

January/February 2019 WTRC Newsletter

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- Don't forget to renew your membership — be involved in the Challenge Series!



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



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**PRAIRIE DOG
TOWN RUN**

← 2nd Sat in March — 9:00AM
8Mi | 2Mi
Bib pickup: 7:45 to 8:30

Upcoming Races

Bayer Museum of Ag — East Broadway & Canyon Lakes Dr.

Race Directors: Nicole Phillips nphillips1031@aol.com
Ashley Bautista ashleyb827@aol.com

WTRC's MOONLIGHT RUN: Formerly 'Run for the Arts'

April 13, 2019 (Saturday Evening!)

5:30pm 1 Mile Kids Cafe' Fun Run

6:00pm 2Mi | 2Mi Stroller | 15K (USATF Certification pending)

Must register online by 12 Noon Monday, April 10, to guarantee your T-shirt!

Please be parked by 5:20 pm to clear streets for the 1 milers

Held in conjunction with/at The Moonlight Musicals venue

MacKenzie Park Ampitheatre, E Broadway & Cesar Chavez

Race Director: Suzan Caudle



WTRC's Moonlight Run

Remembering Joe Post



The WTRC is deeply saddened by the loss of one our own, Joe Post. Joe was 70 years old and passed away this past Monday, Feb 11th, from unknown complications.

Joe Post joined our club in 1981 and remained a member into the 2000's. Joe was the inventor of our Loop the Lake Run and served as Race Director for Loop the Lake for several years. Joe also founded the Prairie Dog Town and HOT Dam runs.

Joe was also a dedicated volunteer at many events, along with his wife Sally. Among many ways Joe positively influenced the WTRC is that he was the man behind the Challenge Series program that we enjoy so much. The WTRC was revived and has thrived ever since he single handedly created the Challenge Series.

Joe was a strong runner. His best marathon time was 3:08 at Cowtown before they took the hills out. He routinely ran sub 40 minute 10Ks.

Joe made a difference in the WTRC that is strongly felt today!

David Higgins, James Livermore, George Jury

**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.)



West Texas Running Club



@WTRunning

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



Come Run With Us!

WTRC races are found at www.wtrunning.com

Notable accomplishment by a newer WTRC member — Melissa Doss ...way to go, Melissa!

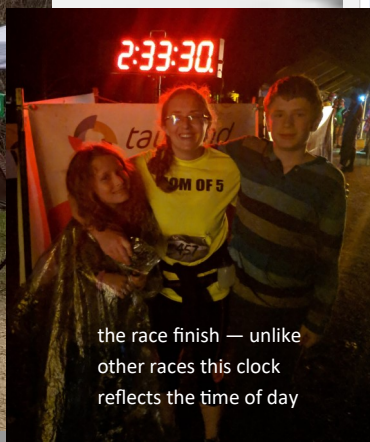
Melissa completed the Rocky Raccoon 100k (her first trail ultra) Sunday, February 3rd, at 2:30 a.m.

This is a link to the results: [http://edsresults.com/2019rr100/index.php?search_type=runner&lookup&bib=&first name=melissa&last name=doss](http://edsresults.com/2019rr100/index.php?search_type=runner&lookup&bib=&first%20name=melissa&last%20name=doss)

Note: 100k equates to a bit over 62 miles — very impressive, Melissa — congratulations for a notable personal accomplishment!



at mile 25 at the end of the first loop



the race finish — unlike other races this clock reflects the time of day

live results powered by **event data solutions**

2019 Rocky Raccoon 100 Live Results [Award Reports](#)

(All times and placings unofficial until certified)
Corrections? corrections@eventdatasolutions.com

Event: Gender: Results Per Page: 400

Show only runners still on course

Runner Look Up
(Click on bib number for lap detail)

Bib: OR First Name: OR Last Name:

Place	Div Place	Gen Place	Bib	First Name	Last Name	Gender	Age	City	State	Division	Splits Complete	Time	Status
51	3	17	457	Melissa	Doss	F	34	Lubbock	TX	30-39	3	19:32:17	Complete

WTRC Newsletter Editor:
Steve German

January 12, 2019

Loop the Lake Race Report

by Autumn Lass — Race Director

The WTRC started 2019 with one windy, chilly race. We had 226 total runners; 130 two-milers and 96 five milers. Kudos to them all to braving the weather. We were also excited to showcase are new medals for



Loop the Lake! We hope all the runners enjoyed the new look!

Congrats to Chris Fyock (11:14.3) and Emma Lopez (14:12.9) for being our overall Two-Miler winners! Also, congrats to Ret Taylor (29:08.4) and Margaret Santucci (37:54.0) for being over overall Five-Miler

winner. We also have some course records broken. Congrats to Kristi Starr, Emma Lopez, Lydia Turner, Kelly Marquez, and Jerry Morris for setting new records for their age groups (see times below). Well done!



Thanks to all the volunteers to helping with directions, water stations and setup/takedown. We couldn't put on such great races without our volunteers. A

special thank you to Fred Weber who came out before the race to spray paint all the miler markers and directions. The neon green spray paint was awesome — runners couldn't miss it! We had in total 15 volunteers! Thanks so much for all your hard work!



All in all, we had brisk weather, a great group of tough runners, and dedicated volunteers.

A big thanks to these volunteers: Jesus Zarate, Michael Sandoval, Jalen Sandoval, Fred Weber, Tammy Mosteller, Sonny Bevers, Tommy Johnson, James Toney, Terry Toney, Linda Peterson, Ron Appling, Martin Montalvo, Ed Price, Leesa Price, Mike Lemon, PJ Sullivan, David Higgins, Suzan Caudle, Tony Aleman and Ron Lubowicz.

Autumn Lass — Race Director



Loop the Lake Records Update by George Jury

<u>5 Mile</u>					
Kristi Starr reset her record set 8 years ago!					
Athena	Kristi Starr	Lubbock TX	48	42:41	
<u>2 Mile</u>					
F13-15	Emma Lopez	Wolfforth TX	14	14:13	
F65-69	Lydia Turner	Levelland TX	65	27:48	
Athena	Kelly Marquez	Lorenzo TX	34	17:48	
M65-70	Jerry Morris	Lubbock TX	67	17:24	

From High School Long Distance to Multiple Marathons

The Impact of Running on Life

by Cathy Paden

I started running long distance in high school because I was the slowest runner in track. But that's when the love of running began and continues today. I learned very quickly that running was a wonderful stress reliever and great at managing my weight, and kept me so healthy!

I continued to run on my own in college at LCU where I met Nathan. We got married after we both had graduated. I coached cross country and track and enjoyed passing on my passion for running.



Disney World 2017

It wasn't until I was an adult that I began running races with the running club. I started with 5K's and worked my way up to marathons. I've lost count of how many races I've run over the last 25 years. Nathan was always supportive of my running but rarely joined in and couldn't see a reason to. About 6 years ago Nathan asked if I could help him lose weight and get in shape for an upcoming elk hunt. It was amazing how quickly he picked up running and how fast the weight came off.

I have now run 8 marathons, over a dozen 1/2 marathons, and countless 5 to 15k races. Nathan has run 7 marathons, 15+ half marathons, and 4 ultras, the longest

being 50 miles, and so many more races than me. His greatest running accomplishment was qualifying for and running the Boston Marathon in 2018. Needless to say, he is now a runner and continues to challenge himself while I just keep enjoying running for fun!

The WTRC has been a very important part of our running. The local races keep us motivated and help us train for other races. It has also been a way for our family to get to run together each month. Our son, Eli, started running with us when he was 5 years old and runs with us each month in the running club. Many of our vacations have been centered around racing. Our most likely favorite one was at Disney World!

As a family, we are so blessed with good health and happy hearts and I attribute that to being a running family. Our workouts are rarely ever together but our racing is, as well as encouraging and fun.



Running Boston (2018)!

WTRC Board Member Insight

Emmanuel (Manny) Ramirez

Vice President/Media/Operations



warmer races, you'll see me pushing a stroller with both of my kiddos. You'll also catch my wife, Christina, on most of our races as well.

How long have you been a part of the WTRC?

My first race with the Club was on August 15, 2011, Hot Dam Run. My performance was not good. I felt defeated - not because I'd never ran 5 miles before but I underestimated the hills. To this day, Hot Dam Run is still my least favorite course but I will encourage everyone to run it. The following month I signed up for Shallowater Stampede 2-mile run. I did okay and started connecting with the community. A few months later, I contacted Randy Holloway, then current Vice President to see how I could contribute to the club in a small way. Fast forward to 2019, I'm entering the third year as Vice President. Back in 2011, I knew I wanted to be a part of the club but didn't realize I would hold a leadership role in the future and be inspired by so many people. In 2015, I race directed my first WTRC race, Shallowater Stampede under the guidance of Randy. We made the drive to Shallowater 2 weeks before the race to mark the course and touch base with Shallowater LP. During the drive and my time with Randy, he shared the importance of the Club and how much the Club meant to so many people – the running community. After this short trip with Randy, I became more involved within the club. In 2016, 2017, and 2018, I've been the co-race director for Red Raider Road Race alongside Jonathan Botros.

What is your role as VP of Operations and Media?

I oversee all operational aspect of the running club. Making sure all races run properly, city permits, LPD presence, make sure all 13 race directors have the resources and tools available to host a successful and efficient race. Provide an atmosphere that is fun and energetic to attract runners from an early age of 5 years old to our runners who are advanced in years. Huge part of my role is communication – making sure we are communicating to our members via social media, email or newsletter consistently and accurately.

From the editor:

I think we all really appreciate those who serve on the WTRC Board, right? I sure do! I asked Emmanuel (most know him as Manny) Ramirez to give us some insight into his role as Vice President of the WTRC. This role includes work with Media and the Operations of the club. If you see him and other Board members take a moment to express thanks for their efforts.

Steve German

Who's the guy that makes the announcements every month before each race?

Hi. The guy that rambles and talks way too much before each monthly race is me, Manny Ramirez. AKA Jonathan's friend. I'm currently the Vice President and have the honor of working with great board members each and every month. I'm blessed to work with a phenomenal board that strives to provide a platform and community for all runners. From time to time, usually in the



continued next page.....

Along with the above mentioned, I'm always looking and thinking of ways to make our Club better. Cost of our races is always a repeated discussion as we enter a new calendar year. We continue to find ways to minimize all other operational costs, or invest in assets that will allow us to keep cost fees at \$5.00 entry. As a father of two and husband, seeing my family active in the Club means the world to me. Seeing families come out to our race's month after month, year after year, speaks for itself on why it is important for myself and the board to find ways to keep race fees (and memberships) at minimal.

Change.

This topic is never taken lightly by the board. We love the history, principles and foundation of which the club was established on. Sometimes you hear "if its not broken, then don't try to fix it." When the board approves change, this entails we have dissected every aspect from an operational view to a financial standpoint. Our club is growing. That's exciting! But we have to make sure we are one step ahead and ready for the continued growth or any obstacles we may come across.

Product of your efforts?

We have absolutely the best governing board. To take credit for what the board has done in prior years to me or with in the last 3 years, would be so selfish. The board has allowed me and anyone else with good or bad ideas to be heard. If the idea is approved, the board provides the means and resources to the idea flourish. We have done great changes within the past 3 years with the support of the board. From time to time, I'll get an email, call or text from a long-time member or newly member with concerns about the upcoming change but having the full support from the board gives us more determination to continue moving forward. We will never be done with change. We'll either have to keep up with technology, accommodate growth, change venues and race or we may have the need to upgrade a trailer to haul everything that is needed for our monthly races. What ever the change maybe or no change, I ask that you, the community, give it a chance. We have the absolute best interest of our amazing running club.

What is the value of Club's Community?

Community is EVERYTHING! Because of YOU, we are able to carry our mission forward day after day. Month after month. Year after year. And years to come. The Club's community makes us THE BEST running club. Hands down! Along with making sure races run smooth, we make sure we are engaged with our community. Seeing families come together, friends helping friends and seeing all runner of life is absolutely breath taking. We hope to provide the atmosphere and comradery culture that is energetic and supports one another. How many of you have made long lasting friends through our community? I know I have! I have met one of my great friends through the WTRC and because of him, I was able to run my first marathon. Jonathan and I have not only become great friend but so have our families. I have met many great people through our club's community. In the three years I've been in a leadership role, I've seen so many friendships flourish as well. We hope everyone experiences the same loving and caring community.

Through this article, I've confirmed that I talk to much. Ha. In all seriousness (or not), I'm thankful and blessed to be a part of a board and community that's very supportive and caring.

I'm always willing to hear any of your ideas or suggestion. Please don't hesitate to reach out to me. Better yet, we can grab a cup of coffee or I can join you on a run.

Thank YOU for being a part of the West Texas Running Club,

Yours humbly,
Manny Ramirez
Vice President



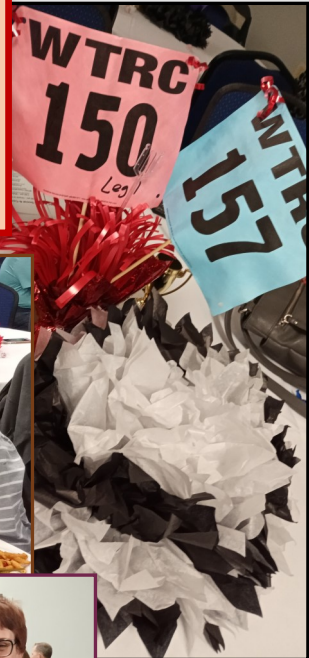
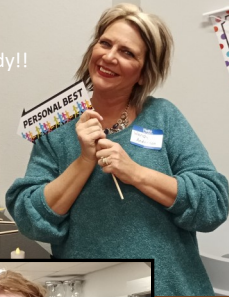
Scenes from the 2018 WTRC Social

January 25, 2019 — Ransom Canyon Ranch House

for all pictures go to:

<http://wtrunning.com/2014/galleries/>

Thanks for your work
with the Social, Wendy!!



Great Food, Fellowship,
Remembrances and
Accomplishments!!



2018 Challenge Series Age-Group Award Recipients



W.T.R.C. 2018 CHALLENGE SERIES Award Recipients at the 2018 WTRC Social

YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE						30 - 34 FEMALE						55 - 59 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Maggie Ann Vaughan	9	93	27.2	12	*	Ashley Bautista	31	118	46.6	13	*	Terri Evans	59	101	35.1	12	*
Daelyn Pena	9	87.5	23	11	*	Tammy Mosteller	34	102	32.1	12	*	Reeda York	56	85	67.2	10	*
Sofia Peralta	9	74.5	21	10	*	Carla Eichler	33	99.5	86.5	12	*	Virginia Bevers	58	77.5	31.2	12	*
												Rosa Sales	60	73	50.5	8	*
												Dahlia Hood	60	65.5	48.6	8	*
10 - 12 FEMALE						35 - 39 FEMALE						60 - 64 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Reese Pena	12	129	33.1	13	*	Sarah Pena	37	113	56.6	13	*	Leesa Price	62	106	75.3	11	*
Aubrey Whitworth	12	112	41.2	13	*	Jennifer Strawn	37	106	79	11	*	Lydia Turner	65	102	30.3	12	*
Saylor Corelis	13	90	39.2	12	*	Sheila Peralta	37	73.5	26	10	*	Lindy Fruge	60	81	34.2	11	*
						Rebecca McCallister	35	53	16.2	6	*						
						Kyla Whitworth	37	45.5	24.4	8	*						
13 - 15 FEMALE						40 - 44 FEMALE						65 - 69 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Gabriella Peralta	15	69.5	27.2	8	*	Liza Sandoval	40	83	41.4	10	*	Josie Aleman	67	118	30.1	13	*
Grace Peralta	13	58	26.2	8	*	Mandy Satterwhite	40	53.5	50.4	6	*						
Emma Lopez	14	44	39.2	10	*	Tobi Mcmillan	45	51.5	26.1	8	*						
16 - 19 FEMALE						45 - 49 FEMALE						70 - 74 FEMALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Kyden Corelis	16	107	28.1	12	*	Amme Blair	46	112	46.2	12	*	Linda Peterson	72	85.5	27.2	10	*
Ashlyn Peralta	17	92.5	46.5	10	*	Debbie Gelber	50	105	67.1	12	*	Pj Sullivan	73	55	81.7	12	*
Brylie Corelis	19	90	26.1	11	*	Michaela Jansen	46	99	51.8	10	*	Jackie Montoya	74	15	19.2	3	*
						Lori Ware	49	87.5	70.3	11	*						
						Melissa Esquibel	47	78	66.2	11	*						
20 - 24 FEMALE						50 - 54 FEMALE						ATHE NA-age graded					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Megan Taylor	22	72	41.4	8	*	Tammy Ureste	50	96.5	45.5	12	*	Melissa McCauley	38	82.5	44.2	10	*
Maddie Ward	21	57	21.3	8	*	Connie Waddell	53	64.5	29.5	7	*	Gabby Saldana	55	81.5	66.9	12	**
Casidy Waddell	20	54	33.7	7	*	Margaret Woodfin	54	62	53.9	8	*	Artie Corelis	52	70	52.6	12	*
						Kristina Peterson	52	61.5	67.3	10	*	Haylee Swinford	31	55	34.4	6	*
												Debbie Johnson	59	36.5	15	6	*



W.T.R.C. 2018 CHALLENGE SERIES Award Recipients at the 2018 WTRC Social

YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 MALE						30 - 34 MALE						60 - 64 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Thomas Duncan	8	103	27.2	12	*	Matthew Wallis	33	103	78	11	*	Randy Mulsow	62	108	34.1	12	*
Zane Whitworth	7	57	22.2	9	*	Cody Lass	34	63	47.7	8	**	Steve Geman	61	106	92.7	13	*
Dylin Duncan	9	23	26.3	6	*	Mike Lemon	34	56	68.8	9	*	Ian Scott-Fleming	63	92	68.5	12	*
10 - 12 MALE						35 - 39 MALE						65 - 69 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Billy Bond	10	101	32.4	11	*	Joshua Leyva	39	85.5	69.8	10	**	Jerry Morris	67	124	75.2	13	*
Truett Davis	12	96	36.2	11	*	William W Whitworth	37	83	37.2	11	*	Rickey Evans	69	86.5	35.1	12	*
Caleb Bradshaw	12	49	18	8	*	William Keehn	40	55.5	23.3	7	*	Fred Constando	66	60.5	18	7	*
13 - 15 MALE						40 - 44 MALE						70 - 74 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Ryan Whitworth	14	117	55.6	13	*	Jeremy Pena	43	119	86.5	12	*	Gary Gressett	71	97	35.2	11	*
Colby Sandoval	15	94.5	25.1	10	*	James Bond	40	110	38.9	12	*	Rick Lampe	74	75	28.1	10	**
Sebastian Keehn	15	43.5	23.3	7	*	Bernard Mejia	41	78	25.2	10	*	James Livermore	71	75	21	9	*
16 - 19 MALE						45 - 49 MALE						75 - 79 MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Jalen Sandoval	18	75.5	23.1	9	*	Adam Bradshaw	48	101	33.1	12	*	James Pratt	77	82.5	25.6	9	*
Christopher Keehn	18	41.5	17.3	5	*	Tim Evans	46	91	32.3	12	*						
						Chad Price	47	85	63.2	11	*						
						Ray Young	50	60.5	65.4	10	*						
20 - 24 MALE						50 - 54 MALE						80 and up MALE					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Alexander Morgan-Fleming	22	101	52.9	12	*	John Corelis	53	115	37.1	12	*	Bill Felton	84	104	31.3	11	*
						Frank Mendoza	51	113	100.7	13	**						
						Martin Montalvo	53	113	77.4	12	*						
25 - 29 MALE						55 - 59 MALE						CLYDE SDALE-age graded					
AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL		AGE	PTS	MILES	EVT	VOL	
Cole Martin	27	114	82	12	*	Arturo Reyes	57	115	35.6	13	*	Adam Puckett	47	114	34.3	13	*
Chris Fyock	29	103	59.2	10	*	Scott Cain	56	85.5	73.2	10	*	Nathan Paden	50	107	78.6	11	**
Jesus Zarate	29	32	36.7	5	*	Joe Martin	59	77.5	59.7	10	*	Jaime Lopez	46	95.5	55.2	11	*
												Lance Ward	51	74	25.3	10	*
												Jerry Adams	43	65.5	69.5	9	*



Congratulations to all Challenge Series Award recipients!!
Many miles, much effort represented by these runners



Members of the WTRC 2018 Challenge Series

66 Mile Club and Trailblazers



		Age Group	Number of miles	Number of races	Trailblazer categories at least 15 miles	
Maggie Ann	Vaughan	07-09	27.2	12	at least 22 miles	
Thomis	Duncan	07-09	27.2	12		
Dylin	Duncan	07-09	26.3	6		
Daelyn	Pena	07-09	23	11		
Adalynn	Whitworth	07-09	22.2	9		
Zane	Whitworth	07-09	22.2	9		
Sofia	Peralta	07-09	21	10		
Kinleigh	DiSandro	07-09	16	5		
Aubrey	Whitworth	10-12	41.2	13		at least 38 miles
Saylor	Corelis	10-12	39.2	12		
Truett	Davis	10-12	36.2	11		
Reese	Pena	10-12	33.1	13		
Billy	Bond	10-12	32.4	11		
Averi	Duncan	10-12	29.2	9		
Ryan	Whitworth	13-15	55.6	13		
Emma	Lopez	13-15	39.2	10		

		Age Group	Number of miles	Number of races
Suzan	Caudle	65-69	102	13
Frank	Mendoza	50-54	100.7	13
Steve	German	60-64	92.7	13
Tony	Aleman	65-69	92.7	13
David	Higgins	65-69	92.7	13
Carla	Eichler	30-34	86.5	12
Jeremy	Pena	40-44	86.5	12
Sonny	Bevers	Clydesdale	83.4	12
Amy	Wallis	25-29	82	12
Cole	Martin	25-29	82	12
Pj	Sullivan	70-74	81.7	12
Ron	Lubowicz	75-79	81.5	11
Jennifer	Strawn	35-39	79	11
Tommy	Johnson	Clydesdale	79	10
Nathan	Paden	Clydesdale	78.6	11
Matthew	Wallis	30-34	78	11
MARTIN	MONTALVO	50-54	77.4	12
Emmanuel	Ramirez	30-34	76.9	11
Leesa	Price	60-64	75.3	11
Jerry	Morris	65-69	75.2	13
Scott	Cain	55-59	73.2	10
Lori	Ware	45-49	70.3	11
Joshua	Leyva	35-39	69.8	10
Jerry	Adams	Clydesdale	69.5	9
Ed	Price	60-64	69.3	10
Mike	Lemon	30-34	68.8	9
Ian	Scott-Fleming	60-64	68.5	12
Kristina	Peterson	50-54	67.3	10
Reeda	York	55-59	67.2	10
Debbie	Gelber	45-49	67.1	12
Gabby	Saldana	Athena	66.9	12
Melissa	Esquibel	45-49	66.2	11
Wayne	Sullivan	65-69	66.2	10



2018 WTRC Special Awards

Presented at the
January 25th WTRC Social

2018 WTRC Distinguished Service Award

Fred Weber
Tony Aleman
Tammy Ureste



2018 Sponsor of the Year
footTech — **Angie Wilkins**



2018 Co-Support Organization of the Year
Humdinger — **Randy Holloway**
Clean Can — **Norman Bond**



2018 Ron Lubowicz
Presidential Humble Hero Award
Suzan Caudle

2018 Dr. George W. Jury
Volunteer of the Year Award
Nicole Phillips



Buffalo February Freeze

Race Report

by James Bond
Race Director



Great race,
James!



February Freeze Review

Well, we knew it was going to be cold and we were right! This race surely lived up to its name...it was literally freezing. Despite the weather we had a great race and the course was in good conditions. At the beginning I was a little nervous knowing we had limited volunteers but we all pulled together and were able to execute all of the tasks needed to be done in a timely manner.

When it was all said and done, despite being 29 degrees at the start, we still had 180 finishers between both the two mile and the five mile courses.

The overall winners in the two mile were Colby Sandoval of Lubbock with a time of 11:00 as well as Emma Lopez of Wolfforth with a 12:44. In the five mile our winners were Candace Matthies of Snyder with a time of 33:34 as well as Chris Fyock of Lubbock with a 27:00. Congratulations to all of our winners as well as all of our finishers!

A special thanks goes to the **volunteers** — Linda Peterson, Sonny Bevers, Mike Lemon, Ron Adams, Ting Lin, Tony Aleman, Keith Gilmore, and, as always, the WTRC Board

members who show up so faithfully month by month — David Higgins, Suzan Caudle, Ron Lubowicz, Tommy Johnson and PJ Sullivan.

Thank you to all that were a part of it and I look forward to seeing again next year!

James Bond — Race Director



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/>

