

2019 May/June

Newsletter

In this issue:

- Remembering Orfila Banda
- Meet WTRC Member Jason Pena —
From Tragedy to Triumph
- Hugh Haynes Horseshoe Bend Canyon Runs
Race Director's report *by Nathan Paden*
- Meet Newer WTRC Member Jesus Zarate
- WTRC Members Who Ran an event in the
April Mayor's Marathon
- Bobby Birdsong Memorial Run Race Report
by Josh Leyva



WEST TEXAS
RUNNING CLUB

LUBBOCK, TEXAS

2019 WTRC Board and other 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@ymail.com | [h] 806.781.4842

Board Member – RRCA Delegate:
Josh Leyva | leyva510@suddenlink.net

Board Member – Social Media:
Frank Mendoza | frank@amaonline.com

Board Members:
Cody Lass | codylass@gmail.com
Autumn Lass | acostalass@gmail.com

Board Mbr – Customer Service Director and
Race Calendar: Suzan Caudle
suzan.caudle@yahoo.com
[h] 806.799.3813 | [c] 806.787.6708

Board Member: Terry Dalton
tldalton51@hotmail.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

Upcoming Races



FIRECRACKER RUN

Race Director: Gabby Saldana 806.281.4691

50th Annual Firecracker Run, July 4 2019

7:40 a.m. — 1 Mile Elementary Kid's Run

8:00 a.m. — 3 Mile & 10K Runs

Bib pickup on Race Day – 6:45 to 7:30

No walkers in the 10K!

RACE LOCATION:

Coleman Park – Brownfield, TX

2nd Saturday in August

HOT dam!

Start by the waterfall on MLK & 22nd St.

8:00 a.m. Start — 5 Mi & 2 Mi

Bib pickup on Race Day – 6:45 to 7:30

RACE LOCATION

Canyon Lakes #6: 22nd & MLK Jr Blvd

Race Directors:

Shannon & Wendy Anderson

806.544.5966

Hot
DAM RUN

Remembering Orfila Banda

Orfila Banda. Wife of Marcelino Banda, three daughters — Yvette Perez, Yvonne Banda, and Christina Ramirez, two sons-in-law — Jeffrey Perez and Emmanuel Ramirez and six beautiful grandchildren: Tyler, Kirstin, Ellianna, Daniel, Isaac, Emma Rose and Christian. Orfila is also a member of the West Texas Running Club.



You have seen many of these family members at WTRC races along with Orfila.

Manny Ramirez (Orfila's son-in-law and WTRC Vice-President of Operations) tells us this about Orfila:

The West Texas Running Club is deeply saddened by the loss of one of our own, Orfila E. Banda. Orfila passed away on May 5th of this year. Orfila joined our club almost 7 years ago. She was an encourager to her friends and family, often encouraging her family and friends to sign up for monthly races. Orfila also came to love running and enjoyed being a part of the WTRC community. After finishing her races you would find Orfila by the finish chute not only encouraging her grandchildren and family but also everyone else.

In the fall of 2015 Orfila ran the HOT Dam Run and because of her performance she and her family knew something was

wrong. Shortly after Orfila was diagnosed with Stage 4 ovarian cancer. Since being diagnosed you would often see Orfila's family and friends wearing shirts specifically made in support of Orfila's fight against cancer. During remission(s) Orfila would still sign up for races and be a part of the WTRC community.



Marcelino and Orfila at Horseshoe Bend Canyon Runs, May 2018



Orfila and family

Orfila will be missed.

She made a difference in the lives she touched.

Manny



Meet WTRC Member Jason Pena

From Tragedy to Triumph

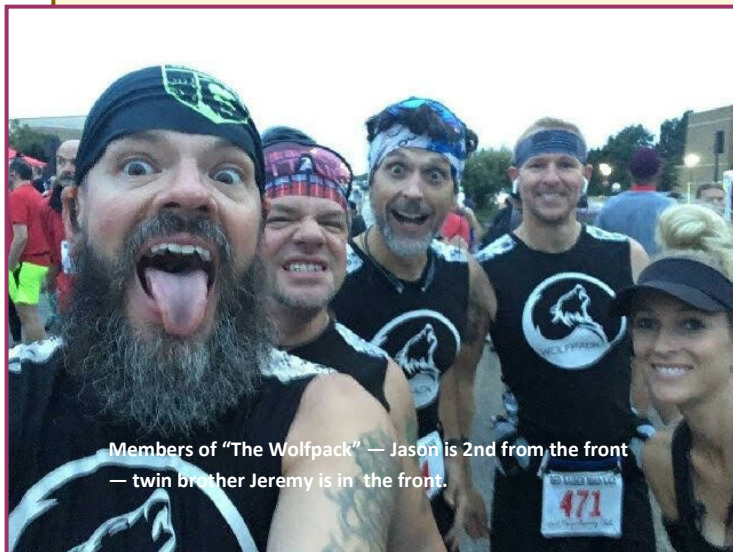
From the editor: Jason Pena is 43 (44 in July) years old, married for 20 years to Brandi, and has two children – one about to enter college, the other out in the world working. You might recognize Jason as being a member of “The Wolfpack.” “The Wolfpack” all wear distinctive running gear, primarily black with some white, and they range in age from Jason and Jeremy (Jason’s identical twin), to Jeremy’s young children, one of whom (Reese) has written an article for a prior WTRC Newsletter. One of the reasons for the “Wolfpack” designation is that the pack takes care of each other, they watch after their own. What a great thought!

The primary reason I was interested in interviewing Jason for the club newsletter (other than Jason just being an all-around great person!) is that he suffered a life-changing motorcycle-automobile crash one evening in 2012. Here’s the story in Jason’s words:

“My name is Jason Pena and yes I am a runner. Six years ago I did not realize how precious life is. On June 2012 my life was changed forever and for the good. I was involved in a hit-and-run drunk driving accident in which I was, unfortunately, the victim. The sound and impact is one thing I will never forget. Never in my life was I so scared and alone. The pain was so intense and I knew right away my leg was busted up. After impact I was thrown in the air into oncoming traffic. My only option was to get up and walk to get out of the way or get run over by oncoming traffic.”



Editor’s note: Jason was traveling on his motorcycle south on Avenue Q. The drunk driver had just exited from a nearby bar and hit Jason from the right side (t-boned) throwing Jason (just Jason, not the motorcycle) across a couple of lanes of the street with Jason ending up face down. When Jason looked up he was facing on-coming traffic. The approaching car, driven by a mother and son (the son was a medic in the Army), stopped and called 911 and Jason was taken to the hospital. Back to Jason....



Members of “The Wolfpack” — Jason is 2nd from the front — twin brother Jeremy is in the front.

“...While lying in the trauma room so many thoughts running through my mind...worrying about my beautiful wife, my kids, my job, and my life in general. After hours in trauma and decisions being made it was decided I needed no surgery. At this moment I realized I had a higher power BLESSING me and my family.”



Jason & Brandi

Continued next page...



Editor's note: Jason was at the hospital for only a few hours despite a severely broken leg (fibula) and broken ankle and other right-side discomforts ranging from his shoulder to his ankle. Jason was only given a couple of days of direct physical therapy, was out of work for 4 months and then sent back to work while still on crutches.

Jason.... "As my rehab struggles continued I found myself just angry and feeling depressed. I was angry at the man who hit me, causing such pain in my life, and I hated him for what he had caused. One day, out of the blue it hit me – I had a revelation and intervention. I realized my Lord and Savior is using me as a vessel and a tool for this fella to straighten his life out and for me to come to know my Lord. One day I attended one of Jeremy's races and I thought, man, this looks fun! It was actually a "Conquer the Gauntlet" event (obstacle course) and this is how my running journey began. After my healing struggles involving learning to walk again I knew running was going to be extremely hard. My awesome wife played a huge role in my running journey, from always being by my side, cheering me on, and just being a huge support.

My first road race was a Susan G. Komen fundraiser. It was only a 5k but I had not run in 20+ years and had not trained for the race. I just showed up and said I'm doing this. I felt so much pain during the race but seeing my wife, brother and friends at the end was awesome. I never quit or gave up and was so proud of myself! My inspiration comes from so many people for whom I am thankful. First is my Lord and Savior. Second is my wife for always being there for me when I hated everything while going through the pain. Third is my twin brother, Jeremy, who is a cancer survivor and a warrior. The way he never quits and just keeps pushing and fighting....! I have met so many awesome people along the way – old friends and new. Being a member of the WTRC has been awesome – I am proud to be a member of this great club – it is like a family.

I hope to see each and everyone at the next race!"

Editor's note: The guy who hit Jason was fresh out of jail – was on parole. He received 8 years for hitting Jason while drunk. It is the practice of the District Attorney's office to offer victims the right to be at the offender's hearing. Jason asked for this from the D.A. but was never contacted with the date of the hearing. The D.A.'s office never returned Jason's calls.

Jason did tell me that his place of work, Llano Logistics (with United Supermarkets), where he is a member of their Quality Assurance team, treated him extremely well. Their Human Resources person was a great help to him as he healed and prepared to return to work.

Jason has been a runner for just a little more than two years. His favorite run has been the Palo Duro 25k Trail Run. Jason has run 3 half-marathons, one being the recent half marathon at Lubbock's Mayor's Marathon where he finished in 2:11! Jason has also competed in several 10Ks and shorter races and is planning to run the Grindstone Half-Marathon hosted near Ruidoso, New Mexico. His two favorite West Texas Running Club races are the HOT Dam (Jason says this is the first race he actually trained for) and the Hugh Haynes Memorial Horseshoe Bend Canyon Runs.

Jason – we are proud of you! You have persevered through an extremely difficult period of time in your life and have emerged from that experience a stronger person – someone who encourages others and leads by example. You exemplify the type of people who comprise the membership of the WTRC. Thank you for sharing your story!

the editor

Hugh Haynes Horseshoe Bend Canyon Runs

May, 2019

Race Director's Report by Nathan Paden

It was about as close to a perfect morning for a race as you could get for the 46th annual Hugh Haynes Memorial Horseshoe Bend

Canyon Runs this year! Temperatures started in the upper 40's and climbed to the upper 50's by the time most of the 11 mile runners came in. Also we had a nice cloud cover for nearly the entire time and the wind was just a nice light breeze. You really couldn't ask for any better weather on race day!

This year was exceptionally good for wildflowers with the lower temperatures and rains that we had throughout early May. It was so nice we might have to think about changing the name of the race to the Horseshoe Bend Canyon Wildflower Runs! Between the canyon, the tree tunnel and the wildflowers this really is one of the prettiest courses that we have in my opinion. I didn't hear anyone say that they saw any wildlife this year, but I did hear some turkeys gobbling when I was setting out the mile markers before the race that morning as well.



Nathan & Cathy — Great work directing the race!



The weather was great for running, but we didn't end up with very many new age group records this year. There were no new records in the 11 mile or the 6 mile, but in the 2 mile Connie Waddell set a new age group record for the 50-54 age group with a 16:25 and Linda Peterson broke her own age group record for 70-74 with a 29:47.

For the 2-mile race David Mora II was first overall with a time of 11:19.3, Emma Lopez was first among the female runners with a time of 14:09.1. For the 6-mile race Paul David Gaschen Jr came in first at 41:25.2. Meg Rushing led all female runners in this race with a time of 48:33.9. For the 11 mile race Billy Rodriguez led all runners with a time of 1:11:49.8 and Mandy Satterwhite out-paced all female runners with a time of 1:26:58.0. Way to go all of you!!

Probably the biggest inspiration of the day was seeing Steve German out there. I saw him and was just surprised that he wasn't on crutches anymore and then was even more surprised to find out that he was signed up to run the 2 mile race! And he finished 1st in his age group! VERY impressive since the last time I had seen Steve he was in a wheelchair at the social back in January!



Thanks for all the volunteers that helped out this month and again to the ones who help out at pretty much every race with the trailer, registration, putting the bibs together, getting the water and snacks, helping with timing, etc. There is a lot that goes on behind the scenes and there is a core group of very dedicated folks who really make these races happen each month.



We did have a bit of a drop in runners this year, but the previous 2 weekends were the Mayors Marathon and Willie McCool half marathon so that combined with the rain the night before may have had something to do with the slightly lower turnout.



Volunteers for this race:

Nathan & Cathy & Eli Paden, Sonny Bevers, Terri & Rickey Evans, Conner Fortner, Artie & Kyden Corelis, Sarah & Reese & Daelyn Pena, Haylee Swinford, Erica Mater, Jeremy Pena, Ryan Whitworth, Matt & Amy Wallis, Rose Woods, Gabby Saldana, Tony Aleman, Ian Scott-Fleming, Heather Riley, Tommy Johnson, David Higgins, Suzan Caudle

If you haven't been to a race out in the canyon you don't know what you are missing, it is a great course and I hope to see you out there next year!

Nathan



Meet A Newer Member of the WTRC

Jesus Zarate

From the editor:

I was privileged to meet Jesus through our mutual friend, Tammy Ureste. Tammy is a WTRC member who submitted a great article to the newsletter a few months ago. In the article she discussed training for half marathons — one being the “Bearathon” in Waco, another was the Willie McCool here in Lubbock, and a third was WTRC’s own Buffalo Wallow. As a part of her training Tammy will often run the course of an upcoming race prior to the race. She invited me to run the Buffalo Wallow course out at Buffalo Springs with her and one of her co-workers — Jesus Zarate. She had told me about Jesus, that he was an exceptional young man — polite, bright, always considerate among other positive character traits — and, during our long training run that day I found that everything she had told me about Jesus was right on the mark! So, I thought all of you should meet him as well.

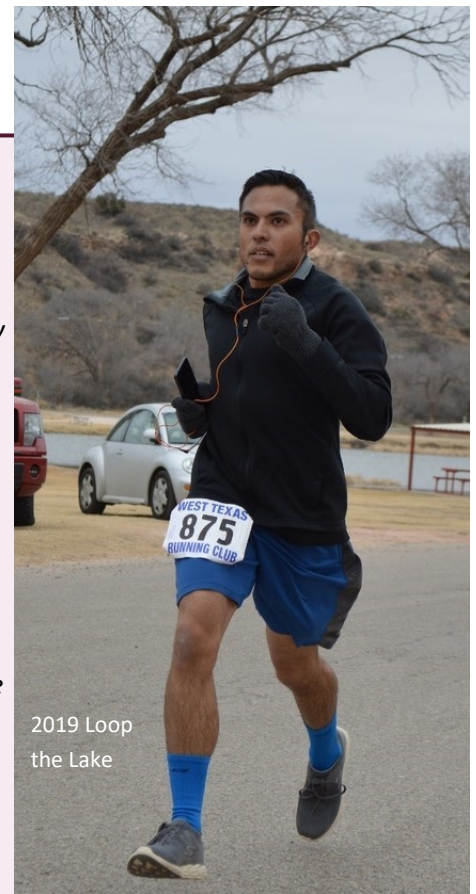
I asked Jesus to give us a little of his running background and what follows is from Jesus:

I have some background running track from Junior high through High School -- sprints and middle distances: 100m, 200m, and 400m, as well as the relays. I had heard there was a local running club, but never looked into it until Tammy Ureste joined and explained how the whole club worked. She encouraged me to try it out. Tammy was the one who got me to believe that real running and competition didn't have to end after high school and that I was capable of more than even I thought I was capable of. So, I nervously tried out the Firecracker Run last year and ended up joining afterwards.

There are several distances I enjoy running. I usually run the 10K and occasionally the longer races. Once in awhile I will try a few 5Ks but improving in the 10Ks is where I have set my sights. I like the 10Ks because I think that this distance is a big test of not only your endurance but also your speed. The distance is far enough that you can't go all out the whole time, you have to manage your pace. However, it is short enough that you can still try for a sprint at the end. Prior to the WTRC I never ran further than 5K for cross country and rarely further than 1 mile runs after high school aside from occasional local fun runs. Two miles was my idea of "long distance" and I never expected to go further than 5K, so my first 10K at the Willie McCool run in 2018 was an achievement and I was surprised I was capable of something like the half marathon I ran with Tammy this past November – the Buffalo Wallow!

I first heard about the WTRC through my doctor but eventually joined at the encouragement of Tammy after she started her fitness journey and went on to complete several half marathons.

I spend additional time and energy enjoying road biking. I also like books and I get into photography when I can and enjoy traveling to new destinations and exploring on my own.



2019 Loop
the Lake



2018
Shallowater
Stampede



2018 Buffalo
Wallow with
Tammy Ureste

START

2nd Annual Lubbock Mayor's Marathon

..and Half-Marathon, 5K, and Marathon Relay

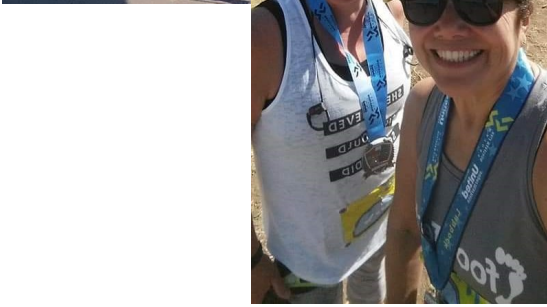
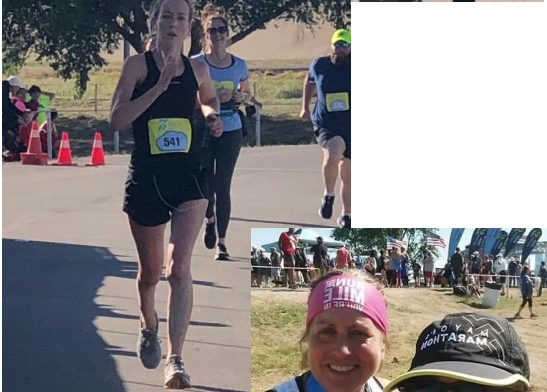
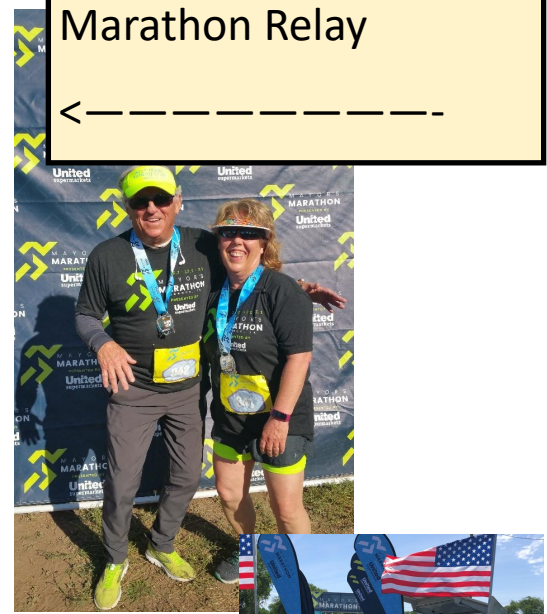
115 WTRC Members ran one of these events!



...see next two pages for a list of WTRC members who ran in one of the Mayor's events

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

Time/Place	First Name	Last Name	City	Division
2:37:35	Alexz	Anderson	Lubbock	Half Marathon F 30-34
4:05:07	Natalie	Beckman	Lubbock	Marathon F 25-29
0:38:02	Virginia	Bevers	Post	5K F 55-59
0:30:43	Amme	Blair	Wolfforth	5K F 45-49
6th place team	Jonathan	Botros		Marathon Relay
0:37:40	Adam	Bradshaw	Lubbock	5K M 45-49
0:40:19	Caleb	Bradshaw	Lubbock	5K M 1-19
0:33:24	Carson	Bradshaw	Lubbock	5K M 1-19
0:55:21	Cooper	Bradshaw	Lubbock	5K M 1-19
3:01:59	Larissa	Cable	Lubbock	Half Marathon F 40-44
1:53:19	Scott	Cain	Lubbock	Half Marathon M 55-59
24th place team	Stacy	Cain		Marathon Relay
16th place team	Aubrey	Calvert		Marathon Relay
16th place team	Jason	Calvert		Marathon Relay
2:03:13	John	Claborn	Lubbock	Half Marathon M 30-34
0:30:07	Jenny	Conner	Wolfforth	5K F 30-34
0:49:35	Renee	Cook	Lubbock	5K F 35-39
1:27:48	John	Corelis	Lubbock	Half Marathon MASTERS
5:00:53	Angela	Crouch	Lubbock	Marathon F 30-34
5:02:09	Angela	Crouch	Lubbock	Marathon F 30-34
0:31:32	Scott	Eberhard	Lubbock	5K M 30-34
5:07:47	Helen	Esquivel	Lubbock	Marathon F 50-54
0:50:09	Rickey	Evans	Lorenzo	5K M 65-69
5:48:00	Joseph	Farrington	Post	Marathon M 35-39
0:30:15	Brad	Ferguson	Lubbock	5K M 30-34
1:56:17	Gary	Fleischman	Lubbock	Half Marathon M 55-59
0:39:20	Kipi	Fleming	Lubbock	5K F 55-59
7th place team	Mindy	Flores		Marathon Relay
2:02:15	Kristin	Foster	Shallowater	Half Marathon F 35-39
1:46:06	Jared	Franco	Lubbock	Half Marathon M 25-29
0:55:48	Liana	Garza	Lubbock	5K F 45-49
0:38:10	Gary	Gressett	Lubbock	5K M 70-74
0:44:41	Tommie	Gressett	Lubbock	5K F 55-59
3:38:47	Codie	Hair	Lubbock	Marathon M 40-44
2:18:52	Carolina	Hernandez	Lubbock	Half Marathon F 20-24
2:15:57	Eddie	Hernandez	Lubbock	Half Marathon M 45-49
0:31:40	Adam	Hixson	Lubbock	5K M 40-44
0:38:34	Chase	Hixson	Lubbock	5K M 1-19
3:11:39	Dottie	Holly	Lubbock	Half Marathon F 60-64
3:11:38	Rocky	Holly	Lubbock	Half Marathon M 65-69
32nd place team	Leah	Jameson		Marathon Relay
1:59:36	Ramon	Johnston	Lubbock	Half Marathon M 35-39
4:43:12	Les	Kinman	Lubbock	Marathon M 50-54
0:37:30	Robert	Lathrop	Hobbs	5K M 50-54
0:37:34	Shannon	Lathrop	Hobbs	5K F 50-54
1:39:30	Joshua	Leyva	Lubbock	Half Marathon M 35-39
1:23:45	James	Livermore	Lubbock	5K M 70-74
2:08:55	Rachelle	Lock	Lubbock	Half Marathon F 30-34
0:26:15	Emma	Lopez	Wolfforth	5K OVERALL
0:31:14	Jaime	Lopez	Lubbock	5K M 45-49
1:49:42	Bernard	Lumongsud	Lubbock	Half Marathon M 50-54
0:51:08	Terri	Maldonado	Shallowater	5K F 55-59
3:52:28	Victor	Maldonado	Shallowater	Marathon M 50-54
1st place team	Cole	Martin		Marathon Relay
17th place team	Joe	Martin		Marathon Relay



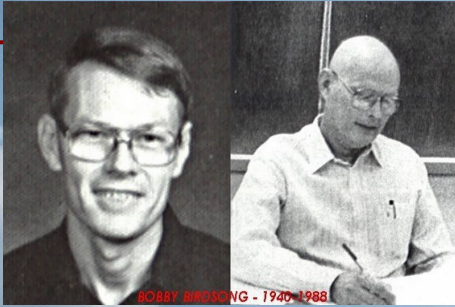
Note from the editor — I apologize if you are a WTRC member who ran in one of the Mayor's races and I did not include your name. Please let me know and will make a note of it in the next newsletter. steve.german@sbcglobal.net

Time/Place	First Name	Last Name	City	Division
0:35:56	Melissa	McCauley	Lubbock	5K F 35-39
31st place team	Tobi	McMillan		Marathon Relay
2:11:18	Darrel	McMillen	Lubbock	Half Marathon M 70-74
2:11:19	Jokari	McMillen	Lubbock	Half Marathon F 35-39
4:52:14	Frank	Mendoza	Earth	Marathon M 50-54
0:35:59	Sylvia	Miller	Lubbock	5K F 55-59
1:42:25	Martin	Montalvo	Plainview	Half Marathon M 50-54
0:42:49	Susan	Moore	Lubbock	5K F 50-54
4:42:39	David	Mora	Lubbock	Marathon M 40-44
2:56:30	David	Mora	Lubbock	Half Marathon M 40-44
4:17:10	Alexander	Morgan-Fleming	Lubbock	Marathon M 20-24
1:45:00	Lauren	Murphree	Lubbock	Half Marathon F 30-34
2:13:47	Kendall	Newman	Lubbock	Half Marathon F 25-29
1st place team	Jamie	Oliva		Marathon Relay
5:29:02	Alex	Onischuk		Marathon M 40-44
5:51:50	Annette	Paden	Lubbock	Marathon F 60-64
1:49:31	Kathryn	Panasci	Lubbock	Half Marathon F 35-39
2:11:21	Jason	Pena	Lubbock	Half Marathon M 40-44
3:55:18	Jeremy	Pena	Lubbock	Marathon M 40-44
4:51:43	Sarah	Pena	Lubbock	Marathon F 35-39
1:52:59	Laura	Pennington	Lubbock	Half Marathon F 30-34
0:38:02	Gabriella	Peralta	Sundown	5K F 1-19
0:36:44	Sheila	Peralta	Sundown	5K F 35-39
5:07:47	Armando	Perez	Lubbock	Marathon M 35-39
5:34:38	Kristina	Peterson	Lubbock	Marathon F 50-54
0:48:43	Laura	Pharis	Levelland	5K F 35-39
1:52:55	Mark	Porter	Lubbock	Half Marathon M 45-49
2:13:53	Leesa	Price	Lubbock	Half Marathon F 60-64
0:42:06	Sheila	Price	New Deal Tx	5K F 50-54
6th place team	Emmanuel	Ramirez		Marathon Relay
0:42:39	Sandra	Ramos	Lubbock	5K F 50-54
2:15:57	Kelly	Reyna	Lubbock	Half Marathon F 40-44
2:18:30	Courtney	Rodriguez	Lubbock	Half Marathon F 25-29
4:49:21	Rachael	Rogers	Lubbock	Marathon F 35-39
0:33:20	Ronda	Russell	Lubbock	5K F 45-49
4:46:51	Ian	Scott-Fleming	Lubbock	Marathon M 60-64
2:02:15	Crystal	Shoaf	Lubbock	Half Marathon F 30-34
2:27:22	Librada	Sissell	Lubbock	Half Marathon F 55-59
2:24:22	Rena	Smith	Lubbock	Half Marathon F 45-49
3:02:01	Ruby	Smith	Lubbock	Half Marathon F 40-44
2:37:17	Kristi	Starr	Lubbock	Half Marathon F 45-49
1:43:19	Christine	Steen	Lubbock	Half Marathon MASTERS
4:16:30	Jennifer	Strawn	Justiceburg	Marathon F 35-39
2:16:15	Aaron	Stroman	Lubbock	Half Marathon M 30-34
5:24:44	Pj	Sullivan	Lubbock	Marathon F 70-74
0:47:58	Haylee	Swinford	Lubbock	5K F 30-34
3:58:07	Gary	Tayag	Lubbock	Marathon M 45-49
4:10:52	Sergio	Trevino	Lubbock	Marathon M 50-54
0:33:02	Tiffany	Walker	Lubbock	5K F 35-39
1st place team	Amy	Wallis		Marathon Relay
1st place team	Matthew	Wallis		Marathon Relay
3:52:37	Kevin	Wass	Lubbock	Marathon M 45-49
1:37:12	Damon	West	Lubbock	Half Marathon M 35-39
0:41:49	Grant	Wilson	Shallowater	5K M 55-59
0:30:21	SARAH	WILSON		5K F 30-34
36th place team	Sarah	Wilson		Marathon Relay
5:45:05	Shawna	Wilson	Shallowater	Marathon F 50-54
5:25:37	Paul	Woody	Lubbock	Marathon M 50-54
2:14:28	Reeda	York	Levelland	Half Marathon F 55-59
0:36:29	Gina	Zapata	Shallowater	5K F 45-49



Bobby Birdsong Memorial Run

June 2019 Race Director's Report by Josh Leyva



Bobby Birdsong - 1940-1988

The Bobby Birdsong Memorial Run kicks off our summer races with the West Texas Running Club. This year's races were once again held at the Spirit Ranch on a course that's proven to be pretty popular. We had a combined 148 finishers this year as Colby Sandoval came across the finish line first in the two mile race with a time of 11:20.



Great race, Josh!

Emma Lopez defended her two mile win from 2018 and was the first overall female with a time of 13:46. In the 10k

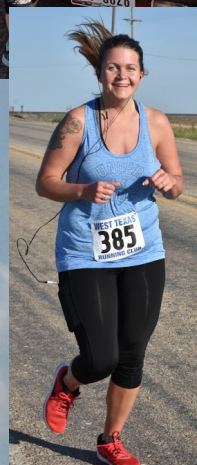
Travis Letkeman finished first overall with a time of 41:47 and Michaela Jansen was the first overall female with a time of 48:53.

We had another great race and hopefully everyone enjoyed some pop-sicles and a first glance at our *new WTRC Trailer*. I'd like to thank all of our volunteers for making this year's race a success. In every year I've been a race director we've experienced "hiccups" behind the scenes that go mostly unnoticed to runners thanks to the awesome job our volunteers do. It's a testament to why the members of our club make it so special. Thanks to everyone who ran this year and I hope we see you again in 2020. Josh



Thank You Volunteers!

David Higgins, Suzan Caudle, Emmanuel Ramirez, Tommy Johnson, Fred Constancio, Tony Aleman, Ronda Russell, Mike Lemon, Ryan Whitworth, Adam Puckett, Liana Garza, Wendy Anderson, Artie & John Corelis, Paul David Gaschen Jr, Liza Sandoval, Joshua Leyva, PJ & Wayne Sullivan



Mark your calendar for the upcoming 2019 Chase Race



Emma Lopez had 3.9 miles to chase down everyone who started ahead of her and had to run fast enough to never be caught by the many "faster" runners who started behind her. That's what it took for her to win the Chase Race event this past October and get her name on the President's Cup trophy alongside Mike Kelley (2016) and Jeff Fisher (2017).

Why did we add this event? The simple answer is ... **for fun and for bragging rights**. This is the one event where **ANYONE** can win, where the slowest qualified Club member can finish ahead of the Club's fastest speedsters.




Some simple facts about this event:

- **The event will be held on Saturday two weeks after the RRRR (Red Raider Road Race);**
- The course will be between 3.8 and 3.9 miles long and will be announced on social media a few days before the event;
- Online registration is required, but there is NO ENTRY FEE;
- ***You must be a member of the WTRC who has finished at least 2 Club events between 3 miles and 10K in length between January's Loop-the-Lake and the Red Raider Road Race;***
- You will be assigned a starting time based on your handicap (calculated using your pace in races between 3 miles and 10K during 2019);
- If everyone runs their usual pace there could be 200+ finishers tied for 1st;
- Participation earns a small bonus in Challenge Series points.

It's fun, it's free and everyone has a fair chance to earn the bragging rights to having been the WTRC runner who was **UNCATCHABLE** in 2019.

Questions? Email Ron Lubowicz at ronlubo@aol.com

**Never Miss a Race
Registration Deadline Again!
Sign Up for Text Alerts.**

 West Texas Running Club

 @WTRunning



Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)

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

Come Run With Us!

WTRC races are found at www.wtrunning.com

Run for the Arts

Horseshoe Bend

New addition to the Challenge Series Awards:

The awards will now include a best overall runner based on challenge series highest points.

There will be a winner from kids, women, and men divisions.

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 :-)

WTRC Newsletter Editor:
Steve German