



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

2020 May/June

## Newsletter

*Mary Ann Schwertner on her 11 mile  
Horseshoe Bend Virtual run!*

*In this issue:*

- Hugh Haynes Horseshoe Bend Canyon Runs Race Director's report *by Nathan Paden*
- Ashyn Peralta — *Headed to Johns Hopkins University!*
- Bobby Birdsong Memorial Run Race Report
- A Runner's Story *by Bernard (Bernie) Hartman*
- Former Member Update — Riki Sampson
- RRCA Survey Summary — *Return to Running: Runner Attitude Survey Results*
- Mark your calendar for the 2020 WTRC Chase Race
- History in the making....



# 2020 WTRC Board and other 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](mailto:westtxrunning@gmail.com)

**Challenge Series/Newsletter:** Steve German  
[steve.german@sbcglobal.net](mailto: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 —  
3413 10th St. 79415

(Manny Ramirez' place of employment)

All members are welcome to attend!

## Upcoming Races



# FIRECRACKER RUN

Race Director: Gabby Saldana 806.281.4691

**50th Annual Firecracker Run, July 4 2020**

7:40 a.m. — 1 Mile Elementary Kid's Run

8:00 a.m. — 3 Mile & 10K Runs

Bib pickup on Race Day — 6:45 to 7:30

*No walkers in the 10K!*

**RACE LOCATION:**

Coleman Park — Brownfield, TX

**2nd Saturday in August**

*HOT dam!*

Start by the waterfall on MLK & 22nd St.

8:00 a.m. Start — 5 Mi & 2 Mi

Bib pickup on Race Day — 6:45 to 7:30

**RACE LOCATION**

Canyon Lakes #6: 22nd & MLK Jr Blvd

Race Directors:

Shannon & Wendy Anderson

806.544.5966

*Hot*  
**DAM RUN**

The logo features the word "Hot" in a large, cursive, teal font, with several small black birds flying above it. Below "Hot" is a red banner with the words "DAM RUN" in white, bold, sans-serif capital letters. The background is a light green and yellow geometric pattern.



# Hugh Haynes Memorial Horseshoe Bend *Virtual* Run

May, 2020

Well, the Hugh Haynes Memorial Horseshoe Bend Canyon Run was a casualty of the social distancing guidelines so it was

Nathan —  
Great work  
directing the  
race!



## *Race Director's Report by Nathan Paden*

changed to a virtual race as well. I really tried to get it to where we could still give out challenge series points and medals for running it, but from a practical standpoint it was just going to be too difficult to get everything setup for all the options we were looking at.

I really missed being able to see everyone out there enjoying the canyon, but we did have a few folks that dared the huge packs of wild dogs roaming the countryside looking for people to devour and actually came out and ran the course. I counted 23 people who indicated that they ran the actual course. It really is a pretty course with the tree tunnel and the canyon — however, the wild flowers weren't out as much this year with the lack of rain.

The morning of the normal race was a beautiful morning and I think there were almost a dozen people out on the course at some point during the morning. It was a beautiful morning — I logged a temperature of 58 degrees with a SSE wind of 14 mph when I finished my run right around 10:00 am.

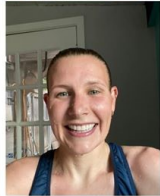
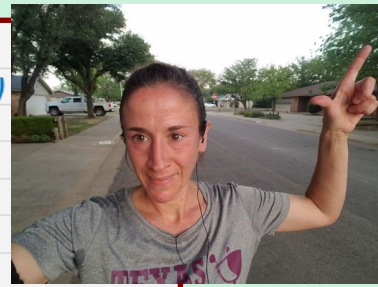
We ended up with 55 people turning in results for the 2 mile, 39 for the 6 mile and 53 for the 11 mile. I know the courses were not equal and the competition was not there, and we are going 100% on the honor system, but I thought it would be nice to point out that the people who submitted the fastest times for each distance. For the 2 mile it was a Talitha and Simeon Dalton for the fastest submitted times. They ran on the Hutchinson Middle School Track and Talitha ran a 13:23 and Simeon ran a 13:40. Sounds like they might have had some competition going on that helped push them to a faster time. For the 6 mile the fastest times submitted were Colby Sandoval with a 40:21 and Reese Pena with a 48:12, both logged at Buddy Holly Park on the Loop-the-Lake course. John Corelis logged the fastest 11 mile time with a 1:11:33 on a treadmill and the fastest 11 mile female time submitted was Gabrielle Arsiaga with a 1:15:44 on trails!

Congratulations to everyone who got out there and logged a run and submitted a time. It is difficult to stay motivated and keep training without any actual races on the calendar but hopefully we can get back to actually racing before too much longer. In the meantime, keep logging the miles and stay in shape. It is a lot easier to stay in shape than it is to get back in shape!



## WTRC Horseshoe Bend Virtual Run -- May 2020

		<i>Race</i>	<i>Hr</i>	<i>Min</i>	<i>Sec</i>	<i>HSB2020--Where Did You Run? (JustForFun)</i>
Marty	Adcock	2 Mile	0	23	51	Texas Tech
Josie	Aleman	2 Mile	0	33	41	Tech Terrace
Paul	Anderson	11 Mile	3	14	12	Texas Tech
Gabrielle	Arsiaga	11 Mile	1	15	44	Trail
Ashley	Bautista	11 Mile	1	44	0	Levelland
Mars	Bennett	11 Mile	2	34	57	Neighborhood streets, parks, & track around home
Virginia	Bevers	6 Mile	1	8	52	Started Cedar hills rd, Post Tx, 380 to the Post city limit sign
Amme	Blair	11 Mile	1	40	54	Wolfforth
Robert	Bloodworth	11 Mile	2	17	0	Heritage Junior High track and surrounding neighborhood.
Ben	Boston	2 Mile	0	27	25	See Amanda's info & pics :) Around the playa lake on the LCU XC course. Family run, Ben, me, Greg, & Tinsley in the stroller. Also,
Amanda	Boston	2 Mile	0	27	25	#irunwithmaud
Kyla	Breler	2 Mile	0	15	22	Laura Bush Middle School track
Michael	Breler	6 Mile	0	47	28	South Lubbock Neighborhoods (Suncrest, Southaven, Vintage Township)
Scott	Cain	6 Mile	0	56	2	Timber Ridge and Indiana South Neighborhoods
Stacy	Cain	2 Mile	0	18	57	Timber Ridge Neighborhood
Aubrey	Calvert	2 Mile	0	26	22	Horseshoe Bend
Jason	Calvert	2 Mile	0	21	44	Horseshoe Bend
Luis	Cardenas	2 Mile	0	19	10	Waters Elementary School
Maribel	Castillo	6 Mile	0	58	10	Neighborhood by Heritage Middle School
Shawnte	Clawson	6 Mile	1	4	19	Tulia TX
Lauren	Cobbs	11 Mile	2	6	59	Meadows South area
Jenny	Conner	2 Mile	0	15	7	Hwy 62/82
Saylor	Corelis	6 Mile	1	47	43	Country Roads
Kyden	Corelis	6 Mile	1	47	43	Country Roads
Artie	Corelis	2 Mile	0	42	45	CR 7920
John	Corelis	11 Mile	1	11	33	Treadmill
Liz	Covarrubias	2 Mile	0	27	29	Lcu college Lubbock
Angela	Crouch	11 Mile	1	43	1	Horseshoe Bend
Angela	Crouch	11 Mile	1	43	2	Horseshoe Bend
Terry	Dalton	2 Mile	0	26	45	Texas Tech Campus
Radley	Dalton	2 Mile	0	26	45	Texas Tech Campus
Cana	Dalton	2 Mile	0	19	52	Hutchinson middle school track
Simeon	Dalton	2 Mile	0	13	40	Hutchinson middle school track
Talitha	Dalton	2 Mile	0	13	23	Hutchinson middle school track
David	Doyle	2 Mile	0	18	5	Residential Neighborhood Albany, Bangor, 29th
Tamara	Duncan	11 Mile	1	52	40	City streets in neighborhood of Irons Middle School
Scott	Eberhard	6 Mile	0	42	53	From my house, 3 miles out and back
Tim	Evans	11 Mile	2	17	34	I ran the Horseshoe Bend course in 25 mile an hour winds
RICKEY	EVANS	2 Mile	0	30	0	I RUN ON MY LUNCH HOUR DOWN A COUNTRY ROAD
TERRI	EVANS	2 Mile	0	20	0	Country road in front of my house.
Shanna	Faries	2 Mile	0	28	29	The corse in the canyon!
John	Farnsley					
Kipi	Fleming	2 Mile	0	22	29	Neighborhood
Kristin	Foster	11 Mile	1	43	40	Yellowhouse Canyon Treadmill - had to take 2 pics due to the treadmill timing out...
Liana	Garza	6 Mile	1	45	26	
Paul	Gaschen	6 Mile	0	44	40	Horseshoe Bend Race Course
Debbie	Gelber	11 Mile	1	43	36	Horseshoe Bend Course a little extended! Missed a turn.
Steve	German	11 Mile	2	13	4	Mackenzie Park/Canyon Lakes/Lubbock Cemetery





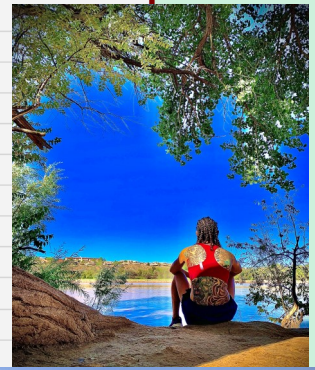
## WTRC Horseshoe Bend Virtual Run -- May 2020 ...continued

		<i>Race</i>	<i>Hr</i>	<i>Min</i>	<i>Sec</i>	<i>HSB2020--Where Did You Run? (JustForFun)</i>
Yvonne	Gilinsky	2 Mile	0	22	49	Homestead Road and 83rd Street, Lubbock Neighborhood. It was a hot one and I had to walk the last mile, but at least I got to jump in the pool when I got home!
Breanna	Harris	6 Mile	1	7	13	
David	Higgins	2 Mile	0	26	27	Alcove Ave
Jim	Higgins	11 Mile	1	58	15	Palo Duro canyon
David	Hill	6 Mile	0	48	21	My neighborhood/Heritage Middle School
Chase	Hixson	2 Mile	0	13	40	
Adam	Hixson	2 Mile	0	17	4	Laura Bush Middle School Track
Tonya	Hodgkins	11 Mile	1	44	29	Paved running trail along Marina Bay and East Coast Park in Singapore
Dottie	Holly	11 Mile	2	57	58	My neighborhood in Vintage Township
Russ	Horn					
Kim	Hovland	2 Mile	1	2	36	around neighborhood
Karen	Howell	6 Mile	0	57	58	My neighborhood then I finished at the Irons MS track.
Ramon	Johnson	6 Mile	0	55	30	Around the neighborhood
Mike	Kelley	6 Mile	1	37	54	Horseshoe Bend Canyon race course
Sharla	Kinman	6 Mile	1	0	0	Tech Terrace Neighborhood
Les	Kinman	6 Mile	0	58	23	Tech Terrace Neighborhood
Peyton	LaFiette	11 Mile	2	57	0	Sandia Mountain Range. (Total 30 Miles.)
Rick	Lampe	2 Mile	0	32	19	Horseshoe canyon
Autumn	Lass	6 Mile	1	4	48	Texas Tech University
Cody	Lass	6 Mile	0	50	10	Texas Tech University
Mike	Lemon	6 Mile	0	56	43	I ran at Horseshoe Bend!
Joshua	Leyva	11 Mile	1	31	11	Southwest Lubbock
Jaime	Lopez	11 Mile	0	54	20	No run. Did elliptical/elliptigo
Emma	Lopez	2 Mile	0	33	54	Treadmill
Priscilla	Lopez	11 Mile	1	33	7	Levelland neighborhood road
Ron	Lubowicz	11 Mile	3	17	14	on the course with Livermore .... Flip phone selfie must not have saved
Casi	Maddox	2 Mile	0	18	23	A neighborhood
Jarrold	Maddox	6 Mile	0	50	52	Texas Tech
Zach	Manning	11 Mile	1	38	28	Wiley, Colorado
Jerod	Martin					
Jake	Maxwell	11 Mile	1	42	41	horseshoe bend course
Tobi	McMillan	2 Mile	0	20	59	Tech Terrace
Frank	Mendoza	11 Mile	1	41	32	Horseshoe Bend
Sylvia	Miller	11 Mile	2	13	47	Tech Campus and UMC. Thanks for the monthly challenges. It's been fun
Martin	Montalvo	11 Mile	1	37	37	Plainview, hike and bike trail
Mitch	Monroe					
Young	Moore	6 Mile	1	19	3	Buffalo Springs
Amanda	Morris	2 Mile	0	17	21	Charles A Guy Park
Jerry	Morris	11 Mile	1	46	6	50th and Memphis, 62nd st, Indiana - Quaker, repeat, repeat,...
Eli	Paden	2 Mile	0	21	18	Actual course
Cathy	Paden	2 Mile	0	21	10	Actual course
Nathan	Paden	11 Mile	1	39	13	The actual course
Kathryn	Panasci	6 Mile	0	52	24	Rush Neighborhood/Higginbotham Park
Bryce	Peña	2 Mile	0	19	19	Irons Middle School Track
Reese	Peña	6 Mile	0	48	12	Buddy Holly Park (Loop the Lake Course)
Daelyn	Peña	2 Mile	0	17	8	Irons Middle School Track
Sarah	Peña	2 Mile	0	18	10	Irons Middle school Track



**WTRC Horseshoe Bend Virtual Run -- May 2020** ...continued

		<i>Race</i>	<i>Hr</i>	<i>Min</i>	<i>Sec</i>	<i>HSB2020--Where Did You Run? (JustForFun)</i>
Jason	Peña	2 Mile	0	15	6	canyon lakes
Jeremy	Peña	11 Mile	1	26	3	Yellow house canyon
Armando	Perez	11 Mile	1	39	50	Wolfforth
Jeff	Pharis	6 Mile	1	33	0	University Heights / SPC Levelland
Laura	Pharis	6 Mile	1	38	22	Treadmill
Nicole	Phillips	11 Mile	1	37	3	Hometown- Levelland
Leesa	Price	11 Mile	1	57	59	Horseshoe Bend
Ed	Price	11 Mile	1	57	59	Horseshoe Bend
Sheila	Price	6 Mile	1	20	23	Buffalo Lake
David	reed	11 Mile	2	43	0	mae Simmons dirt trails 25k actual distance
Molly	Roberts	6 Mile	1	14	52	TTU
Michael	Roberts	2 Mile	0	28	1	Sweetwater, TX
Maliyah	Rodriguez	2 Mile	0	21	33	Treadmill
Brian	Rutledge	11 Mile	1	45	56	Lubbock lake landmark
Gabby	Saldana	6 Mile	1	48	22	Mackenzie park
Colby	Sandoval	6 Mile	0	40	21	Buddy Holly park
Liza	Sandoval	2 Mile	0	18	47	Buddy holly park
Rob	Schmid	6 Mile	1	2	11	Streets of Tanglewood, Rush, Tech campus East on Fm 211 towards Wilson, then east on 400 towards Slaton.
MaryAnn	Schwertner	11 Mile	2	21	30	
Ian	Scott-Fleming	6 Mile	1	11	0	
Susanna	Self	6 Mile	1	7	24	Tech Terrace & TTU loop
Aaron	Self	6 Mile	0	51	8	San Antonio Texas
Mike	Selleck	2 Mile	0	24	44	E County Rd 7000
Julie	Selleck	2 Mile	0	25	14	E County Rd 7000 near Ransom Canyon
Crystal	Shoaf	11 Mile	1	43	12	The original course
Desirae	Sifuentez	2 Mile	0	20	53	Treadmill
Librada	Sissell	11 Mile	1	51	43	down 82nd Frankford, down Milwaukee to 130th
Ruby	Smith	11 Mile	2	43	18	Anton, Roundup SW Lubbock - 66th St on the N, Chicago Ave on the W, 104th Pl on the S, Venita Ave on the E
Kristi	Starr	11 Mile	2	5	29	
Christine	Steen	11 Mile	1	35	38	Mackenzie park
PJ	Sullivan	11 Mile				
Wayne	Sullivan	11 Mile	2	5	0	
Peter	Tarantola	2 Mile	0	27	32	Meadows South area
Gary	Tayag	11 Mile	1	45	8	Neighborhood
Dean	Threadgill	11 Mile	2	21	49	Road/Trail combo in south Lubbock Miller Elem. across Indiana down Elgin to 50th across to Memphis back to Miller Elem
Pam	Titzell	6 Mile	1	3	42	
Ronnie	Trollinger	6 Mile	1	2	36	HorseShoe Bend Off road at the farm. Challenging and loved it! Cotton stalks, plowed fields, completely uneven paths in wheat stubble. Loose sand added a little more reason to focus and watch my footing. It was great@
Lydia	Turner	2 Mile	0	35	46	
Larry	Vigil	2 Mile	0	26	53	Around my neighborhood.
Hagen	Walker	2 Mile	0	19	54	With mom around the block
Tiffany	Walker	6 Mile	1	5	9	Neighborhood in Lubbock with family
David	Walker	6 Mile	1	5	9	South Lubbock neighborhoods with wife
Lori	Ware	11 Mile	1	40	20	Levelland
Fred	Weber	2 Mile	0	20	28	TTU Rec Center jogging trail. 2 one mile laps.
Carolyn	White	2 Mile	0	25	56	Around the neighborhood
Zane	Whitworth	2 Mile	0	18	36	Dreadmill
Adalynn	Whitworth	2 Mile	0	17	8	Dreadmill
Zaylee	Whitworth	2 Mile	0	20	0	Dreadmill
Ryan	Whitworth	2 Mile	0	13	28	Dreadmill :)
Kyla	Whitworth	6 Mile	1	4	37	TTU Campus
Tommy	Wood	6 Mile	1	5	2	South Lubbock
Mark	Woodfin	11 Mile	1	34	51	Evans track 142 laps (or so it seemed)
Margaret	Woodfin	11 Mile	1	43	0	Evans Middle School track Horse Shoe Bend, had to turn around at 6950 and run the same way back, pack of larger dogs were coming my way.
Matthew	Woodruff	11 Mile	1	54	25	
Reeda	York	11 Mile	1	53	53	Levelland
Taylor	Young	2 Mile	0	16	55	Our neighborhood
Ray	Young	11 Mile	1	59	4	Horseshoe Bend course





# Ashlyn Peralta

*Headed to Johns Hopkins University to attend college and run for the university cross country and track program!*

**From Pete Christy KCBD**

[May 20 at 6:55 PM](#)

Social Distancing Signings:

Out in Sundown, two cross county and track stars from the incredible program of coach Paul Darden signed.

[Ashlyn Peralta Signed to run track & cross country at Johns Hopkins.](#)

Alyzah McGlasson signed to run track & cross country at Southern Arkansas!

*From the editor: we have many young runners who are members of the WTRC. Ashlyn has been a member for several years along with her mom and sisters....hard to miss them, they are all strong runners and definitely favor each other! Ashlyn was recently signed by Johns Hopkins University to run in the university track program. See Pete Christy's interview with Ashlyn — hopefully the link below will take you there.*

*Ashlyn — we are proud of you and look forward to hearing about your experiences at Johns Hopkins!!  
Way to go!*

2019 WTRC  
Toys for Tots  
Cross Country Run



TAKE NOTE: just because you are from a small town doesn't mean you can't dream big!! These two girls did!! Congrats!!

See video at:

<https://www.facebook.com/watch/?ref=saved&v=537388883605315>

From Ashlyn to the WTRC:

Thank you for reaching out! I still remember writing for the newsletter years ago. I kept the emails (they were the first ones I'd ever sent from this email!), and I love to look back at them. Thank you so much for being such a huge part of my life! I hope I'll see you again in the future!

Some things about Johns Hopkins University:

- 13% acceptance rate
- It's considered the oldest research university in the U.S.
- It's located in Baltimore, Maryland
- I'm not going into the medical field, but it's ranked as the 2nd best Medical School behind Harvard. I'm thinking about majoring in Journalism, but I'm still undecided!

Johns Hopkins Cross Country program:

- They were 2012, 2013, 2014, 2016, 2017, 2019 NCAA Women's Cross Country National Champions
- The cross country race distance is a 6k
- There are about 40 girls on the cross country team, which is much larger than what I'm used to.
- I'm not sure what I will be running in track yet, but it could be anything from the 880 to the 10k



2019 WTRC  
HOT Dam Race

WTRC 2020  
February Freeze Run



Whenever I first began researching the school in terms of athletics, I started to feel really apprehensive about what I was getting myself into. Even though I have dedicated a huge part of my life over the last six years to running in WTRC races and alongside my teammates in Sundown, it was obvious that I wasn't as developed as a runner as most of Hopkins girls were. I was worried I wouldn't even be able to earn a place on the team.

I decided in early April that Johns Hopkins was going to be my home for the next four years, but trying to imagine going to school without competing every weekend, something I'd cherished throughout my years as a Roughette, left me feeling broken-hearted. I love the sport; I love the family-atmosphere that can only be found in a group of young adults with bibs pinned to their shirts. I couldn't imagine my life without it.

I decided I needed to advocate for myself. After crossing my fingers, writing draft after draft of an email, and then sending the coach a long, heart-felt message about how important being on the team was to me, he replied the next morning and told me that there just wasn't room on the roster—that he was waiting to hear back from a couple more of his recruits about whether or not they'd be attending Johns Hopkins, and that he'd let me know if anything changes. I felt like I'd lost all hope. I was embarrassed for trying so hard, but I was also confused as to how I could have gone from someone who was expected to run at the next level to one of the few who didn't. I felt like I was letting everyone down.

The next couple of weeks went by in a daze. I checked my email every half an hour, sometimes even more frequently, in hopes that I would receive some good news — but nothing came. It started to become a chore for me to lace up my shoes and go outside to run — what was the point? I wasn't going to get to compete anyway. I felt like I'd raced for the final time months ago and I hadn't even realized it. And now I was going to a college where I wouldn't make the team. My running days were over.

It was humid, sticky, and unbearably warm outside when I finished my run. I was standing in the practice field—the grass up to my ankles—behind the fence that surrounded the track and I remember feeling like I couldn't stand to sit and wait any longer. Memories of training and racing, some of the best and worse days of my life, on that track flooded into my mind while I looked at it and I knew I just wasn't ready to let go. I needed to have at least one more season, at least one more race.

I sent a quick email to Coach Van Allen, asking him briefly (and hopefully) about whether or not he'd heard back from his other two athletes ... and I hit "send." I took a deep breath and exhaled. I'd done all I could. Like my breath, that email was out in the universe—gone. Now all I had to do was wait.

I didn't end up waiting for very long, however. I received an email the next morning and I found myself in disbelief as I read the same five words over and over again: **"You're officially on the roster!"**

I kept the news to myself for a couple of hours, but eventually ended up telling everyone and they were all as excited as I was. At that moment I knew Johns Hopkins was the right place for me and I feel more and more at home with the school as I interact with other incoming freshmen and talk with girls on the cross country and track teams.

Running in West Texas has taught me a lot about myself. I've lost races more times than I can count; I've gotten lost in the middle of a race two or three times and my knees are covered in scars from mid-race skids across gravel — but I feel so prepared. No, I'm not a sub-five miler or a national champion like some of the current Hopkins runners are, but I'm more than ready to meet the challenge.

I've never had the opportunity to race against girls who run 50+ miles a week or contend for a national title, but I have been lucky enough to race against some of the most talented West Texas athletes I've ever met. Losing consistently, race after race, to Reese, who is half my age and half my size, has taught me to be humble. Watching Emma run has motivated me more than I can explain. With all that she has overcome and all that she has accomplished despite the obstacles that have knocked her down I've learned that I truly have no excuse and that adversity is good for the heart and food for your mind.

I don't know the names of all of the regulars at the races. There is the man in the highlighter-yellow tank top who I can never seem to beat, and the woman who wears skirts and reminds me to enjoy the moment above all else. The younger athletes remind me to appreciate how far I've come and how far I have to go, and the older athletes reflect, for all of us, how beautiful the sport is and how it connects all of us—regardless of our differences.

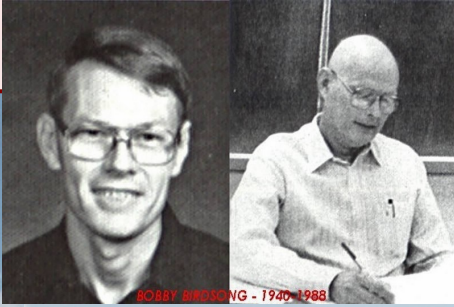
I'm going to miss the familiar faces of the WTRC and Sundown, Texas, but I'm grateful for every hill, stone, and puddle that I've ever run alongside the people I've known over the last four years and I'm excited to finally be able to say "I did it!"

*Ashlyn*



# Bobby Birdsong Memorial Run

## June 2020 Race Report



The Bobby Birdsong Memorial Run kicks off our summer races with the West Texas Running Club. This year's races were held in two places — one was the usual in-person race once again held at the Spirit Ranch (E & J Smokehouse) and there was a virtual option. There were 121 finishers for the in-person race and another 34 who ran the virtual race for a

total of 155 runners — a great turnout given that our last in-person race was wayyyy back in February! The day was breezy, cool and very humid from the night-before rain. A nice day for a run!

For the in-person race Dawson Reed was the overall 2-mile winner with a time of 14:18. Daylee Chism was the first female finisher in the 2-mile with a time of 14:21. In the 10K Pierce Tapp finished first overall with a time of 40:00 and Reese Pena was the first overall female with a time of 44:27.

For the virtual race noteworthy times are Talitha Dalton's (13:51) and Ranger Doherty's (14.0) times for 2 miles and Lori Ware's (53:42) and Mark Woodfin's (51:14) times for 10K.

Way to go all runners!!

It was a bit touch-and-go as to whether the club was going to be able to host an in-person event. Thanks go to Jonathan Botros (WTRC Pres.) for checking with city officials to get their

blessings and for him, Manny Ramirez, Josh Leyva, David Higgins, and Suzan Caudle (WTRC Board Members) for running point in getting together rules and procedures for the race that would meet City and State Covid-19 guidelines. It seemed that our runners did a good job adhering to the intent of the new procedures — thank you runners!

As we as a running community as well as the larger community in which we live navigate this newest reality of a real-life pandemic we are all to be commended for doing so with grace, patience and positive spirits. Keep it up and let's keep on running!!



**Thank You Volunteers!**  
David Higgins, Suzan Caudle, Emmanuel Ramirez, Adam Puckett, Liana Garza, Joshua Leyva, Jaime Lopez, Tammy Mosteller, and Desirae Sifuentez





From the editor: Joe Post — long time WTRC member, WTRC Board member and runner who recently passed away — wrote this about Bobby Birdsong for whom the WTRC Bobby Birdsong Memorial Run is named.

### Bobby Birdsong Remembered

The passing of Bobby Birdsong on May 24 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who did not have that chance.

Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby sent the extra mile and got local sponsors to fund Lope T-shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evidence in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely about friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered by call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since, and it was Bobby's positive attitude and encouragement that made me want to joint the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-news after the 1984 Palo Duro Canyon run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip over because it will be the best way to remember Bobby standing there on those steps making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T-shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.



# A Runner's Story

by Bernard (Bernie) Hartman

*Note from the editor: James Livermore was the WTRC Historian for many years and continues to fill me in on the early days of our club. Bernie was one of those early adopters of the club who contributed not only some great race times but also was instrumental in establishing races we either still run today or were a "forebear" of races we currently run. I thought you would enjoy some WTRC history :-)) Steve*

When my wife Makiko, daughter Lica, and I moved to Texas Tech University in 1975, for the next three years, my athletic endeavors were confined to weekly, lunchtime, half-court pickup basketball games with faculty colleagues, and fast-pitch softball night games in the Lubbock city league. Because we had produced our first daughter Lica in 1974, we were no longer able to spend summers working at the University of Oregon Institute of Marine Biology (OIMB). As important, Makiko had an excellent, responsible, full-time position as a technician in the Department of Anatomy at the TTU Medical School and could not



take the summers off. So after a 6-year hiatus from semi-serious running, in the early spring of 1979, I made a commitment to get fit. What prompted me? My fourth-floor office and laboratory windows overlooked the TTU quarter-mile track. From time to time, in the late afternoon, I would see our aged Dean of the College of Arts and Sciences jogging on the track, circling it several times at a pace runners derisively refer to as the "survivor's shuffle." I figured if that old fart could do it, so could I. After all, I was only 45 years old. So, I decided that I'd take up running again, and get in aerobic shape.

When I ran in high school and college, cross country shoes were composed of a little more than a thin, arched, molded sole with a black canvas upper. Perhaps because of my youth and otherwise fortuitous mechanical makeup, I had never suffered any injuries wearing them. So, for my return to serious running, I purchased a pair of cheap *Onitsuka Tiger* running shoes from a sporting goods store -- shoes that had a thin sole like those I wore in high school and college, with a blue nylon upper. "They looked marvelous."

Donning the shoes, white shorts, and tee shirt, I went to the Tech track late one afternoon, stretched, and began to jog. Halfway around the quarter-mile track, I became so badly winded that I had to walk. When I reached the finish line, I jogged halfway round again, was again winded, and walked. Doggedly, I persisted several times until I'd run a total of a mile. If the Dean was doing the survivor's shuffle, how slowly did I trudge that day? Crestfallen, I returned home. The reward for my return to running -- a severe case of shin splints!

It took several days to recover, but undeterred, in the interim, I sought expert advice about shoes from Jim McWhirter at his *Swift Foot* running store on Slide Rd. Jim recommended *Adidas* running shoes, the model called Marathon. I purchased a pair, some low-cut running socks, striped nylon shorts and vented shirt. Over the next several weeks, I returned each evening to the rubberized surface of the TTU track, steadily increasing the number of laps, and the speed at which I ran them. Soon I was able to do three miles at a seven minute/mile pace without discomfort. However, running long distance on a track soon became boring, so I began to run from our modest home on 29<sup>th</sup> St. on the roads and streets on or near campus. Initially, I had two routes. The shorter was a three-mile loop around the fenced TTU experimental cotton field where several jack rabbits would on occasion entertain themselves by watching me go by, then sprint past at blazing speed, probably laughing to themselves. My pace on that course was between 7 and 7½ minutes/mile. The longer route was a six-mile trek around the periphery of the TTU main campus at a slower 8 minute/mile pace. From time to time, I'd return to the track to do speed work, several in-and-out quarter-mile intervals of 80 seconds, a 5:20/ mile pace.

In my time, high school and college cross country race distances were typically two miles and three miles respectively. The daily training to run those distances was not demanding or done on any scientific basis, and to prepare for a race, we might run about 15 miles each week. But now, at 45 years of age, my training was becoming more rigorous, totaling between 25 and 30 miles/week. It would eventually average about 40 to 45 miles/week, especially when I spent summers at the OIMB. One week when training for a marathon, I topped out at 83 miles.

What possessed me to work beyond just achieving a decent fitness level? Firstly, I chanced to read cardiologist/runner/guru George Sheehan's inspirational book *Running and Being*, and bought into his training regime and philosophy. A few of his aphorisms that I particularly like and still have posted over my desk are:

*"I am a unique, never-to-be-repeated event in this Universe. Therefore, I have a unique, never-to-be-repeated role to play."*

*"I will not last forever. But I am damn well going to know I have been here."*

Second. I subscribed to the magazine *Runner's World*, read Joe Henderson's monthly column on training methods, bought into the idea of long slow distance (LSD), and there learned of an entire world of other demented people who ran competitive distance races.

Third. One of the big rewards of being fit, and sleeping well, is an improvement in mental health, specifically, patience and the ability to handle stress. At that time I was deeply immersed in experimental research, and supporting four talented graduate students on my National Science Foundation (NSF) and National Aeronautics and Space Administration (NASA) grants. There was pressure to acquire grants and publish.

Fourth. I like to compete, especially against myself.

In March, when I purchased my running shoes, I picked up a flier announcing a *Diet Pepsi 10K* race to be held in June. I hadn't run a race in 23 years. Was three months enough time to prepare for a race? It somehow seemed appropriate that I run that particular race because it was already my habit to follow up my training runs with a visit to the 7-11 on 34<sup>th</sup> and Memphis St where I purchased and quaffed, for fluid replacement, a Big Gulp Diet Pepsi. Also, I had been drinking regular Pepsi since my youth ("12 full ounces that's a lot"). So, ignorant of what to expect, I filled out the form, paid the \$5 entry fee, collected my cool Diet Pepsi t-shirt, and challenged myself to prepare for, and run the race.

The day of the Diet Pepsi 10K dawned warm with overcast skies. My breakfast was a cup of tea and a piece of toast. If that was a good enough pre-race meal for Frank Shorter, winner of the 1972 Olympic Marathon, it was good enough for me. To my surprise about 100 runners appeared at the starting line of the TTU track to do battle. It was rare to see more than a handful of runners on my daily treks around campus and on the track. Where had all these people come from? Looking around, I noted they ranged in age from high school athletes to several in their sixties, the majority being in their 20's through 50's — everyone looked fit.

I lined up at mid-pack on the eight-lane Tech track. However, when the gun sounded, it was every man for himself, and just like rookie runners (I should have known better), I took off in a semi-sprint at the pace of the leaders and was soon in oxygen debt. Out of physiological necessity I quickly slowed to a 7:30/min pace and after the first mile joined the second pack of runners that inevitably forms behind the leaders. I picked up the pace at the five-mile mark and sprinted the last quarter mile when the finish line came in view. I was exhausted when I crossed the finish line, but then you're supposed to be exhausted. As Don Sanderson an excellent WTRC runner from Tulia TX once said, "That's why it's called the finish line." My time for the 6.2 miles was a shade over 45 minutes, a 7:15 pace. Not bad, for a first race.

After the last runners crossed the finish line, there was an awards ceremony. It was then I discovered where all the runners had come from. While Pepsi-Cola sponsored the race, providing T-shirts and free Pepsi to finishers, an outfit called the West Texas Running Club (WTRC) was actually responsible for publicity and management of the event. Most of the runners that day were members of the club and came from big and little towns all over west Texas – from Amarillo 125 miles away, Brownfield, Midland, Odessa, San Angelo, Plainview, Levelland, Lamesa, as well as Clovis, Hobbs, and Portales, N.M. Trophies and medals were awarded to the first three men and women finishers in each age category – 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. Most awards went to WTRC members. My time was nowhere near that of the best runners in my 40-49 category. Encouraged by my performance, I joined the WTRC that day, particularly after learning that they held a race each month at one of the exotic towns mentioned earlier. Little did I anticipate the major life-style change joining the WTRC would involve.

The Lubbock YMCA sponsored the July WTRC race, a 5K (3.1 mile) affair at Mae Simmons Park in east Lubbock. I joined about 75 other runners for the race. This time I restrained myself from going out too fast with the leaders. Somehow, I finished third in the 40-49 age category with a time of 21:14, a modest 6:50 pace, and collected my first running trophy! Wow!

In early September I ran a similar time on a hilly gravel course, the canyon at McKenzie Lake about 85 miles south of Lubbock, a site between Lamesa and Seminole, this time finishing second. Truth be told, there were few quality WTRC runners in the race, so my award was tainted, but compensated for future races, when I'd sometimes run outstanding times (for me), only to be shutout of an award by superior competitors. In those cases my only reward was a souvenir T-shirt. My collection of T-shirts far surpassed my collection of trophies.

By now, I knew several Lubbock WTRC runners and joined them most Sunday mornings for training runs at Buffalo Springs Lake canyon a few miles east of the city. Our group consisted of James Livermore (a psychologist working for a law firm), Don Kephart (a design engineer for Gould Pumps), Mike Kelley (a psychologist working for Lubbock Mental Health and Retardation), and me. They were all younger, in their 30's. From time to time others would join us, but we four were the nucleus for several years. We usually ran two loops of the canyon (12 miles) at an 8 min/mile pace, slow enough for conversation – conversations centered on running, the latest race news, shoes, and advice on how to deal with nagging injuries. Because aches and pains were such a frequent topic, we referred to ourselves as the "free medical clinic."





To complete the 1979 calendar year, the WTRC sponsored well-attended races of 4, 6 and 9 miles in Brownfield for the months of October, November and December. Brownfield became my favorite running venue because I recorded my fastest times there that, in all the years that followed, I never eclipsed. For instance, my best time for the 3-mile race was 19:12, a 6-minute 10-sec pace (1981). To monitor my performance and fitness, beginning that year (1979) and for the next 14 years, I recorded my daily running distances and times in log books, monitored my weight, resting heart rate, race results, and inevitable nagging aches, pains and injuries. Over the years I raced in Texas, New Mexico, Oregon, Washington and Pennsylvania at distances ranging from 1 mile to the marathon (26.2 miles). And depending on the distance of the race I was prepping for, my daily training runs typically ranged from 3 to 13 miles for a total of 20 to 45 miles/week. My logbooks indicate that from 1980 to 1990, I ran ca. 10 races/year.

The best local runner in my age category was my friend George Jury, a local veterinarian. George was, maybe, 5'5", but he had nonetheless been quarterback for his high school football team. Much as I tried, and oh how I tried, I never came close to beating him in a race. George is truly an aerobic animal and I am not. He is composed of slow muscle fibers that fatigue but slowly whereas my muscles are anaerobic and fatigue quickly. I've always suspected the latter because only one person in my Baltimore neighborhood, David Law, was as fast as me. Plus, an early test for fast muscle composition is the standing high jump; in high school, I could stand under the basketball basket, leap and touch the rim. More recently, my 23andme DNA results corroborated that my muscle fibers are those of a sprinter, and get this, a 'world class sprinter.' Sprinters cannot be successful distance runners, and distance runners cannot be sprinters.



George Jury

One Saturday while driving back from a race in Amarillo, George Jury, James Livermore and I discussed the precarious finances of the WTRC. We decided the club needed to attract more runners to our races and become better known in the community. How to do that? When I consulted Jim Douglas, the Director of the Texas Tech University Ex-students Association, he and I decided to establish a 10K race on the TTU campus, we'd call it the *Red Raider Road Race* (RRRR), and another, a half marathon, coordinated with the Lubbock Arts Festival (LAF) held each Spring. NOTE: The LAF, now in its 40<sup>th</sup> year, attracts a huge audience, and fine artists from all over the country. The latter race we called the *Lubbock Run for the Arts*. In order to encourage fitness among youngsters, we decided each event would include a children's one-mile fun run. I assumed the duties of the first race director for both the RRRR held in September 1981, and the Run for the Arts in spring of 1982. Little did I know what I was getting myself into.

Examples of my duties included lining up sponsors, volunteers, getting the local police to manage automobile traffic, secure required permits, line up volunteers, design and order T-shirts for runners and volunteers, supervise registration and packet pick-up, start runners and clock them as they crossed the finish line, then award medals to the winners. The most difficult task was publicity. How to get the sports editor of the local newspaper, the *Lubbock Avalanche-Journal*, whose interest was limited to football, to publicize and cover our upcoming events, and publish the race results? Jim Douglas enabled that task, using the influence of the TTU Ex-students Association, to get appropriate publicity. Our chief sponsor for the initial races was Chuck Mayers, the local Miller beer distributor who generously financed much of the upfront expenses including t-shirts.

Both the initial RRRR and Run for the Arts with minor glitches were wildly successful. Not including the many children who ran the one-mile fun run (our daughter Lica ran) more than 250 runners ran each race. As a result, the WTRC pocketed the registration fees turning a substantial profit and became solvent. With part of the funds, the club purchased an early computer, called a *Chronomix* timing device, used at the finish line providing accurate race times and a hard-copy printout. Both races have been held annually since being initiated in 1981 and 1982. Thirty-eight years as of 2019!



Like most serious distance runners, my ultimate goal was to qualify for and run the Boston Marathon. So, in early 1983, when the WTRC sponsored a marathon in the Palo Duro Canyon located about 10 miles southeast of Amarillo, I decided to give that distance of 26 miles 385yds a try. In preparation, I followed running guru Joe Henderson's (*Runners World*) training regime, clocking 13 consecutive weeks leading up to the race of intense long-distance runs totaling ca. 50+ miles/week that included a Sunday run each week of 20+ miles. On the appointed day of the marathon, I joined perhaps 100 runners at the starting line, planning to run at a conservative, comfortable, 8 minute/mile pace. I finished the first of two loops of the canyon without a problem, and the second loop was also proceeding at pace, when with only 4 miles to go, I discovered there was no water at the last water station. I was dehydrated and needed water. Fortunately, there was one cup of Coca Cola left, but what dehydrated person wants a sickening-sweet drink instead of water? I drank it not realizing its caffeine content would give me an immediate unexpected boost. So, with George Jury, who had earlier run a 5-mile race pacing me, I covered the last miles without a problem. My time was a respectable 3:32. However, the Boston Marathon qualifying time for my age group 50+ at the time was 3:20. I was certain I could do better than that.

My performance at the Palo Duro Canyon marathon was so encouraging that I decided to run another marathon and attempt to qualify for the 1984 Boston Marathon. At the time, the most well attended marathon in Texas was the *Houston Tenneco Marathon*, a race that attracted world-class athletes the likes of Bill Rogers and Ingrid Kristiansen, and thousands of serious/semiserious wannabees like me. Because the race was held in January, I had nearly a year to prepare.

For the next several months I continued to train and run in monthly WTRC races at distances from 3 to 13.1 miles, and as the January marathon approached increased my weekly training runs to between 40 and 50 miles. Unfortunately, in mid-December training outside became impossible when from 17 Dec to the end of the month the temperature stayed well below freezing, getting as low as 4 degrees. For those two weeks I ran nightly in the TTU gymnasium making thousands of circuits round and round the basketball court, first in one direction, then the other. Boring!!! When the New Year and my 50<sup>th</sup> birthday dawned, the temperatures moderated a bit, staying in the mid-40's, making it possible to again train outside for the 10 days leading up to the race.

On 14 Jan (1984) my WTRC buddy Charles Davis and I boarded a flight to Houston and a hotel downtown near the race starting line. We attended the pre-race festivities that night where I was thrilled to meet George Sheehan philosopher and cardiologist, author of NYT best seller *Running and Being: The Total Experience*. George was a champion runner in college and continued running successfully until 1986 when prostate/bone cancer interfered. He wrote, "Don't be concerned if running and exercise will add years to your life, be concerned with adding life to your years."

That evening Charles and I hit the sack early, and in the morning, like many of the other runners, had tea and toast for breakfast in the cafeteria. Then it was off to the staging area near the starting line where we joined the throng of nearly 3000 persons awaiting the starting gun. The temperature at the start of the race was a very cool 40°F. To give an idea of how many people were competing that day, it took Charles and me 32 seconds after the gun sounded to reach the starting line. My plan was to run the marathon in 3:16, a comfortable 7:30 pace that would get me 4 minutes under the Boston Marathon qualifying time of 3:20. While the course was flat and run on the streets of Houston, I didn't anticipate that the streets were the most unforgiving running surface of all, concrete. Concrete does not absorb impact; it is ten times harder than asphalt.



As the race progressed and the participants thinned out, I stayed on pace without difficulty. However, as I neared the 20-mile mark, the calves on both legs began to cramp, causing me to stop and stretch them, doing wall-offs. Then with only 5 miles to go, they seized up completely, making it impossible to run forward, so determined not to quit the race, I ran those last miles backwards. Running backwards as I immediately discovered is slow, very slow. I was able to "run" those last miles at a 9-minute/mile pace far off the 7:30/mile pace for the first 21 miles. While I was happy to finally see the finish line, my time was 3:24:55, or 4+ minutes off the 1984 Boston Marathon qualifying time. Bummer! The Boston Marathon qualifying time has since been changed to 3:30, a time I surpassed in Houston while running forwards and backwards. Bottom line: Of the 2094 runners who completed the race, I was the 703<sup>rd</sup> person to cross the finish line. My friend Charles Davis, at 40 yrs old ran an excellent time of 3:03:53 and qualified for Boston.

There was an unanticipated penalty for running those last miles backwards. My quadriceps muscles were so weakened that for the next week or so, I could not lift my legs to climb steps or even step up over curbs. Instead, I accomplished those otherwise simple tasks by relying on my hamstrings, and doing it backwards!

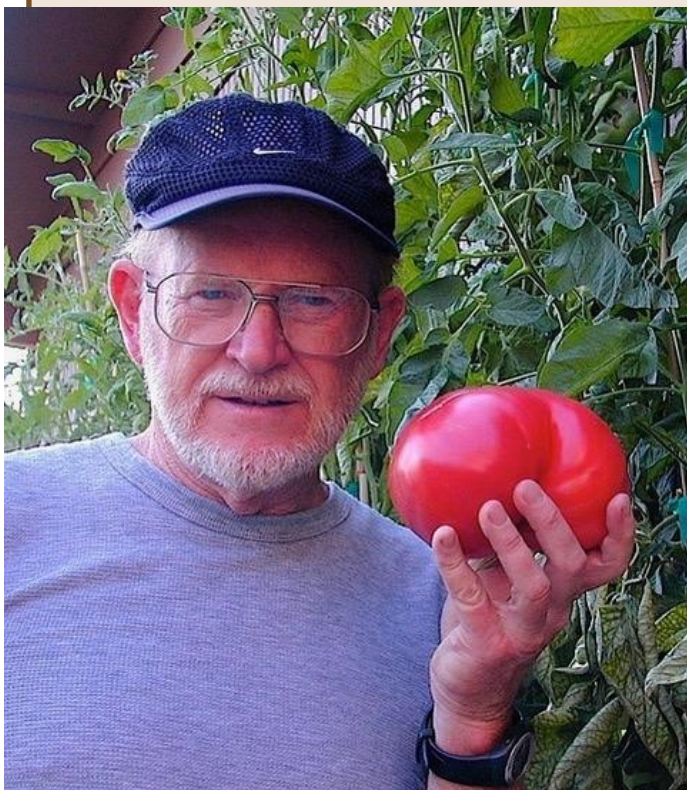
I was a serious runner from 1979 till 1989, training on the order of 1000 miles to 1350 miles per year. But, in 1989 when we moved from Texas Tech University to Duquesne University in Pittsburgh where I was hired to be Chair of the Department of Biological Sciences, my training and racing whether it be summers at the University of Oregon Marine Lab (OIMB) or the 'Burgh, dropped off considerably. In Pittsburgh, if I wasn't doing short runs in our Mt. Lebanon neighborhood, did long runs on one of the beautiful Rails-to-Trails, and South Park; in foul weather I ran indoors on my treadmill. Even though I raced until 2000, my last serious, competitive race was the 1995 Pittsburgh 5K Great Race where I placed 3<sup>rd</sup> in the 60-64-age category (22:45) and collected a handsome plaque.

In retirement, beginning in 2002, I taught and took courses in the Southern Oregon Learning in Retirement (SOLIR) program at Southern Oregon University (SOU) in nearby Ashland. When elected President of SOLIR in 2007, I initiated then coauthored a successful grant proposal to the Bernard Osher Foundation establishing our OLLI program at both SOU Ashland and Medford campuses. With Osher Foundation's financial support of ca. \$2.2 million, our enrollment has

grown from ca. 600 in 2007 to over 2200 today. I've taught at least one biological sciences course each year in our OLLI program.

Because we enjoy excellent health, my wife and I have a very full and active retirement. We attend Oregon Shakespeare Festival plays, concerts by the Rogue Valley Symphony Orchestra, trips to the Oregon coast, sojourns to San Francisco and the east coast, and care for our pugs Momoko and Booko. In 2017, Makiko traveled with our daughters Lico and Naomi to Paris, and both of us attended the 2018 Sibelius Music Festival in Finland. At this time of year my only concern is hoping my heirloom tomato crop will survive the smoke brought on by the inevitable drought-driven forest fires. Otherwise, life is good. My motto is 'tis better to wear out than rust out.

*Bernie*





# Former WTRC Member Update

## Riki Sampson

Dear Steve,

We hope that you are well in this '19' environment.

FYI for the WTRC newsletter if you want:

Former WTRC member, Riki Sampson will graduate from his high school in Japan this June. He was admitted into Cornell University's College of Engineering where he intends to study Engineering Physics starting in the fall of 2021 and hopes to race with its cross country and track teams. Riki still misses the camaraderie and courses of the WTRC's races. The photo is Riki running last Autumn in an Association of International Schools in Asia (AISA) league mixed doubles 8Km relay race on the beach near Busan, Republic of Korea.

Best Wishes from Japan. Stay safe.

Sincerely Yours,  
Stuart A Sampson



Riki 2011 Loop the Lake



Riki — 2017  
Shallowater  
Stampede

*Great to hear from you, Riki!  
We are excited about your future  
plans and are thankful you were a  
part of our lives while growing up.  
Way to go — keep on running!!!  
The WTRC*



# RRCA Survey Summary —

## “Return to Running: Runner Attitude Survey Results”



Recently the RRCA (Road Runners Club of America) of which the WTRC is a member conducted a survey to capture members' attitudes toward a return to running in organized, in-person groups like our WTRC monthly races as well as larger organized marathons, half-marathons, 10Ks, and other distance races. This survey opened April 21, 2020 and closed May 6.

I was impressed with the number of responses. The survey was sent to more than 200,000 members. By the close of the survey, May 6, there were 10,634 responses. 7,260 responded to every question. If you responded to the survey you will remember that it took awhile to complete! The gender demographic items revealed that 54% of the respondents were female, 43% were male and 3% did not respond to that item.

I encourage you to go to this link and review all of the findings: <https://www.rrca.org/news-articles/news-archives/2020/05/08/return-to-running-runner-attitude-survey-results>

I found the following results to be interesting:

- The overwhelming majority – 90% -- of the respondents plan to participate in events in 2021, less than 1% say they will not.
- Less conclusive, 53% said they would participate in events for the remainder of 2020 if events are allowed to take place, 43% are unsure or not willing.
- The survey indicates that runners are more interested in races' cleaning and sanitation polices than they are in offerings like expos, finisher line festivals and finisher medals. This seems to me to speak to runners valuing the experience of running in organized races over the ancillary things that often surround the larger races that are fun but maybe not the main driver for their participation.
- In the open comments section of the survey one theme that emerged was that runners were not willing to register for a race if masks were required. A very, very small number did not feel comfortable running in a group until there is a vaccine.
- Something I found very interesting is that a large percentage of respondents were favorable toward participating in small (100 or fewer participants) events. As the event size increases the percentages of runners wanting to participate in the larger size events grows smaller. Although WTRC races typically have 250 or so participants they are still relatively small compared to the major events. This result speaks positively for club races like those held by the WTRC.

There is more. I thought the RRCA did a good job conducting a fairly large survey in such a short period of time. One of my main takeaways is that, although I believe there will continue to be a demand for large running events like the Dallas Marathon and the Cowtown that are near to us Lubbockites, there will continue to be a strong desire for smaller, community based races. The WTRC has filled that role for almost 50 years. I have enjoyed being a part of this club for several years and have enjoyed getting to know many of you as we have run the monthly races.

So.... thank you for being a part of the WTRC – there's more miles to travel together. Keep running!

steve



# Mark your calendar for the upcoming 2020 Chase Race



Lauren Cobbs had 3.9 miles to chase down everyone who started ahead of her and had to run fast enough to never be caught by the many runners who started behind her. That's what it took for her to win the Chase Race event this past October and get her name on the President's Cup trophy alongside Mike Kelley (2016) and Jeff Fisher (2017) and Emma Lopez (2018).

Why did we add this event? The simple answer is ... **for fun and for bragging rights**. This is the one event where **ANYONE** can win, where the slowest qualified Club member can finish ahead of the Club's fastest speedsters.



## Some simple facts about this event:

- **The event will be held on Saturday two weeks after the RRRR (Red Raider Road Race);**
- The course will be between 3.8 and 3.9 miles long and will be announced on social media a few days before the event;
- Online registration is required, but there is **NO ENTRY FEE**;
- You will be assigned a starting time based on your handicap — *given that the WTRC has not been able to host its usual number of officially timed races Ron is working on how to calculate handicaps for participants.*
- If everyone runs their usual pace there could be 200+ finishers tied for 1<sup>st</sup>;

**It's fun, it's free** and everyone has a fair chance to earn the bragging rights to having been the WTRC runner who was **UNCATCHABLE** in 2020.

Questions? Email [Ron Lubowicz](mailto:ronlubo@aol.com) at [ronlubo@aol.com](mailto:ronlubo@aol.com)



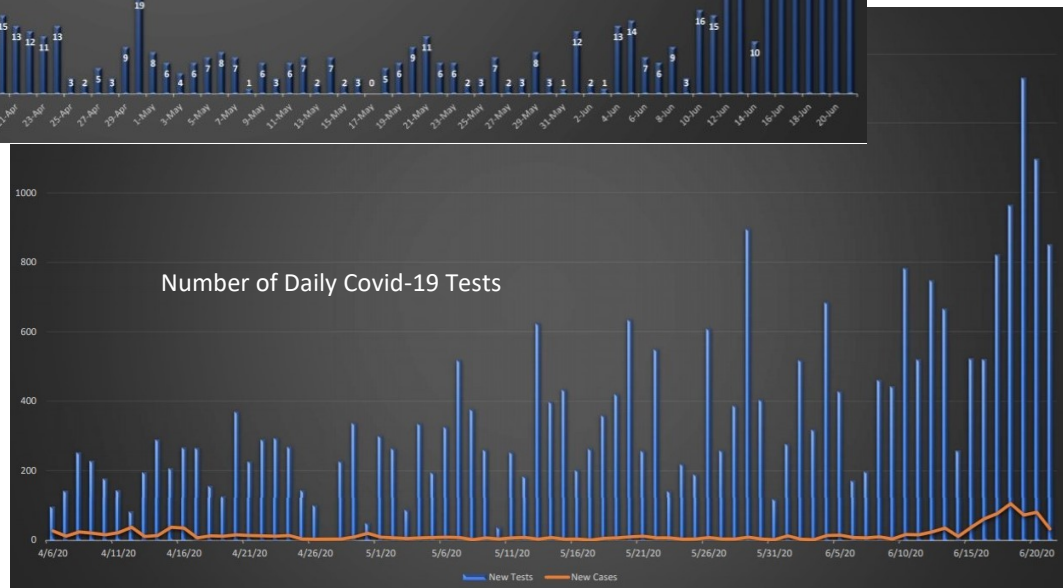
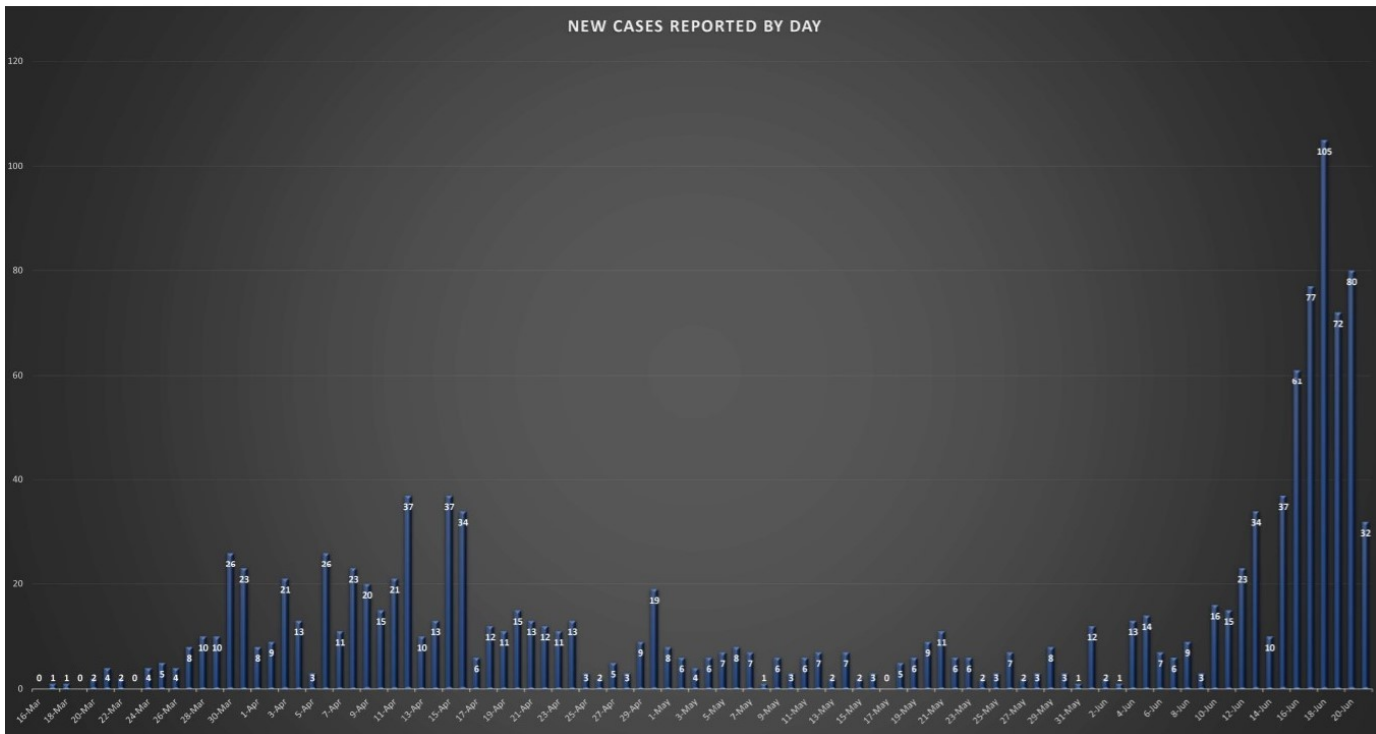


# History in the making...


From the editor: I just wanted to insert a point-in-time marker for the historical record. You can see in the first chart (below) that Lubbock County was experiencing a low number of Covid-19 cases from the outset of when records of case numbers began to be published. However, recent days have brought a significant increase in case numbers. Local news reports attribute approximately 70-75% of this increase to the younger age-groups — 20s and 30s — many of who went to local downtown bars and pubs to socialize a little too closely. So.... the good news for this point of time is that cases related to “olders” are not growing and there has been one death attributed to the virus in the past couple of months with most local deaths due to the virus ravaging our nursing homes.

So — it will be interesting to see what the coming days bring. The debate will go on as to how our governments should react to the changing numbers either as the numbers increase or they decrease. There have been many different approaches both by countries as a whole and, in the U.S., among the 50 states as well as related Territories. We are experiencing the accumulation of data, experiences, plans and strategies, failures and successes that will be the source material for many papers and books. Who would have thought just a little earlier this year that we would one day be mentioned in a significant way in the history books!

Hang in there everyone! Life is changing but perhaps there are many good things that will be interwoven among those changes. Keep running!



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

 West Texas Running Club

 @WTRunning



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



## Come Run With Us!

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

Run for the Arts

Horseshoe Bend

### WTRC Members —

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

**For the rules of the Series go to:**

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

Bottom line — run as many races as possible (3 qualifies but more is more fun!) and volunteer for at least one race (when you volunteer you are not running that particular race). For our club to work we need help during each of the 13 races — the “jobs” are not difficult and you will get to see the race from a whole new perspective! It’s fun to see the “guts” of the race :-)

### New addition to the Challenge Series Awards:

The awards will now include a best overall runner *based on challenge series highest points.*

There will be a winner from kids, women, and men divisions.

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