

January/February 2020 WTRC Newsletter



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



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## Upcoming Races



2nd Saturday in March — 9:00AM

8Mi | 2Mi

Bib pickup: 7:45 to 8:30

Bayer Museum of Ag — East Broadway & Canyon Lakes Dr.

Race Directors: [Nicole Phillips \(nphillips1031@aol.com\)](mailto:nphillips1031@aol.com) and  
[Ashley Bautista \(ashleyb827@aol.com\)](mailto:ashleyb827@aol.com)



WTRC's MOONLIGHT RUN: Formerly 'Run for the Arts'

April 11, 2020 (Saturday Evening!)

5:30pm 1 Mile Kids Cafe' Fun Run

6:00pm 2Mi | 2Mi Stroller | 15K

**Check the website to learn how to guarantee your T-shirt!**

Please be parked by 5:20 pm to clear streets for the 1 milers



Held in conjunction with/at The Moonlight Musicals venue

MacKenzie Park Ampitheatre, E Broadway & Cesar Chavez

Race Director: [Suzan Caudle](#)

January 11, 2020

# Loop the Lake Race Report

by Autumn Lass  
Race Director

The WTRC started 2020 with one chilly race – we even had the first snow of the year. We had 194 total runners; 116 two-milers and 78 five milers. Kudos to them all for braving the weather, especially some of the icy patches. We were excited to see so many runners come out to start the year!! I want to give a big welcome to any new club members who joined and ran their first race with us! Hopefully, we'll have "nicer" weather during our February Freeze Race!

Congrats to Travis Letkeman for being the overall 2-mile winner with a time of 12:32. Returning long-time WTRC member (was on the Board for several years), Amanda Boston, was our overall female 2-mile winner coming in at 14:33. Also, congrats to Noah Villarreal for outpacing all 5-milers with a time of 29:44.5. Reese Pena continues her strong running — this time coming in at 37:18.

I also want to recognize our youngest and oldest runners who came out and ran hard which sets such a great example for the rest of us! Zaylee Whitworth, Aubreigh Sepulveda and Joss Doss are all 7 years old, running great races in the 2-miler. Of course, our own Bill Felton continues to blaze a trail for us all at a young 85 years. Thanks to all of you for showing us all how to be dedicated runners! Well done to everyone who ran!

Great race, Autumn!

I want to express my deep thanks to all the volunteers for helping with registration, course directions, water spots, and setup/takedown. It was cold work, but they all helped so much and stayed until the end! So, thank you so much! We couldn't put on such great races without our volunteers. Our volunteers for this race were: Fred Weber, Ron Appling, Martin Montalvo, David Higgins, Suzan Caudle, Tony Aleman, Jim Bond, Billy Bond, Alex Quinn, Dean Threadgill, Julie Selleck, JimBob Conner, Kyden Corelis, Jerry Morris, Suzan Caudle, David Higgins, Emmanuel Ramirez, Jonathan Botros and Tony Aleman. Also, big thanks to Ed & Lisa Price who brought out the water and Gatorade for us even though they weren't volunteers. Again, thanks so much for all your hard work!

All in all, we had brisk weather, our first snowy race, a great group of tough runners, and dedicated volunteers. Welcome to 2020 and keep on running!  
**Autumn**



### Loop the Lake Records Update by George Jury

#### 2 Mile

M30-34	Scott Eberhard	Lubbock	31	12:44
M60-64	Richard Burns	Amarillo	64	13:37
F35-39	Amanda Boston	Lubbock	35	14:33
F40-44	Christine Steen	Lubbock	40	14:47
F65-69	Lydia Turner	Levelland	66	26:29

(REVISING HER OWN RECORD SET LAST YEAR)

Joseph Flotte M13-15 record holder of 11:19 set in 2011 was back at age 24 with his wife who also ran.

No new records for the 5 Mile

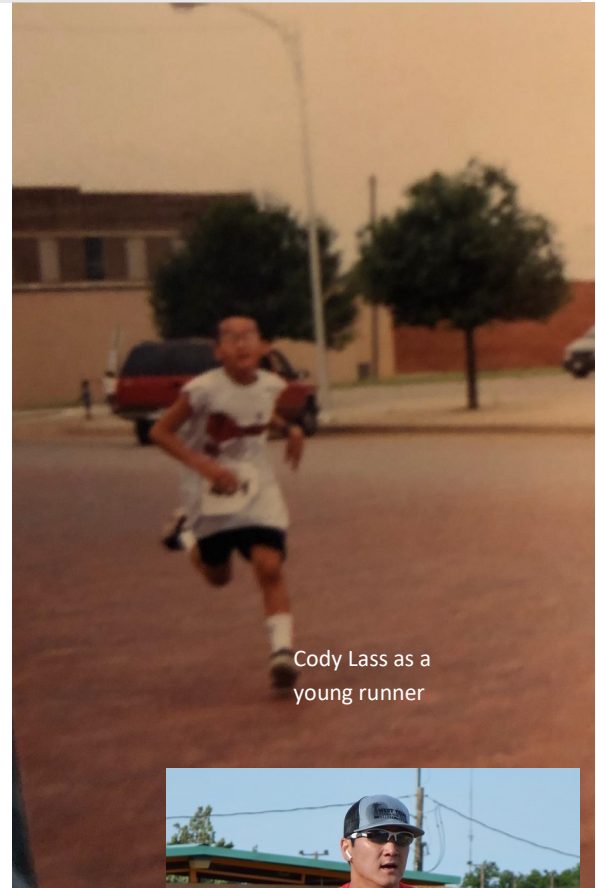
# Loop the Lake Flashback

\*\*\* OVERALL RESULTS \*\*\*

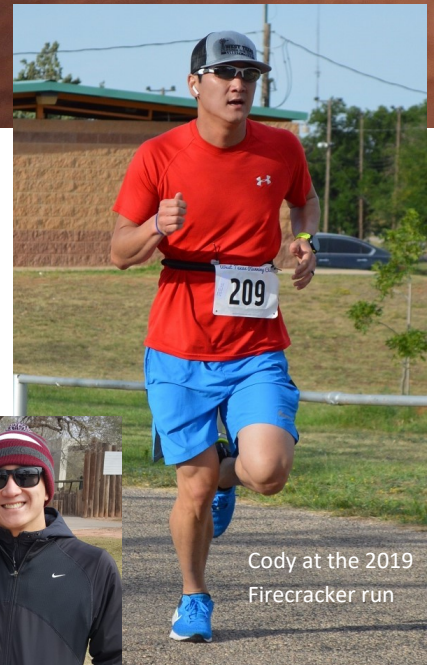
PLACE	NAME	TOWN	ST	DIV	DIV	AG	S	5M	PACE
1	JACKSON MAKENE	LUBBOCK	TX	1	M2029	26	M	26:45	5:21
2	RYAN CRUZ	SHALLOWATER	TX	1	M1619	16	M	28:50	5:46
3	TIM KEY	LUBBOCK	TX	1	M3034	30	M	29:12	5:50
4	J.R. DUTCHOVER	LUBBOCK	TX	2	M2029	20	M	29:15	5:51
5	HAWK HARRIS	HOBBS	NM	3	M2029	21	M	30:33	6:07
6	JIM LESER	LUBBOCK	TX	1	M5054	51	M	31:23	6:17
7	BOBBY SAIN	LUBBOCK	TX	2	M1619	16	M	32:17	6:27
8	VERNON SEXTON	LUBBOCK	TX	3	M1619	16	M	32:19	6:28
9	BRENT TIDWELL	LUBBOCK	TX	1	M4044	40	M	32:22	6:28
10	RANDY WOLCOTT	LUBBOCK	TX	2	M4044	41	M	32:28	6:30
11	CHRIS WRIGHT	LUBBOCK	TX	1	M1315	15	M	32:44	6:33
12	JOHN TROMPLER	LUBBOCK	TX	2	M5054	50	M	32:48	6:34
13	CHRIS LONGRENN	LUBBOCK	TX	1	M3539	38	M	32:51	6:34
14	MARJORY STEWART	LUBBOCK	TX	1	F3539	38	F	33:17	6:39
15	WILLIAM TRIPPE	LUBBOCK	TX	2	M3034	32	M	34:03	6:49
16	CULLEN SHAW	LUBBOCK	TX	2	M1315	15	M	34:12	6:50
17	RICK SYPERT	LUBBOCK	TX	3	M4044	42	M	34:14	6:51
18	MICHAEL HENDRIX	LUBBOCK	TX	3	M1315	15	M	34:38	6:56
19	CHRIS BUENROSTRO	LUBBOCK	TX	4	M1619	16	M	34:44	6:57
20	TARA JERNIGAN	BAIRD	TX	1	F1619	16	F	34:48	6:58
21	KEN JERNIGAN	BAIRD	TX	1	M4549	46	M	34:49	6:58
22	MIKE DAILY	LUBBOCK	TX	2	M4549	46	M	35:10	7:02
23	RICHARD FISCHENICH	LUBBOCK	TX	3	M5054	50	M	35:14	7:03
24	DEMETRI INGRAM	LUBBOCK	TX	4	M2029	28	M	35:28	7:06
25	AL GARDNER	LEVELLAND	TX	4	M4044	41	M	35:40	7:08
26	DAVID HIGGINS	LUBBOCK	TX	5	M4044	44	M	35:56	7:11
27	WENDY SULLIVAN	COLORADO CITY	TX	2	F1619	16	F	36:28	7:18
28	JIM HARRIS	HOBBS	NM	1	M5559	55	M	36:45	7:21
29	RODNEY HENDRIX	LUBBOCK	TX	3	M3034	32	M	37:19	7:28
30	TIM ST. ONGE	LUBBOCK	TX	5	M2029	26	M	37:34	7:31
31	FRANK GOODMAN	LUBBOCK	TX	4	M5054	51	M	37:37	7:31
32	FRED WEBER	LUBBOCK	TX	3	M4549	46	M	37:40	7:32
33	SHAWN BEAN	LUBBOCK	TX	2	M3539	36	M	38:33	7:43
34	SHIRLEY WIGLEY	LUBBOCK	TX	1	F4044	44	F	38:48	7:46
35	JOE POST	LUBBOCK	TX	4	M4549	49	M	39:26	7:53
36	RICHARD VERRONE	LUBBOCK	TX	4	M3034	30	M	39:37	7:55
37	MARK ALBUS	WHITEFACE	TX	6	M4044	41	M	39:59	8:00
38	HOPE JIMENEZ	LAMESA	TX	1	F1315	13	F	40:13	8:03
39	BILL ROGER	LEVELLAND	TX	2	M5559	58	M	40:45	8:09
40	MELANIE McVEY	LEVELLAND	TX	2	F3539	36	F	41:01	8:12
41	JIMMIE KEY	LUBBOCK	TX	1	M6099	60	M	41:30	8:18
42	JAMES BONE	LUBBOCK	TX	3	M5559	58	M	41:31	8:18
43	CHERYL WEBER	LUBBOCK	TX	2	F4044	44	F	41:34	8:19
44	MIKE LASS	LOCKNEY	TX	3	M3539	35	M	42:52	8:34
45	LARRY BURELSMITH	LUBBOCK	TX	5	M4549	48	M	43:06	8:37
46	BOB BERNERO	LUBBOCK	TX	4	M5559	55	M	43:26	8:41
47	MARY LOU JIMENEZ	LAMESA	TX	2	F1315	15	F	43:44	8:45
48	JAMES LIVERMORE	LUBBOCK	TX	5	M5054	50	M	44:33	8:55
49	MIKE KELLEY	LUBBOCK	TX	6	M4549	48	M	44:36	8:55
50	JOHN STALCUP	LUBBOCK	TX	2	M6099	64	M	44:59	9:00
51	SONIA AGUIRRE	LUBBOCK	TX	1	F3034	32	F	45:05	9:01
52	CODY LASS	LOCKNEY	TX	4	M1315	13	M	46:31	9:18
53	DOUG TRIPLETT	LUBBOCK	TX	7	M4549	48	M	46:33	9:19
54	JOSIE ALEMAN	LUBBOCK	TX	1	F4549	46	F	47:46	9:33
55	VICKI FISCHENICH	LUBBOCK	TX	2	F3034	32	F	48:43	9:45
56	DENNIS RAWLS	LUBBOCK	TX	5	M1315	14	M	50:39	10:08
57	MARGARITA JIMENEZ	LAMESA	TX	1	F0112	8	F	51:06	10:13
58	MONTE LASS	LOCKNEY	TX	1	M0112	11	M	52:49	10:34
59	DON ROBERTS	SHALLOWATER	TX	7	M4044	43	M	52:53	10:35
60	KENNETH KINZENBAW	LUBBOCK	TX	2	M0112	9	M	53:24	10:41
61	FRANK EARNEY	LUBBOCK	TX	8	M4549	48	M	56:37	11:19
62	BO MINNIS	LUBBOCK	TX	5	M5559	55	M	58:30	11:42

WTRC Board member, Cody Lass, ran as a 13 year old in the 1998 Loop the Lake 5-mile race along with his father, Mike, and brother Monte (all highlighted in yellow). Below is a picture of a then-young Cody running and, below that, a now-not-as-young Cody still running :-)

Also note the names of current WTRC members who ran in that 22 year-ago race (highlighted in turquoise).



Cody Lass as a young runner



Cody at the 2019 Firecracker run



Autumn and Cody Lass

# President's Corner

by Jonathan Botros



Jonathan Botros (right) with another WTRC Board member — Tommy Johnson — at the recent Toys for Tots Cross Country Run.

*From the editor:*

*I think we all really appreciate those who serve on the WTRC Board, right? I sure do! Jonathan Botros has served as the WTRC president since 2017. If you see him at a race I encourage you to give him a word of thanks for his role in what we all consider to be a great club!*

## Thank You, TD

Although I know **Terry Dalton**'s commitment to the sport of running is far from over, we will certainly miss his presence and impact on the WTRC Board (*note from the editor — Terry stepped down from the WTRC Board at the December board meeting*).

It's my belief that Terry has spent so much time and energy on the sport because he believes in it's power to make the community better, he believes in it's ability to teach young children healthy habits they will carry with them for the rest of their lives, and he has proven it can create bonds and long-term relationships that are uniquely genuine and special.

As I reflect on what Terry has meant to the West Texas Running Club, to the Lubbock community, and to me personally – a few terms come in my mind: loyal, advocate, reliable, humble, and passionate.

It didn't take long to find out who Terry was after I joined the WTRC... and, that was simply because he rarely missed a race, and he always had encouraging words for someone as they crossed paths with him on the course, or as they came across the finish line. Being on the receiving end of some of these words meant a lot to me as I was beginning to fall in love with running like so many of you have. To this day, if I see Terry coming towards me as we challenge ourselves in a race, I know I can count on a high-five, a smile, and either a verbal confidence boost or a friendly jab about my (lack of) performance!

For years, Terry was the 'unofficial' overseer of our aid station operations... not just for one race, but for all 13 races each year. Every single month, without ever having to confirm his attendance or commitment to the job, we knew Terry would show up to the race fully stocked and prepared to have the exact equipment, hydration, and 'fuel' our racers needed.

Terry has been a blueprint for how to direct a race with his dedication to being the Race Director for the Turkey Trot year after year. By far our most attended race, and many would say the most enjoyable race of the year, Terry has operated it consistently like a well-oiled machine.

A few years ago Terry knew the Club was missing something... and that something was a more organized and structured way for those equally as dedicated to running as him, a way to share in the camaraderie of the sport, and help add some accountability to training. He has been instrumental in our partnership with footTech, and has grown the Thursday evening and Saturday morning group run program in to something extraordinary — exactly what Lubbock needed.



Terry Dalton at the recent November Buffalo Wallow

Lastly, whether it's racing with his own grandson Radley, or his amazing leadership of the Kid's Café running program, Terry is committed to inspiring the next generation of runners. It's truly hard to put a value on the foundation Terry has, and continues to lay, for this community and the health of its future.

Terry, "thank you" isn't enough for all your service, dedication, and leadership.... but, it's still a good place to start. **Thank you!**

## Fee Changes for 2020

Last year, around this time, I shared with our members some insight in to our financial position as a Club and our financial strategy going forward. Our commitment to providing the best possible racing experience for a uniquely affordable price will be unchanged in 2020.

I believe in transparency with our members. I think it builds trust. I'll also take my dad's advice and "get to the point!" -- We will not be able to continuously improve the amenities of our races and maintain consistent operations focused on safety and fun without nominally increasing race fees for 2020.

I look forward to sharing all the specifics of the changes with you at this year's Annual Social and Awards ceremony... but, please know two things: 1) We took a great amount of time and care in making these decisions, understanding the investment our members already make. 2) Even with the small price adjustments we still plan to be the most affordable Club, especially for the experience provided, anywhere in Texas!

Please remember – all our Board members are volunteers and as a 501(c)(3), our organization operates not for profit but by investing all revenues exclusively for promoting the sport of running and operating safe and memorable races 13 times a year.

I can't wait to see what you accomplish on the roads this year!

-JB



# Incapacitated runners take frustrations out on spouse

(EDITOR'S NOTE: Erma Bombeck is on a book tour. This Best of Bombeck column originally was published on Nov. 4, 1984.)

There are several all-encompassing categories for divorce: irreconcilable differences, incompatibility, infidelity, and cruel and inhuman treatment. Any one of them will get you a place in the middle of a bed by yourself with no contest.

Living with a runner who cannot run, however, is in a class all by itself. It's mental cruelty I wouldn't wish on my worst enemy.

Runners generally don't hurt anybody. Oh sure, they wear their little gym shoes to everything from brunches to black-tie affairs. They

## Erma Bombeck



sweat all over the sheepskin seat covers in the car. They hold up every meal until they've stretched, run and stretched again. And they will unveil their purple toes, blisters and stress fractures at the drop of a split time. But they're reasonably pleasant — until they come up with an injury that keeps them from running. Then they don't want to live any more.

A couple of weeks ago, I said to my incapacitated husband, "Good morning."

He said, "What do you mean by a crack like that?"

"Nothing. It's just your basic generic greeting."

"Easy for you to say," he said. "You're out of shape anyway."

"There's no need to be insulting," I said. "I'm sorry you can't run."

"Do you know how long it's going to take me to get back up to 10 miles a day?"

"Three months," I said. "It's going to take me three

months. Three months of running with pain, gasping and sweating, with leg cramps and sore muscles."

"Sounds terrible."

During the next few weeks, I had to endure his whining, irritability, boredom, impatience, criticisms and long periods of silence. "Why don't you have a mid-life affair like other men do?" I asked.

"Who would look at anyone who can't run a 10K?" he sneered. "For God's sake, woman, when will it sink in that I have a pulled hamstring? I am doomed to spend another week in this house with nothing to look forward to in the mornings but reading the paper and drinking coffee. There are no dogs to nip at my calves. There is no carbon monoxide from traffic to fill my lungs. No rocks in my shoes to make my feet bleed. All I have left is my sense of humor."

Divorce would be too good for him.

(C) Universal Press Syndicate



"To prevent a heart attack, take one aspirin every day. Take it out for a run, then take it to the gym, then take it for a bike ride..."

This article also appeared in the November, 1989 WTRC Newsletter :-)

# The Life and Times of the WTRC

by Steve German

It is almost always interesting to me to know about an organization's history – how it began, what was its purpose at the beginning compared to the present, who has been

involved with the organization through its life, how the organization has grown (or not!), and other information. My first WTRC race (actually my first race of any kind) was the Buffalo Wallow Half Marathon in 2008. I had recently begun to run, didn't know much about 10Ks, 5Ks, Marathons or Half Marathons. I didn't own a GPS watch, most of my "running clothes" were made of cotton and I thought when it was cold outside I had to wear heavy sweat pants and pullovers. A friend of mine had come to Lubbock for a year furlough (he was a missionary from Mexico City), he loved to run, so he was the one who suggested we train for, and run, the Buffalo Wallow race. I remember running along with him during the race, asking him at most every turn if we were just about at the end. He, wanting to keep me going, kept saying, "Just around the next corner..." and, of course, it took a good while for that last corner to appear. I was, though, hooked on the running experience, eventually joined the WTRC and have enjoyed many years of great races.

A couple of years ago I began looking through the WTRC Newsletters posted on the club's website. The newsletters that were posted then went back to around 2012/2013 and, when reading them, I began to understand that they contained not just race results and Challenge Series Standings but they also provided glimpses of the club's development over the years since it began in 1972. So, I asked several long-time club members if they had copies of the paper newsletters that had been mailed each month for more than 35 years to WTRC members. I received some from PJ Sullivan and David Higgins. James Livermore was a treasure trove of past newsletters because he was the club's historian for a time. Not too long ago George Jury gave me many years of newsletters, all filed in date order of course! The newsletters were converted into PDF files and David Higgins posted them to the club website. These newsletters begin January, 1978 and go to the present with a "hole" in the timeline that includes parts of 1985 and all of 1986 and 1987. I suspect this might have been a time when the club was in-between newsletter editors. Otherwise, the record beginning in 1978 is remarkably complete thanks to those club members who saved their newsletters. There are still some that I have that will be posted in time. Thank you to all who contributed to this historical record!

The purpose of this article is to encourage you to peruse these documents when you have a few minutes. My impression is that, at the beginning, the club was comprised of a fairly serious group of runners. In the January, 1978 newsletter it was reported that Tom Mayfield ran the Houston Marathon in 2:34 and Kim Wrinkle finished in 2:32. Those are fast times in any running era! At that time, the Cotton Patch run was held in Brownfield. My sources say that this was because this was a route Gene Adams (founder of the club) knew well because it was near his home. Many of us remember the Cotton Patch run being held at the Boys Ranch just east of Lubbock. This race has recently morphed into the February Freeze run held at Buffalo Springs. The WTRC at the time participated in the Palo Duro Marathon and 4-mile run. If you look later at the October 1978 WTRC newsletter you will see that the club held a 9-mile and 2-mile event at Brownfield's Coleman Park (site of our current Firecraker Run) and you will see that our own Mike Greer averaged a 7:50 pace over the 9-mile course. Moving on to May 1982 it is noted that the club held 5K and 10K runs in Levelland – called the "Levelland Lope." You will notice that the race director was Bobby Birdsong. An article in the June, 2002 newsletter gives more detail about this race

## WHY DO I RUN?

Why do I run? 'Tain't no mystery--  
Wanna have a good  
Medical history,  
Doctor told me runnin' is great--  
Helps them blood cells  
Circulate,  
Great for the lungs,  
Great for the ticker,  
Can't nothin' getcha  
In better shape quicker,  
Feels so healthy, feels so sweet,  
Pumpin' my arms  
And flappin' my feet,  
Moldin' my muscles, firmin' my form,  
Pantin' like a pack mule,  
Sweatin' up a storm,  
Keeps me youthful,  
Keeps me loose,  
Tightens my tummy  
And shrinks my caboose,  
Beats being sluggish,  
Beats bein' lazy--  
Why do I run? Maybe I'm crazy!!

February 1993 WTRC Newsletter

--Ed Cunningham  
(from an unknown newsletter)



director. Bobby was a biology teacher in the Levelland schools and also directed the Levelland Lope for 8 years – 1980-88 – and passed away in 1994 after a battle with cancer. Even though the club no longer holds a race in Levelland the club race held in June is named for him – the Bobby Birdsong Memorial Run. The 1982 newsletter chronicles that our Mike Kelly ran the prior month's race at Horseshoe Bend – the long run was 12 miles at that time – in 1:29, George Jury ran it in 1:22, James Livermore in 1:23 and Gonzalo Ramirez in 1:24. These fellas could run! Speaking of fellas – looking through the newsletters it is interesting to note how the demographics of the club's runners has changed. Very early on most of those participating in the club races were mostly relatively younger men. If you look at the demographics of the club's current races they have become a great mix of younger and older runners with gender being an approximate 50/50 split. Also, the club has become a great place for the very young – our age-groups begin with 7-9 year-olds – to learn about the joys of life-long running.

In the December, 1985 newsletter we see that the club was experiencing some growing pains in the form of a lack of volunteers to put on a club-sponsored race the following January. So it was decided that there would be training runs that

#### NOTES FROM THE PRESIDENT

"What do we do about our children?" This question has been asked over and over again for many, many reasons. Today I am asking it in a very narrow way. Today I want all of us to look at what this Club can do to increase the number of kids we see at our races.

So often running is used as a punishment by coaches of other sports. (Now that's one sure way to keep kids away from our sport for years.) We need ideas on how to bring these kids, and perhaps all those "nerdy" kids who do not play team sports, into the joy of our sport. One suggestion is to involve the school districts in some way.

Please give this question some thought, lots of thought. And please send the best of those thoughts to me so that we can look at this question in new ways, with fresh ideas on how we can do something about our children.

BYOTR, Ron

July, 2007 WTRC Newsletter

month. It is great to see that currently the club has matured to the point that we usually have the volunteers we need to manage 13 months of races. It was during this period of history (portions of 1985-1987) that there were either no club newsletters produced or we just don't have a record of them.

The next newsletter we have a record of is May, 1987. Of note here is that this is the first time a Board of Directors is recorded – Ron Mahaffey was president, Bill Roger was vice president with several other officers listed. It is recorded here that our Jose Aleman ran the Run-for-the-Arts 2-mile race at a 7:02 pace! By the November/December 1987 newsletter the club

leadership had changed – Ron Key was listed as president and

Judi Henry as vice-president. There is an article in this newsletter discussing that the club had experienced quite a few major changes and mentioned one of them being a struggle with the newsletter. This seems to be a pivotal time in the club's history – the article is titled "President's Corner" – it is worth a read to get a sense of where the club was in its development.

Jumping to the February, 1993 newsletter we see that Ron Key remains listed as president with Carlos Vigil as vice-president. You might recognize James Bone and George Jury – they are listed as Directors for that year. It is recorded here that our Jim Deaver ran what was then called The Whiterock Marathon (is now the Dallas Marathon), finishing in 4:17. This newsletter reported the Loop the Lake results where we see that David Higgins completed the 5-miler running a 7:17 pace, PJ Mitchell (Sullivan) with an 8:21 pace, and Rick Lampe running a 9:05 pace. It is great to see all these folks still active in the WTRC in 2019! We see in an article proposing benefits for sponsorships that the WTRC was conducting 12 monthly races as compared to the 13 races put on by the current WTRC. The "From the President" article points out the need for additional revenue – prices were going up, particularly the cost of producing the newsletter which had to be copied, collated and mailed through "snail mail" at an average yearly cost of \$8 per member as compared to the cost of today's newsletter (essentially \$0!). Ah the joys of financing a nonprofit organization .

Moving on to Y2K (remember that the world was going to essentially stop in its tracks due to all the computer programs not being able to handle the transition from 1999 to 2000 because when the computer programs in use at the time were written most programmers didn't plan for them to be in use that long), Mike Kelly is listed as president, Marti Greer and Howard Norman are vice-presidents. Leigh Daniel (now Cordes, was a great collegiate TTU runner) ran the Turkey Trot 12K at a 6 minute pace...hard to image.... Oft WTRC member Epi Aguirre finished that race with a 7 minute pace, Marjory Stewart a fast 7:10 pace. We see a race report for the "RedLine" race which is now our Toys-for-Tots Cross Country Run (can you guess how they arrived at the name "Redline Race"?). Our Ron Lubowicz was that race's director. This newsletter listed the Challenge Series Standings for the prior year. Of note was Joe Post being the top point earner in the 50-54 age-group. You might recall that Joe passed away not too long ago.

We see in the May, 2004 newsletter that Ron Lubowicz is now the WTRC president, David Higgins is Treasurer and James Livermore is Club Historian. I went back through prior newsletters and it seems David has been the club treasurer since about 1994. I would think that David is the longest serving club board member as he continues in that role today – 26 years! Back then the club hosted the “Flight Line Races.” These races were held at what was then Reese Air Force Base (now the Reese Center) – a 2-mile, 10K and Half Marathon. Many of you know Quent Bearden – he finished the half marathon in 1:22 – a 6:18 pace for 13.1 miles. Randy Holloway – a long-time club board member – completed the half marathon in 1:51, and our own Mars Bennet finished in 2:10. Tom Griffin’s race report for the Flight Line Races tells us that the day was 40 degrees with 20-25 mph wind...definitely challenging conditions! I encourage you to go to that newsletter and read a “Why Do I Run” article by John Trompler. I suspect many of us would relate.

In looking through the August, 2009 newsletter there is listed the results of the Firecracker Race. At that time there was a 10-mile and a 2-mile option. Not too long ago the 10-mile was reduced to 10K (awfully hot that time of year!) and the extra miles were added to the Prairie Dog Town Run – making the 4-miler an 8-miler instead. We see that our own Martin Montalvo completed the 10-mile run with a 7:03 pace, Jennifer Haddock finished with an 8:36 pace, long time members Iris Rivero, 9:04 pace and Etta Mayer with an 11:27 pace. As I mentioned earlier, this was always a difficult 10 miles due to a long stretch of straight out-and-back road under usually hot conditions. Jim Harris, who you sometimes see on his bike taking pictures, directed that race.

I think I’ll end with the September, 2013 WTRC newsletter where we see that Ron Lubowicz is still the president and Amanda Boston is vice-president. There is a great article written by Laura Lappe about our Les and Sharla Kinman’s running motivations. It is notable that Les started running just before his 45<sup>th</sup> birthday and Sharla became involved with the WTRC beginning with the Loop-the-Lake Run – initially not enjoying running it but afterwards was hooked. How many of us have similar, later-in-life beginnings? I was 50 when I begin running in earnest....

The newsletter was initially published because it was the means of communicating with the club membership. Back in the 70s and 80s we didn’t have access to the computers, websites, smartphones, Facebook and the many other instantaneous and relatively easy means of communication we have now. The club leadership and volunteers had to meet sometime shortly after that month’s race. Someone had to compile all of the race statistics and type them out. Those statistics, upcoming race information and registration form, whatever article(s) the editor wanted to include were put together, sent somewhere to be copied, and then mailed – this happened every month for many years!

# WEST TEXAS RUNNING CLUB

FEBRUARY, 2000

## FROM THE PRESIDENT

I drove to East Texas over the holidays to spend time at my sister’s. She and my brother-in-law are caretakers of a piece of land near Denton which stretches for miles and encompasses woods, pasture, ponds – all far enough from “civilization” to give a feel for being lost in the wilderness. So, Christmas day I took my long run on the back road as my brother-in law suggested rather than the pavement of the farm-to-market road.

I ran into the woods on a grassy path, unsure where it would lead. I crunched through dried oak leaves and padded down grassy tracks barely kept alive by an occasional old pick-up. I turned down cow paths that had me ducking branches, dodging cactus and thorns, and side-stepping cow patties. I crossed pastures, forded creeks, passed through cattle gates left permanently open, vaulted and ran down fence rows. I climbed hills just high enough to view the open country for miles around and then forged back into the shaded wood.

I passed abandoned farmhouses, out houses, sheds, and old machinery in long forgotten piles of rust. I passed stock tanks and scared up flocks of duck unused to two-legged animals trotting by. I saw unnumbered armadillo foraging under the fallen ground cover and chased one until he ran surprisingly fast underneath the thick briar so prevalent in the Texas woods. I startled families of crow, flocks of duck and vultures. I heard the squirrels chatter, the woodpeckers knock, and I heard the red-tailed hawk call to me from his hiding spot. I felt the pad of grass path under my feet, the soft mud of the stream, the briars cut my ankles, the sweat on my brow and belly, the cool wind fill my lungs full. I stopped when I wanted....to examine animal tracks, stalk a bird, or just to take in the view. But mostly I ran, moving on and on at a constant trot, exploring, discovering, marveling at the woods and meadow that seemed to open forever in front of me. I ran to feel my body strain, I ran for my mental health; I carried on unspoken conversations in my head; I ran until there were no thoughts left, simply the feel of the run. I ran in moving meditation and felt a kinship with my ancient fathers of Africa and Ireland who knew their land with the same kind of unending movement. I ran ‘till the sun began to drop to the trees and the air cooled, and I found my path back through the oaks and briars, by pond and meadow.

Today I ran for my heart and soul and renewed my kinship with the earth, just for the pleasure of running.

Mike Kelley

**MORE HELP NEEDED !**

Jan Ramirez has dutifully maintained our mailing label/membership list on her APPLE computer for several years. It is time that someone else took on that responsibility. If there is someone who has an APPLE/MACINTOSH Computer system and would be willing to do this service for the WEST TEXAS RUNNING CLUB for the next couple of years it would be appreciated. Our current secretary, Barbara Vitalec's computer is not compatible with the APPLE system. The file could be transferred by disc to a compatible computer system. If we cannot simply transfer the file by disc, we will have to hand enter each member on to another system one at a time.

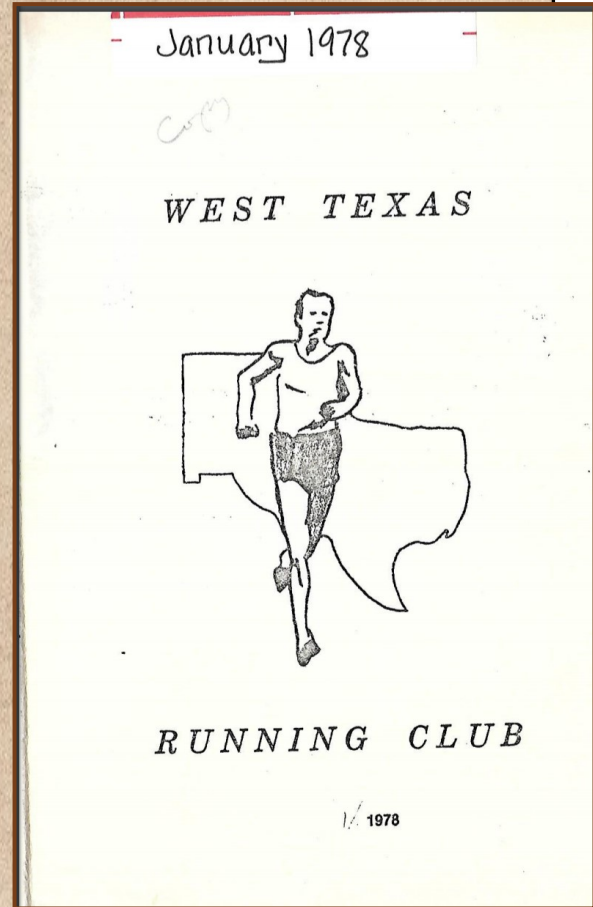
If anyone can help please call Jan at 793-4664. November 1990 WTRC Newsletter appeal

Presently those statistics are generated by David Higgins and his timing team with David posting the race results to the WTRC website often later the same day of the race. The Challenge Series Standings are compiled and maintained via a great set of Excel spreadsheets that were developed by Amanda Boston. What took many hours to compute and format now take just a handful of hours and, once completed, are also posted very quickly to the club website. So, the purpose of the newsletter has changed from being a means of communicating race results, Challenge Series Standings, and

upcoming race information to be club member focused. If you read through the last few years of newsletters you will see articles written by young club members like Emma Lopez, Reese Pena and Peyton LaFiette. There are also "history" types of articles about people like Gene Adams who started the WTRC, the most recent past-president, Ron Lubowicz, and our oldest club member – still running strong into his 80s – Bill Felton. There are inspirational stories like Tammy Ureste's road to significant weight loss and running fitness, the Pena brothers, Jeremy and Jason, battling back from a serious cancer operation and being hit on a motorcycle by a drunk driver and Ed and Lisa Price's story of partnership that includes significant running experiences.

As mentioned earlier, if you get a chance read through some of the newsletters posted here --<https://wtrunning.com/newsletters/> -- on the WTRC website. Get a sense of the almost 50 year history of a club that continues to "...promote distance running as an aid to physical fitness and longevity and, if need be, an alternative "Positive Addiction".... [t]o unite runners of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area runners."

Steve German



June 1981 WTRC Newsletter Ad

the SWIFT FOOT



Put Some Profit in your Jog!

NIKE \* ADIDAS  
NEW BALANCE \* TIGER  
ETONIC \* DOLPHIN  
FRANK SHORTER  
"RUNNING IN YOUR DIRECTION"

# Scenes from the 2019 WTRC Social

January 24, 2019

for all pictures go to: [https://photos.google.com/share/AF1QipMCQCWGB\\_syy913l8RNr2ChVR1F-ueJPzOkrK8yyO6ix-tVE\\_lkI5kn0dBQuO7kuw?key=TXREOFotc3FCSmhQRjNFR1IWWk5kcUJEemdncTRn](https://photos.google.com/share/AF1QipMCQCWGB_syy913l8RNr2ChVR1F-ueJPzOkrK8yyO6ix-tVE_lkI5kn0dBQuO7kuw?key=TXREOFotc3FCSmhQRjNFR1IWWk5kcUJEemdncTRn)

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*Great Food, Fellowship,  
Remembrances and  
Accomplishments!!*



# 2019 Challenge Series Age-Group Award Recipients



W.T.R.C. 2019 CHALLENGE SERIES Award Recipients at the 2019 WTRC Social

YTD TOTALS						FEMALE						YTD TOTALS						
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL	
Adalynn Whitworth	9	83	25.2	11	*	Amy Wallis	30	105.5	64.8	11	*	Reeda York	57	106.5	77.7	11	*	
Zaylee Whitworth	7	77	25.2	11	*	Molly Roberts	30	82	51.7	13	*	Susan Strawn	58	102.5	33.4	11	*	
Cecily Flores	8	36.5	17	6	*	Autumn Lass	34	39.5	56.5	8	**	Librada Sissell	56	90	81.5	11	*	
												Margaret Woodfin	55	84	67.2	10	*	
10 - 12 FEMALE						35 - 39 FEMALE						60 - 64 FEMALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Daelyn Pena	10	109.5	39.1	13	*	Sarah Pena	38	105	46.4	13	*	Terri Evans	60	104.5	35.1	12	*	
Reese Pena	13	95.5	32	10	*	Tammy Mosteller	35	94.5	29.1	12	*	Leesa Price	63	42.5	24	5	*	
Roxie Flores	12	63.5	26.1	8	*	Kyla Whitworth	38	66	33.2	13	*							
Aubrey Whitworth	13	54.5	36.5	8	*	Sheila Peralta	38	51	17.1	7	*							
						Tiffany Walker	38	47	58.4	10	*							
13 - 15 FEMALE						40 - 44 FEMALE						65 - 69 FEMALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Emma Lopez	15	124.5	39.4	12	*	Ruby Smith	44	93.5	54.1	13	*	Josie Aleman	68	96	28.1	12	*	
Saylor Corelis	14	108	47.3	13	**	Liza Sandoval	41	41	14.2	5	*	Lydia Turner	66	75	29.3	9	*	
Jillian Winn	14	85.5	45.1	11	*						Julie Selleck	69	58	16	7	*		
16 - 19 FEMALE						45 - 49 FEMALE						70 - 74 FEMALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Annalise Winn	18	82.5	52	12	*	Amme Blair	47	112.5	59.5	12	*	Linda Peterson	73	62	24.1	8	*	
Brylie Corelis	20	57.5	36.2	9	**	Stacy Cain	47	108	33.3	13	*	PJ Sullivan	75	56	93.6	13	*	
Kyden Corelis	17	56	68.6	10	**	Heather Winn	47	69.5	35.6	13	*							
						Lauren Cobbs	50	69	59.1	9	*							
						Michaela Jansen	46	66	38.1	7	*							
20 - 24 FEMALE						50 - 54 FEMALE						ATHENA-age graded						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Maddie Ward	22	63	23.3	9	*	Debbie Gelber	51	101	60	11	*	Sheila Price	55	109	47.1	13	*	
Megan Taylor	23	49	34.7	6	*	Tammy Ureste	51	94.5	66.1	13	**	Kipi Fleming	56	105	39.2	12	*	
						Lori Ware	50	85	42.3	10	*	Haylee Swinford	32	63.5	47.2	10	*	
												Artie Corelis	53	52.5	77.8	13	**	
												Gabby Saldana	56	41.5	70.9	12	**	
25 - 29 FEMALE																		
AGE	PTS	MILES	EVT	VOL														
Amanda Morris	27	71	30.1	8	*													
Natalie Beckman	27	61	49	7	*													



YTD TOTALS						MALE						YTD TOTALS						
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	60 - 64 MALE	AGE	PTS	MILES	EVT	VOL	
Thomas Duncan	9	72	20.2	8	*	Joshua Leyva	40	114	82.4	13	**	Ian Scott-Fleming	64	103	92.7	13	*	
Zane Whitworth	8	57	19.2	8	*	William Whitworth	38	91.5	42.3	12	*	Terry Dalton	65	93	38.5	11	*	
Radley Dalton	8	49.5	19.5	8	*	Emmanuel Ramirez	36	54.5	73.2	11	**	Joseph Wilson	64	57.5	42.3	6	*	
10 - 12 MALE						40 - 44 MALE						65 - 69 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Billy Bond	11	72	22.2	8	*	Jeremy Pena	44	108	77.2	11	*	Jerry Morris	68	127	86.7	13	*	
Eli Paden	13	43.5	26.1	7	*	James Bond	41	80	80.9	10	**	Rickey Evans	70	101.5	35.1	12	*	
						Jason Calvert	40	63.5	96.7	13	*	Wayne Sullivan	69	79.5	81.3	11	*	
						Jason Pena	44	57.5	77.2	11	*							
13 - 15 MALE						45 - 49 MALE						70 - 74 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Ryan Whitworth	15	75.5	43.6	10	*	Gary Tayag	49	99.5	86.5	12	*	Gary Gressett	72	82.5	32.3	11	*	
Peyton LaFiette	16	58.5	52	9	*	Adam Bradshaw	49	95	28.1	12	*	James Livermore	72	67	27.2	9	*	
Kross Weaver	15	48	33.5	11	*	Tim Evans	47	74.5	42.7	11	*							
16 - 19 MALE						50 - 54 MALE						75 - 79 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Jalen Sandoval	19	30.5	11	4	*	John Corelis	54	119	51.5	13	**	Richard Lampe	75	102	34.1	13	**	
						Martin Montalvo	54	103.5	74.8	11	*							
						Frank Mendoza	52	83	59.8	10	*							
20 - 24 MALE						55 - 59 MALE						80 and up MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Alexander Morgan-Flemi	23	77	73.7	11	*	Scott Cain	57	127	87.2	13	*	Bill Felton	85	101.5	46.6	12	*	
Paul David Gaschen, Jr	24	73.5	49.7	8	*	Arturo Reyes	58	107.5	39.6	13	*							
						Mark Woodfin	57	97	36.2	11	*							
30 - 34 MALE						CLYDESDALE-age gr						CLYDESDALE-age gr						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL				
Matthew Wallis	34	105.5	64.8	11	*	Adam Puckett	48	101	34.3	13	*	Adam Puckett	48	101	34.3	13	*	
Jesus Zarate	30	65.5	78	11	*	Jaime Lopez	47	89.5	44.5	10	*	Jaime Lopez	47	89.5	44.5	10	*	
Chris Fyock	30	45.5	24.7	5	*	Dean Threadgill	40	87.5	74.1	12	*	Dean Threadgill	40	87.5	74.1	12	*	
Cody Lass	35	44	44.7	6	**	Nathan Paden	51	73	51.3	9	**	Nathan Paden	51	73	51.3	9	**	



**Congratulations to all  
Challenge Series Award recipients!!**

# Members of the WTRC 2019 Challenge Series

## 66 Mile Club and Trailblazers

		Age Group	Number of Miles	Number of Races	Trailblazer Categories at least 15 miles	
Adalyn	Whitworth	07-09	25.2	11	at least 15 miles	
Zaylee	Whitworth	07-09	25.2	11		
Thomis	Duncan	07-09	20.2	8		
Radley	Dalton	07-09	19.5	8		
Parkir	Duncan	07-09	19.5	4		
Zane	Whitworth	07-09	19.2	8		
Dylin	Duncan	07-09	17.5	3		
Cecily	Flores	07-09	17.0	6		
Daelyn	Pena	10-12	39.1	13		at least 22 miles
Aubrey	Whitworth	10-12	36.5	8		
Reese	Pena	10-12	32.0	10		
Roxie	Flores	10-12	26.1	8		
Eli	Paden	10-12	26.1	7		
Billy	Bond	10-12	22.2	8		
Peyton	LaFiette	13-15	52.0	9	at least 38 miles	
Saylor	Corelis	13-15	47.3	13		
Jillian	Winn	13-15	45.1	11		
Ryan	Whitworth	13-15	43.6	10		
Emma	Lopez	13-15	39.4	12		

		number of miles	number of races
Suzan	Caudle	106.0	13
Jason	Calvert	96.7	13
David	Higgins	96.7	13
PJ	Sullivan	93.6	13
Ian	Scott-Fleming	92.7	13
Tony	Aleman	87.7	12
Scott	Cain	87.2	13
Jerry	Morris	86.7	13
Gary	Tayag	86.5	12
Virginia	Bevers	85.5	12
Tommy	Johnson	85.4	10
Joshua	Leyva	82.4	13
Librada	Sissell	81.5	11
Wayne	Sullivan	81.3	11
James	Bond	80.9	10
Sonny	Bevers	78.5	11
Jesus	Zarate	78.0	11
Artie	Corelis	77.8	13
Reeda	York	77.7	11
Jeremy	Pena	77.2	11
Jason	Pena	77.2	11
Martin	Montalvo	74.8	11
Dean	Threadgill	74.1	12
Alexander	Morgan-Fleming	73.7	11
Mike	Lemon	73.7	10
Emmanuel	Ramirez	73.2	11
Aubrey	Calvert	72.9	13
Gabby	Saldana	70.9	12
Kyden	Corelis	68.6	10
Margaret	Woodfin	67.2	10
Tammy	Ureste	66.1	13



# 2019 WTRC Special Awards

Presented at the  
January 24th WTRC Social



2019 WTRC Distinguished Service Award  
*Sonny Bevers*

2019 WTRC Distinguished Service Award  
*Gabby Saldana*



2019 Sponsor of the Year  
*Affordable Storage*



2019 Support Organization of the Year  
**footTech** — *Angie Wilkins*

2019 WTRC Distinguished Service Award  
*Ashley Bautista*



2019 Ron Lubowicz  
Presidential Humble Hero Award  
*Terry Dalton*

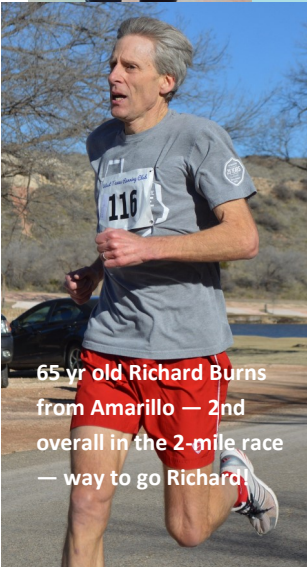
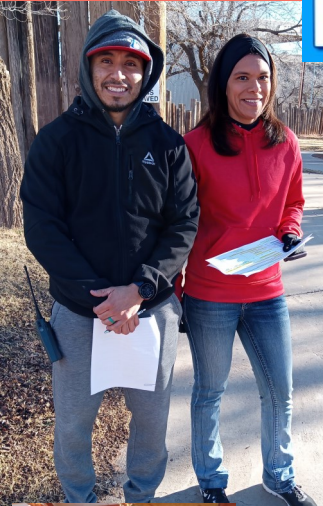


2019 Dr. George W. Jury  
Volunteer of the Year Award  
*Tammy Ureste*



# February Freeze

## Race Report



65 yr old Richard Burns from Amarillo — 2nd overall in the 2-mile race — way to go Richard!



Even though it was February in West Texas the weather was really nice — high 30s, moving into the 40s as the race progressed, not much wind — just right for a good run! We had a great race and the course was in good condition thanks to **Tammy Mosteller and Manny Ramirez for directing the race**

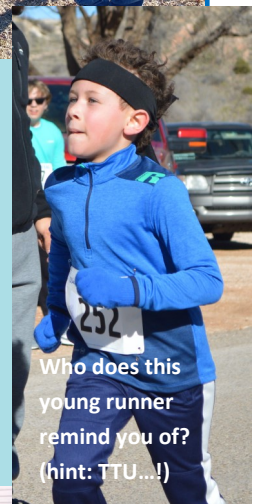
and a great crew of volunteers. We always appreciate Tommy Johnson for making it possible for the WTRC to conduct races at Buffalo Springs. Tommy is a Buffalo Springs resident and is a WTRC Board Member — an excellent combination that makes possible both this race as well as the Buffalo Wallow. We enjoy being able to run in a very nice area just outside of Lubbock — we get to go out of town for a race but don't have to find a hotel to spend the night :-))

We had a total of 198 finishers between both the two mile and the five mile courses.

The overall winner in the 2-mile race was **Paul Gaschen** of Lubbock with a time of 12:06. **Roxie Flores** (12 years old!) of Lubbock led all female runners with a time of 14:59. In the 5-mile race **Chris Fyock** of Lubbock led all runners flying in at 27:35. **Reese Pena** (13 years old!) again led all female 5-milers with a time of 33:31. Congratulations to all of our winners as well as all of our finishers!

A special thanks goes to WTRC member **volunteers** — Tammy Mosteller and Manny Ramirez (race directors), Sonny Bevers, Tony Aleman, Janie Flores, David Doyle, Michelle Richardson, Debbie Gelber, Paul Anderson, and Ian Scott-Fleming, and, as always, the WTRC Board members who show up so faithfully month by month — David Higgins, Suzan Caudle, Ron Lubowicz, Tommy Johnson, PJ Sullivan and Josh Leyva.

Thank you to all that were a part of today's race. See you next month at the Prairie Dog Town Run at the Beyer Museum!



Who does this young runner remind you of? (hint: TTU...!)



Being a newer race venue there were many records set this year and last for the February Freeze races. Check them out at <https://wtrunning.com/wp-content/uploads/2020/02/BSB-FEBFRZ-Records2020.txt>



## 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.

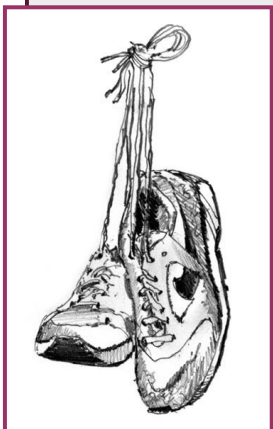
The following link goes to the official Challenge Series rules as well as to all of the Challenge Series Standings:

<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.
- "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."
- 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.



**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.)



West Texas Running



@WTRunning

**Come Run With Us!**

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

New event  
organized by  
WTRC member  
Peyton LaFiette  
—>>

# Endure 24 Hour, 12 Hour, & 6 Hour Ultra Marathon Event.

Lubbock Christian University, - Sugar Brown's Coffee Company, -  
My Race|Result Timing, - Foot-Tech Lubbock, - Texas Running Club,

## I N F O R M A T I O N .

### Where?

Lubbock Christian  
University Walking Track.  
(0.5 Mile Loop.)

### When?

March 28, (Saturday).

### Register.

Contact Race Director:  
+1 (806) 632-6616.

### More Info.

Fun & Camaraderie  
Driven Event. Manual Timing &  
Light Snacks and Water.

### Contact.

Race Director:  
+1 (806) 632-6616.

### Pricing.

The 24 Hour, \$65.00. The  
12 Hour, \$45.00. The 6  
Hour, \$25.00.



December 2019 Toys for Tots Cross Country Run

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

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Steve German  
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