

November/
December
2018



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

A Periodic Insight into the West Texas Running Club

in this issue >>>

- *Upcoming WTRC Social reminder*
- *I am Hungry for the Race!*
by Reese Pena
- *Buffalo Wallow Race Report*
by Tommy Johnson
- *27th Annual Turkey Trot Race Report*
by Terry Dalton
- *Thank you, Terry Dalton – from all of us at the WTRC!*
- *Life is Amazing* by Mike Greer
- *Toys for Tots Cross Country Run Race Report* by Rick Lampe
- *2019 WTRC Membership Registration Reminder*

WTRC

NEWSLETTER

Upcoming Races



THE LOOP LAKE

Race Director: Autumn Lass

2nd Saturday in January — 10:00 am
 5Mi | 2Mi (Both are Loops)
 5Mi: ages 13 & over
 2Mi: ages 7 & over, and strollers.

RACE LOCATION: Landwer House - Buddy Holly Rec Area, N.University, Lubbock



Check the WTRC website for the February race. The Prairie Dog Town Run is moving to March, the Buffalo Spring Break Race will move to February (name might change....)

WTRC Officers, Board Members, Directors and other club volunteers



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Upcoming WTRC 2018 Celebration of Running Social

There is no better way to ring in the new year than celebrating everything you accomplished in 2018! That includes the medals, personal achievements, new (& old) friendships created (just to name a few) through the West Texas Running Club. This is also a special time for us to give out our annual Challenge Series awards, '66 Mile Club' and 'Trailblazers Club' awards, as well as other awards for those who continue to give their time and effort to making this the best running club in Texas!

The Social will be Friday, January 25th at the Ranch House at Ransom Canyon.

Check our Facebook page and your e-mail for more information to come.

A special thank you to the annual organizers of the event, Shannon & Wendy Anderson and Cody & Autumn Lass (awards organizers).



Scenes from last year's (2017) Social.....



“I am HUNGRY for the race!”

by *WTRC member Reese Pena*

Hello West Texas Running Club! My name is Reese Pena, I am 11 years old and

in the 6th grade at Irons Middle School. I began running at 4 years old, when I ran my first 1 mile race at the Epilepsy Run at Texas Tech. After that, I knew I wanted to run all the races I could. My parents would try to keep me in the jogging stroller when they ran, but I would never sit still because I always wanted to get out and run with them. Even from the beginning, I could stay close to my mom when she was running and this is what we now call the “momma pace.” Since I started running at such a young age I have been limited to the fun runs and left searching for the races where I can get special permission to run with the “Big Dogs.” I was in competitive gymnastics for four years and loved it, but even during that, I felt like I was missing out on something more, something I was *meant* to do. Once my training schedule with gymnastics started conflicting with my running and my races I knew I had to choose. It wasn’t a hard choice, because I knew deep down that running is where I belong. *It is what God made me to do.*

If I were to describe my love for running in one word, it would be HUNGRY. I am hungry for the race, I am hungry for the competition, I am hungry for each run. Being a runner helps me to focus on so many things. It drives me to do well in school, it pushes me to set goals, it keeps my mind clear and ready for all the challenges of life. Call it what you want — stubbornness, endurance, determination,

guts. Deep down, really and truly, I don’t know how to give up, I don’t know how to quit...and I know at every finish line it’s always worth the effort I put in.

My whole family runs, it’s just something we’ve always done. With health and fitness always just being a part of my life, I don’t know any different and I am so glad that we have made it a priority. Running with WTRC has also shown me that community is so important. This community is like a family that keeps me striving to do my best each and every time. I am so thankful for everyone that has supported me in my journey as a runner. It’s humbling to know that there are people behind me every step of the way. There are people like my coach, Trent Early, who teaches me to stay strong and keep at it, even when I’m tired. My sister, Daelyn, and my brother, Bryce, who used to just tag along to cheer for me, but now they are joining in the races. My training teammate, Colby Sandoval, who I have run with now for 3 years, is such a blessing. There are days that we just hold each other up, we encourage each other and we stick together, through thick and thin, we are a team. My mom is always there to support me, whether that means taking me to practice at 5 in the morning, or travelling across the USA to take me to a national race, she’s always been there. My dad shows his support to me by going to my races and he even let me join his elite group *The Wolf Pack*. My Papa and GranC are at every one of my races and I am so glad they cheer me on and support me. It’s

always so inspiring to get good luck texts before my race from people like Colby’s mom, Liza. All the support helps me and encourages me to keep running my race, to give it my all, and to never look back. I couldn’t be the runner I am today without each one of these blessings in my life.



2018 Hot Dam Race



My mom, Sarah, brother, Bryce, and sister Daelyn



My dad, Jeremy, sister Daelyn



Me with Colby at the July 4th Firecracker run in Brownfield



2018 Amarillo Rebel Run

Aside from running I enjoy painting, drawing, and volleyball. In school I like Math, English, Social Studies, and Science. This year is my first year in middle school and I am enjoying it — the only thing I don't like is that my teachers give out way too much homework! I love volunteering at the WTRC races, I usually volunteer at the Loop the Lake race. I also volunteer at my church in the Kid's Club Service.

I am not only a member of WTRC but I also run in the summer track program, Lubbock Olympians, and I run for USATF and TAAF. We are always looking for race that I can run in even if this means I'm the youngest runner. We must ask permission to

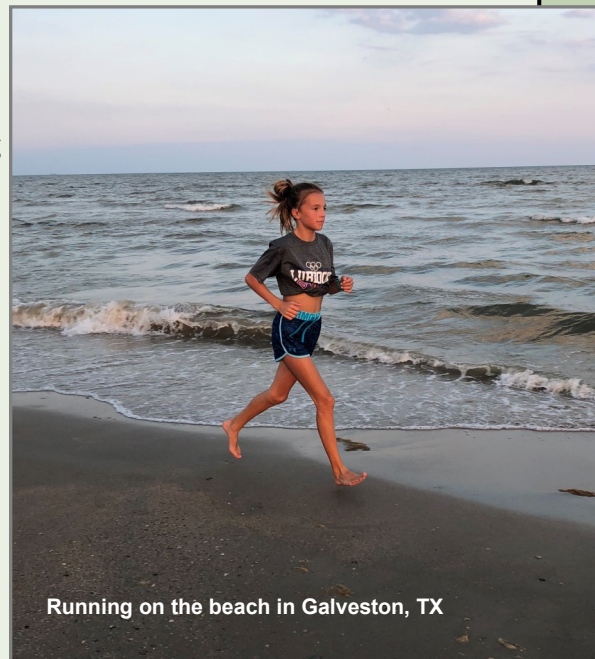
run in the cross-country races hosted by different schools because I am still too young to officially compete. Thankfully, most of the coaches know me and allow me to run. Running in those races is always fun because I gain experience that not many runners get to do. I get to run alongside Jr High and High School girls that are much older than me and show them my passion for running. Very often, since Lubbock doesn't have many races for my age, we travel around. I have run in College Station, Dallas, Alabama, Amarillo, Plainview, and Odessa, just to name a few. I really enjoy being able to travel and run in these races. The USATF National Cross Country meet this year is in Reno, Nevada. I'm not sure I'll get to go to that one but would love to travel there to

run. When Colby and I went to Alabama for the USATF National Cross-Country race we were highlighted on KCBN News Channel 11. That was fun because we were interviewed by Pete Christy's kids at Mae Simmons while we were practicing — they got tired of chasing us! Going to the small towns around Lubbock is always exciting, people remember me and always ask how old I am, they can't believe that I am running with the older girls. This past summer I hit one of my first goals of breaking a 6-minute mile! I placed 5th in the TAAF state track meet with a mile time of 5:53. Now that I know I can break 6 minutes I am setting more goals and working hard to achieve them.

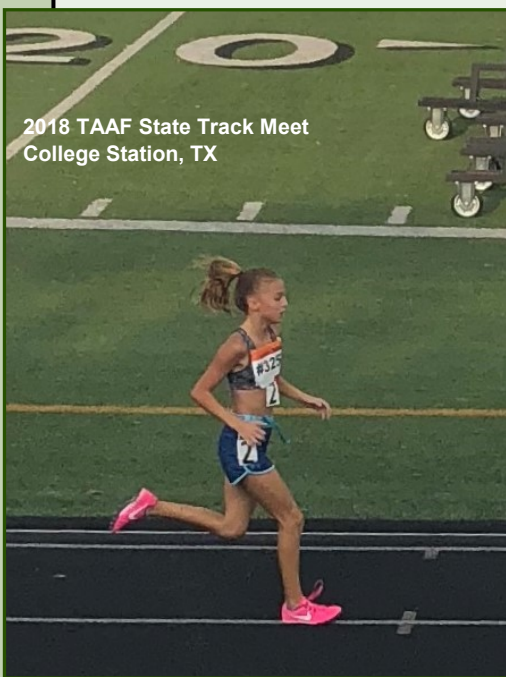
I don't know what the future holds, but I do know one thing, running will be in it. I am looking forward to making my mark in the school competitions for track and field and cross-country. I would love to run in the Olympics one day and run for a great college on a full ride scholarship. I try to always remember that when I am on the track, in life or in a race, each step I take moves me forward, not backward, and every finish makes me stronger.

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will RUN and not grow weary..." Isaiah 40:31

Reese



Running on the beach in Galveston, TX



2018 TAAF State Track Meet
College Station, TX



Bobby Birdsong Race

Buffalo Wallow Race Report

by Tommy Johnson



Wow! Right under 250 runners showed up for the new Buffalo Wallow at the Cantina/Amphitheater near the Buffalo Springs Lake campgrounds.

First off, thanks go to our core group of volunteers who made it both days, late registration and the race -- PJ Sullivan, David Higgins, Artie Corelis, Ron Lubowicz and Frank Mendoza. These folks, along with other club officers enable our club to function really well and are important to the continuing success of the West Texas Running Club.

Many thanks to Angie at **footTech** and all her staff for allowing us to conduct Friday's packet pickup and late registration at the store plus her generous gift of T-shirts.

An especially big shout-out goes to PJ Sullivan for all her work on the great t-shirts created for this race. All I had to do was, say, "Yes ma'am, they look great!"

At the beginning of the races the temperature was right above freezing. The wind got up as the day wore on, making for a challenging second loop for the half-marathoners. But, despite the less-than-ideal weather and sore muscles there were a lot of smiling faces due to the accomplishment of meeting the challenge!

We had runners from 7 years of age all the way to 84 years young!

Billy Rodriguez was the overall male half-marathon winner -- he crossed our finish line at 1:31:08.

Jennifer Strawn was our first female finisher at 1:44:47.

Ret Taylor won the 2-mile race in 10:00.4.

Reese Pena was the first female finisher at 13:02.2.

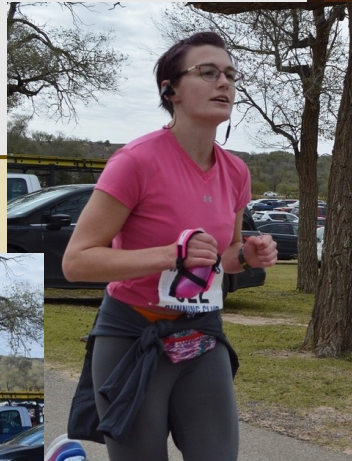


Just so you know, I dropped the baton on the finisher medals. I grabbed the Buffalo Spring Break Run medals by mistake (same general design) instead of the Buffalo Wallow medals. Catch me at a future race and I will swap with you.

I will learn from my mistakes on this new race course and venue and make it an even better event next year.

Thanks again to all of our great volunteers and awesome runners!!

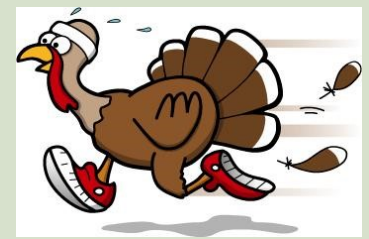
See y'all next time!
Tommy Johnson,
Buffalo Wallow
Race Director



27th Annual Turkey Trot

Race Report

by Terry Dalton



Thanksgiving is a uniquely American holiday. Its historical significance is anchored in a spirit of sharing – not just among ourselves, but with diverse groups of people. Every year the Turkey Trot brings together diverse groups of people comprised of runners and walkers of all ages and abilities, and all shapes and sizes to share in the celebration of family, fitness and fun. A record crowd of over 1,000 including WTRC members, Lubbockites and visiting relatives that came from cities all over Texas, other states, and even other countries converged on the Bayer Museum of Agriculture in Mackenzie Park to kick-off the Thanksgiving Day holiday.

Congratulations to all the Finishers!

Holding gobbling rights for trotting their way to Overall Winners were Colby Sandoval from Lubbock, Texas in the 2 Mile with a time of 10:42, and Julian Florez from Albuquerque, New Mexico in the 12K at 38:20. Julian set a new overall course record revising his own record of 38:45 set four years ago in 2014. Also ready to talk turkey were the Overall Female Finishers: Journee Cotton from Littlefield, Texas in the 2 Mile with a time of 13:12, and Brittini Hutton from Lubbock, Texas in the 12K with a time of 45:03.

Brittini still holds the overall female 12K record of 44:19 set in 2014. All four Winners received a plastic turkey (gift card) from United Supermarket, gift certificates from Schlotzsky's Deli and an Overall Finisher's medal.

Feast your eyes on some new course records that were set:

2 Mile

Male 13-15, Colby Sandoval, Lubbock, TX – 10:43

Female 11-12, Reese Pena, Lubbock, TX - 13:30

Female 60-64, Sissy Keeling, Granbury, TX - 16:36

Female 65-69, Yvonne Gilinsky, Lubbock, TX – 23:16

12K

Male 25-29, Julian Florez, Albuquerque, NM – 38:20

Male 60-64, Bob Jackson, Hobbs, NM – 56:19

Female 25-29, Brittini Hutton, Lubbock, TX – 45:03

Female 40-44, Leigh Cordes, Lubbock, TX – 49:13

Female 45-49, Tonya Hodgkins, Lubbock TX – 57:33

Athena, Laura Pennington, Lubbock, TX – 57:24

Congratulations to all the Winners!

Volunteers don't just do the work, they make it work! Making the Turkey Trot work were: PJ Sullivan,

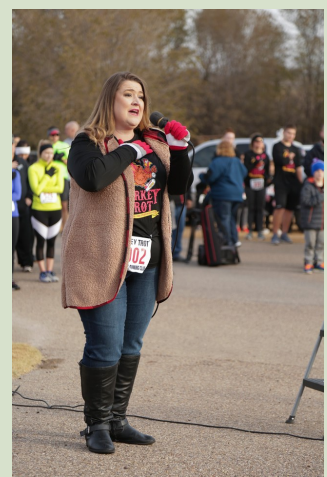
Wayne Sullivan, Nicole Phillips, Monika Sobolewska, Jerry Adams, Toni Kirkes, Laura Pharis, Ashley Bautista, Heather McKee, Megan McKee, Suzan Caudle, Maria DeLeon, Larry DeLeon, Nancy Downey, David Higgins, George Jury, Tony Aleman, Jeff Fisher, Glen Mullins, Jonathan Botros, Manny Ramirez, Tommy Johnson, Maegin Seales, Camden Seales, Amanda Morris, Jim Deaver, Hortencia Deaver, Judah Bladwin, Sabrina Barrera, Cheri Gerwig, Ashley Trefethen, Caryl Lim, Caitlyn Tayag, Angie Wilkins, Lori Ware, Reeda York Gavina Lopez-Amans, David Reed, Prentis McCarthy, Arlene Spearman, Ally Black, Amy Gentry, Angel Casas, Joley Braly, James Pratt, Fred Weber, Riannon Rowley, Mariann Davidson, Jessica Barrera, Frank Mendoza, Arturo Reyes, Lydia Turner, Scott Cain, Andrea Salas, Zyler Salas, Gary Gressett, Sonny Bevers, Ana Mendoza, and Ron Lubowicz. A special Thank You to Boy Scout Troop #157 for the opening flag ceremony, directing traffic and parking vehicles; Mariann Davidson for her wonderful rendition of our National Anthem; and the Lubbock Police Department for making it safe to cross the busy intersections.

(Please forgive me if I did not include your name).

Thank you to all the Volunteers! We couldn't do it without you!



You did a great job with the race, Terry!



continued next page...

Our sponsors also made it work! Thank you:

- **Schlotsky's Deli** – Served as the Main Sponsor and also provided gift certificates, discount coupons and bags for packet pickup. Thank you Chris Lonngren.
- **Bayer Museum of Agriculture** – Served again as the Host Sponsor and provided the great venue for the event. Thank you Lacey Hoelting and all the museum volunteers who helped with setup and clean up.



- **footTech** – Served as a Supporting Sponsor hosting the two-day Late Registration/Package Pick-Up. Volunteers and staff from footTech also manned the BEST water stop in Mackenzie Park. Thank you Angie Wilkins and all the footTech staff and volunteers.
- **Covenant Children's Hospital** – Served as a Supporting Sponsor. Thank you Lucas Devine.
- **Planet Fitness** – Served as a Supporting Sponsor and provided coupons for packet pickup. Thank you Jae Moore.
- **United Supermarkets** – Served as Supporting Sponsor and provided four turkey gift cards for the Overall Winners, male/female for each race. Thank you.

- **Ag Texas Farm Credit** – Served as a Supporting Sponsor and provided the pallet of bottled water. Thank you Mike Metzger
- **DahlMar Insurance** – Served as a Supporting Sponsor. Thank you Dahlia Hood.
- **Affordable Storage** - Served as a Supporting Sponsor and provided coupons for packet pickup. Thank you Michael Postar.
- **Humdinger Equipment** - Served as a Supporting Sponsor and provided the Finish Line. Thank you Randy Holloway.
- **Kinesio CKTP** – Served as a Supporting Sponsor. Thank you PJ Sullivan.
- **Pure Water** - Served as a Supporting Sponsor and provided all of the water on the course.
- **Sprouts** – Provided the oranges at the finish line.



Thank you to all the Sponsors!

Another group of volunteers that needs to be recognized are the officers and members of the West Texas Running Club Board that work hard each month to put on the best race possible. Thank you: Ron Lubowicz, Wendy Anderson, David Higgins, Suzan Caudle, PJ Sullivan, Tommy Johnson, Josh Leyva, Jonathan Botros, Manny Ramirez, Autumn Lass, Cody Lass, Frank Mendoza and Terry Dalton. Great Job!



Whether you participated, volunteered, sponsored, or just came out to cheer on your favorite runner or walker, we appreciate your involvement in making this year's Turkey Trot a huge success! Please consider joining us in 2019 and making the Annual Turkey Trot a running tradition for you and your family on Thanksgiving Day!

Terry Dalton
Race Director, 27th
Annual Turkey Trot



From all of us with the WTRC...

Thank you, Terry,
for 10 years of
excellence
directing the
WTRC Annual
Turkey Trot!

Next year John, Artie, Saylor, Kyden, and Brylie Corelis have volunteered to direct this race.

When you see Terry and the Corelis family be sure to give them a WTRC thank you!



995 runners at this year's
WTRC Turkey Trot!

Life is Very Amazing

By Mike Greer



Simply put, "Life is very amazing!" Please bear with me as I talk about that great passion out there called *goal setting* and *goal achievement*. It has been my belief for many years that *emphasis should be on goal achievement* as opposed to goal setting -- or at least understand these are a "one/two punch." Because I see a lot of goal setting and very little goal achievement, I have eliminated the term "setting" from my thinking.

To extend this thought, what about achieving a goal that was never set, per se, in the first place? Please let me explain. On September 23, 2018, I was able to complete a triathlon event that gave me a grand total of 400 triathlons finished over a 33 year period. The comical thing about this achievement is that when I did the very first one, starting from the spring fed State Park pool in Balmorhea, Texas with a 800 yard swim and then biking 32 miles to Ft. Davis, Texas and then running 6.2 miles to Prude Ranch taking 4:45 hours, I never dreamed that this very first triathlon in my life would be the first of 400... and that it would not be achieved until then-distant 2018. So, you ask, what was your goal on that first day and how did it eventually culminate in 400 completed triathlons? My answer -- since I was doing my very first triathlon starting with no real knowledge or experience of what this was all about with the exception that I knew swimming, biking and running -- all on the same day - - were involved, my goal then was simply to finish at least the same day I started and enjoy the challenge of it.

I admit that my training for this first triathlon was sketchy, especially since I was transitioning from marathon running to the triathlon. My swimming was suspect, and I hadn't been on a bike since I was a kid, so the only thing I was sure of was my running. I wondered how my body would react to these two new disciplines required to finish the event? The first time I had ridden a bike in training and got off to run I felt like my legs were on backwards. So, I figured on my first try I was in for a long day. There were other challenging things like nutrition and hydration. Both were basically non-existent for those early triathlons and there was no aide along the way. The bike course was 32 miles to Ft. Davis with a small rest area but

was not like today's race events with lots of healthy nutrition and hydration products and 20 volunteers. So, we (really there wasn't a "we" since I

was way far behind the rest of the field) continued on to the transition bike drop off (actually in a bar ditch just outside of Ft. Davis) and started the very difficult run for the finish line at the Prude Ranch. The run was only 6.2 miles but a tough one due to the hills and elevation. Once I was sure my legs were still with me I was able to move along a little faster than a snail I saw on the side of the road.

As I finished this first triathlon -- a real ordeal for me! -- I didn't imagine for the life of me that I had another 399 tris to go. Fact is, I wondered about my sanity -- about doing this new sport ever again! But, after the fatigue and sore muscles came around, like any addict would do, I started searching for the next event. It turned out that the next event on the calendar was in Odessa -- a flat "sprint" (different distances than the triathlon I ran earlier). Actually, I really did not know the difference between the course distances back then. After doing it, I wondered why they call anything a "sprint" that takes over an hour to finish!

Since this was going to be number 2 for my record-keeping I decided I needed to upgrade my equipment and consider shaving my legs. Since I was traveling to Houston often with my packaging business, I noticed a bike shop near by my hotel and I went in. They were having a sale. Their new Bridgestone (not made now) bikes were on sale for \$275.00. Currently tri bikes cost can go up to \$12,000 -- and you still have to pedal them :-). I bought one and shipped it back to Lubbock. This was a basic bike -- no aero bars like today (aero bars are handlebar extensions that mount close to the center of the handlebar and cantilever out over the front wheel). Eventually the industry started growing and the technology got much better. My inventory of other equipment -- clip on pedals, aero helmet, shaved legs, latest running shoes required for the sport -- grew as I marched on towards my 400 tris even though I still did not have the 400 goal set at the time.

I must mention triathlon event #3 since it was the Hub City triathlon (another sprint distance) and in my home town. I actually still have some photos of it and my bicycle and helmet looked like they are from the Stone Ages compared to now. I closed out the year with 3 triathlons finished and only 397 away from 400.

continued next page...

The next year I really got the bug by finishing 8 events, all sprints or Olympic distances (1500 swim, 40K bike, 10K run), plus I upgraded my equipment and shaved my legs and I wore the speedo swim apparel for the entire event. That was the custom then and honestly it took a while for me to adjust to running through the neighborhoods in my speedos. I have a neat photo hanging on my wall in the garage from the 1994 Chicago Triathlon bike course and I was in my speedo!

Now, the question generally comes up in conversations -- when was the 400 goal set? Well, as I gaze back into my battered memory banks AND my day-timers that I keep all my stats in, I find on March 7, 2004, I had completed 255 tri's. About the same time USAT came up with the Century Club for USAT members who had completed at least 100 events. So, I decided then to go for 300 finishes but still hadn't registered the 400 as a goal in my brain yet.

Since I was 66 years old at the time my *real* life goal was to stay healthy and continue to compete in triathlons as long as I could. So, because longevity in the sport was my ultimate goal, this brings up a goal-achieving teaching point! Sometimes a goal can be achieved that allows us to go on and achieve whatever is our ultimate goal. For example, my two goals were to keep myself healthy, and mentally driven with finishes in as many events as I could. Turns out my top year for finishes was 1994 with 21. Within in the "healthy goal" definition there are two possible negative outcomes -- injuries or sickness of some form. During that time I had some bike crashes, one requiring surgery. I healed quickly enough to not miss any of the major events for which I had planned.

Then, on August 6, 2017, the day after my 392nd finish, I had a bike crash on a training ride in the canyons. The crash was caused by an A-Fib induced stroke. Since I was now recognizing 400 finishes as a real goal I now had to face a serious health challenge as a threat to that goal. On top of that, I had added more pressure by setting my goal to achieve the 400 before my 80th birthday which was December 16, 2018!

While my doctors said, with time, I could swim bike and run again, my body was telling me otherwise. So, I stuck to the meds I was required to take and exercised the best I could and, after 9 months, I was

able to do #393. On September 23rd, 2018 I reached my goal of 400 finishes.

Confession time. My new goal was to finish 8 more triathlons after my stroke for my 400 and I will say they were harder than the first 392. Although my body was damaged, slowly usable, now is the time to give many thanks! I am very thankful for being able to complete this goal. However, I ask myself often, what can I really learn from all of this and what is next? To answer my question, I would say my biggest take-away is to always be thankful for what is given and acknowledge that I was really blessed. I was fortunate to be able to return to competition. My health now is very good relative to my age.

The other take-away from this experience is that I learned to take one event, or one step, at a time and be patient in my thinking. During a sprint race in Alpine a couple of years ago I was swimming very competitively to a guy next to me in the pool. While I felt kind of sorry for him since he was about my speed but much younger, I pulled ahead of him in the last few yards. When we climbed out of the pool in a normal state of fatigue he said, "Man that was my first triathlon and you are 300 ahead of me!" I replied, "There is always the very first of anything, then it grows from there." So I encouraged him to schedule #2 as soon as possible!

Now to move on and goal achieve some more in my lifetime. I encourage all of my readers out there to do the same!!

Mike Greer
Ransom Canyon, Texas
November 27,
2018



Mike (right) with Tommfy Johnson at a 2018 WTRC race

December 2018

by **Rick Lampe** — race director

Toys for Tots Cross Country Run

The postponement from the December 8th scheduled date because of a 10 inch plus snowstorm to December 15th provided safer conditions and great weather. 15 children participated in the one mile children's run and 74 runners participated in the 4 mile cross country course.

A large number of gifts were brought by the runners for the Toys for Tots program collected by the South Plains Detachment 519 Marine Corps League. Runners and volunteers received "I Ran with the US Marines Toys for Tots" t-shirts.

Contributing to the success of the run were the Mae Simmons staff and the South Plains Detachment 519 Marine Corps League represented by Bobbie Lugo.

Also very important to the success of today's race were WTRC volunteers — PJ and Wayne Sullivan, Suzan Caudle, Debbie Gelber, Nicole Phillips, Artie Corelis, Brylie and Kyden Corelis, Shanna Faries, Josie and Tony Aleman, Carla Eichler, Jonathan Botros, Manny Ramirez, Adam and Caleb Bradshaw, Ashley Bautista, Mars Bennett, Tammy Mosteller, Virginia and Sonny Bevers, James Livermore, George Jury, Amme Blair, Chris Fyock, David Higgins, Tommy Johnson and Ron Lubowicz.

I very much appreciate all of their contributions!

Rick Lampe
Race Director





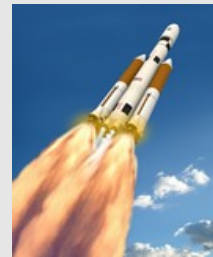
Running club gift

Received from Mike Kelley (long-time WTRC member, past WTRC president)

“Great photos of PJ Mitchell-Sullivan and Coach James Morris; also Gonzalo Ramirez with Joe Post. They all look so young!”

Mike Kelley

Blast From the Past...



Who are these people and when were these pictures taken??

(hint — all four have been, or are, a part of the WTRC leadership at various points in the history of our club)

(see response below)



A-J Photo

Food bank gift

Running on Empty

by Jason Nocera (www.nichecartoons.com)



THERE'S SNOW, SLEET AND ICE OUTSIDE! YOU'RE NOT RUNNING IN THAT, ARE YOU?!



HMM... NO, I GUESS NOT...



I BETTER WEAR A WARMER JACKET!

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.
- You must volunteer to serve as a non-running worker at one or more Challenge Series events to be eligible for a Challenge Series award.
- "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/>



Running the Buffalo Wallow

November, 2018

Come Run With Us!

WTRC races are found at www.wtrunning.com



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!

**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.)

Run for the Arts

Horseshoe Bend

 West Texas Running Club

 @WTRunning



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