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A Periodic Insight into the West Texas Running Club

West Texas Running Club NEWSLETTER

Upcoming Races



SHALLOWATER STAMPEDE

Race Directors:
Autumn & Cody Lass

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

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

RACE LOCATION: Shallowater High Sch
FM1294, Shallowater



38th Annual Red Raider Road Race



Race Directors: Jonathan Botros
& Manny Ramirez

2nd Saturday in Oct.
8:00 am Start
10K | 5K

RED RAIDER ROAD RACE

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

RACE LOCATION:
Texas Tech University —
Robert H. Ewalt Student Rec Center,
Lubbock TX



WTRC Officers, Board Members, Directors and other club volunteers



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TWO LOCAL RUNNING EVENTS IN ADDITION TO THE MONTHLY WTRC RACES:

2019 Chase Race



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

5K
1 MILE
10K

5TH ANNUAL
←→
RUNNING THE Ropes
ROPEVILLE, TX
AUGUST 24, 2019
→←
ALL YOU CAN EAT PANCAKES

RACE TIMES
10K 7:40AM
5K 8:00AM
1 MILE 8:10AM
PANCAKES IN SCHOOL CAFETERIA 8AM - 11AM

Races start & finish on service road in front of
METHODIST CHURCH | 808 ARNETT ROAD | ROPEVILLE, TX

←→
ENTRY FEE FOR ALL DIVISIONS \$25
→←

All you can eat pancakes included in Entry Fee - Non Runners \$7.00
Contestants **MUST** register before August 15th to receive T-shirt

REGISTER ropesfco.com/race
806.790.0878

Nutrien Ag Solutions
DELTA PINE
62/82
MUSIC FEST.
Ropeville, Texas

If you are brave enough to run in any of our races, make sure to join us for the **62/82 Music Fest!**

SHANE SMITH & THE SAINTS JON WOLFE RANDALL KING HOGG MAULIES DAN PATTERSON

A fun race in case you're looking for a race in addition to the monthly WTRC races (the pancakes and other "fixins" are great!)



50th Annual Firecracker Run

Race Report by Gabby Saldana

It was an **explosion** of runners at the 50th running of the **West Texas Firecracker Run**! The longest continuously running road race in Texas brought out over 262 runners, the second largest number of runners for this event. On this Independence Day many runners from all ages exercised their right to participate in an activity that they enjoy.

There were 165 registered participants in the 3-mile run and 71 registered participants in the 10K run. 29 kids participated in the 1-mile Fun Run.

The overall winner of the 1-mile Fun Run was seven-year-old Crawford Sansom of Lubbock. Every runner in this division received a medal.

The overall winner in the 3-mile runners was Emma Lopez with a time of 19:48. Hot on her heels was John Corelis with a time of 20:27.

The overall 10K winner was Colton Hollis who established a new record with a time of 34:16. Lauren Murphree paced the female 10K runners with a time of 47:37.

We had a “blast from the past” return. **Isabel Navarro** ran this race in 1978 and this year she placed 2nd in her age group! --->>

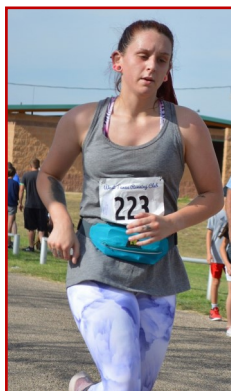
The weather was relatively cool for the start and warmed up towards the finish, particularly for the 10K runners. But, overall it was a very nice day for a great run.

The Board of Directors for the West Texas Running Club provided a new medal design. They also included a food truck and snow cones for purchase by the runners.

As is their custom the City of Brownfield Police Department did an amazing job aiding with traffic control. They allowed access to several buildings at the park and the Brownfield newspaper wrote articles before and after the event.

Thanks to the many volunteers that assisted with the race, what a **dynamite** group of people. Races do not run without them. Those who volunteered for today’s race were Suzan Caudle, David Higgins, Tony Aleman, Sonny Bevers, Aubrey & John Calvert, Gary Gressett, Lance & Maddie Ward, Tammy Ureste, Connie Waddell, Scott & Stacy Cain, Kross Weaver, Dean Threadgill, Jessica Ann Philpot, Reagan Whitworth, Reagan Mendoza, PJ & Wayne Sullivan and Ron Lubowicz. Thank you volunteers – great work!

Gabby



Firecracker Run records

note from editor: race records are posted on the WTRC website (<https://wtrunning.com/>) under the "more info" section of each race event. Since this is only the 2nd year of the 10K option for this race I've listed all of the records since there were many new records for the 10K.



10K Men (since 2018) note: * Overall event record						
DIV	NAME	TOWN	AGE	TIME	YEAR	
13-15	Peyton	Lafayette	Lubbock	15	1:05:25	2019
16-19	Jon	Fuentes	Clovis NM	18	40:27:00	2019
20-24	Paul D	Gaschen	Lubbock	23	42:19:00	2019
25-29	Colton	Hollis	Shallowater	25	34:16:00	* 2019
30-34	Tyrone	Johnson	Lubbock	33	39:36:00	2019
35-39	Chris	Thomas Sr	Amarillo	39	41:07:00	2018
40-44	Codie	Hair	Lubbock	40	43:13:00	2019
45-49	Kevin	Wass	Lubbock	48	47:41:00	2019
50-54	Martin	Montalvo	Plainview	53	43:51:00	2018
55-59	Andy	Wilson	Ransom Cyn	55	46:49:00	2019
60-64	Joseph	Wilson	Lubbock	62	50:36:00	2018
65-69	Jerry	Morris	Lubbock	68	54:45:00	2019
Clydes	Nathan	Paden	Slaton	51	53:57:00	2019
10K Women						
13-15	Jillian	Winn	Lubbock	14	1:12:57	2019
16-19	Nyia	Sena	Lubbock	19	44:02:00	* 2018
20-24	Miranda	Henderson	Lubbock	22	58:04:00	2019
25-29	Margaret	Santucci	Lubbock	25	50:44:00	2018
30-34	Lauren	Murphree	Lubbock	30	47:38:00	2019
35-39	Cheri	Gerwig	Lubbock	39	50:09:00	2019
40-44	Stephanie	Caffey	Lubbock	42	59:30:00	2018
45-49	Lori	Ware	Levelland	49	57:16:00	2018
50-54	Sharla	Kinman	Lubbock	51	1:01:01	2019
55-59	Reeda	York	Levelland	56	1:01:46	2019
Athena	Kristi	Starr	Lubbock	48	54:34:00	2019

3 Mile Men						
DIV	NAME	TOWN	AGE	TIME	YEAR	
12-Oct	Samuel	Fuentes	Clovis NM	12	22:59	2019
13-15	Carlos	Ybarra	Lamesa	15	15:58	1978
16-19	Curtis	Conaway	Lubbock	18	14:44	1979
20-24	Abel	Kuhuni	Levelland	23	15:23	1993
25-29	Dennis	Williams	Lubbock	29	14:23	* 1975
30-34	Steve	Stallings	Stanton	30	15:02	1982
35-39	Quinn	Smith	Grants NM	35	15:56	1995
40-44	Quent	Bearden	Lubbock	41	16:10	2016
45-49	George	Jury	Lubbock	49	17:47	1986
50-54	John	Corelis	Lubbock	51	17:09	2017
	Old Record	George	Jury	Lubbock	52	17:45 1989
55-59	Robert	Guajardo	Levelland	56	18:49	1999
60-64	Jim	Harris	Hobbs NM	60	21:16	2003
65-69	Don	Sanderson	Tulia	66	21:29	1996
70-74	Darrel	McMillen	Lubbock	70	23:58	2017
75-79	Albert	Burrier	Lubbock	76	26:50:00	2010
80+	Bill	Felton	Lubbock	81	35:29:00	2016
Clydes	Jeromy	Casey	Brownfield	24	19:42	1999
3 Mile Women						
12-Oct	Reese	Pena	Lubbock	12	21:38	2019
13-15	Hope	Jimenez	Lamesa	13	19:27	1997
16-19	Mary Ann	Ann	Brownfield	18	18:48	1999
20-24	Isabel	Navarro	Brownfield	21	18:21	* 1979
25-29	Linda	Northrup	?	26	19:08	2001
30-34	Isabel	Torres	Brownfield	34	21:04	1992
35-39	Lory	Ioppolo	Lubbock	37	20:04	2014
40-44	Lory	Ioppolo	Lubbock	41	19:24	2017
45-49	Cheryl	Weber	Lubbock	46	22:00	1999
50-54	P.J.	Mitchell	Lubbock	53	23:55	1999
55-59	Dahlia	Hood	Lubbock	58	26:25:00	2017
60-64	Estela	Galvan	Brownfield	60	28:52:00	2003
65-69	Lydia	Turner	Levelland	65	43:23:00	2019
	Old Record:	Elayne Farrar	Brownfield	68	43:48	2016
70-74	Linda	Peterson	Lubbock	71	48:18:00	2017
Athena	Lee	Handlin	Lubbock	38	26:38:00	2007



My First Marathon.....

From the editor: I believe most of you would agree that

running a marathon is a fairly big deal in one's life. Some will go on to run many, some may see this as a one-time event and effort and revel in the memory of it. Thinking about the "firstness" of running this distance, I recently emailed my list of WTRC members who ran the Mayor's Marathon this past April (2019) and asked if, for any of them, this was their first marathon and if I could receive thoughts about their experiences. Helen Esquivel, Armando Perez and Ian Scott-Fleming responded with the following....

From Helen Esquivel

This was my first Marathon....



When I turned 50 on April 29 2018 I had set a goal for myself that I was going to do a Marathon at age 50. I couldn't make up my mind which Marathon and where I wanted to go. I've run and trained all over Lubbock and my 1st choice was not to do one in Lubbock. Well needless to say, as the months passed by and closer I got to the start of my official training and with the push from another WTRU member, Armando Perez, we both signed up for our first Marathon. As excitement drew closer and the support of my family and my friends I knew I had this! As a member of the WTRC since my early 20's I have so many WTRC members that have inspired me throughout the years, such as PJ Mitchell, Jose Aleman, Joe Martinez and his wife Eva, James Bone, Bill Rodgers, John Stalcup,

George Jury, Ron Key, Larry Bird, and many more.

As a GOAL and it being the day before I was turning 51, I was truly EXCITED and Ready to go! I have to say it was an exciting experience and the biggest challenge for me. I had never run anything longer than a Half Marathon. The support of family, friends and the community throughout the run just kept the motivation going. The cheering from those standing along the loop was encouraging. My biggest test was coming near as I was towards the end of the Marathon hitting miles 23 to 25. I was WOW...this is getting hard...I was so ready to walk the rest of the way, but with my friend and WTRC member Armando Perez he gave me the last push to keep going. Although I told him to go with out me he said, "We started together we will finish together" and that we did! I used what I had left and he stayed at my side to the finish line. "With God all things

are possible" Matthew 19:26 I am READY to do it AGAIN! #ilovetorun



Tori and Helen



Running has always been my passion and now it has become my way of life. I've also had the pleasures to share my passion for running with my daughters Olivia and Tori and my granddaughter Myah who has also influenced them regarding the Love for running.

(see pics of my daughters and granddaughter).

Helen

My First Marathon continued.....

From Armando Perez

I decided to do my first marathon this year because it's something I've always wanted to accomplish. Even more now I wanted to motivate my daughter who is 11 years old. I wanted to set a good example for her as she is becoming more involved with athletics.

A couple of months after I joined the WTRC Helen Esquivel, who's also a WTRC member, decided we were going to run the Mayor's Marathon. It would be her first marathon too, so we both looked to each other for support and motivation. My training was tough and painful at times, but seeing that Helen had run half marathons before, I was able to learn a lot from her. A big key is to stick to a training schedule as much as you can. You will at times have to go out of your comfort zone during those long runs.



The race (Mayors Marathon) was a great experience! It definitely tests you both physically and mentally. But, not once did I feel like stopping. That's something my father instilled in me. To never give up and never quit! I even cramped up pretty bad at mile 18, but I pushed through. One of the coolest things was seeing my dad, sisters, daughter, brothers-in-law, and cousins cheering throughout the entire race! They even held up signs to show their support for us. My family has always shown their support in everything I do, so a huge thanks goes out to them for believing in me! I have to thank Helen the most for helping me find that passion for running again. We started our training for the marathon together, so it was fit that we crossed the finish line together -- it was a great moment!!

I definitely want to run the Mayor's Marathon again next year. In the meantime I'm continuing to run the

WTRC races and I hope to start training soon for another marathon elsewhere. I'm glad they put this run on in Lubbock and I hope it attracts more runners for years to come. I encourage everyone to get involved, whether it's a full marathon, half marathon, or 5k. These are good for overall health and you definitely feel the satisfaction when you cross that finish line!

Armando



My First Marathon continued.....

2019 Mayor's Marathon for a couple of newbies

by Ian Scott-Fleming

Last Christmas, my son Xander and I rashly decided we would train together and run our first marathon at the Mayor's Marathon. At the time, I wasn't terribly sure it would actually happen, but it seemed like a good idea -- a father/son bonding thing before he heads off to grad school. Somehow, though, we managed to keep each other on track, and we both finished it.

Training Plan

I'm an engineer, so I of course I needed to have an instruction manual to follow. Thanks to the NYTimes running blog and google, I found several training plans online, mostly 18-20 weeks long. Starting right after Christmas, we were already two weeks short, so we jiggered things around and made a 16-week plan, and then actually started on week 2 because we frittered away the week between Christmas and New Years before realizing we only had 15 weeks left. Here are a couple of the links I used to get us organized:

<https://www.nytimes.com/guides/well/how-to-run-a-faster-marathon>

<http://www.halhighdon.com/training/51138/Marathon-Novice-2-Training-Program>

Higdon's Novice 2 plan call for 4 running days (T,W,Th,Sat), 1 Crossfit day (Sun), and 2 rest days (M,F) each week. Long runs are on Saturdays, with short runs T & Th, and a medium run in between. We (mostly) ran MWF afternoons or evenings, and did our long run either Sat. or Sun. mornings. I usually bicycle for much of my exercise, so planned to do that for my crossfit day. However, I found that running four days a week was hard enough, so I didn't get many rides in this spring.

Being a typical engineer, I would be completely flummoxed if I couldn't keep track of times, distances, heart rate, etc., so I made a training spreadsheet and put it online where Xander and I could both get to it. I don't think he ever entered anything in it, though; probably assumed I would keep track for him (which I did...I am a dad, after all).

Miles and Time spent training

Our training plan called for 409 miles total of running, starting from 15 miles on week 1, building to 38 on week 14, and tapering the last two weeks. I managed to get 368.80 of them in (not counting bike rides), which took me, 58 hours, 11 minutes and 43 seconds total. However, that time does not include the hours spent napping (sometimes well into the afternoon) while trying to recover after my long Saturday runs. Be sure to budget that in if you ever decide to train for a marathon. I didn't get Siri to add up all my running steps, but according to my iPhone, I did have 3 days with over 50,000 steps; longest was 53,904 on the day of the race.

I use an ancient Polar heart rate strap and watch to track my HR while running. Polar also has a free iPhone app, so I use that and tuck my phone in my jersey pocket to record distance and time. (Most of my cycling friends use Garmin trackers and the Strava app to track their rides.)

Xander, like many students at TTU, had a full schedule before he even began; he seems to have managed only 214 miles, though I probably missed recording a few of his runs. But, being in his early 20's and able to trounce me in all the club races, he probably could have managed with even less training.

Most of the longer Saturday runs we handled by doing both the 6 and 7:30 AM FootTech Saturday runs, extending the route towards the end to get the miles in. FootTech kindly provides Gatorade, fig bars and gels (thank you, FootTech!) for the Saturday morning runners, making it easy to keep energized and hydrated. A couple of rainy days were spent doing endless loops on the indoor track at the TTU Rec Center...and I mean endless: at 9 laps per mile, that makes for a LOT of laps. The longest run on the Higdon plan is only 20 miles. Xander made it to 20 two weeks before the race, but (perhaps unwisely) I pushed it to 21, 22 and 24 the last few weeks because I needed to know I could really manage the distance.

It really helped to have Xander doing it with me (most of the time) to keep me to the training schedule. For anyone thinking of running a marathon, I highly recommend finding one or more friends to keep each other on target. The result was that I managed to run the entire marathon, and found myself passing quite a few walkers in the last six miles or so. Xander cruised through as well, finishing long before I did. I lost track of his lime green jersey after he topped the 3rd overpass.



Ian's and Alexander's family

How was the race, and the support?

Support at the water stops was excellent; the mayor and his team had organized various groups to run water stops at every mile (but one) around the loop. The Lubbock Bicycling Club was there, as were numerous church groups. Water and Gatorade was plentiful, along with port-a-potties. Snacks, though, were somewhat lacking – mostly pretzels, and, unexpectedly at one of the stops, doughnuts (thanks, but no thanks). Fortunately I had tucked some fig bars and gels in the pocket of my cycling jersey, which kept me going.

Running on the loop was, well, interesting. Definitely more interesting than 180 laps on the indoor track at the Rec Center on one of the rainy Saturdays. My biggest grumble was the traffic noise on the inner loop. The outer loop was closed to traffic for us, but cars and trucks going by at 65 MPH on the other side was a bit frazzling. Fortunately, the traffic was much thinner for the last part of the race over on the east and north sides.

Rumor has it that the 20-something overpasses make this one of the tougher marathons, but having managed the club's Buffalo Wallow, I didn't find them too much of a struggle. The toughest part was running north over on the east side. The wind was wonderful for the first half, but rather obnoxiously from the south at exactly my running pace for about 6 miles late in the race. The sun was high enough to make it hot, and it was rather non-optimal to have not-a-breath-of-wind for a quarter of the race. Fortunately that changed for the last bit once we turned back west and got the cross breeze.

How Did We Do?

Xander of course finished well before me. He managed first in the 20-24 age group. Interestingly, several of the other men in his age group had faster first halves than he did, so the training obviously helped him keep a fairly steady pace. I suspect the others didn't have the benefit (?) of a dad badgering them to get out and train at 5:30 AM on Saturday mornings in February and March.



Alexander at 2018
HOT Dam Run

I did manage to run the entire distance, though my 2nd half was nearly 30 minutes slower than my first half. It initially looked like I was dead last in my age group, but, one fellow my age straggled in nearly an hour after me, thereby restoring my deflated fragile male ego. Fortunately, there were only 3 of us in the 60-64 age group (this wasn't the Boston Marathon). So I was both 2nd to last and 2nd to first, thereby capturing one of the really great prizes – a fancy metal insulated water bottles with big "Mayor's Marathon 2nd Place" lettering. I use it for iced water and keep it on my office desk casually placed where visitors will spot it, thereby giving me a chance to brag (humbly) about my accomplishment. If I'm going to suffer through nearly 5 hours of running, I'd better get some useful ego boost out it.

For the record, though, I need to point out that first-place in the women's 60-64 age group beat all three of us graybeards in. I believe she passed me around mile 22, obviously better at pacing herself than I was.

Bucket list

~~Run a marathon.~~

Xander and I are very glad we did it, and did it together. We have a great set of memories from our first marathon, not to mention a couple of really cool water bottles. And the nice thing is, the Buffalo Wallow will seem like a piece of cake this November.

For my part, the verdict is still out on whether I'll add...

Run another marathon

to the bucket list. Another 58+ hours of training, with 180 laps around the rec center track if it's raining... I'll have to think about it.

Ian Scott-Fleming



Ian at 2018
Firecracker Run

Aging

By Mike Greer

Anytime I have considered writing something from scratch I usually have a word pop up in my head either during a run or while biking, or maybe while riding my motorcycle (but never in the pool!). When a word comes to mind I first put thoughts together about this word and then figure out how to present it so that it makes some sense and covers the points I feel like the reader will enjoy. With that being said, I must, at this time, reveal the word that kept coming up in my mind and it happened to be, “aging!”

When a word like “aging” pops up in my mind I wonder why any particular word comes up, and in this case, why it came up in this case during a motorcycle ride. I decided to consult Google on the definition of aging and found the following: “Aging is the process of becoming older,” and in most cases refers to human beings (even though we take pride in the fact that three of our Boston Terriers lived to be 16, 15, and 13 before passing on to dog heaven!) The other factor playing in my mind is the fact I am now considered old...prompting thoughts I have not had before. For example, I look in the obituaries every day I find that more people seem to die in their 80’s than at any other age and I also note that in 10 years I will be 90. The question then arises -- what do I plan to do for the next 10 years and, then at 90, what will the next 10 years be like?

Now, as I look at this aging concept I find that life seems to progress in 10-year increments. Looking back over my life I’ve found that, lo and behold, the 10-year concept is a way to really look at your life and see when and what happened in each 10 year span. I have found it is a good way to sit back and review what has happened over the years. Please don’t say, “...well, ole Greer, you have 8 10-year periods that have happened in your lifetime! So, you have a lot to put in the 10-year blanks and you may think or say you are not old enough to look at life this way!” Well, I disagree and I feel that no matter your current age, you have a history and you will find it amusing and fun to search through your mind for these periods of time during your life leading to where you are today.

Let me give you some examples of age progression using the 10-year increment concept. Just start by writing down 1-10, then carry it through every 10 years till you reach your current age. Since I am currently 80 years old I have had eight 10-year increments spanning my life and here are some examples of what happened during those times. Beginning with 1-10 years, this is the span of time when we basically start learning what life is about. The subconscious mind starts to fill up and will stay with you the rest of your life. This time of life is called adolescence and leads to young adulthood. So, now the beginning of your life is happening! As an example, during this 10-year increment in my life I can remember the first time I actually ran in a park when I was about 2 years old. My mother confirmed this when I told her about this memory while asking her about my age at the time. So, I consider this first 10-year span my beginning in different sports that require running.

As you think back in time you will, of course, note the very obvious events in your life, like turning 16, then 21 etc. The time in life where I noticed the opposite sex was the 10-20 timespan while, at the same time, discovering athletics like football and track. Then the “big” timespan -- 20-30 -- when I got married and started having a family, received my first college degree, finished playing football and took up other sports like handball and endurance running so I could stay in shape. The 30-40 bracket saw me creating my own businesses, running marathons and watching my family grow.

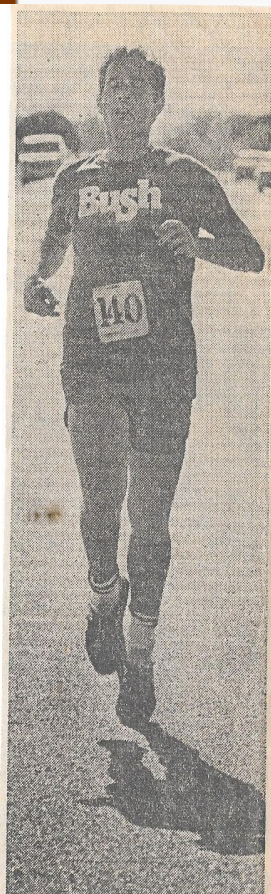
Now that I have made my point of using the 10-year plan as a reminder of where the time has gone and what has been accomplished, I will summarize my life after 40 and you will see the many things that can happen in your life from that time forward. From 40-80 I was experienced my fastest marathon (age 41), my fastest Ironman triathlon (age 61), achieved my 400th triathlon (age 79) and continued competing in triathlons after a mild stroke (age 79). Yes, I know I am not only blessed but I am also lucky. During this block of time my family grew to 14 grandchildren, 4 great grandchildren with number 15 on the way. Also during this time my offspring have completed 12 college Bachelor’s degrees and 4 Master’s degrees.

Bottom line -- life has the potential to be very full and challenging so I hope my examples of this plan are not considered bragging, but simply examples of actual life events. You can use this system to think back over your life regardless of your age. I promise, as the aging progress continues you will find this practice a form of guiding light.

Mike Greer



Blast from the past....



PERSPIRING CANDIDATE — George Bush, Republican candidate for the 19th District congressional post, puffs across the finish line of a three-mile race during Brownfield's July Fourth celebration. Another competitor in the rear shows that Bush at least did not finish last. (Staff Photo)



CROWDED FIELD — A mass of runners gets off the starting line in Brownfield's Firecracker three-mile run, part of the city's July Fourth celebration. One-mile and ten-mile races also were staged in the competition. (Staff Photo by Paul Moseley)

From James Livermore (past WTRC historian):

Here are two photos from the *1978 Firecracker*. They were published in the 1978 Brownfield paper. George Bush ran a 6:30 mile per minute pace, so the photo caption is off base.

From the editor:

Not only did "W" "...not finish last" (see caption underneath the future President's picture) but he actually finished 36th out of 67 runners. This was a fast bunch of runners — 52 out of the 67 ran sub-8 minute paces for the 3 miles ranging from 5:04 to 7:56

When you go to this link —

<http://wtrunning.com/2014/wp-content/uploads/2014/11/24.1978-FC-All.txt> —

you will also see another famous person's 4th place record — **Willie McCool!**

HOT Dam Run

August 2019 Race Report



by Shannon & Wendy Anderson

It was another great HOT Dam Race! The weather suited the name just fine -- it certainly was hot! A special thanks to Anna Rodriguez for bringing snow cones to cool us all off.

This year we finished with 237 runners. The 5-mile overall winner, Colton Hollis, finished in 27:23.0, shattering the 5-mile course record by almost a minute! Female 5-milers were paced by Ashlyn Peralta who completed the race in 38:45.1. The overall winner for the 2-mile race was John Corelis who finished in 12:19.0. Female 2-milers were led by Emma Lopez, finishing a close 2nd behind John in 12:39.2. Great runs all!

We had another first as well — a sweet mom, Haylee Swinford, carried her baby (born just a little over a month ago) the whole way — no stroller for her! It was also

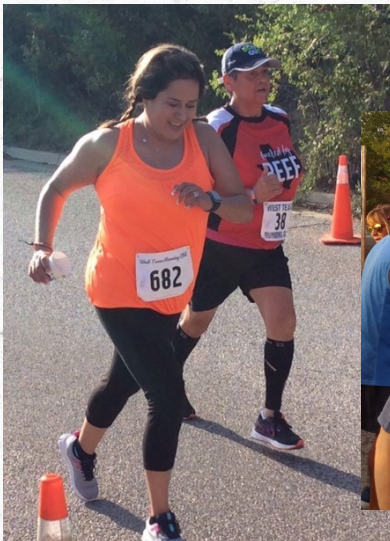
nice to see George Jury back out and about after injury and helping us as always.



Thank you to all the volunteers: Kyden Corelis, Mike Lemon, Sonny Bevers, Michaela Jansen, Shannon Faries, Gabby Saldana, Manuel Prieto, Juanita Flores, Lydia Turner, Megan Taylor, Jake Maxwell, Gary Gressett as well as WTRC Board members David Higgins, Suzan Caudle, Ron Lubowicz and Tommy Johnson. As a race director it was so nice to have this many volunteers show up. Pj Sullivan did an amazing job on the HOT Dam t-shirts and cute sunglasses made available in the WTRC store — we're always grateful for her help. A special thanks to all of the team that works hard behind the scenes to keep this thing going and makes directing a race a breeze!

We hope to see everyone out again next year!

Shannon and Wendy



Did you know....?

From the editor:

I've heard Bill Felton talk a bit about a track meet for seniors.... Not having been a track athlete in my younger years nor have I followed track and field very closely, I had no idea there was such an organization as the NSGA — National Senior Games Association. If you have a few minutes it would be worth your while to peruse the NSGA website — <https://nsga.com/>. Bill recently returned from the June, 2019 meet held in Albuquerque, New Mexico. I've included Bill's races report below *as well as some additional information (next page) that Bill provided for me about the NSGA.*

From an email Bill copied me on sent to a friend regarding his performance at this year's NSGA events.

Keep in mind — Bill is 84 years old — quite an inspiration for all of us in the WTRC....!

Hi Michelle,

I'm back again, this time with the final results of my competition in Albuquerque.

I came in 6th yesterday in the 10-K Road Race in my 85-89 age group. So, overall I finished in the Top Ten in the U.S. in my seven events (of only those who

showed up, of course) so it's definitely NO big deal. You REALLY are #2 just behind the new High Jump National Record Holder. Congratulations again! :-) I'm very proud of you!

The Breakdown: 2nd in Relay, 3rd in 5-K Powerwalk, 5th in 1500 Powerwalk, 6th in 10-K Road Race, 8th in 1500, and 9th in both 5-K Road Race & 800. I had qualified also in the 400 but would only have embarrassed myself with those sprinters ("fast twitch muscle" guys versus me, "slow twitch" with strictly long distance events). :-)

I did have to wear a bulky, hernia belt in all my activity and just learned this morning that the V.A. has approved my upcoming left side operation ASAP. FYI, I had the right side fixed last August before the other side needed repair since then.

Yes, I got home O.K. late last night after a couple of long "pit stops" taking a couple of more hours to get back than when I drove over to Albuquerque 10 days ago.

Bill also tells me that WTRC members Ralph Wolf (80-84) ran the 5-K Road Race and James Pratt (75-79), our best WTRC sprinter at any age, qualified in the 50, 100, 200 & 400 sprints running three of them before an injury prevented him from competing in his 4th sprint event.



The person with Bill is Holly Schneider of Evansville, Indiana who is the State of Indiana Chair/Leader of the Indiana NSGA. As a state President she also sits on the National Board of the NSGA.

Hi Steve,

Thanks for your interest, as always. YES, I'll be very happy to answer any questions that you might have regarding this biennial, national games for seniors 50 and up. I've been in the program thirty (30) years. The minimum age then was 55 when I first joined and it was called the National Senior Olympics.

Since then the minimum age has been lowered to 50 and, due to a nasty law suit by the powerful main U.S. Olympic organization, we were forced to change our name to the National Senior Games Association (NSGA). They don't seem to mind other uses of their copyrighted name like the "Special Olympics," etc. so have always discriminated against us, as far as I am concerned. :- (

Anyway, in order to compete in twenty (20) sports or so, an athlete must qualify at any state level games ONLY in the even numbered years, e.g. 2018, 2020 for the National competition the following year in the odd numbered years like 2019, 2021, etc. For example the next National will be held in Fort Lauderdale in 2021 so one must qualify next year in 2020. Our qualifying Texas State Senior Games have been held annually in San Antonio for several years now.



Believe it or not, many years ago when many Texas cities like Dallas, Houston, Kerrville, Lubbock etc. offered local games we here in Lubbock also hosted the State games for two years in 2001 & 2002. I was in charge of Table Tennis for both years with the actual 2001 9/11 attack of the Twin Towers taking place during our table tennis competition. Needless to say, that was a real crisis and panic time for many athletes here when airline traffic was halted for a couple of days and athletes couldn't fly

home to their distant homes in Texas or elsewhere!

My only real complaint with this entire Senior Sports program is the limit of two separate, individual sports for each athlete at the National level. At the local & state levels there is no limit on the number of sports you can enter and qualify in for National competition.

Unfortunately for me they consider Road Race as a separate sport from Track & Field. So, I have to choose just two "sports" from Road Races, Track & Field, & Table Tennis. So far, only in Orlando in all 17 Nationals many years ago could we have 3 individual sports. So, I did compete then in all 3 plus the team sport of basketball. Softball & Volleyball are the other team sports offered.

For the first time this year in Albuquerque they added Power Walk as an experimental event as a so called special "sport." I took advantage of this rare exception to the 2 sport rule and entered both the 1500 & 5-K Power Walk events. My fear, however, is that in the future they will consider this as a new "sport" and not another Track & Field event, which it really is, as they now classify 5-K & 10-K running Road Races and Race Walk as separate sports and NOT really extra T & F events.

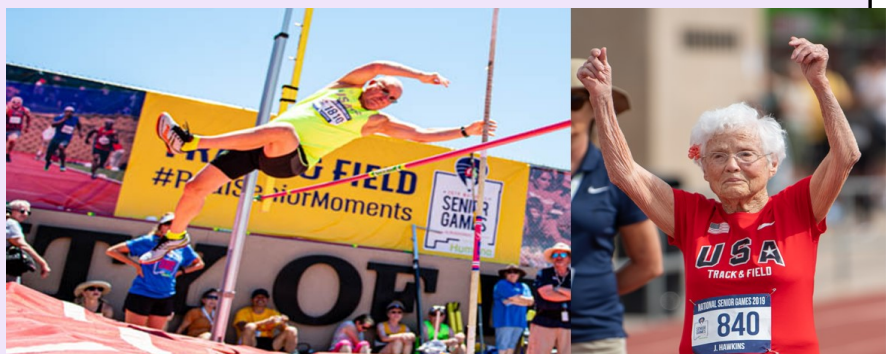
I have been after them for years to do away with this arbitrary restriction to just two "sports," to no avail. Now it may even get worse when they probably permanently add the very successful Power Walk (that attracted over 600 people) as a new "sport" rather than as an additional Track & Field event, NOT sport.

Money-wise, adding a third sport would be an extra \$25.00 in allowing a third sport which could interest NSGA management. (My total entry fees for the Albuquerque Games were \$199.00 which ain't cheap for many prospective older athletes across the country).

Management's main concern could be that allowing a third sport for applicants would cause an inordinate number of complaints that athletes could have scheduling problems with overlapping sport/event times. My quick answer to that is: "Tough Luck! You assume that risk and take the chance. Don't cry about it!" :-)

The above should give you a quick idea of how this process works.

Bill Felton





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

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

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning



WTRC Members –

We have 5 more races left:

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

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

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series. Participation in the Series has increased over the years. This past year there was an approximate 15% increase in those who had volunteered in at least one race, thus placing themselves in the Challenge Series.

For the rules of the Series and for the current Challenge Series Standings go to:

<https://wtrunning.com/challenge-series-standings-info/>

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

Texas Tech University
3413 10th St. 79415

All members are welcome to attend!

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