



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

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Mae Simmons Park



**WTRC Officers, Board Members,
Directors and other club volunteers**

President: Jonathan Botros

Vice President/Operations/Media: Emmanuel Ramirez

Secretary: Wendy Anderson

Treasurer/Webmaster/Registration: David Higgins

Outreach: Ron Lubowicz

Hydration/Trailer: Tommy Johnson

RRCA Delegate: Josh Leyva

Social Media: Frank Mendoza

Customer Service Director and Race Calendar: Suzan Caudle

Board Members: Cody and Autumn Lass

WTRC Store: PJ Sullivan

WTRC Board Members can be reached through this email address: westtxrunning@gmail.com

Challenge Series/Newsletter: Steve German
steve.german@sbcglobal.net

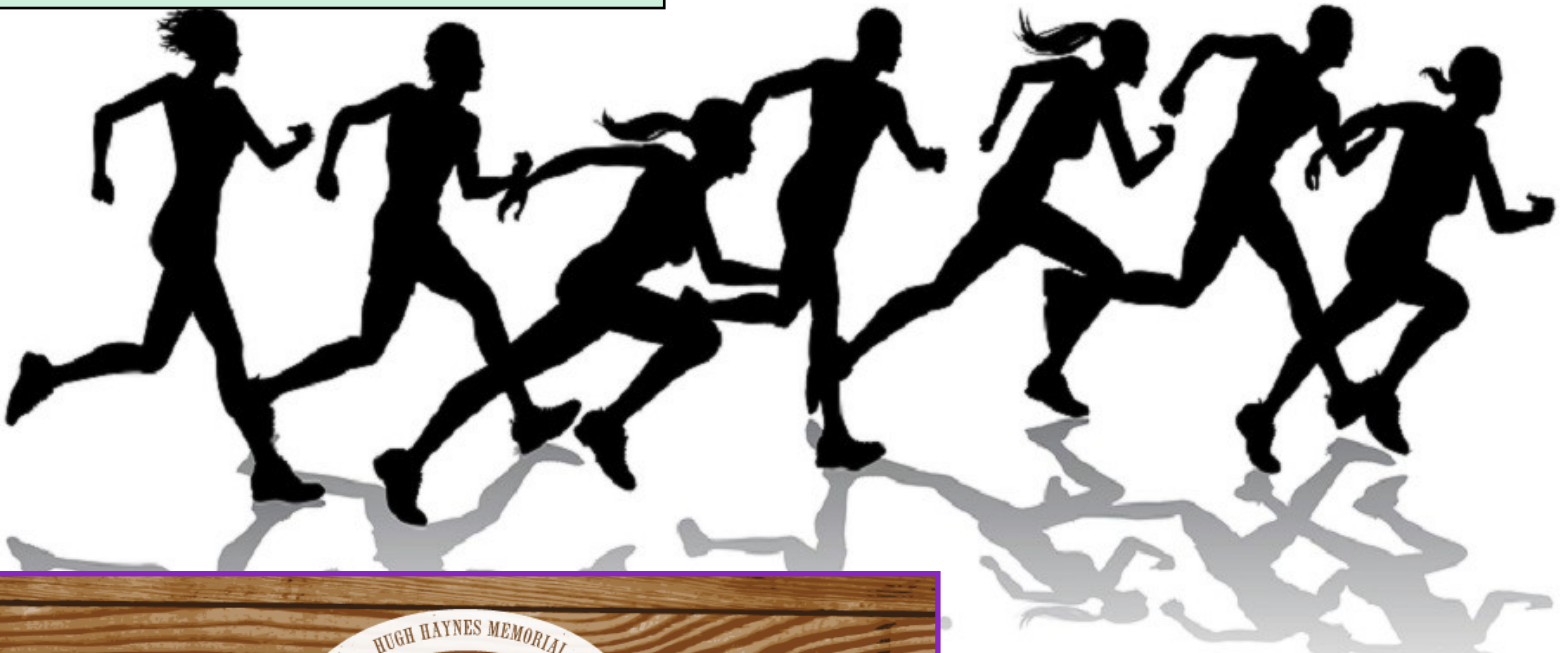
WTRC Address:
WTRC
PO Box 2921
Lubbock TX 79408

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

Upcoming Races



Hugh Haynes Memorial HSB Canyon Runs

11Mi (Loop) | 6Mi | 2Mi

2nd Saturday in May — 8:00am Start

Bib pickup on Race Day – 6:45 to 7:30

See WTRC website for directions to the course

Note: Check the WTRC Facebook page for updates regarding any changes to these races due to City, State and Federal recommendations regarding the Covid-19 pandemic.

Bobby Birdsong Memorial Run

2nd Saturday in June, 8:00am Start

Online signup expires Thurs, 7:00pm.

Bib pickup on Race Day – 6:45 to 7:30 a.m.

2 Mi or 10K USATF certified #TX16058ETM

RACE LOCATION

The old County Line restaurant parking lot on FM2641, West of I27



BOBBY BIRDSONG MEMORIAL

Moonlight Virtual Run April, 2020

Report by Suzan Caudle

The April Race seems to be a month of firsts! Last year West Texas Running Club had it's first evening run. This year we have our first Virtual Run in April! It is Spring and an appropriate time for new beginnings. There are definitely advantages and disadvantages to both kinds of races. First of all, the disadvantages are obvious. There are no points or medals. It didn't seem fair since runners would be running different courses. Some would be doing it on flat surfaces while others on hilly miles. Still other runners might take a completely different approach and run on a treadmill. I think the biggest disadvantage is not being able to see your running friends together! It makes the 'social distancing' even more painful. Runners will have to provide their own bagels and bananas and eat them alone too. Also, if you had planned to



volunteer for this race you are out of luck. When I am usually scrabbling for volunteers...sadly I don't need any this year. I will be looking for you next year though! There will be several opportunities later this year.

Did I say there are advantages? Oh yes! Yes I did! There is no charge for the virtual run and you get to count your miles toward the Challenge Series. You don't have to show up on Saturday morning to be included in the Moonlight Virtual Run. Run anytime between April 1 and April 11! It's your choice-whenver it is convenient for you. You can pick the best weather day too. Pick your course as long as the miles meet the distance you registered for. Bagels and bananas are not even a must. Choose whatever treat you would like to congratulate yourself on completing your run. I have even seen many runners bragging rights on our West Texas Running Club Facebook page. I know that a virtual run is not ideal. However, we will make it together...running separately.

Please see the next pages for a list of all who participated in the virtual run. We had 150 runners. There were 77 who ran the 15k distance, 66 who ran the 2-mile distance and 7 who ran the 1-mile distance. Runners' ages began at 4 years old up to 77 years young. What was also interesting was all of the different places that served as the virtual run race venue — here are a few of them:

Out on the country road by my house; Mackenzie Park; Roads and alleys; Tech campus; from my house to Boston and 66th, down Boston to TTU around TTU to UMC, across the bridge at R.Mcdonald house, to Indiana and crossed over to Memphis back home; On our farm and towards Wilson on FM 211; Lake Ridge County Club area; Dirt road 3 miles east of Anton; Highland Oaks neighborhood, first run/walk after torn meniscus!; Hutchinson middle school track; 114th & Memphis>98th & Memphis (and back); Treadmill.

There are more, but suffice it to say that the beauty of running is that it can be done just about anywhere! Way to go WTRC runners!!

Suzan



2020 Moonlight Virtual Run -- April 1-11

Results

First Name	Last Name	Race Distance Completed	Finish Time	(Out of Curiosity) Where did you run?
Marty	Adcock	2 Mile	23:36	Dirt road 3 miles east of Anton
Josie	Aleman	2 Mile	34:26	Tech Terrace
Paul	Anderson	15K (9.3 Mi)	1:47:48	Texas Tech
Mars (Marsha)	Bennett	15K (9.3 Mi)	2:05:37	Roads, Parks, & Track around my home
Virginia	Bevers	15K (9.3 Mi)	2:14:48	Post texas
Amme	Blair	15K (9.3 Mi)	1:22:50	Wolfforth
Robert	Bloodworth	15K (9.3 Mi)	2:01:10	Bike trails at and around Dunbar lake
Amanda	Boston	2 Mile	24:32	Around LCU with Greg (he did 2.6 miles with me!) also, I originated signed up for the 15k, but only went 5 on Saturday, so I'm submitting this time running with Greg.
Greg	Boston	1 Mile	11:57	with my momma around LCU
Jonathan	Botros	2 Mile	18:36	Southeast Lubbock - Kelsey Park Neighborhood
Courtney	Buechler	15K (9.3 Mi)	1:36:29	Outdoors - three loops around Northridge neighborhood
Scott	Cain	15K (9.3 Mi)	1:30:08	Mae Simmons
Stacy	Cain	2 Mile	21:02	Mae Simmons
Aubrey	Calvert	2 Mile	28:56	Buddy Holly Recreational Area
Jason	Calvert	2 Mile	28:47	Buddy Holly Rec Area
Luis	Cardenas	2 Mile	18:20	Around Waters Elementary School
Brady	Cechan	1 Mile	13:26	Dirt road 3 miles east of Anton
Kaci	Cechan	2 Mile	22:26	Dirt road 3 miles east of Anton
Lauren	Cobbs	15K (9.3 Mi)	1:35:40	Lake Ridge Country Club area
Jenny	Conner	15K (9.3 Mi)	1:26:52	SW wolfforth 62/82 and FM 1585 area
Artie	Corelis	15K (9.3 Mi)	3:17:00	County Roads
Brylie	Corelis	15K (9.3 Mi)	3:17:00	County Roads
John	Corelis	15K (9.3 Mi)	3:17:00	Country Roads
Kyden	Corelis	15K (9.3 Mi)	3:17:00	Country Roads
Saylor	Corelis	15K (9.3 Mi)	3:17:00	County Roads
Jonathan	Cottrell	2 Mile	18:19	114th & Memphis>98th & Memphis (and back)
Kaylee	Cottrell	1 Mile	9:37	Ravenwood neighborhood
Cana	Dalton	2 Mile	16:41.21	Hutchinson middle school track
Jerusha	Dalton	1 Mile	13:37.56	Hutchinson Middle School track
Simeon	Dalton	2 Mile	13:51.41	Hutchinson Middle School Track
Terry	Dalton	15K (9.3 Mi)	2:03:39	Texas Tech
Selah	Dalton	1 Mile	12:52.57	Hutchinson Middle School track
Talitha	Dalton	2 Mile	11:58.21	Hutchinson middle school track
Ranger	Doherty	2 Mile	17:51	Farm roads near home
David	Doyle	2 Mile	16:42	Residential Neighborhood
Averi	Duncan	2 Mile	17:52	Irons track
Mandi	Duncan	2 Mile	39:16	Irons track
Michael	Duncan	2 Mile	21:29	Irons track
Parkir	Duncan	2 Mile	28:32	Irons Track
Tamara	Duncan	15K (9.3 Mi)	1:35:13	City streets in the neighborhood around Irons Middle School
Thomis	Duncan	2 Mile	14:51.56	Irons track
Dylin	Duncan	2 Mile	38:41	Irons track
Scott	Eberhard	2 Mile	12:00.7	Laura Bush Middle School Track
Rickey	Evans	2 Mile	27:00	country road
Terri	Evans	2 Mile	20:00	Out on the country road by my house
Tim	Evans	15K (9.3 Mi)	1:48:29	42nd to University to 58th to Chicago
Kipi	Fleming	2 Mile	22:04	Neighborhood streets
Liana	Garza	15K (9.3 Mi)	2:30:47	
Paul	Gaschen	15K (9.3 Mi)	1:11:39	I ran an out-and-back from Aztlan Park all the way through Makenzi Park to the dam (and on one of the trail)
Debbie	Gelber	15K (9.3 Mi)	1:26:24	TTU
Steve	German	15K (9.3 Mi)	1:45:40	I ran from Mackenzie Park to Mae Simmons to Canyon Lakes and the Lubbock Cemetary
Yvonne	Gilinsky	2 Mile	24:21	Road in the neighbourhood
Alexander	Guzman	15K (9.3 Mi)	1:15:10	Hillcrest Park Clovis, NM

...results, cont'd

Michael	Hardin	2 Mile	26:14	
Breanna	Harris	15K (9.3 Mi)	1:31:41	TTU campus and my neighborhood
David	Higgins	2 Mile	24:58	Alcove Ave
Adam	Hixson	2 Mile	17:08	Mc Cullough Park
Chase	Hixson	2 Mile	13:18	Mc Cullough Park
Dottie	Holly	15K (9.3 Mi)	2:12:13	My neighborhood in Vintage Township, Lubbock, TX
Karen	Howell	15K (9.3 Mi)	1:31:37	My neighborhood
Lory	Ippolo	15K (9.3 Mi)	1:10:00	Texas Tech Campus
Debbie	Johnson	2 Mile	40:04	
Tommy	Johnson	2 Mile	40:04	
Ramon	Johnston	15K (9.3 Mi)	1:23:00	Roads and alleys
Les	Kinman	15K (9.3 Mi)	1:29:03	Northwest Lubbock (Roads)
Sharla	Kinman	15K (9.3 Mi)	1:47:24	my neighborhood
Toni	Kirkes	15K (9.3 Mi)	1:25:47	Road
Jonathan	Kopel	15K (9.3 Mi)	1:20:00	Near Carillon, TTUHSC, and TTU
Naomi	LaFiette	2 Mile	20:17	Ransom Canyon, TX (around the lake)
Peyton	LaFiette	2 Mile	16:47:50	Neighborhood.
Autumn	Lass	2 Mile	19:14	
Cody	Lass	2 Mile	15:14	
Joshua	Leyva	15K (9.3 Mi)	1:17:26	Around my neighborhood
Emma	Lopez	2 Mile	38:29	Wolfforth
Jaim	Lopez	15K (9.3 Mi)	1:20:25	Wolfforth frontage roads
Priscilla	Lopez	15K (9.3 Mi)	1:19:22	Road
Ron	Lubowicz	15K (9.3 Mi)	2:29:12	Hot Dam course
Zach	Manning	15K (9.3 Mi)	1:09:03	Shallowater
Tobi	McMillan	2 Mile	21:55	Tech Terrace (my neighborhood)
Frank	Mendoza	15K (9.3 Mi)	1:25:03	Texas Tech Campus
Sylvia	Miller	15K (9.3 Mi)	2:03:39	Tech Campus
Martin	Montalvo	15K (9.3 Mi)	01:18	Plainview's bike and hike trail
Jerry	Morris	15K (9.3 Mi)	1:28:11	47th Knoxville - S. Loop- Indiana - Quaker, etc
Cathy	Paden	15K (9.3 Mi)	2:05:53	Yellow house canyon, Slaton, TX.
Eli	Paden	2 Mile	20:34	County roads
Nathan	Paden	15K (9.3 Mi)	1:16:19	County Roads northeast of Slaton
Bryce	Pena	2 Mile	20:08	Irons Middle School Track
Daelyn	Pena	2 Mile	16:20	Around the neighborhood
Jason	Pena	2 Mile	16:30	Mckenzie park
Jeremy	Pena	15K (9.3 Mi)	1:16:55	Tech Campus
Reese	Pena	2 Mile	13:46	neighborhood run
Sarah	Pena	2 Mile	15:58	Around my neighborhood
Armando	Perez	15K (9.3 Mi)	1:26:20	On roads around Wolfforth
Jeff	Pharis	15K (9.3 Mi)	2:23:00	Levelland area
Laura	Pharis	15K (9.3 Mi)	2:38:41	Treadmill
Ed	Price	15K (9.3 Mi)	1:39:09	Heart of Lubbock
Leesa	Price	15K (9.3 Mi)	1:38:36	Heart of Lubbock
Sheila	Price	15K (9.3 Mi)	1:52:45	New Deal to Abernathy service road
Gonzalo	Ramirez	2 Mile	19:45	Two mile course around the Lubbock Country Club.
david	reed	15K (9.3 Mi)	1:42:00	MAe Simmons bike trails
Gabriel	Roberts	1 Mile	10:32:25	Hutchinson middle school track
Molly	Roberts	15K (9.3 Mi)	1:47:33	Home treadmill
Maliyah	Rodriguez	1 Mile	14:11	Treadmill
Brian	Rutledge	15K (9.3 Mi)	1:43:17	Mae Simmons Trails
Gabby	Saldana	2 Mile	31:02	Reese center
Robert	Schmid	15K (9.3 Mi)	1:52:04	Tangle wood/rush/TTU campus (road)
MaryAnn	Schwertner	15K (9.3 Mi)	1:59:14	On our farm and towards Wilson on fm 211
Ian	Scott-Fleming	15K (9.3 Mi)	1:51	around tech campus
Julie	Selleck	2 Mile	27:18	Lake Ransom Canyon
Mike	Selleck	2 Mile	25:14	Lake ransom canyon
Desirae	Sifuentez	2 Mile	19:57	Mackenzie Park
Fermin	Sifuentez	2 Mile	17:13	Treadmill

Librada	Sissell	15K (9.3 Mi)	1:50.34	in my neighborhood, Frankford down Milwaukee Anton Texas southwest Lubbock (W/N/E/S parameters - Upland, 79th, Albany, 102nd) Roads Stence Farm CR 5640 Lubbock County Post, TX Road in South Lubbock Started at 8:15am. From 39th St on Knoxville to 50th, cross over to Memphis Ave to the Loop, east on Kast- man park to Lynnheaven Ave to Miller school around back to Kastman park X 4 (1 mile ea.) then back on Memphis Ave to 50th, cross over to Knoxville to 3519- 39th!
Ruby	Smith	15K (9.3 Mi)	2:01:00	
Kristi	Starr	15K (9.3 Mi)	1:27:34	
Christine	Steen	15K (9.3 Mi)	1:11:58	
Carla	Stence	15K (9.3 Mi)	1:59:15	
Jennifer	Strawn	15K (9.3 Mi)	1:16	
Susan	Strawn	2 Mile	22:28	
PJ	Sullivan	15K (9.3 Mi)	1:52:13	
Wayne	Sullivan	15K (9.3 Mi)	2:07:00	
Haylee	Swinford	15K (9.3 Mi)	1:39:45	
Peter	Tarantola	2 Mile	20:30	Asphalt/pavement Lake Ridge Country Club area
Gary	Tayag	15K (9.3 Mi)	1:54:36	Backyard
Dean	Threadgill	15K (9.3 Mi)	2:04:46	Road/Trail combo in South Lubbock
Pam	Titzell	15K (9.3 Mi)	1:40:13	Miller Park to Tech and back
Lydia	Turner	2 Mile	27.36	Blacktop road in the country Highland Oaks neighborhood, first run/walk after torn meniscus!
Larry	Vigil	2 Mile	27:45	
David	Walker	2 Mile	19.40	Outside on a lease road
Tiffany	Walker	15K (9.3 Mi)	1:33:31	Neighborhood
Hagen	Walker	2 Mile	25:21	With mom around the neighborhood
Fred	Weber	2 Mile	21:05	Walk/run path at TTU Rec. Ctr. 2 laps
Carolyn	White	2 Mile	25.27	Crest view Elementary
Adalynn	Whitworth	2 Mile	20:06	Treadmill
Aubrey	Whitworth	2 Mile	18:20	TTU
Kyla	Whitworth	15K (9.3 Mi)	2:01:13	TTU
Ryan	Whitworth	2 Mile	13:36	Treadmill
William	Whitworth	2 Mile	20:34	TTU
Zane	Whitworth	2 Mile	22:02	Treadmill
Zayler	Whitworth	2 Mile	20:10	Treadmill
Heather	Winn	15K (9.3 Mi)	2:03:00	Texas Tech Campus
Jillian	Winn	15K (9.3 Mi)	1:35:07	Texas Tech Campus from my house to Boston and 66th, down Boston to TTU around TTU to UMC, across the bridge at R.McDonald house, to Indiana and crossed over to Memphis back home
Margaret	Woodfin	15K (9.3 Mi)	2:5:04	
Mark	Woodfin	15K (9.3 Mi)	1:14:10	Road
Matthew	Woodruff	15K (9.3 Mi)	1:31	Neighborhood
Francisca	Ybarra	2 Mile	13:45	Sundown around the town
Reeda	York	15K (9.3 Mi)	1:32:52	Outside city limits of Levelland
Ray	Young	15K (9.3 Mi)	1:27:37	Streets of Seminole
Taylor	Young	2 Mile	20.04	Track at Heritage Middle School
Later additions to the list of those who ran:				
Maricarmen	Solis	15K (9.3 Mi)	1:47:26	
Ashley	Bautista	15K (9.3 Mi)	1:24:55	
Lori	Ware	15K (9.3 Mi)	1:40:51	
Nicole	Phillips	15K (9.3 Mi)	1:26:27	

WTRC Members' Thoughts and Activities During the 2020 Covid-19 Crisis

Sixty-two years of life and I haven't really been through a real, world-wide crisis and I realize that almost all of us are in the same boat...until now. I know there are those who have, or those we might know, who have experienced wars — Vietnam,

World War II, Korea, Iraq, Afghanistan and other conflicts. There are those who are still with us who experienced, as children, the Great Depression. We have had oil-related embargoes that have affected a large number of people. There have been epidemics classified as "world-wide" — the Asian Flu (1957-58), Cholera (1961-75), Smallpox (1877-1977), Hong Kong Flu (1968-69), HIV/AIDS (1960-present), SARS (2002-04), Swine Flu (2009-10), MERS (2012-present), Ebola (2013-16), Zika (2015-16) (https://en.wikipedia.org/wiki/List_of_epidemics) However, I would imagine that most, maybe all, of us would agree that we haven't experienced something like the present Covid-19



SUPPLEMENTAL DECLARATION OF LOCAL DISASTER FOR PUBLIC HEALTH EMERGENCY REGARDING COVID-19 FOR LUBBOCK COUNTY, TEXAS (4-02-2020)

WHEREAS, the novel coronavirus (COVID-19) has been recognized globally as a contagious respiratory virus; and

WHEREAS, COVID-19 continues to spread and to pose an increasing, imminent threat of disaster throughout LUBBOCK COUNTY and beyond; and

WHEREAS, on March 13, 2020, the Honorable Curtis Parrish as County Judge of LUBBOCK COUNTY declared a state of disaster for public health emergency pursuant to § 418.108(a) of the Texas Government Code, based upon the need for extraordinary measures to contain COVID-19 and to prevent its spread throughout LUBBOCK COUNTY; and

WHEREAS, on March 20, 2020, said state of disaster for a public health emergency was continued and renewed with the consent of the Commissioners Court of LUBBOCK COUNTY pursuant to § 418.108(b) of the Texas Government Code; and

WHEREAS, on March 31, 2020, said state of disaster for a public health emergency was again continued and renewed with the consent of the Commissioners Court of LUBBOCK COUNTY pursuant to § 418.108(b) of the Texas Government Code; and

WHEREAS, the President's Coronavirus Guidelines for America, as promulgated by United States President Donald J. Trump and the Centers for Disease Control and Prevention (CDC), continue to

pandemic in terms of its effect on our daily lives.

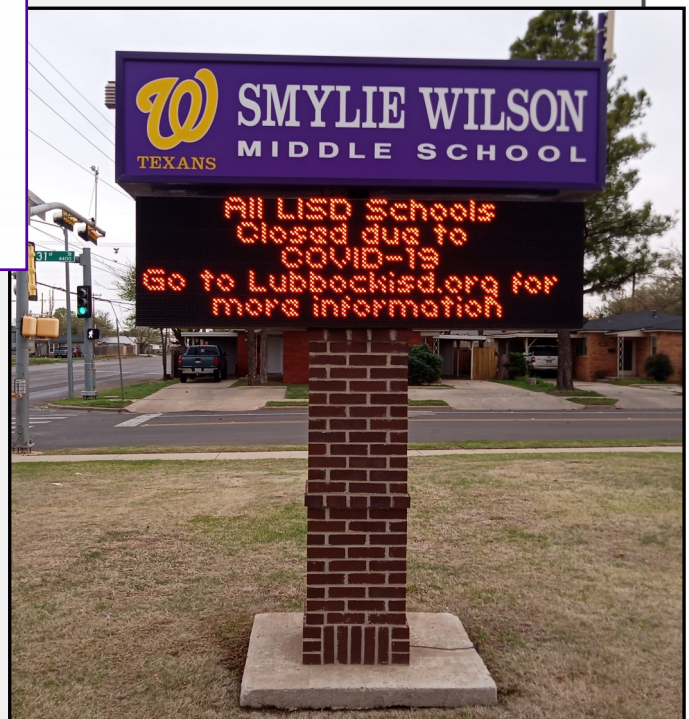
When have we been issued multiple declarations of disaster like the partial listing to the left from our City government? When have our schools, churches, many businesses, gyms, anywhere people meet for social gatherings been closed for a significantly long period of time?

I struggle to come up with anything comparable....

However, as difficult this time of history is, what is great to see is how people *adapt* to the problem. In the world of running, and in our local running club, runners tend to be amazingly able to take a tough situation and figure out how to squeeze out the good. I have asked several WTRC members to send a response to the following questions:

1. What you are doing to stay active during the Covid crisis?
2. How the Covid crisis has affected you personally?
3. How you think this crisis might change what we value.?

I thought you all would enjoy their responses — see next pages.



From Gabby Saldana

Most of us know the famous lines of U.S. President Franklin Delano Roosevelt's 1933 inaugural address in the midst of the Great Depression: "The only thing we have to fear is...fear itself." He followed that by pointing to the nation's strengths in meeting the crisis: "This is no unsolvable problem if we face it wisely and courageously. There are many ways in which it can be helped, but it can never be helped merely by talking about it. We must act and act quickly."

COVID19 created fear and social distancing within my family, the most important people in my life, but I was able to adapt and flourish. My husband and I are cooking and cleaning together, and we are eating at the dinner table every day — something we didn't do before. We are spending more time with our 3 dogs outside, they love it!

I am walking more at work since I cannot interact with individuals. I have more time to think about my health and what I can control. I have taken up meditation and being in the moment. I appreciate those moments so much more, especially when I can interact with my family by phone, text or face time.

Life has always been a process of evolving and adapting to change. That's what makes finding ways to stay balanced and strong so important: learning new skills to stay healthy and care for ourselves and my family is now more important than ever.

Taking care of our well-being, including our mental health is essential during this time. Everyone reacts differently to stressful situations. Experiencing stress, fear, anxiety or feeling of depression is normal. Running, jogging or walking was always been an outlet for these emotions. It has been a constant in my life.



From Ray Young

Hi Steve

Hope you are doing well through all of this. The only big changes I have faced have come with the closing of the gym so I'm doing more bodyweight workouts. I continue to run every day. Today is run streak day 1022.



For me personally we have been much more isolated the last couple of weeks because we were exposed to the virus. Thankfully we all made it through the quarantine without getting the virus. As far as workload, it has been much greater. I am learning to use more technology to carry on normal activities.

I am hopeful that this will make a difference going forward in regards to valuing relationships over activity. Valuing real connections over virtual connections. Making time to spend with one another. I hope it will help us to realize how much we take for granted.

From Gary Gressett

Well Steve, for myself I am pretty much in my same routine since I am retired -- run/jog 2.2 in the mornings on treadmill -- work with 15 lbs of hand weights for one hour each evening. Covid crisis has slowed me down on my pickleball play but have now laid out a pickleball court with net so I can practice my serving. My wife works with me on our dinking (working on shots close to the net). I work on my golf swing, short iron chip shots in backyard.

Outside activity away from our house is walk our boxer and yorkie down to the end of the block and back. Some TV, not much, usually late afternoon but no News for me -- their credibility has been shot out the window.

I believe that young parents are getting a good look at how it was in the 60s and 70's -- glad they are getting a feel of closeness of family life. Wish I were wrong but I'm afraid the fast and furious will all come back.



From Tim Evans

I could have never imagined how COVID-19 would change my life. One month ago I was going to the gym 5 or 6 times a week, eating out 3 or 4 times a week and pulled in multiple directions every night with my own and other family member events. Life was chaotic, but the kind of chaos that we all get accustomed to as our kids grow and we over-commit. Each day was fast paced and I often came home exhausted. Now, I am sitting at my kitchen table in the middle of a weekday listening to the birds sing in my backyard.

There have been a lot of adjustments that my family and I have had to make. Working out has gone from classes lead by an instructor to following workouts posted on online. All meals are made at home except for an occasional fast food takeout treat. Evenings are spent watching movies, playing games or enjoying a good book (my entire family likes to read). Life is slower. Some days it is a little too slow, even for an introvert. Working and schooling from home has also presented some challenges as four people have to find a place to set up computers and have at least one online video conference each day.

However, some of the adjustments have been an unbelievable blessing. Life is simple. I am enjoying more time with my wife and girls. We take walks, go on bike rides and eat together. I have also completed some long overdue projects and gotten rid of some clutter. And, of course, I can run almost anytime I want.

When this crisis is over I am going to be very careful about how much I start doing again. There are some commitments that I don't plan to pick back up mainly because I have a much better understanding of the opportunities I have lost by not staying home more.

I have also learned how much I cherish my friends. The people God has put into my life mean more to me than I really knew. I miss being able to join others in a run or race. I miss going to the church building to worship and sing with my spiritual family. I miss the firm handshakes and the strong hugs from my close friends.

In short, this crisis has taught me how truly blessed I am. I am the richest man in the world.



From Adam Hixon

Hope you are doing well...thanks for reaching out!

- I am staying active by running with my family, especially, my son, Chase. He turned 14 years-old on March 31st, and wanted to run a combined 14 miles among our family as a birthday present. He started off bright and early in the morning with 8 miles, and handed off to our daughter, Kylie, for 1 mile, then, my wife, Kelly, for 2 miles, and finally, myself, for the final 3 miles. Chase is an 8th grader at Laura Bush Middle School and active participant in many West Texas Running Club events. He was working very hard to improve his 1 and 1.5-mile times for track season. Unfortunately, the virus pandemic canceled all school track events, but thankfully, his desire to run has not stopped! Mine and his goal now is to participate in every West Texas Running Club event in 2020.

- Early on we were obviously disappointed about the many cancellations of events, closings of stores, and restrictions on gatherings. But, as the days went by and we gained a better understanding of the severity of the situation, we became concerned for our safety and the well-being of family and friends. With my parents being in their 70s and at a potential higher risk, my wife and I have become personal grocery shoppers and delivery drivers. School and Work from home has become strangely 'normal'. Adjusting has been a rollercoaster of ups and downs, but has strengthened our family, and helped us to better understand what is truly important.

- Our family has decided to view this time as an Opportunity not a Crisis. An opportunity to connect, cook and eat dinners together, play board games, learn new skills, family art projects, video chat with friends, etc. I have really learned the value of technology during all of this social distancing. Thankful for the ability to have video conferencing to stay connected with friends, work colleagues, and customers. Learning NEW ways to communicate and engage can be fun!



From Josie Aleman

Tony and I are doing more walking and bicycling since we have limitations. I have been sewing and just finished a quilt. I will be starting on another one.

I come from a large close-knit family. The Covid crisis has not allowed us to visit each other and this has been difficult for us.

This crisis has made me realize that I took so many things for granted. I feel some freedom has been taken away from everyone. From now on I will be more appreciative of even the insignificant things in life. I will certainly value our freedom so much more.



From Sarah Pena

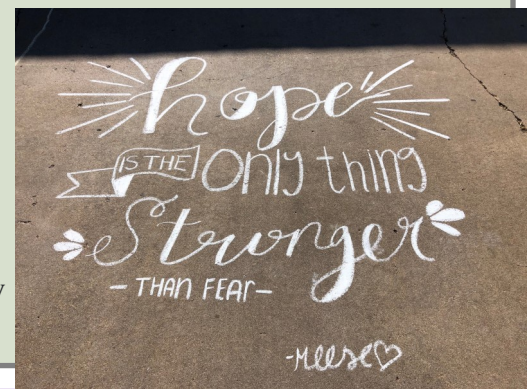
Staying active is not anymore different now than it was prior to Covid. Staying active is a choice that we can choose to make. Fortunately, we now just have more time to do it. My family and I have obviously had some cabin fever, but thankfully the weather is nice enough for us to get outside. We have been blessed to have this time that we can go for a run, bike ride, or walk every evening.

This Covid crisis has changed my perspective on many things. It has given me the opportunity to work from home and be there for my kids, as they, too, are “schooling” from home. We have talked about the things that Covid has taken away from us -- the entire track season, our running club races, it has distanced us from our friends and family, and kept us virtually grounded from our normal everyday lives.

What, though has it given us? I have chosen to take a different look at this “crisis” and tried to see it as more of a blessing and a time to slow down. It has given us our time back. It has given us a different focus on what is actually important. Is this time scary? Of course it is scary, but I do not want that fear to consume me. I have hope and faith in believing that we’ve been made victorious through the blood of Jesus.

Amidst the fear and worry that these times have

brought us I think we have gained a better perspective on life. This perspective has given me time to reflect on what is truly important, what we value. I think that we have grown accustomed to the ‘busyness’ of life and Covid has brought a dramatic halt to that busy way of life. With that halt I have been able to stop and smell the roses. I think this time has given people the opportunity to enjoy life in a different way. It has given us our time back, our relationships back, and our focus back. Reese wrote in sidewalk chalk yesterday, “Hope is the only thing stronger than fear.” I believe this and it rings so true right now.



From Reeda York

These certainly are unprecedented times we find ourselves in. Who knew toilet paper would become such a commodity? Of all the things people could choose to overload on!

I know that I took for granted simple things like attending church, running to Walmart and going to work. The salon I work at was officially closed for the foreseeable future March 31st. I miss my clients and co-workers who are more like family to me.

I am fortunate to be able to keep my normal running routine Lori Ware and I usually run in the evenings and our normal routes are not heavily populated. We can practice social distancing quite easily so we have adapted to the new normal fairly well.

I also miss seeing my WTRC family – am glad for the ability to do virtual runs but that can never replace our actual club races. Running for me is the people and relationships just as much if not more than lacing up and hitting the pavement. The future may be uncertain but I know God is in control. I pray everyone stays safe.

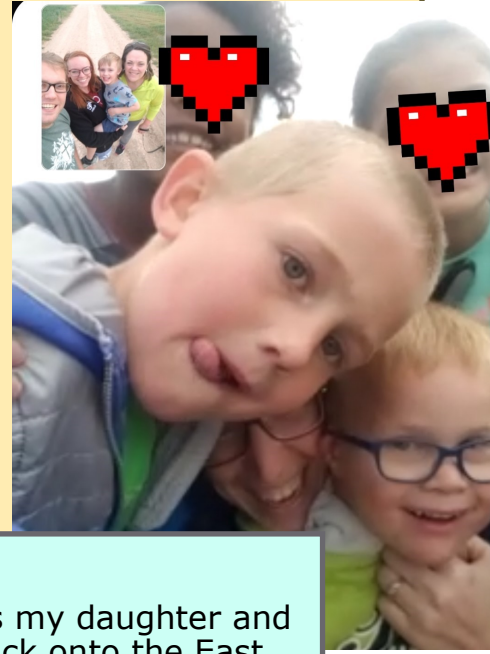




From Kipi Fleming

I've actually been running more often than I was before the stay-at-home order. Running has always been the way I handle stress, so it's been a great source of relaxation and precious time out of the house.

Occasionally, Haylee, Jalayna, and I have been going on virtual walks and runs together, and sometimes the kids go with us. I've included a picture we took on our last group walk. Since two of the kids in the photo reside at the Children's Home Of Lubbock I had to block their faces.



From Ron Lubowicz

Mentally, I am putting more time into expanding the new business my daughter and I started about 4 years ago. On the physical side, I am getting back onto the East Lubbock trails after a 7+ year gap ... but this time at a much slower pace (walking will do that).

Directly, the virus took away 2 of my planned ski trips. Otherwise, it has not changed much in my life other than reducing the number of times I go to the grocery store each week.

For most of the people I am close to this crisis has reinforced the importance of kindness and good behavior in general. Fortunately, all of the people close to me had learned this long ago, but now I am witnessing more and more people picking up on it and showing signs of leading more principled lives. Let's hope my observations are correct.

However, I am deeply troubled about how this crisis is spiking the activity level of governments, activity that necessarily will devalue the moral and economic futures of our children and grandchildren. Crises seem to always create highways of opportunity for rascals and zealots to suck away more of our freedoms in the name of serving humanity.



From James Livermore

I am staying active during the Covid-19 crisis by continuing injury recovery with transition from walk 100%, run 0% to walk 0%, run 100% and all kinds of calisthenics.

The Covid crisis has affected me personally by changing all volunteer functions and any meetings to Zoom meetings - grocery shopping online - missing my 3 long standing (20 plus yrs) weekly lunch and breakfast gatherings. I am dismayed that our country will be as divided as before after the coronavirus pandemic is over. However, I am experiencing no illnesses personally nor with friends.

My thoughts about how this crisis might change what we value are that it is hard to tell but I don't think it will be for the good!



Words of Encouragement

From Emmanuel Ramirez

WTRC Vice-President of Operations

Hey awesome runners! Anyone else tired of hearing the words “Covid-19, Coronavirus, Rona,” etc...? Well, we the WTRC Board are too! We are ready to start hosting our monthly races. We are ready to see YOU cross the finish line. We are ready to see our community support, cheer and encourage on another on race days.

First, I want to thank YOU, our community, for the endless support during this unprecedented time. As always, the best interest of our members is at the forefront of our governing board. Seeing our community interaction and support during the past two months has been very encouraging and motivating.

Second, I want to thank THE BOARD. Jonathan Botros - President, Manny Ramirez – VP, David Higgins – Treasurer, Wendy Anderson – Secretary & Board Members: Cody & Autumn Lass, Josh Leyva, Frank Mendoza, Susan Caudle, & Ron Lubowicz for their outstanding leadership and direction of the club during this time. The Board has had long passionate conversations on how to remain active and moving forward. Such conversations continue to be put on the table: Do we continue to move forward? How do we move forward? Is the safety and well-being of our community at risk? How do we move on forward while making sure we abide and follow national, state and local orders? This Board is determined to continue moving forward in keeping our community engaged and active as long as we are allowed by law. Whatever circumstances are dealt to us, please know our running club is in great hands.

Thirdly, How about our FIRST VIRTUAL RUN -- Moonlight Virtual Run! 150 virtual runners! That is amazing! We were blown away by the number of participants. HUGE thanks to Susan Caudle for her continued efforts in being Race Director. Also, HUGE thanks to Steve German for behind the scene work to make sure our first virtual event ran smoothly with minimal hiccups.

Lastly, the club’s future during this time. COVID-19 has forced us to make changes and adapt the way we host our events. Time as well as Executive Orders will determine how we operate/host our monthly races. Our community’s social media presence and interaction this past week with Moonlight Virtual Results was a pure reflection of the close-knit and supportive community we are all blessed to

be a part of. It was refreshing and assuring that the WTRC is active and vibrant. Your actions (posts & comments) led others to be a part of the virtual run while also assuring the Board that the virtual race was the right choice.

Again, THANK YOU for being an amazing and supportive community. This is OUR CLUB (mine and yours)! Please continue to follow us via email, the club website and social media for latest updates.

Happy Running!



Across The Years

by Peyton LaFiette

On January 3, **Across The Years**, a six-day nonstop running event ended in Phoenix, Arizona. Accumulating 132.02 Miles, this was my first ultra-marathon. We left Lubbock, Texas around 4:00 a.m. for our trip to Phoenix, Arizona. My grandmother and grandfather — Michael and Julie Selleck — went to Arizona as well and we all travelled in their motorhome. Michael and Julie were volunteering at Across The Years for an entry to the seventy-two hour race. On our way to Arizona we stopped in Benson, a small town outside of Tucson, for the night. We arrived to frigid Benson around 10:00 p.m. In all honesty Arizona is very cold in the winter!

We left Benson and headed to the Across The Years venue in Phoenix, Arizona, arriving at about 1:00 p.m. After parking the motorhome on the south lot Julie, Michael and I headed for packet pickup. Every registrant was given an ankle timing transponder and a bib that would record lap-time. This was the night before Across The Years began.

Day One. This was the big day. Across The Years is run on a one-mile loop for six-days. Jubilee Paige started to count down as we were all lined up at the starting line. 5.. 4.. 3... 2.. 1.. Six Days Of Hell! For each lap there was a monitor that would record mileage the runner accumulated. Day One of Across The Years went by smoothly. I finished 25 miles without a problem but knew the later days would give me a lot more trouble.

Day Two of Across The Years began with a beautiful breakfast and then a lot of running. It was a beautiful day! Until... stomach cramping, ankle pain, tendonitis. Another 25 miles were finished for Day Two. Michael & Julie began on this day as well. Once in awhile I would run into one of them on track but this wouldn't happen very often. One of my biggest motivations for finishing Across The Years is not my family or doing the impossible. There is a snack-station every lap filled with the most sugar and food any runner could dream of! Every lap I had to limit myself on what I could devour, otherwise I would be completely sick. This was Michael's motivation as well :-)

Day Three for Peyton, Day Two for Michael and Julie Selleck. On Day Three, I started to embrace the pain. It hurt. Soreness creped in as I walked out of the motor-home to the track to resume my run. Every step I took felt like knives were creating tiny tears inside my muscles. Day Three ended with 65.09 miles completed.

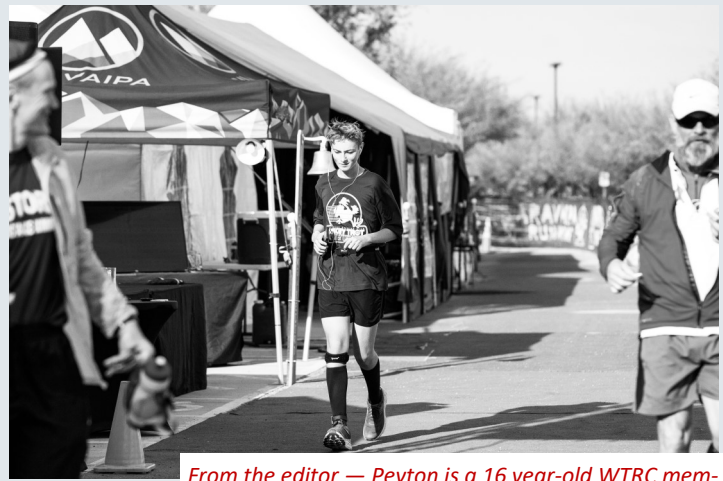
Day Four began and something clicked inside me. There was no pain or soreness when I woke. Was I dead or was I just very numb and couldn't feel my body? I ran several times around the track clocking approximate 12-minute miles. "Dang. This is amazing!" I said. For several laps I kept this up until I had Thai takeout for lunch. Then it began to turn into a spiraling rocket towards Earth. Pain seeped in again. Soreness set in. Headaches and

everything imaginable went wrong. Adrenaline is what kept me going through the night. I stopped after accumulating 95 Miles at the end of Day Four.

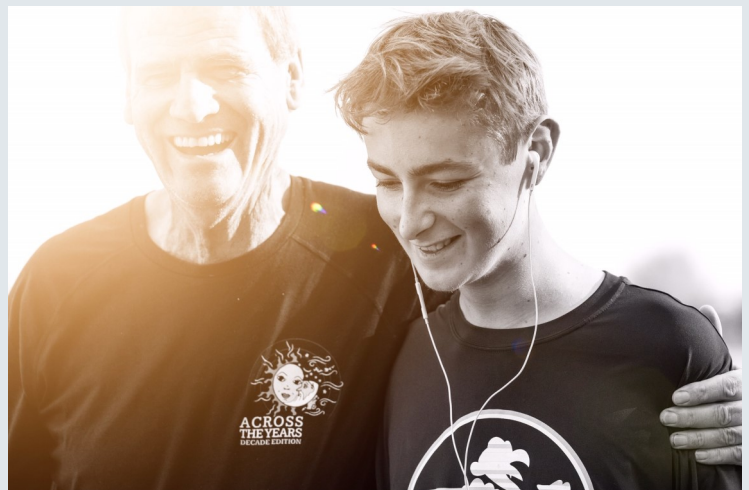
Day Five. This was the end of Julie's and Michael's run. Michael clocked 75.44 miles for the event while Julie completed 50.29 miles. Incredible performances and perseverance by both of them! They hope to come back to the Across The Years 2020 - 2021 Event. Today was the day I hit the big 100-mile mark! Adrenaline from achieving something I have wanted for twelve months was kicking in. We did it! **100.53 Miles**. After the 100-mile mark, the rest of Across The Years was fun and games. As I went over the timing mat for my 100th mile Julie, Michael, and my mother were all there cheering and celebrating for this major achievement.

Day Six — The very final and last day of Across The Years was today. I finished an extra 32 miles and finished Across The Years with 132.02 Miles. At 9:00 p.m. Across The Years ended. We were done. Something I have been dreaming of I had accomplished. God is the one who really allowed me to do this. My Mother, my biggest motivator and supporter, is the one that should have the most attention. Without her I would not have been able to complete Across The Years. We attended the Award Ceremony at Across The Years and I received my 100-mile buckle. It was incredible! Thank you to *Aravaipa Running* and *Jubilee Paige* for organizing Across The Years as it is one of my favorite events to attend during the New Year. We are all ready to return!

Peyton LaFiette



From the editor — Peyton is a 16 year-old WTRC member. I have enjoyed getting to know Peyton during this past year and admire his passion for running. Peyton is currently organizing an event like Across The Years for Lubbock! See information about Across The Years here: <https://www.aravaiparunning.com/across-the-years/>



An Alternative to the Roads

STAY AT HOME

- 11) All persons residing in the City of Lubbock are ordered to STAY AT HOME or at their current place of residence. For purposes of this Order, “residence” includes hotels, motels, shared rentals, and similar facilities. To the extent individuals are using shared or outdoor spaces, they must at all times as reasonably as possible maintain social distancing of at least six feet from any other person when they are outside their residence;

Hey, WTRC members! Well....we have all seen this City of Lubbock order, right? These are difficult times... not because we are being told to stay indoors to slow the spread of the Covid-19 virus (although being *told* to stay indoors causes us to chafe a bit at having our general freedom curtailed) but because so many of our city, state, nation, and world are suffering from the effects of a virus that we didn't have time to deal with before it became a pandemic.

However, those who are in authority recognize that an important part of a person's overall health is to be able to exercise and it is usually thought it is even healthier for some of that exercise to be outdoors — thus the section of the “Stay At Home” order allowing for the use of shared or outdoor spaces. As you know, the focus of the monthly WTRC races is on road running with the one exception being the Toys For Tots Cross Country Run held each December. One of the positives about road running is that it is conducive to groups — is easy to run fairly close together which facilitates the conversations that allow us to get to know each other better — often better than most other group-type social gatherings. I don't know why but it seems easier to share life stories and experiences when running!

But, of course, the key to the City Order is that we must maintain a distance of at least six feet (that's a long distance!) between us even when running together.

Well — during this time of social distancing, even while running, you might consider trying **trail running**. The key to trail running is that, very often, the trails are “single track” — that is, there's only room for one runner on the path — making trail running conducive to social distancing. The only time when the distance might become less between runners is when a faster runner comes upon a slower runner and desires to pass. The faster runner will say something like “on your right” and the slower runner will step to the side to allow the faster runner to pass. The modification here would be for that slower runner to step aside a little further off the path than normal.



Otherwise, trail running is a great running experience that is conducive to the current need for us to be further apart from each other than is the norm.

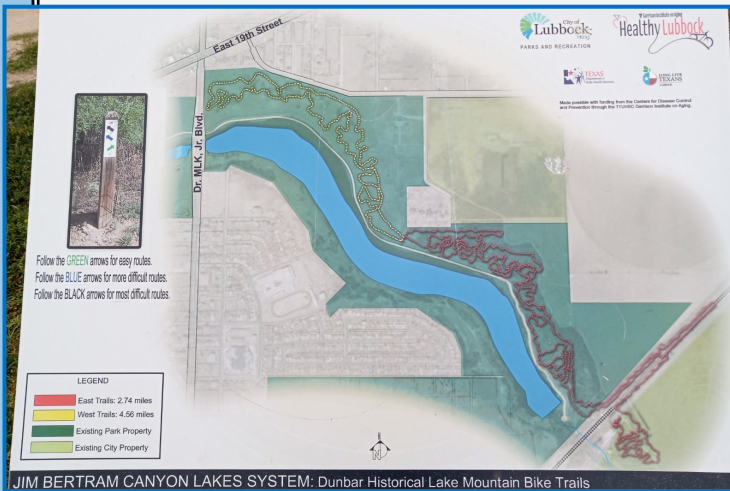
You might say, though, that you don't have time to go to South Texas to run the trails there or to Palo Duro or Caprock Canyons to the north of us to run those trails. Well — consider running the trails we have right here in Lubbock, Texas that are located near Mae Simmons Park along Canyon Lake Drive. There are quite a few miles of trails along the Canyon Lake Drive roadway. If you are new to trail running I would encourage you to run the upper portion of the red trails. This part of the trail roughly follows a fence line and is fairly flat. You can branch off of that trail to the rest of the trails

(in red) at multiple places along the

way if you want to run more hills. You might, for now, avoid the trails in green only because the City has been doing an extensive pipeline project and some of these trails have been dug up and then re-

covered. You can cross these worksites to get to the rest of the trails — you just need to be aware of the areas where portions of the trails aren't evident. Again, for those new to trail running, take your time! These are “technical” trails — they require practice and a different sort of leg and foot strength as compared to road running. But, for me, it has been a nice change to not be concerned about pace but, instead, be challenged in a new way while still running!

This is just a thought... !



Submitted by WTRC Board member
Ron Lubowicz.

And The People Stayed Home by Kitty O'Meara

And People stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth

See the following articles for more information
about the poem and the author:

<https://www.sapeople.com/2020/03/18/and-the-people-stayed-home-by-kitty-omeara/>

<https://www.oprahmag.com/entertainment/a31747557/and-the-people-stayed-home-poem-kitty-omeara-interview/>

**“Home is the nicest word there is.”
— Laura Ingalls Wilder**

**“I wish it need not have happened in my time,’
said Frodo. ‘So do I,’ said Gandalf, ‘and so do all
who live to see such times. But that is not for them
to decide. All we have to decide is what to do with
the time that is given us.” — J.R.R. Tolkien**

**I hope in the years to come everyone will be able to
take pride in how they responded to this challenge.
-- Queen Elizabeth II**

**“‘Where are we going, Pooh?’ ‘Home,
Piglet. We’re going home because
that’s the best thing to do right now.’”
— A.A. Milne**

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 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 Club



@WTRunning



Come Run With Us!

WTRC races are found at www.wtrunning.com

Run for the Arts

Horseshoe Bend

KEEP RUNNING

..... SOLO !!!

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