



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

November/December 2019 WTRC Newsletter

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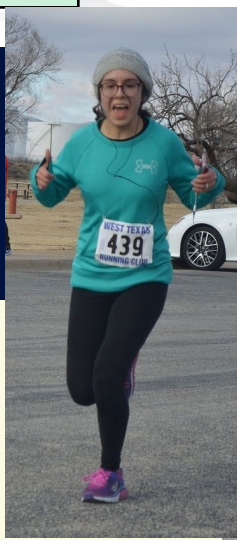


February

FREEZE



Race Director: Autumn Lass



2nd Saturday in January — 10:00 am
5Mi | 2Mi (Both are Loops)
5Mi: ages 13 & over
2Mi: ages 7 & over, and strollers

RACE LOCATION: Landwer House - Buddy
Holly Rec Area, N.University, Lubbock

2nd Saturday in February
— 10 am Start
Location:
Buffalo Springs Lake Am-
phitheater
FM835, Lubbock County

Upcoming WTRC 2019 Celebration of Running Social

There is no better way to ring in the new year than celebrating everything you accomplished in 2019! That includes the medals, personal achievements, new (& old) friendships created (just to name a few) through the West Texas Running Club. This is also a special time for us to give out our annual Challenge Series awards, '66 Mile Club' and 'Trailblazers Club' awards, as well as other awards for those who continue to give their time and effort to making this the best running club in Texas!

The Social will be Friday, January 17th at the Science Spectrum.

Check our Facebook page and your e-mail for more information to come.

A special thank you to the annual organizers of the event, Shannon & Wendy Anderson and Cody & Autumn Lass (awards organizers).



Scenes from last year's (Jan, 2019) Social.....



Cancer Doesn't Discriminate or Care Who You Are

by WTRC member *Jeremy Peña*

From the editor: I have been a part of the WTRC for several years and, not too long ago, noticed a group of runners who show up at club races wearing the same black and white running gear emblazoned with "Wolf Pack." I figured two of the "Wolf Pack" were related because, well.... they look alike and when I visit with them they sound alike.

Turns out these two Pack members are twin brothers – Jeremy and Jason Peña. Not too long ago I featured Jason in a WTRC

Newsletter article because he had recently overcome being hit by a drunk driver while riding on his motorcycle on Avenue Q (see <https://wtrunning.com/2014/wp-content/uploads/2014/11/WTRC-Newsletter-May-June-2019-1.pdf>). Jason's story was inspiring for sure! But, while visiting with my running friend, David Reed, I was told that the other twin, Jeremy, had his own inspiring story.

Jeremy Peña is 44 years old and began running around 2012. He said he began running because he was getting a bit older (aren't we all...!) so he and his family ran a 5K race held during Early Settlers Day in Levelland. The run for Jeremy included pushing a stroller with their oldest child, Reese, in it. Now, of course, we see Reese, her sister Daelyn, and brother Bryce all running in WTRC races as well as many other events throughout the year – all really doing well with their running. Jeremy tells the story.....

My name is Jeremy Peña and in 2013 I did my first Tough Mudder (<https://toughmudder.com/>). The Tough Mudder is an obstacle course race that offers 25 to 30 challenging obstacles along distances up to 13 miles. The morning was set. I was ready mentally and physically to finish this journey. The day began and two and a half hours later I finished. Little did I know the battle was just beginning....

Shortly after returning home, I started having extreme stomach pain. This went on for a month or so. Standing up straight and eating without extreme pain became difficult. I was losing weight and sinking into depression from being in so much pain. Several tests, including scans, were performed -- no answers. I was finally admitted into UMC for pain management. A CT scan was done revealing an 8 cm tumor on the back of my stomach. I'll never forget the words, "What is that?" My life changed in an instant. Turns out it was a GIST (Gastrointestinal Stromal Tumor) and it was "angry," meaning it could burst at any time (it was estimated that this tumor had been growing for, perhaps, 15 years.... (Note from the editor: Jeremy related to me that for many years he knew something wasn't right in his abdomen. His primary care physician diagnosed Jeremy's problem as heartburn (!) but, early on, there wasn't enough happening to lead to a more aggressive answer.)After the tumor was found my



continued next page...



Surgeons quickly reacted with a game plan. I underwent surgery and had the tumor removed. I'll skip all of the bad times I had while recovering in the hospital. Going home to recover and heal up was a great day. I was put on Imatinib (Gleevec -- used to treat certain types of leukemia (a blood cancer), bone marrow disorders, and skin cancer as well as certain tumors of the stomach and digestive system) for the next 3 years. I was grateful for the medication, but the side effects were not pleasant (fatigue, cramps, swelling, among other issues). Prior to all this I didn't know if I was going to see my children grow up. There were so many other thoughts that ran through my mind after hearing what the surgeons had to say. I currently have periodic scans run to see if anything has returned. Cancers like this can metastasize to other areas within the body so vigilance is important. I anticipate having these scans run for the rest of my life.

Moving on after recovering a bit.... I started running again -- baby steps. I was determined to be a victor and not a victim. I look for hard/difficult races. When doubt creeps in about finishing, those are the runs I enjoy. I have developed a love for trail running because each trail run is different -- different terrain, different elevations, different and often beautiful scenery -- the longer the better! I recently ran the Palo Duro Trail Run and completed the 50K in 5 hours and 48 minutes. I hope in the near future to run a 50 and a 100 mile trail run.

Final thoughts.... Cancer doesn't discriminate or care who you are. I'm determined to give it heck for sure. My children are my everything, they keep me young. The Wolfpack -- these are my friends who I enjoy spending time with -- Jason Peña (my twin! -- he keeps me up when I'm down and he will never know fully what he means to me), Jennifer Strawn, Cody Hair (cousin), Bryan Colley, Ryan Phillips, and, of course, my kids -- Reese, Daelyn and Bryce.



Jason



Jeremy at this year's Buffalo Wallow Half Marathon

President's Cup Chase Race

October 26, 2019

It was a cold but beautiful morning for the President's Cup Chase Race! For this type of race each runner is assigned a handicap based on his/her performance in the WTRC 3 mile to 10K races run during the current year. The runner with the larger handicap begins first and each succeeding runner begins later based on the assigned handicap with the runner with the lowest handicap beginning last. This provides an opportunity for any runner, regardless of his or her general running pace, to actually come in first for the race.

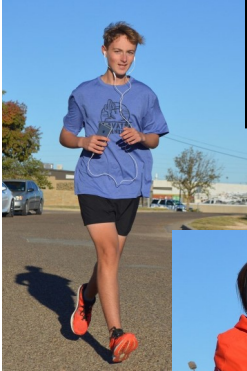
It was a lot of fun. Lauren Cobbs won the race — congratulations, Lauren!

Thanks go to Ron Lubowicz for directing the race and to all the volunteers for taking time out of their Saturday morning to facilitate the race.



Race Participants

Virginia	Beyers	Peyton	Lafayette
Amme	Blair	Priscilla	Lopez
James	Bond	Jaime	Lopez
Aubrey	Calvert	Emma	Lopez
Jason	Calvert	Sandra	Ramos
Lauren	Cobbs	David	Reed
Brian	Colley	Arturo	Reyes
Scott	Eberhard	Christine	Steen
Carla	Eichler	Jennifer	Strawn
Paul David	Gaschen Jr	PJ	Sullivan
Steve	German	Wayne	Sullivan
Ram	Iyer	Jesus	Zarate
Mike	Kelley		



Race Director and Volunteers

Ron	Lubowicz
Bill	Felton
James	Livermore
George	Jury
David	Higgins
Suzan	Caudle
Fred	Weber
Frank	Mendoza



Buffalo Wallow Race Report

by Tommy Johnson and Tammy Ureste

November 9, 2019



Great race, Tommy!

I could not have asked for a better day Saturday at the Buffalo Wallow! It was a wonderful experience in every aspect. I want to thank Tammy Ureste for all the help she provided in directing this run -- she went above and beyond!

Many thanks to all our VOLUNTEERS who made our race go off with near perfection. They were: James Bond, Virginia and Sonny Bevers, Tim Evans, Juanita Flores, Tommie Gressett, Miranda Henderson, George Jury, Jaime Lopez, Moira Mahady, Amanda Morris, Molly Roberts, Ronda Russell, Gabby Saldana, Daniel Smith, Haylee Swinford, Hagen and Tiffany Walker, Aubrey and William Whitworth, Artie and Kyden Corelis, Amin Rahman, Annalise Winn, Kipi Fleming, Kim Hovland, Liliana Garcia, Joseph Wilson, Keith Gilmore and Tony Aleman.

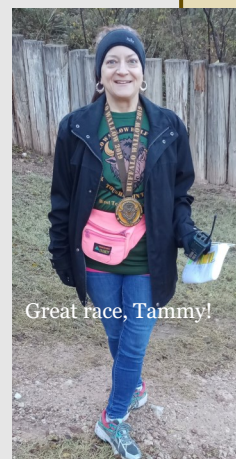
Our core volunteers -- Suzan Caudle, David Higgins, Emmanuel Ramirez, Ron Lubowicz and PJ Sullivan -- are always there from Board meetings to late registration to being there when the last lock is closed on the trailer. They make this the BEST CLUB EVER!!

See yall at the TURKEY TROT! Tommy

We had 108 finishers for this year's Buffalo Wallow Half Marathon. This year Travis Seekins from Abilene, Texas finished first in the half marathon with a time of 1:29.29. Chelsey McCarthy out-paced all female runners with a great time of 1:40.29. Keep in mind that Travis and Chelsey registered these times running the "Toughest Half in Texas"!

There were 95 runners who completed the 2-mile Buffalo Wallow race. As is often his custom, John Corelis led all 2-milers with a time of 11:40.6. Another familiar WTRC member, Emma Lopez, out-ran *not only all female runners but also all the male runners with the exception of John*. Emma clocked a time of 12:10.8. Interesting compare/contrast between Emma who is 15 years of age and John who is 54 years old. The lesson here is that age really isn't the arbiter of strong running. Way to go John and Emma -- you are setting such positive examples!

The weather was perfect. The swag bags full of goodies were something new for this race and the feedback from the runners about the swag and new (and BIG) medals was great to hear. There were also many positive comments about the new shirts and the Buffalo design. It was fun to put into place some new things for the WTRC's signature race. It made me feel good to see everyone enjoying themselves. Thank you to the club and the Board for letting me be a part of this big race.



Great race, Tammy!

As an aside, there were even a couple of people I talked to who were under the weather and were going to switch to the 2-mile run at packet pick up, saw the medals, and decided to go for it and run the half! I'm hoping word gets out so next year's "Toughest Half" is bigger and better!

Tammy

Note: Lots of records set this year due to this being only the 2nd year of this race configuration. Go to this site to see records: <https://wtrunning.com/wp/wp-content/uploads/2019/11/BW-Records-2019.txt>



My First Ultra

by *WTRC Member James Bond*

There is no place on earth like being at the finish line of an Ultra Marathon. Standing there and watching runner after runner cross the finish line and achieve their goal

of completing the race they had dedicated so many hours and so many miles in preparation for is inspiring. If you want to see pure, raw emotion go find an ultra finish line and just watch.

On Saturday, September 28th I did just that. I completed my first Ultra Marathon running a 50K (31.06 Miles) at the J&J Trail Race hosted by Tejas Trails in Rocksprings, Texas near Austin. An Ultra Marathon is any race at a distance longer than a full marathon (26.2 Miles)

I started training for this contest on July 21st and was dedicated to the project for the following ten weeks. During that time I ran a total of 323 Miles (60% on the Trails and 40% on the Road) which equals more than twelve marathons worth of miles in a ten week time frame.

Knowing the layout for the course I knew there was going to be a lot of elevation gain so within those 323 raining miles I also found close to 9,000 feet of vertical gain. Trying to find hills to train on in Lubbock was a chore but I managed to find some.

In addition to running I also did a lot of core workouts, yoga, chiropractic care, massages and a strict nutrition plan. On top of that I spent a lot of time on YouTube and the Tejas Trails website researching the course itself and learning all I could about the sport of Ultra Marathons overall.

The course was comprised of two loops -- 15.03 miles per each loop. I also read that there was somewhere between 3,800 and 4,300 feet of vertical gain waiting for me. I was never nervous until I tried to sleep the night before without much luck.

The race day finally arrived and I was ready. At 6:30 a.m. we toed the line started the adventure. Sunrise was 7:30 a.m. so the first full hour was run in complete darkness. Most of the runners wore headlamps where I chose to carry a small handheld flashlight in one hand and my water bottle in the other. Trail races are "cupless," meaning aid stations are provided about every five miles or so with food and drinks galore but no cups. You can drink all you want but you have to provide your own bottle, etc.

There were three of us for the first eight miles running together. Just us three and the course. Unlike a traditional road race marathon around a beautiful large city downtown with flat roads with people telling you where to go you are out in the wild dodging tree roots coming up from the ground and large rocks in the middle of the course, jumping over ravines with cactus everywhere. The majority of the course was "single track" meaning the course was no more than 18 inches wide only allowing one runner at a time and forcing all the others to follow single file. On top of running you are also trying not to trip or fall. No trail runner really worries about time or pace, it is more about his/her place in the race and whether or not can they even finish.

Like I said, just the three of us in the lead eight miles in. We hit the second aid station and they both told me that they could not keep that pace any longer but I felt great! I did not want to lead in fear I would get lost like I did in my previous half marathon trail race. They do a great job marking the course but when you are in the lead it is just you and the course markers to guide you. No one is out there directing you and of course there is not a bike lead, which adds to the challenge.

At about mile 11.5 I took a wrong turn to the left which was the wrong way. I did not figure it out until I got to the top of the hill and saw I had already been at that spot and so was forced to run that portion of the course over again. It cost me about $\frac{3}{4}$ of a mile with a decent climb. I was frustrated but pushed on.

I completed the first loop in a little over three hours and I never saw anyone ever pass me so I assumed I was in first place overall which lifted my spirits. I took about a five minute rest eating a peanut butter and jelly sandwich along with some other treats. I changed socks and was off for my second and final loop. I felt great when I left the pavilion.

About three miles into the second loop (Mile 18) I realized that this was going to be more difficult than I thought it would be. I kept moving forward. Luckily this course was so technical that about 35% of it was so steep both up and down along with rocks the size of footballs you had to cross over that it was impossible to run but rather hike or simply walk. It gave me a chance to catch my breath and ask myself if I really wanted to do this.



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Mile 24 I ran out of water and there was not another aid station for about five more miles. I was overheated, dehydrated, exhausted and sore. My mind was all over the place. I kept thinking a lot about Willy Wonka for some reason. I never hallucinated which many trail runners experience but not me, not this race.

Soon after I ran out of water I was seriously considering dropping out. I was done. Right then another runner named Kasey caught up to me. I was not sure what distance she was running. In addition to my 50K there was also a 50 mile as well as a 100K being run at the same time. She was all peppy and had energy to spare. You know the type. To make it worse she wanted to have a full back and forth conversation with me about anything and everything. At first I tried to run and get away from her but she ran right with me. I was miserable and now I had her to deal with. Eventually I gave in to her and learned that she was a high school cross country coach which piqued my interest. She talked about her kids and I told her about mine and we had fun taking turns to speak. Before I knew it we were at the "Overlook Aid Station" Mile 29! Only two miles and some change left.

We parted ways at Overlook and I took a minute to get my bearings and drink about four water bottles worth of water I had been begging for over the past five miles that took me well over an hour to accomplish. After that I was able to jog the last two miles without walking and crossed the finish line with a time of 7:18:21 and came in second male overall. I raced from 6:30 a.m. to 1:48 p.m. nonstop. After I recovered and looked at my Garmin I saw that it recorded a total of 3,999 feet of elevation gain. It was not the miles that got me, it was the climbs. Up and down, up and down, up and down and not much flat at all.

I looked for Kasey at the finish line to thank her but I could not find her. If it had not been for her I most likely would have quit. Kasey saved my race.

Once I had time to recover and really think about it I decided that the human body is capable of much more than the mind thinks it is. I plan on running my next 50K in the fall of 2020 in November. I will find a course that is just as long but does not have near the amount of vertical gain as this one did. Kasey asked me how many 50Ks I had run and I told her that this was my first. She was shocked that I picked such a challenging course to start on, but said, "Hey, if you can complete this 50K course all the others should be a breeze...".

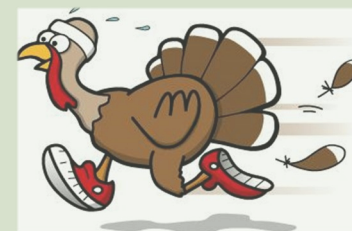


I learned many things during this race. What I did right to prepare and what I did wrong. What I would do differently next time and what to keep the same as this time. If you enjoy running and want a challenge you should take a look into trail running. It is such a test of physical ability and mental toughness and so much fun! I cannot wait for my next Ultra.

James

27th Annual Turkey Trot

Race Report



Thanksgiving is a uniquely American holiday. Its historical significance is anchored in a spirit of sharing – not just among ourselves, but with diverse groups of people. Every year the WTRC Turkey Trot brings together diverse groups of people comprised of runners and walkers of all ages, abilities, shapes and sizes to share in the celebration of family, fitness and fun. This year the weather was cold (brrrrr!) and misty but 625 runners braved the weather and converged on the Bayer Museum of Agriculture in Mackenzie Park to kick-off the Thanksgiving Day holiday including WTRC members, Lubbockites and visiting relatives who came from cities all over Texas, other states, and even other countries.

Holding gobbling rights for trotting their way as **Overall Winners** were Bryce Boggs from Grand Junction, Colorado with a time of 10:16 in the 2 Mile race and Wade Miller from Edmund, Oklahoma in the 12K coming in at 43:39.

Also ready to talk (and run!) turkey were those who led all female finishers – Emma Lopez from Lubbock in the 2 Mile with a time of 12:35 and Laura Pennington from Lubbock in the 12K finishing at 55:29.

George Jury reported that only **3 records** were set, all in the 2-Mile race:

M13-15 David Mora III Lubbock TX 14 10:35

M50-54 Jon Murray Lubbock TX 51 11:37

F13-15 Emma Lopez Wolfforth TX 15 12:36



Volunteers don't just do the work, they make it work! Making the Turkey Trot work were: Artie, John, Brylie, Kyden & Saylor Corelis, David Higgins, Heather Winn, Monika Sobolewska, Radley Dalton, Jillian & Annalise Winn, Suzan Caudle, Ava & Arturo Reyes, Kristina Peterson, Tommy Johnson, Tony Aleman, Sonny Bevers, Jeff Fisher, Michael McAdams, Kimberly McAdams, Tammy Ureste, Jake Bentley, George Jury, Heather & Jillian Winn, Natalie Beckman, Nicole Phillips, PJ Sullivan, Kim Hovland, Jane Willems, Maria DeLeon, Angie Wilkens, Danny Stevens, Tara & Elle Stevens, Karis, Brandon, Kamber & Brasher Henry, Madison Schmidt, Emely Moreno, Jerry Morris, Wayne Sullivan, Morgan Finney, Amy Gentry, Les Kinman, Kim & Patrick Leisa and Justin Duncan. (Please forgive us if we did not include your name!)

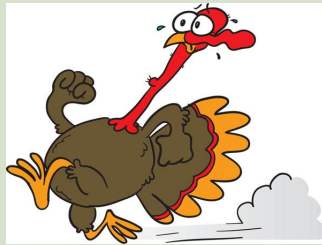
Thank you to all the volunteers!
We couldn't do it without you!



Thank you John, Artie, Brylie, Kyden, & Saylor for a great job directing this year's Turkey Trot!!

Certainly key to the success of the Turkey Trot the sponsors who also made it work! Thank you:

- Schlotzsky's Deli
- Bayer Museum of Agriculture
- footTech
- UMC Physicians
- Bahama Buck's Original Shaved Ice Company
- Orangetheory Fitness
- Experience The Caboose Entertainment
- Domino's
- Office Depot
- Painting With A Twist
- Ag Texas Farm Credit
- DahlMar Insurance
- Michael Postar's Affordable Storage
- Humdinger Equipment
- Kinesio CKTP
- Pure Water



WTRC Members Who Ran The October, 2019 Palo Duro Trail Run



		Age	race distance	time to finish	Overall Place
Ron	Adams	44	25K	3:33:17	166
Robert	Bloodworth	54	50K	9:27:49	85
Brian	Colley	45	25K	2:22:10	8
Holly	Hunt	32	25K	4:21:12	271
Eric	Kirkes	31	25K	3:02:19	86
Toni	Kirkes	28	25K	3:28:42	153
Cody	Lass	35	25K	3:00:25	82
Mike	Lemon	35	25K	2:45:42	46
Jokari	McMillen	36	25K	3:12:21	117
Jason	Pena	44	25K	3:51:08	217
Jeremy	Pena	44	50K	5:48:44	14
David	Reed	47	25K	3:09:57	112
Gary	Tayag	49	50K	7:10:08	38
Lance	Ward	51	25K	4:15:55	263
Jay	Whitefield	38	25K	4:01:39	241

December 2019

by **Rick Lampe**

race director

Toys for Tots Cross Country Run

Mother nature blessed us with a warm (for December), and sunny day for the 1- and 4-mile cross country runs. One hundred and fifteen (115) runners enjoyed the weather encouraged by their families, volunteers and prairie dogs. What other race runs next to a prairie dog colony with no impeding fence?

The Marine Corps League collected a record numb of gifts donated to Toys for Tots and those donating last year and this year were rewarded with "I ran with the U.S. Marines" Toys 4 Tots shirts.

WTRC running apparel had a record day of sales for this race proving that it was a Black Saturday for Christmas running apparel purchases and gifts.

Leading all runners was David Mora III who finished in 24:07. Emma Lopez outpaced all female runners with a time of 28:08. By the way, David is 14 years old, Emma is 15. It is encouraging to see our young club members run so well! It was also fun to watch the future of the WTRC — kids who ages ranged from 4 years to 10 years — run the 1-mile Fun Run. Way to go David and Emma as well as all of today's runners!

Amme Blair set a new record for her 45-49 age group with a time of 34:20.2 (previous record was set by PJ Sullivan — 34:25 set in 1992!).

Volunteers for this race were Margaret & Mark Woodfin, Librada Sissell, Gabby Saldana, Debbie Gelber, Ruby & Robert Smith, Gary Tayag, Peyton LaFiette, Sheila Price, Sylvia Miller, Adam Bradshaw, Sonny & Virginia Bevers, Chris Fyock, Ryan Whitworth, Julie Selleck, Juanita Flores, Larry Vigil, Josie & Tony Aleman, Sheila Peralta, Mike Lemon, Kim Hovland, Dottie & Rocky Holly, Artie Corelis, David Higgins, Suzan Caudle, Tommy Johnson, Ron Lubowicz, Jonathan Botros, Emmanuel Ramirez, and PJ Sullivan.

Thanks again to the many volunteers, Marine Corps League volunteers, runners, families and friends for a successful Toys for Tots race!

Rick Lampe



The Art of Change, Part II

by Mike Greer



As you may recall some time back I wrote an article titled, “The Art of Change” (see https://wtrunning.com/2014/wp-content/uploads/2014/11/March_April-2019-Newsletter.pdf). In that writing I shared the story about the challenges of making life changes in general using the example of our decision to move the iconic Buffalo Springs Lake Ironman 70.3 triathlon from the Buffalo Springs Lake venue to a new venue inside the city limits of Lubbock, Texas. The move to the new venue was motivated by two major factors that we (Marti and I) were faced with:

(1) The Buffalo Springs Lake Board had made a significant change to the mandatory gate entry that the athletes would be charged. Athletes would be charged \$11.00 plus their guest every time they entered the lake during the weekend. The usual fee the BSL Board would charge the BSL Triathlon *event* was reduced with the fee charged the athletes replacing that reduction. We were not happy about this new deal at all. In all our personal years of competing in 17 different USA states and 6 countries we had never experienced these kind of charges by any venue we had raced. So, this factor was a definite NO!!

(2) The real hard fact was, that after 29 years of success, with numbers of participants up to 1900 during our best times, our more recent numbers had dropped to 650 in 2018. In an effort to find out what the athletes thought and what we could do to bring them back, we started asking face-to-face questions at expo Ironman events throughout the country as well as in meetings with Triathlon Clubs in the cities that have been very supportive in the past. The replies we got back were straightforward and honest. With the progression of the sport and the attitudes of the current triathlete they expressed that the BSLT course was just too hard on the body and was limited in terms of being a spectator friendly course.

Based on these factors and the current positive fitness initiatives by Lubbock city leaders we approached them with the idea of moving the Ironman70.3 Lubbock into town. We were able to get their permission to swim (has never been done before) in Dunbar Historical Lake, cycle out of town to Horseshoe Bend, then have a very scenic and spectator friendly run on the Texas Tech Campus.

Once we had approval from all parties we started our social media marketing illustrating the new venue. The good news is the athletes liked the idea and started signing up very fast. With a grand total of 1300 in the BSLT festival our numbers had doubled and we had some very happy athletes. So, this is the good news!

I would not be totally honest (as I promised I *would be*) if I didn't mention the glitches. First, the finish in the Jones ATT stadium was not as successful as we had thought it would be. Since the stadium management decided that no spectators could come on the field there was virtually no spectators at the finish line, which at all Ironman finishes the finish line is the most spectacular part of the event. For the future we are working to move the finish to a key, spectator friendly area on the campus. One thing that the athletes did like was the run on the campus due to great scenery as well as being very flat. The next glitch was the lack of porta-potties on the bike course, and separate porta-potties for the spectators at the finish line. For some reason there was a communication breakdown on getting these facilities out to their designated areas. After 29 years of this not being a problem why this happened we do not know, but we will make sure this does not happen again. While the Marsha Sharp freeway was a great finish for the bike ride it did have one glitch where one of the exits into I-27 was not attended and the athletes turned too soon before the finish. This affected just a few but, of course, still must be corrected.

The good news is the feedback from the athletes indicates they will return and that they really liked the course better than the old course. Due to our great volunteer base and the overall positive feedback regarding the new course we got a big ovation at the awards ceremony when we announced the 2020 event. Entries are coming in and our goal is to increase our entries by 25%. We thank the West Texas Running Club membership for the help it gives us each year and a special thanks to PJ Mitchell who has volunteered at all 30 events.

Mike Greer



Become a member of the WTRC and also be involved in the WTRC Challenge Series

It is time to renew your membership!

Go to <https://wtrunning.com/memberships/>

There are many ways to compete in the West Texas Running Club. Of course, you can go all out to win the overall race. If, though, you might not want to compete at that level, what about running against your peers — those in your age group? One of the benefits of being a member is that you can compete in the Challenge Series.

The following link goes to the official [Challenge Series rules](#) as well as to all of the [Challenge Series standings reports](#):

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

The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

If you don't know about the Challenge Series the following describes how you can be a participant:

- Be a current WTRC member.
- **Note:** Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- **You must volunteer to serve as a non-running worker** at one or more Challenge Series events to be eligible for a Challenge Series award.



2019 Prairie Dog Town Run



2019 Moonlight Musical Run

- Run in at least 3 races of the 13 club races.
- Non-running members can still earn miles and be eligible for the 66 Mile Club (see below), but are not eligible for Challenge Series awards.

- "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.
- **Packet pick-up:** Volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."



2019 Bobby Birdsong Memorial Run

Come Run With Us!

WTRC races are found at www.wtrunning.com



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!

**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.)

Run for the Arts

Horseshoe Bend

 West Texas Running Club

 @WTRunning



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