

# September/October 2018 WTRC Newsletter

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# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



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## Upcoming Races

Annual, 2nd Saturday in  
November

9 am Start  
2Mile | Half Marathon  
(USATF

Cert#TX09107ETM)

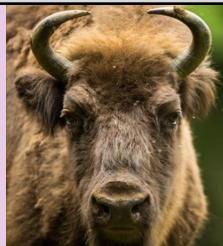
Half Marathon

T-shirts and Finisher Med-  
als to ALL Halfers!!

SIGNUP available till Wednesday, November 7th, 7pm.

There will be an early PACKET PICK UP at FootTech-19th and Quaker  
— see website for times — OR on Race Day at the Lake.

**RACE LOCATION:** Buffalo Springs Lake



## BUFFALO WALLOW

Race Director: Tommy Johnson



## 23RD Annual - TURKEY TROT

Race Director: Terry Dalton

Thanksgiving Day...26th Annual WTRC Turkey Trot

9 am Start | 2 Mile or 12K

USATF Certified #TX12147ETM

Online signup closes @ 6PM on Mon, Nov 19th.

There will be Packet Pickup/Late Registration: at  
FootTech 19th & Quaker — check the WTRC website.  
You can register as a TEAM for: the 2 mile race,  
minimum of 4 Members each team member must  
register separately.

**RACE LOCATION:** Bayer Museum of Agriculture,  
East Broadway & Canyon Lake Drive

WTRC Toys For Tots Cross Country Run  
Second Saturday in December

## TOYS FOR TOTS CROSS COUNTRY RUN



9:30am — 1Mi Kids  
Cross Country Fun  
Run (ages 4-12)  
10:00am — 4Mi Cross  
Country Loop  
(ages 10 & up)

Bib pickup on Race Day – 8:30 to 9:15

**RACE LOCATION:** Mae Simmons Park, E 19th & MLK Jr Blvd

Race Director: Rick Lampe



*Lubbock is beautiful!  
Aren't we fortunate to live in such a nice part of the world?*

# WTRC Board President Jonathan Botros

## Board Activity Report



As you can imagine, a big part of our Board meetings focus on preparedness for the upcoming race(s), as well as always doing a review of how the most recent race went. We think this a good way to ensure we are always improving while making sure that nothing is missing for the next race.

We have also had a healthy amount of discussion recently concerning ways to save money on some of the necessary race items, like medals, in order to keep the very affordable \$5.00 entry fee that applies to the majority of our races. We have teamed up with a great company in Chicago, IL called *Runner's High Medallions* that has made available to us quality medals at a much more affordable price. You will have seen a brand new design at this year's Red Raider Road Race, with a "Techapalooza" theme (which was TTU's theme for Homecoming this year).

Two other big items of discussion have been about proposed changes to the courses for two of our bigger races: the Buffalo Wallow Half Marathon (November) and Run for the Arts (April). At Buffalo Wallow we have had for years issues with the logistics regarding the starting place for the half marathon race and the two-mile race at the top of the hill and then, after the two-mile awards are announced, having to quickly move the trailer to the bottom of the hill for the finish of the half marathon. To solve this problem we are discussing changing the course a bit so that we have just one place to begin and end the races while still maintaining the challenging aspects of our half marathon that substantiates our claim to being the "Toughest Half in Texas!" Nothing final on this yet.



Also, for the Run for the Arts, we have been working with the City to continue to use the Civic Center parking lot to both start and end the race as we've done for the past several years which also provides convenient race day parking. Unfortunately, we weren't able to come to an agreement with them - so we will be forced to change this course as well. Fortunately, there are some really exciting options we are considering, one of which could be conducting our first evening event that would begin and end near the 'Moonlight Musical' Amphitheater, primarily encompassing a very similar course to the current Run for the Arts race course.



As always, your WTRC Board meets the first Tuesday of the month (except for July), 6 p.m., at the Ronald McDonald House (Manny Ramirez' place of employment).

All WTRC members are welcome!

Jonathan Botros

# Shallowater Stampede Race Report

By Cody Lass — Race Director

I sometimes take for granted how amazing our running club really is, but this morning I was reminded, yet again! We had a great race and it could not have happened without the volunteers. Joe Shaffer and the Shallowater Parents Association did an awesome job! I don't think people realize how much work Joe did before I even showed up on Saturday morning but it definitely would not have been the event that it was without his help. Our club volunteers also did what they always do; they showed their generosity and dedication to the club, and each other, by showing up early and staying until the last participant crossed the finish line.



Great race, Cody — thanks!

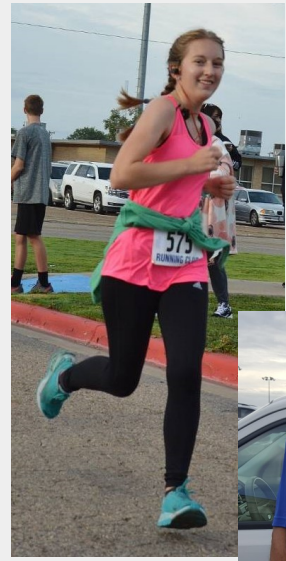
Speaking of the runners, we had 276 finishers in both races and the weather was absolutely PERFECT! Shallowater ISD is always a great host and I am already looking forward to next year. Our club truly is the best in Texas and it was on full display this weekend!

Reese Pena was the fastest female runner in the 2 mile race with a time of 13:41.5. Paul Gaschen won the male division in the 2 mile race with a time of 12:03.8

In the 10k race Leigh Cordes won the female division running it in 40:09.0 and Chris Fyock won the 10K male division with a time of 34:50.09.

Congratulations for great race times to all four of these runners!!

Thank you to everyone who played a part in the 2018 Shallowater Stampede!



From George Jury:

It was a pleasant surprise to see Damon Provence back at the Hot Dam Run and again at Shallowater. Damon had to give up running for awhile after heart trouble and surgery. He ran his first ever race at the Hot Dam 2008.

Also back after a long absence was Chance Payton and Rose Hoeve. Chance ran quite a few races and often finished first or near the top in his late 20's and 30's. He had always been athletic, doing triathlons, duathlons, and off-road bicycle races, but family business and marriage has kept him busy the last few years. Rose has an empty nest now and has survived cancer and surgeries. She formerly served on the WTRC board.

Update on Shallowater Stampede records:

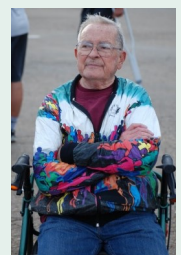
### 10K

Leigh (Daniel) Cordes smashed the old F40-44 record with the 2nd fastest time ever and PJ lowered her own F70+ record by over 2 minutes:

F40-44	Leigh Cordes	Lubbock TX	40	40:09
F45-40	Michaela Jansen	Lubbock TX	45	46:26
F70+	Pj Sullivan	Lubbock TX	73	58:33

### 2 MILE

M65-69	Jerry Morris	Lubbock TX	67	15:52
F45-49	Amme Blair	Wolfforth TX	45	14:28
F55-59	Dahlia Hood	Lubbock TX	59	17:52
F70+	Linda Peterson	Lubbock TX	72	30:59



# From 0 to 60 —

**...no, not miles per hour....**

**...pounds!!**

*WTRC Member Tammy Ureste runs, participates with Weight Watchers, and just plain works hard to shape a new self — both inside and out*



When asked to tell my story I felt honored! December, 2015 at my son's graduation from college I remember just feeling like I was sitting on the sidelines of life – overweight, feeling like I didn't fit in. When it was time to take pictures I thought if I would just “suck it in and think thin thoughts” maybe the picture wouldn't be so bad. Well, that didn't work! Once I saw the developed picture I remember thinking “Enough is enough!” So, on January 2<sup>nd</sup>, 2016 I walked into Weight Watchers for the *third* time in my life. The two prior times I had been a part of Weight Watchers I was successful; but, after a year or so each time the weight found me again. At the start of this third attempt, though, I remember thinking that this time felt different somehow. My mindset was different – more focused – and I was determined to not just lose weight but to get healthy once and for all.

Fast forward to November, 2016. The phone rang and it was my son asking me to run a Half Marathon with him and his friends in Waco. He began to explain that they were going to try to do it in less than 2 hours and that there were some big hills! I began to hyper-ventilate as I had only dabbled in my running to this point and had only lost 42.4 pounds and I still didn't have a lot of confidence in my ability to complete a Half Marathon as I had only ever run a 5K race back in 2013. I told my son I would get back to him and straight-away I called my good friend Amme Blair as I knew she was in the West Texas Running Club. She calmed me down and told me I should do a “flat” course for my first Half Marathon. She told me about the Willie McCool Half Marathon that was coming up in April, 2017. So, I called my son back and told him my plan to run a Half Marathon... just not the one with him for now. I asked him for the best training program and he told me to use Hal Higdon's 12 week training schedule. I printed it off and every day did what

it said. I started to really be mindful of the foods I was

eating so I could receive the best benefit from my training. I continued on my weight loss journey. The longer distances I started running really helped the pounds to come off. I started feeling stronger and more confident. I also remember along the way asking different people for advice on running my upcoming Half Marathon. I took notes and soaked up all the information I received.



Emma, Amme, Tammy at the Willie McCool HM

Well, race day came on April 1<sup>st</sup>, 2017. At the time of the race I had lost 56.6 pounds. I can't even begin to describe the nervousness I felt! The weather that day was rough – about 40 degrees with 30 mph winds. Mid-way through the race it started drizzling rain. I had a few little mishaps during the race but managed to finish with what I felt was a pretty good time of 2:20.39.

I crossed the finish line and cried! So much emotion! I had really done it and I finished 4<sup>th</sup> in my age-group missing 3<sup>rd</sup> by maybe 2 minutes. That day I re-

member feeling like I had broken out of my shell and conquered a lifetime of fears. I remember being grateful to two “angels” in particular – Amme, my friend, and Emma, her daughter. Although they had already finished the race they came back and ran with me for the last mile. They never let me give up!

continued next page...

Amme then convinced me to join the WTRC. So, I did and ran my first race that May (2017). Knowing I have a race every month keeps me eating right and taking better care of my body. I feel healthier and stronger. I remember along the way asking people to run with me and help me train and some did... but I always felt like I was slowing them down. I remember that once I had a few races under my belt asking one of those people to train with me again and that person said, "Tammy, when you first started training I couldn't run with you because you couldn't keep up with my pace. Now I can't train with you because you're a beast and I can't keep up with *your* pace!"

November, 2017 I ran the Buffalo Wallow Half Marathon in 2:15.23. The following March (2018) I decided it was finally time for me to run that Half Marathon in Waco with my son. We did and it was the most amazing thing as a mom I've recently experienced. We finished together in 2:25.37 and that was only because they have really tough hills and you have to go through them



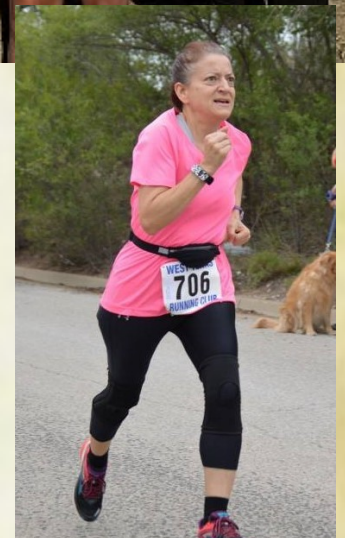
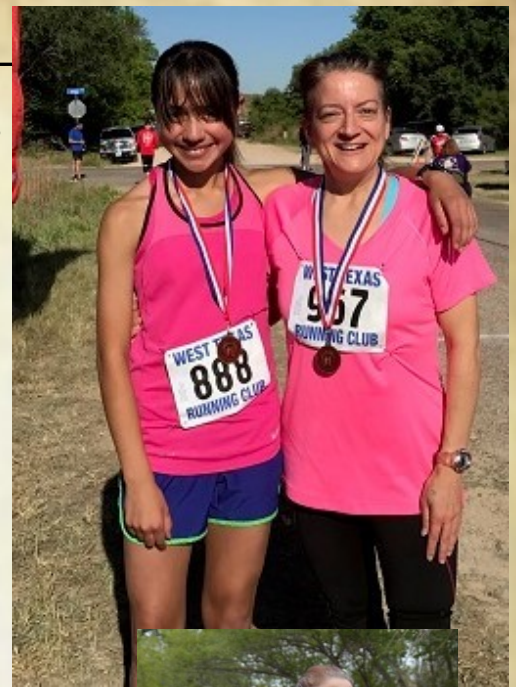
btw — that is Joanna Games!

twice. It gives me such a sense of pride to have run 3 Half Marathons in one year. I just turned 50 years of age and every day I thank God for all my successes and pray that my legs and overall health will continue to allow me to keep running and keep the weight off for good.

To date I've kept the weight off – I'm holding at a total loss of 58.4 pounds. But,

more important than the weight loss my health is better than many my age. I am so grateful to Weight Watchers but also to the West Texas Running Club. I have met so many interesting people. I try to encourage new people just as others have encouraged me. I know that when the horn sounds it is every runner for themselves and we see each other at our sweatiest and worst but, at the end of the day, I feel like we are a "family." Every month it is like a little family reunion.

Tammy



Baylor Bearathon Team Dos Osos March 24, 2018

# 37th Annual Red Raider Road Race

*Race Report by Emmanuel Ramriez*



What a day! RRRR was certainly one of the most memorable to date! Was it going to rain or not? Was the race going to happen? Mother Nature certainly was having an effect on the weekend. Rain or shine, the race must go on! Sure enough, we had a fantastic race and turnout.

Once again the morning started with our friend **Shelby Ball** with an amazing rendition of our National Anthem. **Raider Red** himself began the 10K and 5K with a West Texas "shotgun" start. Again, **DJ by TJ** kept the onlookers engaged as our runners completed their race.

A total of **378 runners** crossed the finish line. Two hundred and twenty-nine 5K runners and one hundred and forty-nine 10K runners! What a turnout!

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is pleased to offer scholarships of \$2,000.00. Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.

Lastly, **HUGE THANKS** to every volunteer who made this event successful! RRRR is one of our largest races of the year and it can only be successful because of our volunteers!

Hope to see everyone next month at the Hardest Half in Texas – Buffalo Wallow followed by WTRC's 26th Annual



## Turkey Trot.

Emmanuel Ramirez & Jonathan Botros  
Race Directors



Manny and Jonathan  
— great race!



## Red Raider Road Race records update from George Jury:

### 5K

F25-29	<b>Tara Carr</b>	Sudan	TX	28	<b>19:04</b>
F60-64	<b>Jan Tilley</b>	San Antonio	TX	61	<b>29:11</b>

*(besting PJ's 2008 time by 2 seconds!)*

(btw -- Jan is the mother of Leigh (Daniel) Cordes)

### 10K

F20-24	<b>Nokuthula Dlamini</b>	Lubbock	TX	22	<b>36:12</b>
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*(new overall record, replacing Marjory Stewart's 30-34 time of 36:43 set in 1993)*

F45-49	<b>Michaela Jansen</b>	Lubbock	TX	45	<b>46:25</b>
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*(replacing Colleen Isdale's 1996 time of 46:45)*

Athena	<b>Laura Pennington</b>	Lubbock	TX	30	<b>47:44</b>
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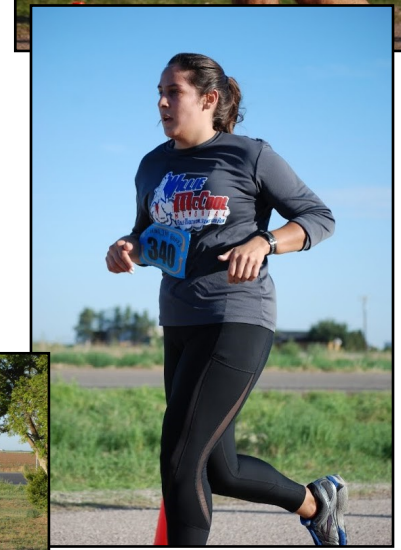
# WTRC Members who Ran the Ropes

August 25, 2018 — 4th Annual Running The Ropes

Ropesville, Texas



first_name	last_name	dis- tance	age division	gender age	city	time	pace	division place	overall place
Jason	Besherse	3.1	40-44	M40	Lubbock	23:39.0	07:37.7	1	8
Amme	Blair	3.1	45-49	W45	Lubbock	22:30.3	07:15.6	1	5
David	Doyle	3.1	55-59	M59	Lubbock	25:30.3	08:13.6	1	12
Tim	Evans	3.1	45-49	M46	Lubbock	30:46.2	09:55.5	3	27
Jaime	Lopez	3.1	45-49	M46	Lubbock	25:54.8	08:21.5	2	14
Emma	Lopez	3.1	13-15	W14	Lubbock	41:07.7	13:16.0	2	47
Tammy	Mosteller	3.1	30-34	W34	Lubbock	26:51.7	08:39.9	1	18
James	Pratt	3.1	75-79	M76	Lubbock	43:45.3	14:06.9	1	49
Sheila	Price	3.1	50-54	W53	Lubbock	37:51.6	12:12.8	3	44
Pj	Sullivan	3.1	70-74	W72	Lubbock	28:07.8	09:04.5	1	20
Ray	Young	3.1	45-49	M49	Lubbock	34:00.9	10:58.4	4	37
Cecellia	Clemann	6.2	45-49	W46	Lubbock	1:16:59	12:25.0	1	28
Carla	Eichler	6.2	30-34	W32	Lubbock	0:55:58	09:01.6	1	12
David	Elder	6.2	60-64	M64	Lubbock	1:12:56	11:45.9	3	24
Steve	German	6.2	60-64	M61	Lubbock	0:59:39	09:37.3	1	16
Joshua	Leyva	6.2	35-39	M39	Lubbock	0:41:45	06:44.0	2	2
Rebecca	McCallister	6.2	35-39	W35	Lubbock	0:53:16	08:35.5	1	9
Eddy	Morelock	6.2	45-49	M46	Lubbock	0:45:44	07:22.6	1	4
Brett	Peikert	6.2	50-54	M50	Wolfforth	0:46:45	07:32.4	1	5
Librada	Sissell	6.2	50-54	W54	Lubbock	1:05:15	10:31.5	2	18
Wayne	Sullivan	6.2	65-69	M67	Lubbock	1:03:27	10:14.0	1	17
Ray	Young	6.2	45-49	M49	Lubbock	0:56:06	09:02.9	2	13
Troy	Young	6.2	40-44	M43	Lubbock	0:59:16	09:33.5	1	15



Next year, in addition to the WTRC monthly races, consider putting Running the Ropes on your race list. This year was the town of Ropes' 100th Anniversary and the celebration began with 10K, 5K and 1 mi runs. The day was very nice, the Ropes community did a great job with the race, and, best of all was the pancakes and sausage breakfast after the races... yum!



How can you beat that for a fun Saturday morning?

See above the WTRC members who ran the race.





# Personal Experience

...with the WTRC

by Mike Greer

It is such a privilege to be asked to write for the West Texas Running Club newsletter and especially to write about experiences I have had since joining the club in 1977. Just as a refresher, here are some things that were going on locally and nationally in 1977. The president of the USA was Jimmy Carter (the 39<sup>th</sup>), Elvis Presley died, the US space shuttle prototype Enterprise flies for first time, gasoline was \$0.62, Steve Sloan was head coach at Texas Tech (1975-77). I recall very well my very first running club race, the 5 miler in Brownfield, TX. I had left the sport of handball after 12 years to pursue the sport of endurance running. Since I was a sprinter in high school and college, going over 330 yards in a workout was quite a chore and I wondered where my brain was on this decision. When I ran the sprints at the University of Houston we had some world-class distance runners and we often laid out in the middle of the track area and laughed at these guys because they were running many, many miles. As sprinters we could not figure out why they wanted to do that! It turns out, as I have learned later in life, that sprinters basically do not like to run, so they spend as little time as they can on the track. Back then my 100 time was 9.7 seconds, so I spent very little time running as possible.

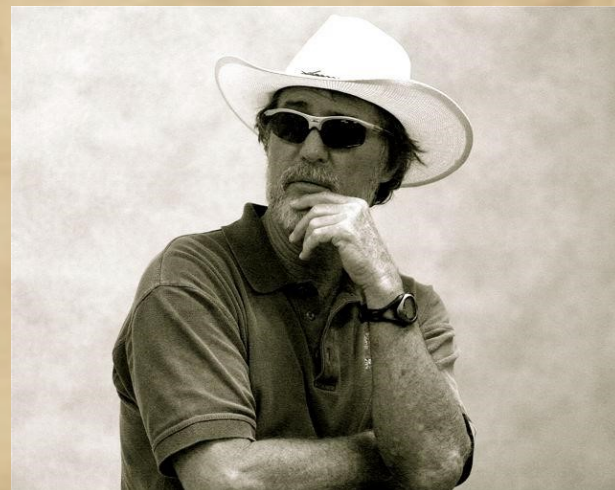
As I recall that first WTRC race I remember taking my son with me -- he was 17 and I was 38. There were about 50 people running and when the gun went off it seemed like everyone just took off running very fast (like rabbits). When we both looked up and the crowd was moving away from us my son said, "how are they running so fast and will we be able to catch them?" Being a cocky sprinter I said, "don't worry, they will never be able to keep that pace and we will catch them".... WRONG! While I can't remember the winning time I do know we were far back with our 43 minute times at the finish.

While we were not very impressive in our running or finish I would say it was very motivational for me to figure out how to get faster. My son was not as enthused about running as I was, but we did do a marathon together a few years later. While I entered this race with an attitude of getting it over and getting on back to Lubbock I found that this culture of athletes were nice to be around and very motivated, plus they wanted us to join the club. It was very impressive that both of the founders of the club were there and running. While I loved handball and really hated to give it up and move to something else this race convinced me endurance running would be a fun thing and give me plenty of cardio exercise. Since there weren't any real distance running coaches in our area at that time, the general philosophy was to just go out and run till you drop. One of the things I read said to train for long distance running you should go out and try to talk while running, and if you can't get your breath this means are going too fast. Since I was not gifted in this idea of long distance running, I was still determined to get better even though I had an overflow of fast-twitch fiber. Those fibers allowed me to run 9.7 100-yard dashes but were not too helpful in running over a mile.

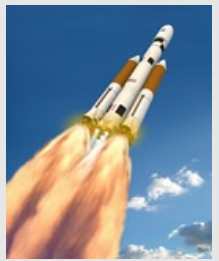
I don't want to get too overbearing talking about my years as a long distance runner. I have done many miles and worn out many pairs of running shoes while finishing 44 marathons and many shorter distances. However, I really have never considered myself a distance runner. What I do claim, though, is that I am an athlete who does endurance running as a hobby. As a member of the West Texas Running Club I was able to train, run and compete on a reasonable level plus I learned to appreciate what the running club has done for long distance running in our area.

I know the club is one of the oldest in the State of Texas and has maintained a high level of stability. This stability was achieved by the club's members because of their attitude of caring for the club above their personal egos. The succession of leadership has been beyond reproach and established strong consistency over the course of the club's history. It has been my pleasure to not just be a member but also to volunteer in different capacities within the club. By volunteering a person is able to learn about the club and work with the people who make it all happen. For a couple of years I volunteered as a race director and have always tried to volunteer as much as I can whether as a venue road guard or helping PJ with the garment sales, it doesn't matter, just so it helps the club put on safe, well laid out events. In the early days of my membership I wrote for the newsletter and I just went through my old files and found 16 articles I had written (back when we did paper copies for files). Since I spend a lot of time putting on our 11 triathlon events I do not have as much time as I did have for the club, but I know that it will continue as a strong volunteer club and offer running events and service to its' members and community.

Mike Greer



# 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)

send info to [steve.german@sbcglobal.net](mailto:steve.german@sbcglobal.net)



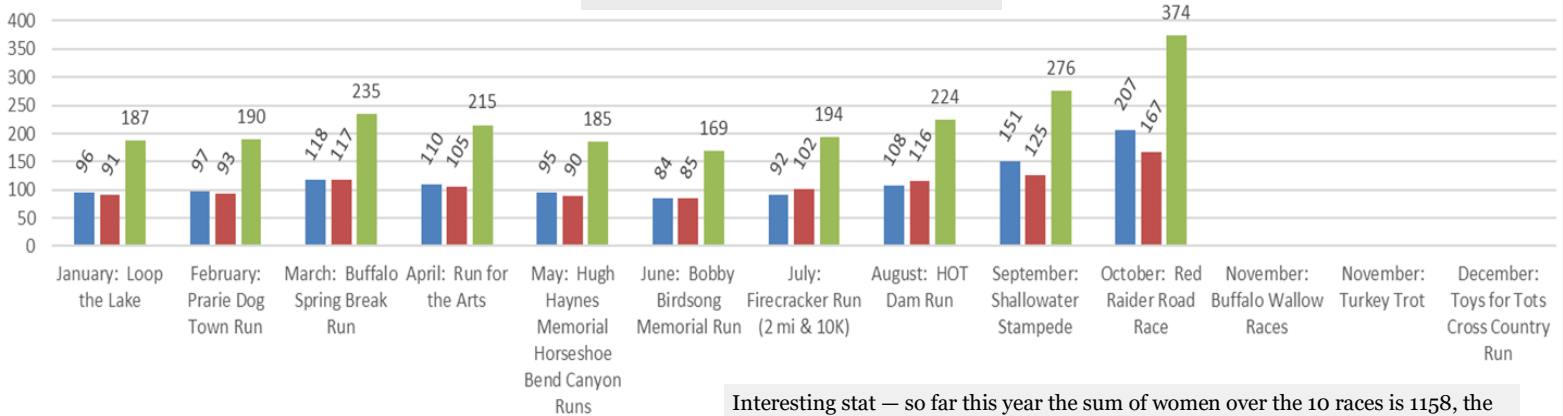
**Running club gift**



A-J Photo

**Food bank gift**

## WTRC 2018 Runner Totals



Interesting stat — so far this year the sum of women over the 10 races is 1158, the sum of men is 1091. WTRC club races tend to have just about the same total number of women and men runners.

# 2018 Chicago Marathon

Our WTRC President **Jonathan Botros** and Vice-President **Emmanuel (Manny) Ramirez** ran this race this past Sunday, October 7th.

Jonathan finished in **3:59:21**

Manny finished in **4:11:16**

Way to go!!

*From the editor: At the time this newsletter was published I couldn't search the race results by city (results were still unofficial) so am not aware of any other WTRC members who ran this race. If you did, would you send me your name as you were registered for the race and your finish time? I would like to make note of this in the next publication!*

Send to [steve.german@sbcglobal.net](mailto:steve.german@sbcglobal.net)



# FYI

## Editorial:

Do you know that the WTRC is a member of a national organization called the RRCA — Road Runners Club of America? The mission of this national organization is to “champion the development of community-based running clubs and events that serve runners of all ages and abilities in pursuit of health and competition.”<sup>1</sup>

You can find the RRCA website at [rrca.org](http://rrca.org). I would encourage you to check it out, particularly if you are either new or relatively new to running. I remember when I began running (age 50!) I had little idea of what would be helpful to me. About that time a friend of mind dropped a stack of *Runners World* magazines on my desk. It was through these magazines I learned about the different types of races and how to find them, what pace is all about, where to get good shoes and what kind of shoe I should look for, what the Galloway Run-Walk method was, who Hal Higdon is and his various training plans, what splits and intervals and fartleks of all things were...the list is long.

The problem now is that what used to be a great source of “how-to” information that could be found in *Runners World* has recently morphed into something else. Recently RW has changed ownership<sup>2</sup> and seems to have sifted through several editors. David Wiley was a good runner and long-time editor (14 years) who left at the end of 2017.<sup>3</sup> I wondered about the “why” behind his leaving RW. At the time Wiley was working with a podcast that abruptly stopped after his announced retirement from the editor-in-chief position at *Runners World* and subsequently it was announced that Hearst purchased *Runners World* along with several other activity-based magazines – thus, perhaps, the reason for his exit. He was followed by Betty Wong Ortiz who was touted as the first female editor of this magazine. This was when I noticed a substantive change in the focus of the magazine. It seemed to move away from direct running -related material to more general exercise information and apparel suggestions. Ortiz admitted in an early article that she really wasn’t a runner in the sense we think of a runner. A better description might be that *she ran sometimes*. Ortiz lasted 9 months before disappearing from the magazine.<sup>4</sup> Currently the editorial director of *Runners World* is Bill Strickland – a long time editor of *Bicycling*.<sup>5</sup> Gee whiz.... I think cycling is a great sport, but it isn’t running, right? Just doesn’t makes sense to put someone as lead editor of a magazine about a sport he doesn’t spend a lot of time in, but it does explain the apparent drift of the magazine from direct running material to material that has some relation to running.

In earlier times there used to be a magazine called “*Running Times*” that kept track of the up-and-coming running stars. That magazine folded into *Runners World* back in 2015<sup>6</sup> but I’ve seen very little news about up-and-coming runners in RW that would be of interest.

So .... back to the RRCA site. As I’ve lamented, it is harder to find useful, running-related information in sources like *Runners World*. However, the RRCA site does contain some of this missing information. Look under their “Education” tab and you find tips about how to prepare for running in various types of weather conditions, information about trail running (that’s something that I’ve enjoyed from time-to-time — look up the Palo Duro Trail Run<sup>7</sup> — held every October — it is just outside of Canyon (Amarillo), Texas — just a 2 hours drive from Lubbock — lots of trails in an outstanding place — Palo Duro Canyon). There is a tab called News & Articles that archives quite a few articles about the running world. Check out the Club Running tab for past RRCA issues. All-in-all the RRCA site is useful for runners of types and, best of all, your West Texas Running Club membership automatically makes you a member of the RRCA.

Just thought you would like to know :-)

by Steve German



<sup>1</sup><https://www.rrca.org/about>

<sup>2</sup><https://nypost.com/2017/05/18/runners-world-to-lose-execs-in-major-downsizing/>

<sup>3</sup><http://www.mcall.com/business/mc-rodale-running-times-ceases-publication-20151204-story.html>

<sup>4</sup><https://twitter.com/d9monti/status/971114261861879809>

<sup>5</sup><https://www.rodale.com/leadership/bill-strickland/>

<sup>6</sup><https://nypost.com/2015/12/07/running-times-to-quit-competing-next-year/>

<sup>7</sup><http://www.palodurotrailrun.com/>

Healthy Eating Tip of the Week  
from Bill Felton....



WTRC races are found at [wtrunning.com](http://wtrunning.com)



West Texas Running Club



@WTRunning

**Never Miss a Race Registration Deadline Again!** Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)

**Sign Up for Text Alerts**



**WTRC Members –**

We have 3 more races left:

**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

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Members of Flatland CrossFit at the 2018 Red Raider Road Race