

September/October 2019 WTRC Newsletter

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LUBBOCK, TEXAS



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Upcoming Races

Buffalo Wallow

Annual, 2nd Saturday in November
9 am Start

2Mile | Half Marathon
(USATF Cert#TX09107ETM)

Half Marathon

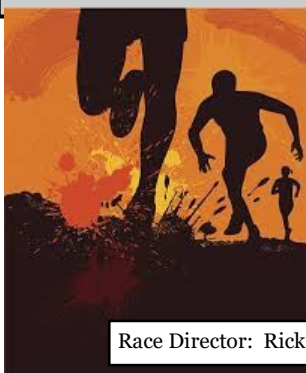
T-shirts and Finisher Medals to ALL Halfers!!

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



Race Director: Tommy Johnson
Assistant RD: Tammy Ureste



Toys For Tots Cross Country Run

Second Saturday in December 9:30am — 1Mi Kids Cross Cntry 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

Thanksgiving Day...

Annual WTRC Turkey Trot
9 am Start | 2 Mile or 12K
USATF Certified #TX12147ETM

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



TURKEY TROT

Race Directors:
Corelis Family —
John, Artie, Brylie,
Saylor, & Kyden

The Story Behind the Picture....



From the editor:

You may have noticed this picture on the Home Page of the new WTRC website. [Jim Higgins](#), the author of the email (below) to WTRC Treasurer and website manager David Higgins, is a physician here in Lubbock (Pediatric Gastroenterology) and has been a member of WTRC, off and on, since 2006. He started running at age 45, overweight and unfit, and joined the club shortly after. He ran his first marathon in 2007 and went on to complete a marathon in all 50 states, finishing in 2016.

Jim says that his greatest joy has been running various distances with all 3 of his adult daughters, many of them WTRC races! He says, "Running brought me peace, joy and distraction while Stephanie was going through those difficult years and continues to be one of my great joys in life! "

Jim goes on to say, "We share her [daughter, Stephanie's] story often as an encouragement to other families going through similar struggles. We have found that there are so many families that are going through silent personal trials who can find hope in her journey."

Dear David,

I was so surprised to see the photo of me and my daughter on the home page of the new website! I'm know that you had so many from which to chose.

I wanted you to know the back story of that picture!

This was taken at the 2012 Horseshoe Bend 11-mile run as we run/walked to a very slow finish (second to last). But the victory was in the fact she finished at all! Stephanie is my middle daughter and at the time of this run, had just come out of rehab

for drug and alcohol dependence and was still dealing with the results of a DWI citation. This was taken just a few weeks before she was to leave on a one year mission trip that would take her to 11 countries around the world. A trip that eventually would be the turning point in her journey to recovery and full healing.

We chose to do this run together and dedicate each mile to one country she would be visiting. The race became hard very quickly as she was not trained but was determined to push her self and prove she could persevere to the end. Crossing that finish line with her was a remarkable moment of pride and gratitude to God for keeping her alive through some very dark days in the previous couple of years.

She went on to complete her mission trip and had an impact for God around the world!

Fast forward to 2019! She is now a wife, mother and personal trainer/nutrition coach with a thriving online presence. We recently trained and ran the Lubbock Mayors half marathon together with a goal of getting her a sub 2 hour finish (pic below). I paced her through the 12.5 mile mark and then was able to pull back and watch her push through to the finish at a time of 1:58:05!

Such a contrast from the 2012 finish. Again, I was overwhelmed with joy and amazement at the change over the past 7 years.

Running changed my life when I started in 2006 as a 45 yo, overweight and unfit middle aged man. Now 68 marathons, 55 half marathons and 100's of other distances later....some of my greatest memories are runs with my girls. WTRC has been a huge part of my running life and this photo is a huge reminder of the change a simple sport has made.

It certainly speaks a thousand words!

God bless!

Jim Higgins



“Running! If there’s any activity happier, more exhilarating, more nourishing to the imagination, I can’t think of what it might be. In running the mind flees with the body, the mysterious efflorescence of language seems to pulse in the brain, in rhythm with our feet and the swinging of our arms.”

Joyce Carol Oates

Shallowater Stampede Race Report

September 14, 2019

By Cody Lass — Race Director

As always, our club showed why it was the best in the state. We had a great race and it was due in large part to all of the volunteers and all of

the runners who participated! Latona Servantez and the Shallowater Parents Association did an amazing job. I can honestly say the event would not have run as smoothly if it weren't for Latona and her organization. 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. Volunteers for today's race were WTRC Board Members Tommy Johnson, David Higgins, Suzan Caudle and Ron Lubowicz. WTRC member volunteers were Jason Pena, Juanita Flores, Manuel Prieto, Gabby Saldana, Sonny Bevers, Addison Mostellar, Tony Aleman and Kross Weaver. Thank you volunteers!

Speaking of the runners, we had 296 finishers in both races (largest number of runners since 2013) and the weather was absolutely PERFECT! Alberto Leyva was the overall winner of the 2-mile race with a time of 11:38.7. Reese Pena out-paced all female 2-milers finishing in 12:28.8. Colton Hollis led all 10K runners with a 37:14.4 finishing time and Cheri Gerwig outran all female 10Kers with a time of 47:42.6. Way to go the four of you!

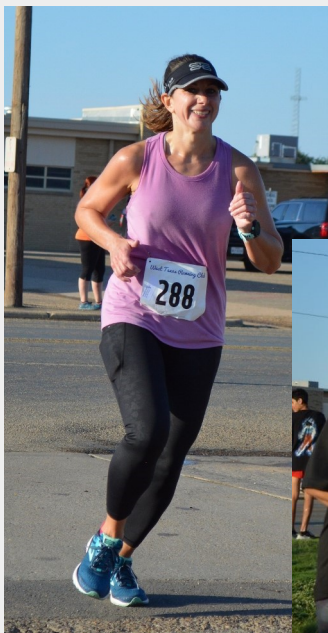
There were two age-group course records set for the 2-mile race. Ralph Wolf set a course record in the 80-and-over Age Category with a time of 24:08.2 – way to go, Ralph!! Reese Pena bested the course record she set in 2017 for the 10-12 age category with a time 12:28.8 -- was 13:30 in 2017 – impressive, Reese! No age-group records for the 10K were broken this year.

We're lucky to have such great club and I hope we can keep it going!

Cody Lass



Great race, Cody — thanks!



Running Long....

(really, really long.....!!)

by WTRC member Kristina Peterson

This past August 17th & 18th I ran and finished my first 100 mile race, the Habanero Hundred (<http://www.trailracingovertexas.com/habanero-hundred>). I became interested in ultramarathons in 2015 when my friend Amy and I started talking about doing a through hike of the Appalachian Trail. I had run up to the marathon distance before but was working through some chronic lower back pain that had gotten in the way of running regularly. With help of chiropractic, acupuncture, massage, and stretching I was able to relieve the pain enough to start running again and build up to completing a marathon in February 2016. Then I completed my first ultra (50K) in April 2016. I wanted to train and complete in a 50 mile race, but the training plans were terrifying, especially the back-to-back long-run weekend days (ie, 20 miles Saturday AND 20 miles Sunday). I just didn't see how I could have a life at all if I used one of the many plans I had seen online. So I stuck with 10k and half marathons.

But then my friend Ken needed a last-minute crew/pacer for Badwater 135 and I really wanted to be part of that, so I did everything I could to prepare (heat training, hills, etc.). I surprised myself as I was able to pace Ken through over 40 miles (in 2-6 mile increments) during Badwater, and that gave me confidence that I could complete a 50 mile race of my own. When I DNF'd

my first 50 mile attempt due to stomach issues, I immediately found a 100k to attempt with a generous 30 hour cutoff. It took me over 28 hours but I did finish that first 100k, albeit being slow and making some mistakes along the way. I think the primary reason I'm able to participate in



ultras regularly is that I don't run through much pain and I've learned how to walk and power hike at a decent pace, so I stay injury-free. I also get talked into some races because I have friends participating and it's fun to share those experiences.

In 2018 Amy and I hiked 343 miles of the Appalachian Trail during June and I was able to complete 100k that August in 18:36 (almost 10 hours better than my first 100k). This year Amy and I hiked another 414 miles on the AT in July and I was able to complete my first 100 mile race 2 weeks later. My friend Ken says that more time on your feet, even walking and hiking, makes you faster at ultras and I'm a believer now.

So to the race itself. I had completed the 100k distance at Habanero Hundred last year in a pace that was close to that required to finish the 100 mile within the cutoff time. It's a very tough race for a couple of reasons. It is in August and the course is unshaded for long stretches, so it gets extremely hot during the day. And then there's the sand. Some sections are large soft sand pits, so the heat becomes even worse, it's difficult to run, and it's near impossible to keep sand out of your shoes. But, what I like about this race is that there are very few tree roots to contend with, no rocks, and the elevation gain/loss is only about 4600 ft over 100 miles. It's a 10K loop course, so I arrived Friday and set up a pop up canopy, table, and chairs so I would have my own space for my extra gear, food, sunscreen, etc.



continued next page...



I had a pacing plan that would get me to the finish in 30 hours and had that printed out and taped to the table for reference if I needed during the race. It's easy to forget things as time passes in an ultra and you get more tired and mentally goofy.

The race starts at noon which is awesome because I am not a morning person. I woke at 7 with no alarm, had some hotel breakfast, chilled in my room, and got to the race site by 10 so as to not get stuck in the crowds. Once I was all settled under my canopy I just rested in the shade until about 10 minutes to start. I loaded up my neck buff and arm sleeves with ice and was ready to get after it. The start of a race this long is almost surreal. Having run the 100k last year, once I got on the course, it felt like coming back to an old friend — almost like I was still out there from last year. I liked the familiarity of it. I felt really strong on the first loop and finished 20 minutes under my goal. I worried that I may be going out too fast but was able to settle in. Luckily there were some clouds rolling through that day, so whenever a cloud would block the sun I would run. After 5 loops I had banked an hour of time on my goal. I struggle with running at night and on the first full night loop I tripped on a root and face planted in the sand, so I decided that I would walk through the night (I can walk a sub 2 hour 10k consistently). By sunrise I was still an hour ahead of my goal. Oh but that sunrise on Sunday got things hot fast...and I was so tired! I had to put my sleeves and shade hat back on and ice like crazy to make through the last 40K. There were definitely

moments on Sunday that I wanted to stop. My feet hurt so much (I would later find out the extent of the blistering), my thighs were already chafed and getting worse, and the sun was draining me. When I left the start/finish for my last 2 loops with over 5 hours to the cutoff, I knew I could finish, and I had to finish. When I left for the final loop with 3 hours to the cutoff, I just told myself all I had to do was walk faster than 2 miles per hour for 6 miles, that's all.

Well, I finished!! As I finished I thought I'd *never* want to do another 100 mile race. *However....* 3 days later I may have changed my mind :-))

The reason I wanted to share about my experience is that I don't consider myself a good runner. I'm slow. I will never qualify for Boston. I don't follow strict training plans. When something hurts, I stop running until it doesn't hurt anymore. I strength train and do hot yoga to keep things in balance.

For me, running is my time to zone out. I forget about whatever things might be stressing me out and enjoy my surroundings and whatever music or podcast I'm listening to. During races I get to see new places and meet new people. My next big goal is to improve my hill running and complete the Rocky Raccoon 100 mile in February 2020.

And yes, I've already registered for it :-)

Kris



38th Annual Red Raider Road Race

Race Report

Race Directors were Jonathan Botros and Emmanuel Ramirez



Jonathan and Manny — great race!

What a beautiful day for a great race! This year's RRRR was certainly one of the best in terms of weather, turnout, organization and enthusiasm. Another testimony to the value of the WTRC in particular and to running in general.

Raider Red and **The Masked Rider** were there and, once again, **DJ by TJ** kept the onlookers engaged as our runners completed their races.



A total of 420 runners crossed the finish line — 280 5K runners and 140 10K runners — what a turnout! Finishing 1st overall in the 5K was Dee Russell with a time of 17:57.3. Emma Lopez, one of our fine young runners (15 years old!), was the fastest female runner with time of 21:08.9. In the 10K, Chris Fyock once again led all runners with a time of 35:24.4 and our own Michaela Jansen eclipsed all female runners with a time of 47:58.4. Really impressive runs by you all!

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, a HUGE THANKS to every volunteer who made this event successful! The 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 27th Annual Turkey Trot.



Red Raider Road Race records update from George Jury:

Records broken only in the 5K:

F60-64	Sissy Keeling	Granbury, TX	61	26:45
F65-69	Debbie Maines	Lubbock, TX	66	32:16

btw....

Our own P.J. Sullivan ran within 1 second of her age group time set in 2015 — 29:35.

Some folks just never slow down!

WTRC Members who Ran the Ropes

August 24, 2019

5th Annual *Running The Ropes*

Ropesville, Texas

Next year, in addition to the WTRC monthly races, consider putting Running the Ropes on your race list.

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 the WTRC members who ran the race -->>



		Age Group	Age	Time	
Running the Ropes 5K -- WTRC Members					
Emma	Lopez	W 13-15	15	Wolfforth	0:22:43
Joshua	Leyva	M 40-44	40	Lubbock	0:24:02
Gabriella	Peralta	W 13-15	15	Sundown	0:24:53
Chase	Hixson	M 13-15	13	Lubbock	0:25:13
Amme	Blair	W 45-49	46	Wolfforth	0:25:51
Armando	Perez	M 35-39	36	Lubbock	0:26:07
Francisca	Ybarra	W 13-15	13	Sundown	0:26:13
Grace	Peralta	W 13-15	14	Sundown	0:27:02
Thomis	Duncan	M 8-12	8	Lubbock	0:27:44
Sofia	Peralta	W 8-12	10	Sundown	0:28:18
Sheila	Peralta	W 35-39	38	Sundown	0:30:00
Adam	Hixson	M 40-44	41	Lubbock	0:30:41
Christian	Carpenter	M 8-12	8	Lubbock	0:31:35
Valerie	Carpenter	W 35-39	35	Lubbock	0:31:37
Kelcee	Heinrich	W 25-29	25	Lubbock	0:31:46
Priscilla	Lopez	W 45-49	47	Levelland	0:31:50
Averi	Duncan	W 8-12	12	Lubbock	0:33:17
Pj	Sullivan	W 70-74	73	Lubbock	0:33:19
Tim	Evans	M 45-49	47	Lubbock	0:34:16
Ronda	Russell	W 45-49	49	Lubbock	0:34:27
Kari	Lewis	W 50-54	52	Slaton	0:35:07
Jim	Thompson	M 60-64	64	Plainview	0:35:58
Lance	Ward	M 50-54	51	Lubbock	0:37:24
Virginia	Bevers	W 55-59	59	Post	0:38:13
Dottie	Holly	W 65-69	65	Lubbock	0:39:38
Rocky	Holly	M 65-69	65	Lubbock	0:39:40
Alexz	Anderson	W 30-34	31	Lubbock	0:41:07
Mandi	Duncan	W 35-39	38	Lubbock	0:46:24
Jamie	Ward	W 45-49	49	Lubbock	0:49:15
Liana	Garza	W 50-54	50	Lubbock	0:52:55

Running the Ropes 10K -- WTRC Members					
Bernard	Lumongsud	M 50-54	50	Lubbock	0:48:59
Sarah	Deardeuff	W 35-39	38	Lubbock	0:58:25
Breanna	Harris	W 35-39	36	Lubbock	0:59:10
Ray	Young	M 50-54	50	Denver City	0:59:10
Carla	Eichler	W 30-34	33	Lubbock	0:59:39
Lori	Ware	W 50-54	50	Levelland	1:00:02
Wayne	Sullivan	M 65-69	68	Lubbock	1:00:32
Reeda	York	W 55-59	56	Levelland	1:03:20
Tiffany	Walker	W 35-39	37	Lubbock	1:03:22
Jay	Whitefield	M 35-39	38	Lubbock	1:03:38
Librada	Sissell	W 55-59	55	Lubbock	1:07:08
Ting	Lin	W 35-39	37	Lubbock	1:10:02
Steve	German	M 60-64	62	Lubbock	1:10:41
David	Elder	M 65-69	65	Lubbock	1:12:18
Sheila	Price	W 50-54	54	New Deal	1:16:19
Ruby	Smith	W 40-44	44	Lubbock	1:19:18

The Beginning of My Running Journey

by WTRC Member
Peyton LaFiette



2019
HOT
Dam
Run

At 15, Peyton started his first race in Lubbock, Texas at West Texas Running Club's *Loop The Lake Race*. Averaging 12:17/mi, Peyton crossed the finish line at 24:34.6. Coming from a non-running family, this time was normal. Thankfully his grandparents, Julie and Mike Selleck, pushed him into running this race with them. A week after *Loop The Lake* Peyton started running. At first he

could only run around his block without having to stop and take a breath. For some reason, Peyton stuck to running a little bit every week. His mile time gradually went down to 12:00/mi to 11:00/mi and to 10:00/mi in March. In April, Peyton signed up for the *Moonlight Musical Run* with West Texas Running Club and averaged a 9:39/mi with a time of 19:17.4 for two miles. This was just the beginning of something new.

Before the *Loop The Lake*, Peyton attended an ultra-race in December of 2018 with his aunt and uncle, Bobby and Dianna Keogh. Called *Across The Years* this race is a non-stop run/walk on a one-mile loop for six days straight. Bobby Keogh, who is an avid ultra-runner, accumulated 315.991 miles while Dianna Keogh had 134.375 miles during this six-day period. While they were running Peyton volunteered at the aid-station giving out food and water to runners. Peyton loved

the camaraderie and the mutual-support from the runners. He was amazed and loved that their life evolved around one simple thing which was running and how much they enjoyed the simplicity of it.

Back to April, Peyton was now a runner. He would not call himself a runner until he could run a mile without stopping. Since then he has signed up for every race possible and **crushed** a course record on the Firecracker Run 10K in July! He has joined a local running group with FootTech, loving the interaction between other runners.

Now at 16 he is traveling and looking for races in all the places he goes. He attended a 3K race in Boulder, Colorado and is now signed up for a 5K race in Albuquerque, New Mexico. Peyton says he will always enjoy West Texas Running Club by far and he loves the people that work hard to organize the monthly races.



East End 3K in Boulder, Colorado

From a non-runner to a competitive runner signing up for each event possible, Peyton is now signed up for the six-day event in December in Arizona. He will be with his uncle and aunt, Bobby and Dianna Keogh, and his main goal is to finish 100 miles with them. He thanks Bobby and Dianna Keogh and the West Texas Running Club for starting his running addiction and without them he is not sure where he would be right now.

Peyton LaFiette



2018 Across The Years Event



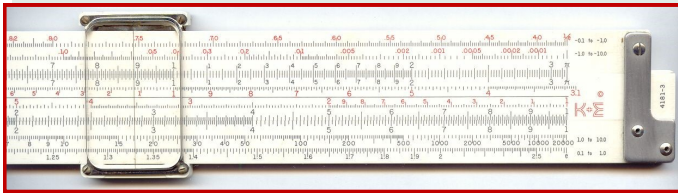
Foot-Tech Group Runs

CHALLENGE SERIES HISTORY

by Dr. George W. Jury

Before there was the "CHALLENGE SERIES", WTRC co-founder Gene Adams had devised a handicap method of rewarding improvement in member's performance. Gene, an engineer with an oil company in Brownfield probably used a slide rule in his calculations then. It was based on the world class time for a distance and each runner's time was compared to that for each race participated in.

Now Gene Adams own words...



was designed and built using slide rules, and they are very fast. The drawback in comparison to computers is that you do have to work through complete equations with them, whereas entire equations are programmed into computers and you only have to input the basic data.

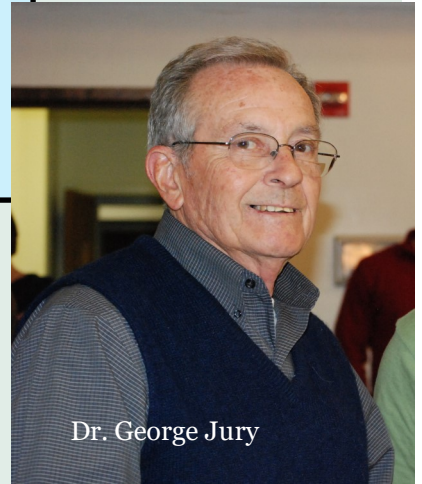
The basis for the calculations was a book of tables titled "Computerized Running Training Programs" by James B. Gardner and J. Gerry Purdy. I had seen the book advertised or mentioned in "Runner's World" magazine. I still have this book. Someone in the club borrowed it from me and had it for quite awhile, but they did return it and I have it now. It gives point levels for every time over every racing distance from 100 yards to the marathon and for every metric racing distance. George is correct in that the tables give the maximum obtainable points as the existing world record in whichever event being considered. Of course, it was the world record at the time of publication, and the book is copyrighted in 1970. It didn't really matter that the world records were continually being bettered, because it was quite unlikely that anyone in a club race would beat or even approach a world



This book is still available on Amazon for \$280 to \$580!!!

record time. As I mentioned, I did manual calculations, interpolating between numbers to account for runner's times down to the second. I used an HP 15C Scientific and Technical hand calculator to do the interpolations. This, of course, assumes a linear progression between listed point totals, but the listed numbers are so close together that a linear assumption gives a high degree of accuracy. I still have and use almost daily the HP 15C. I always preferred the HP because I like the Reverse Polish Logic that they use.

The company that I worked for, Amoco Production Company, provided hand-held calculators for engineers shortly after they became available. As mentioned, I chose the HP, but many engineers liked the TI (Texas Instruments) calculators. One of my fellow engineers left the company and gifted me with his TI calculator. The TI was a programmable calculator, so after I received it, I wrote a simple program that let me use it to do the interpolations, which made it a little easier but still time consuming.



Dr. George Jury



Gene Adams — 2018



WTRC races are found at 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:

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

Run for the Arts

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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