTRC Board Members who were there to lend their hands and expertise were David Higgins, Tommy Johnson, Jonathan Botros, Emmanuel Ramirez, and Suzan Caudle.

Best of all George Jury was back! George is recovering from a serious fall that kept him from the last few races. But, George doesn’t give up! It was great to have you back, George!

The overall female winner in the 2 mile race was Ashlyn Peralta, 13:30.9 and the male winner for the 2 mile was Paul David Gaschen, 12:05.

The overall female winner in the 5 mile race was Tara Carr, 32:48.9 and the male winner for the 5 mile was Chris Fyock, 27:57.0.

We had a few records made. For the 2 Mile —

- M80+ Bill Felton 83 26:45
- F10-12 Reese Pena 11 13:38
- F45-49 Amme Blair 45 14:34
- F70-74 Linda Peterson 72 31:50

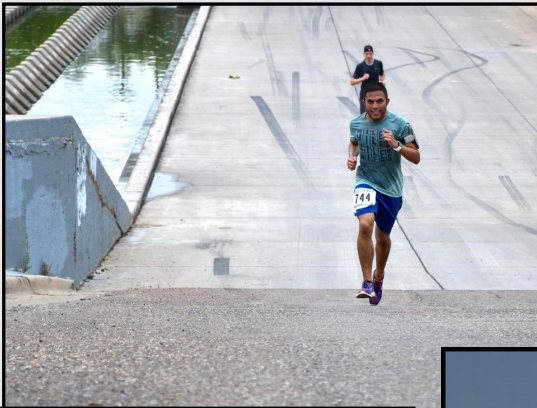
For the 5 Mile race PJ Sullivan lowered her own record in the 70-74 age group to 31:50!

If there ever was a human *Energizer Bunny* it has to be PJ — she just keep going and going..... :-))

Get ready for the next WTRC race which is the Shallowater Stampede.

**See you there!**





Scenes from the 2018  
**HOT** Dam Run



# “Attitude”

by Mike Greer



Usually, when writing, the hardest part is just sitting down and getting started. This is especially true when it is a new subject or thought. When I was asked to write something about my recovery from a mini-stroke (I'll address the definition of “mini” later in this writing!) I had plenty to talk about, but I wasn't sure how to approach it. First though, I would like to say that I appreciate the opportunity to talk about this, since acknowledgment is all part of any recovery.

So, as I articulate the idea of recovery, or in this case stroke recovery, I really do not think there is much difference between anything that is serious enough to require a designated recovery time, or special things that have to be done to achieve full recovery.

Over my 79 years of living through 5 sports and an active life style I have found that 3 of the 5 sports in which I participated required extreme exertion, and in the case of 14 years of football, involved the possibility of serious injury. Even after entering the endurance sports I found the opportunity to experience injury.

Since riding a bicycle is the third part of triathlon I have been riding for 36 years and have experienced some serious injuries, two requiring surgery. While I have never considered any of my injuries serious enough to retire me from my favorite sports, retiring from football was an easy one since age takes care of that after college unless one is qualified to play professional, which I wasn't.

However, I did play two years in the US Army (similar to prison football). But, I can say it paid for all my college education and I walked away with injuries that were fully healed.

Now, let's get to the meat of the matter with some coverage of THE stroke on August 6, 2017 while riding my bicycle in the Yellowhouse Canyons. This was classified as a “mini-stroke” which I have since re-defined. First, there is nothing “mini” about a stroke and what it does to your body! It is a very sneaky thing and each day it slips up on you with something new. After having the stroke while on a bicycle ride, crashing, and then walking away I guess that I could be considered “lucky” and the stroke “mini.” I know other stroke victims who end up with much worse serious conditions. I guess that is the difference between “mini” and “major.”

Now that I have given a few pointers and opinions of the stroke I would like to introduce my topic, which is one simple word -- “attitude”. In my opinion the complete recovery from any form of injury or illness is dependent on two things. One is what I call “let's get on with the healing and even put a time frame on it!” The other is to enlist your medical care doctor as your partner in this venture. In all of my injury episodes for which I knew I had most of the responsibility to heal I told my doctors that I wanted to be back into triathlon competition in 8 weeks. So, I had acknowledged I had the injury but wanted to do all I could to speed healing.

When my clavicle was repaired I told the surgeon to do a good job and then I would do a good job by following his advice afterwards. Turns out I was competing within the 8 weeks I set to return. The doctor told me on my last visit when he released me to train that patients like me made doctors look good. Well, I never looked at it that way since I have always believed everyone needs to be in control of their own health. So, this is the same attitude I have applied to my healing of my mini-stroke.

The only hitch I have realized is that the stroke (regardless of type or size) throws curves at you every day. The first time I went outside to walk I got sick to my stomach, became dizzy, had a headache and could only go 25 yards before turning back to the house. When I had asked the doctor (who had initially diagnosed my stroke) if my triathlon days were over, he said no ... if you do what we ask and gear your attitude towards recovery. BUT, he said I had to take it slowly and be content with my progress moving forward. That was really no problem since I found my body held me from going overboard with exertion. It hurt more mentally than physically and this is why I had to adjust my attitude when I realized at that point I could not do the training and competing I was doing up to the time of the stroke. I had to realize that I had to take what I could get and stay vertical with that. So, after 9 months I have been able to complete in 2 triathlons (very slowly) and have plans to get my 400th TRI by my 80th birthday on December 16, 2018. So, sitting on 394 completed triathlons I am going to ease through those in which I am about to compete and not be concerned about my time but simply finishing.

So, what is my attitude? Simply stated in a nutshell, I had to quit feeling sorry for myself, re-set my goals, listen to my good doctors (I fired one), take the meds that I must take, take my training in tiny steps only, move forward in my training when my body is ready, be realistic in my goal setting of triathlons finished, accept the fact I have been very blessed all my life and I continue to be blessed, always remembering I am not really an endurance athlete or triathlete, I am simply an athlete who does endurance and triathlon events.

In conclusion, since starting this writing I was given an opportunity to test my current attitude concerning recovery. I had entered one of my most favorite sprint triathlons that would give me three for the year and one step closer to 400, but mother nature threw in a challenge with 108 degree weather the day before the event. Since the race day temperature was forecast to be 99 degrees I decided to consult my cardiologist before heading to Dexter. He advised me that the heat could possibly set my recovery back and recommended I not take this chance. So, I made the decision to follow his advice and not compete. The other side of the story is that the morning of the race the temperature had dropped to a record low of 54 and the high for the day went to somewhere in the 80's. Rather than wringing my hands in despair and regret for not competing I felt like I made the right decision and went immediately to my list of alternative triathlons to make up this loss. It is what I call moving to Plan B!!

To be continued!!!

# Running Shoes News....

by Ian Scott-Fleming (WTRC Member)  
Climate Center  
Texas Tech University

Just read a fascinating article on running shoes in the NYTimes. The article is “[Nike Says Its \\$250 Running Shoes Will Make You Run Much Faster. What if That’s Actually True?](#)” They did a rather rigorous analysis of data available through Strava on running times for people who switched running shoes between races, looking at half-marathon and marathon times, and provided results on which shoes resulted in the most improvements.

Here’s the link to the article: <https://www.nytimes.com/interactive/2018/07/18/upshot/nike-vaporfly-shoe-strava.html>



**NIKE ZOOM VAPORFLY 4%**

Those who switched to the new Nike Zoom VaporFly averaged approximately 4% faster times, mirroring the claims that Nike is making for the shoe. The VaporFly has a carbon-fiber plate in the midsole, which stores some of the energy on landing and releases it on the kick, mimicking the spring that humans generate with their ankle motions.

The text of the article focuses on the Nike VaporFly, but they rank the top 50 shoes for each of their methods, and VaporFly isn’t the only one that consistently improved runners times. Nike Streak was usually 2nd on the list (topped VaporFly on one analysis). Adidas Adizero Adios and Adizero Franchise were also consistently in the top. Brooks Adrenaline was consistently slower, as was Hoka One One. (None of the shoes I run in

were on the list...I guess hardcore runners don’t buy the cheap ones on sale... :-)

The analysis used results from a half million Strava running entries — 280,000 marathon finishes and 215,000 half-marathon finishes — from people who make their race times and equipment publicly available on Strava. This is not a small sample. They analyzed the results from the top 50 shoe models and looked at the statistics from several different ways of separating out the effects of the shoe. One analysis was looking at race times before and after runners switched shoes (many runners report the brand and model of shoe they use on their Strava page). Another was by looking at aggregate statistics from cohorts of similar runners, splitting them out by race time and shoe type, and they also looked at the probability of running a personal-best after switching shoes.



The article does a decent job of identifying exact brand and model, but if shopping online it can be hard to verify what you’re getting. As near as I can tell, the VaporFly is only available at a few places, and probably not online anywhere except possibly directly from Nike. Amazon would NOT be a good place to buy...there are numerous listings that show up if you search for Nike Zoom VaporFly, but I doubt any are the actual VaporFly with the carbon insert.

I checked with FootTech, and they don’t currently carry the VaporFly, but I’m sure they have some of the other shoes at the top of the article’s lists.

....continued next page

From the editor: Great article in the most recent RRCA Newsletter about the 1968 **First** Olympic Marathon Trials hosted by Adams State University in Alamosa, Colorado.

Those were the days when not many “regular” folks like most of us ran long distances (marathons, etc.).

<https://www.rrca.org/news-articles/news-archives/2018/07/26/alamosa-1968-the-historic-first-u.s.-olympic-marathon-trials>

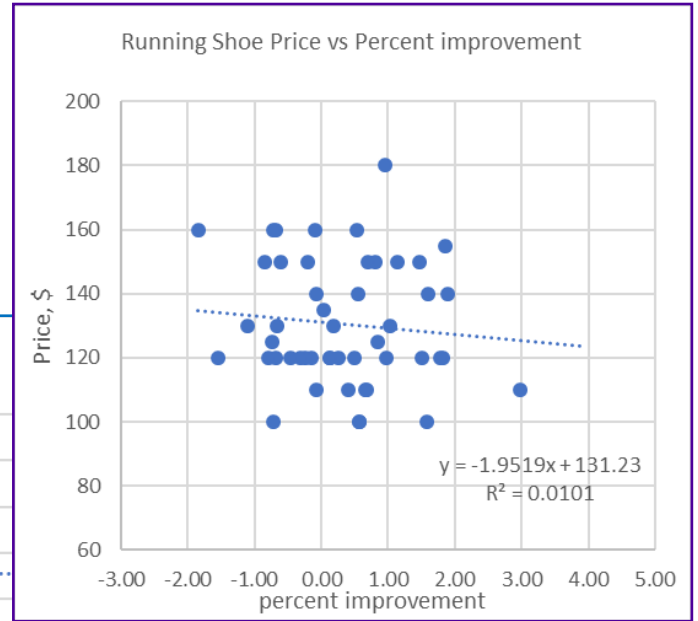
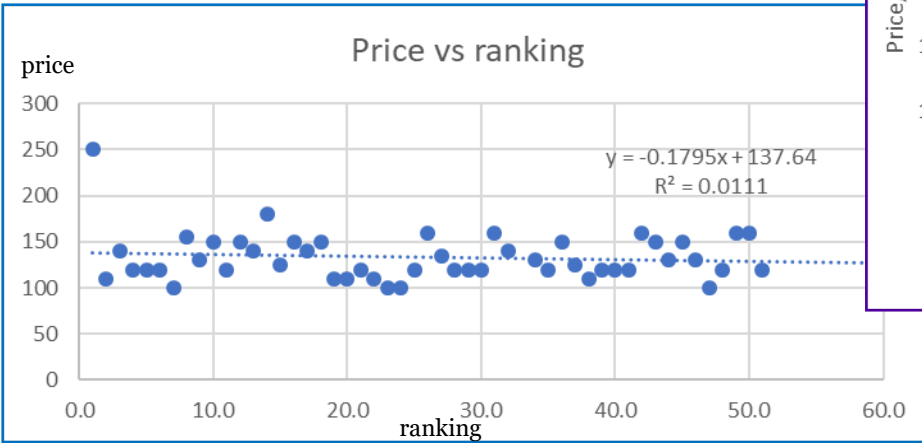
The article was written by Amby Burfoot.



Ian continued.....

I have frittered away the morning analyzing the NYTimes analysis. I combined the 3 different measures of percent improvement, and the numerical rankings.

And, being an engineer, I also looked up manufacturers prices and calculated the correlation between price and performance — see graphs:



**FINDINGS:**

1. FWIW, leaving out the \$250 VaporFly, which is the only one with a known technology change, there is a slight negative correlation between price and per-

formance (either improvement or ranking — note the slightly down-sloping trend lines in the above graphs) — i.e., on average, the more you spend, the slower you run...

2. You can't rely just on the brand name. For the 6 brands with more than three models in the list, they all have shoes scattered throughout the rankings.

*Two things that I should point out. First, the values used were eyeballed from the figures in the NYTimes articles...I don't have access to the actual numbers. Second, while both scatter plots show a negative trend, the R-squared value is small enough that a statistician would reject statements like "Expensive running shoes make you run faster" or "Expensive running shoes make you run slower", in favor of accepting a null hypotheses of the form "Running speed is not dependent on how much is spent on running shoes".*

**But it should help convince us that a high price tag on a pair of shoes is no guarantee that it will make us run any faster. Instead, buy — and run in — shoes that are affordable and comfortable.**

Below are the top 10 and bottom 10 by percent improvement and by ranking, along with price shown on the manufacturers' websites.

By Percent Improvement				
...best:				
Brand	Model	pct_improve	Price	
Nike	Vaporfly	3.93	250	
Nike	Streak	2.98	110	
Adidas	Adizero Adios	1.90	140	
Newton	Distance	1.85	155	
Adidas	Adizero franchis	1.83	120	
Mizuno	Wave Sayonara	1.78	120	
On	Cloudflow	1.60	140	
Asics	DS Racer	1.58	80	
Adidas	Adizero Boston	1.50	120	
Nike	Zoom Fly	1.47	150	
...worst:				
Asics	Kayano	0.68	160	
Asics	Cumulus	0.69	120	
Brooks	PureFlow	0.71	100	
Asics	Nimbus	0.72	160	
New Balance	880	0.75	125	
Asics	GT Series	0.80	120	
New Balance	1080	0.85	150	
Saucony	Omni	1.10	130	
Brooks	Adrenaline	1.54	120	
Hoka One	Bondi	1.84	160	

By Ranking				
...best:				
Brand	Model	avg_rank	Price	
Nike	Vaporfly	1.3	250	
Nike	Streak	1.8	110	
Adidas	Adizero Adios	6.3	140	
Adidas	Adizero franchis	7.8	120	
Mizuno	Wave Sayonara	9.8	120	
Adidas	Adizero Boston	11.0	120	
Asics	DS Racer	11.3	80	
Newton	Distance	11.8	155	
New Balance	1500	12.8	130	
Nike	Zoom Fly	12.8	150	
...worst:				
Asic	Nimbus	39.5	160	
New Balance	1080	41.0	150	
Mizuno	Wave Inspire	41.8	130	
Brooks	Glycerin	42.5	150	
Saucony	Omni	42.8	130	
Brooks	PureFlow	43.0	100	
Asics	GT Series	43.3	120	
Asics	Kayano	43.8	160	
Hoka One	Bondi	45.0	160	
Brooks	Adrenaline	48.3	120	

# WTRC Runner Moving To Japan!

**From:** Stuart Sampson  
**Sent:** Saturday, August 11, 2018 11:48 AM  
**To:** WTRC  
**Cc:** Yuriko  
**Subject:** Farewell from Riki Sampson

Dear Officers and Members of the West Texas Running Club,

On behalf of member Riki Sampson and as his parents, we wanted to say farewell, express our gratitude, and give our well wishes to the club.

With a the confluence of the opportunities to take early retirement, check off some bucket-list items, and fulfill Riki's desire to pursue a challenging academic International Baccalaureate high school degree program at an international school in Japan, we are now say farewell to Lubbock and the WTRC.

We are grateful for the WTRC's well-run program that included such a wide range of age groups, venues, and distances.

Over the past eight years starting in his third grade year, Riki looked forward to and was excited to run the WTRC's races. As parents, we were happy to see his continued enthusiasm, and long-term dedication to the WTRC's program and distance running.

We would also like to give special thanks to those members who took an added interest in Riki to get to know him, gave him added support, inspiration, and advice to advance his efforts over the years.

With that we say *Dōmo arigatō gozaimashita* and *Ganbarou* (thank you and good luck) to the WTRC and its members!

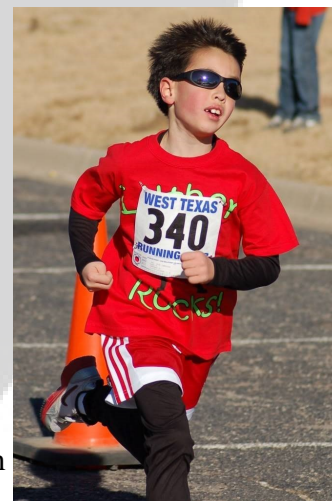
Sincerely Yours,

Stuart, Yuriko, and Riki Sampson



## *Further correspondence from Riki's father:*

With big big thanks to Suzan, attached is our favorite picture of Riki (running wise).... it is from Loop the Lake (LTL) 2011-- it is significant because it was Riki's first organized long distance race (he a 3rd grader at the time). In this LTL race, Riki finished 1st in his age group and tenth overall -- so this initial success was the springboard that demonstrated to him that distance running might be his thing.



Backstory: Previously Riki won the Wolfforth Harvest Festival's 1-mile Fun Run for Frenship ISD's 3rd grade boys a couple months before. Soon after, it was just dumb luck that I spotted the results for a WTRC race in the Avalanche Journal's sports section (as it did not always publish these re-

sults and I never thought Lubbock had such a club) and looked into seeing if Riki wanted to try running in the LTL race. After he agreed, training with Coach Dad began.....

## ACADEMIC UIL STATE QUALIFIERS

Congratulations to Frenship High School students Josh Kennon and Riki Sampson who competed at the State UIL Academic meet on Friday, May 4. Kennon competed in Computer Applications and placed eighth and Sampson competed in Number Sense and placed eighth.

Above is from the Wolfforth News from this Spring ... so beyond running and into academics, Riki does well in math and loves doing the "Number Sense" competition ... from the snippet above this year he finished 8th in UIL 6A and 10th overall at the state level for that event.





**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 –**

*We have 5 more races left:*

***Shallowater Stampede, Red Raider Road Race, Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country Run.***

***So... plenty of time to earn more points toward the series standings!***

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 and for the current Challenge Series Standings 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

WTRC Newsletter Editor:  
Steve German  
[steve.german@sbcglobal.net](mailto:steve.german@sbcglobal.net)