



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

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2020 July/August

WTRC Newsletter



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

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

WTRC Address:
WTRC
PO Box 2921
Lubbock TX 79408

Upcoming Races



Race Directors:
Autumn & Cody Lass



2nd Saturday in September
8:00AM Start
10K | 2Mii
Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)
USATF Certified #TX07091ETM(2Mi)

RACE LOCATION: Shallowater High School
FM1294, Shallowater

39th Annual Red Raider Road Race

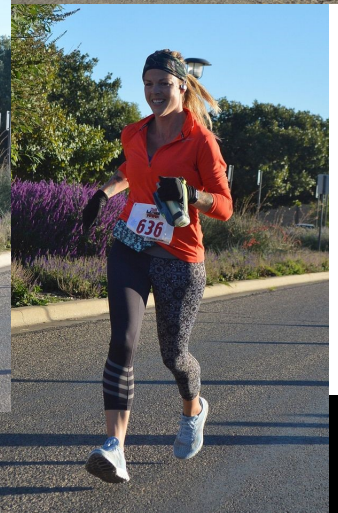
2nd Saturday in Oct.
8:00 am Start
10K | 5K

Race Directors:
Jonathan Botros & Manny Ramirez

USATF Certified #TX13187ETM (10K)

USATF Certified #TX13188ETM (5K)

RACE LOCATION:
Texas Tech University —
Robert H. Ewalt Student Rec Center,
Lubbock TX



RED RAIDER ROAD RACE

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 1st

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**

Questions? Email Ron Lubowicz at ronlubo@aol.com



WTRC Firecracker Run

July 4th, 2020 Race Report

Today's race was unique among the **51 years** this race has existed in that it was held during the 2020 Covid-19 Pandemic! As with all large-group events, WTRC club leaders spent many hours working with local officials (Brownfield) to determine if an in-person race could be run during this highly unusual time of uncertainty. But, thanks to the Brownfield leaders and those from the WTRC the race was given the "ok" for the July 4th run. The go-ahead happened just a couple of days before the race. Thanks go to Race Director Gabby Saldana, WTRC Operations VP Manny Ramirez, President Jonathan Botros, David Higgins and others for their work in making this race possible. We are all looking forward to getting out among our fellow club members and other runners for an in-person event in addition to the virtual option that the club has offered for the past several races.

The longest continuously running road race in Texas brought out 106 runners for the in-person event and 41 runners for the virtual option. On this Independence Day many runners from all ages exercised their right to participate an activity that we enjoy.

Thanks for directing the race, Gabby!

For the in-person event, the overall 3-mile winner was Travis Letkeman with a time of 19:08. Leading all 3-mile female runners was Addy Hill with a time of 22:27.

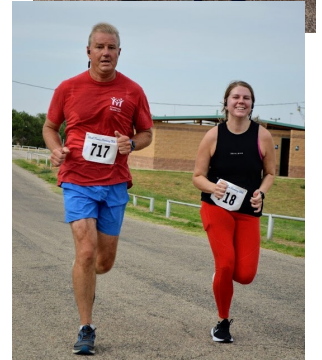
The overall 10K winner was Reese Pena with a time of 46:02. Reese continues to run really well at the ripe old age of 13 :-)) We enjoy and celebrate our young runners! Martin Montalvo paced the male 10K runners with a time of 46:30.

The weather was relatively cool at the start for a July race and warmed up towards the finish, particularly for the 10K runners. But, overall it was a very nice day for a great run.

In the virtual race, Saylor Corelis ran 3 miles on the treadmill in 25:07 and Tom Cunningham reported a 3-mile run in 26:07 at the Plainview Regional Park. Michael Madison reported a time of 39:44 for a 10k run in Justiceburg while Priscilla Lopez ran a treadmill 10k in 51:12.

Way to go, runners! Just goes to show, running can happen just almost anywhere on Earth (even Earth Texas, right, Frank? :-))

Thanks to the many volunteers that assisted with the race, what a **dynamite** group of people. Races do not run without you. Volunteers for today's race were Gabby Saldana (Race Director), Suzan Caudle, David Higgins, Tammy Mosteller, Lance and Maddie Ward, Stacy and Scott Cain, Sonny Bevers, Emmanuel Ramirez, Jonathan Botros, Cody Lass and Adam Puckett. Thank you volunteers – great work!



Tonya Hodgkins gets the long-distance award — she is running in Singapore!



Winning the Battle

discovering the courage to fight and win the battle for better physical and mental health

by **Debbie Gelber**

From the editor: I am always inspired by weight-loss stories that involved people I've met and often see from time to time. Debbie Gelber is someone we all see at the WTRC races — hard to miss her, right? Debbie always wears bright running attire, sports big sun glasses and exudes a sunny, positive attitude while running well, long and often! As mentioned by Debbie, I saw a note about her weight-loss journey on Facebook and thought more of us in the WTRC would enjoy, and be inspired by, this part of her life story.

Let me go back a bit and recap my battle with my weight. I was a chubby kid. I spent more time sitting and practicing the piano or reading or watching television than being active. In my twenties, I was a yo-yo dieter. I tried everything; slim fast, fasting, juice diets... you name it, I tried it. I basically gave up in my thirties. I was a public-school teacher and a complete couch potato. I had

I know a lot of you already know my story, but Steve asked me to share it after he saw a post of mine on FB.

This was the picture taken in 2007 that sparked the fire in me to begin my lifestyle change. It was one of my wedding pictures.



turned vegetarian but ate all the wrong things and my weight ballooned. These were some of the worst years of my life. Not only was I heavy, but I dealt with depression as well.

In 2008, I would be turning 40 and I needed to do something about my health or I would be on my way to an early death like my father who died at age 67. My wedding pictures were the impetus to finally throw up my hands and say “enough.”



On July 28th, 2008, I walked into a Weight Watchers meeting and found the courage to step on the scale. I returned the following week and the week after that and kept returning. My husband, Bill was working on his own weight loss goal right along with me. We were each other's cheerleader and accountability partner. Each week, I made small changes in my diet and began to exercise regularly at the gym. Not only were the pounds coming off, but a love for running was also beginning to emerge. I found a thrill in pushing my body to go faster and attempting longer distances. The 30 second running intervals on the treadmill turned into entire miles. Food was now considered fuel and it didn't control me anymore.



PIC·COLLAGE

Fast forward to 2020...

Fifty-five pounds have been gone from my body for more than 11 years now. Before 2009 I never could have imagined that I would run even one marathon. But I have now completed 35 marathons. One of those was a 50k and another was a 50 miler to celebrate turning 50. A few other highlights were running the Boston to Big Sur Challenge in 2017, running THE Athens Marathon last year, completing two marathons in two days three different times, running the NYC and Chicago Marathons, of course, all the wonderful WTRC races, and I could go on and on...

I will always be grateful that I walked into that WW meeting 12 years ago. If it wouldn't have happened, I can't even imagine what my life would be like today. The places running has taken me and the people I have met through this sport have been absolutely priceless. I am also a WW coach and I so enjoy seeing other people on their journey to good health. I hope that in some small way, I can inspire them as my WW leader inspired me. It's never too late to change your life. All you need to do is take that first step.



Post 50-miler
in 2018



BQ #2 at Revel Rockies in 2019



If you would like to follow my blog (mostly race recaps) please subscribe at: <https://debrunsto50.wordpress.com/>

Debbie



Aug 2020
WTRC
HOT Dam
run

From the editor: Below is an editorial from the February, 1988 WTRC Newsletter — 32 years ago. Think about what the writer was “forecasting” for running events. Of course, pre-Covid19 we were seeing more and more larger and larger marathons, half-marathons and other longer-distance races — many hosting multiple-thousands of runners. So... up until this past March or so it could be said that this writer’s view of the future of the number of running events was drastically incorrect. However....as we work our way through the Covid-19 pandemic it will be interesting to see if and how large running events are impacted. Will they have to scale back? Will many of them disappear? Or, will they return to their pre-Covid “glory”? What do you think? steve

EDITORIAL

It is becoming very obvious that our favorite pastime of running is changing drastically.

The boom time when running or jogging was the "in" thing has passed and we are, for the most part, left with the hard case physical fitness buff who understands the original motive.

It has been pointed out by several authorities that for economical reasons the unlimited race sponsors have diminished. Racing and running must now be taken in a different perspective as financial backing decreases.

I believe we must face the fact that several changes are imminent.

- (1) Small Marathons will die out and only "happening" type Marathons will survive.
- (2) There will be fewer races, National and Statewide, but the fields for the fewer races will be larger.
- (3) Running Clubs must promote their internal events to take up the slack of the shrinking schedule.
- (4) Running Club Members must support their local events by working within the club and races to insure the future of the organization as well as the future of racing and running.
- (5) Racing events will cut their entry fee to coincide with the economy and will probably have to cut back on gratuities such as T-shirts, awards, etc.
- (6) It has by now been proven that races do not, without good sponsorship, "make" money. It is at best a break-even situation.

Now, there are some of the changes which are imminent and here is what I think must be the bottom line.

We can live with these changes if we pay the price by caring enough to put something back into the sport we have taken so much from.

We will have to be a much closer knit group and as the movie title says "Support your Local Gunfighter".

We must do a better job of promoting and managing our local activities.

We must prove to the world that those of us who survive the crunch are certainly devoted to the sport and not just ourselves.

The running communities who are successful at these key responsibilities will survive. Those that do not will turn to dust. Do we care enough? If so, prove it by taking an active interest in our club this year. Run the club races for competition or for fun. Your presence counts. Volunteer to help with races when help is asked. Our new Challenge Series gives you credit for this work. Give us your input for ways to have a better Club and Running Community, we need it.

Run, jog, walk, whatever your preference, come out and participate. WE NEED YOU!

=====*Messages*=====

Because we didn't have a newsletter at the end of 1987 we felt it rather unfair to ask you to renew your membership to the WTRC until we could bring you a full fledged association.

We believe we now have all the working ingredients and would like to ask now that you use the membership application at this time and join in for another year's activities of the WTRC.

We would like to have your applications as soon as possible so we may adjust our membership mailing lists accordingly.

HOT Dam Run

August 2020 Race Report



It was another great HOT Dam Race! The weather suited the name just fine -- it certainly was hot!

As was true for last month's Firecracker Run, this month's race came together just a few days before race time due to Covid-related safety work necessary for the WTRC to host the race. WTRC leadership files paperwork with the Mayor's office because the event is considered "large." But, it all came together and this year 163 runners finished the in-person race and 21 runners posted times and miles for the virtual race option — a great turnout, particularly considering the uncertain times we are experiencing due to Covid!

For the in-person race the 5-mile overall winner Zach Rogers finished in 34:21. Female 5-milers were paced once again by Ashlyn Peralta who completed the race in 36:35 — a significantly faster time than the 38:45 she posted last year — really making progress, Ashlyn — way to go! You might recall that Ashlyn is attending Johns Hopkins University this Fall and *will be running on the university cross-country team*. We will miss seeing you at the WTRC races, Ashlyn, but look forward to hearing how your studies and running go at your university!

The overall winner for the 2-mile race was Chris Fyock who finished in 10:36. Female 2-milers were led by Talitha Dalton, finishing in 16:06. Great runs all!

In the virtual race Reese Pena reported a time of 13:48 for a 2-miler around her neighborhood. Gary Tavag completed a 5-miler around his neighborhood in 40:31. Both of you, great pace for your virtual runs!

It is interesting to "hear" where those running the virtual option completed their miles. For example, Terri Evans ran in Cloudcroft, New Mexico, Lydia Turner ran on "[t]he same old road by my house," Mike Kelly ran out at Buffalo Springs Lake, Amme Blair ran in Plano, Texas, and David Walker ran on an "[o]ilfield lease road." Just goes without saying that runners can do what they love to do just about anywhere!

Thank you to all the volunteers: Tammy Mosteller, Margaret and Mark Woodfin, Tamara Duncan, Amy Gentry and Steve German as well as WTRC Board members David Higgins, Suzan Caudle, Manny Ramirez. **A special thanks to the HOT Dam Race Directors — Wendy and Shannon Anderson.**



Wendy and Shannon — Great job directing the race!



WTRC Members Who Ran the Ropes -- Aug 15, 2020

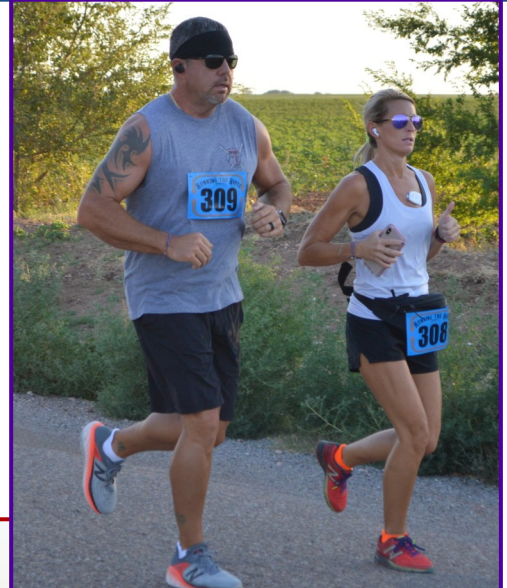
		age	total time	distance ran
Bree	Stumbo	14	08:45	1 mile
Hagen	Walker	12	10:43	1 mile
Virginia	Bevers	60	37:00	3.25 miles
Liana	Garza	51	48:54	3.25 miles
Chase	Hixson	14	25:17	3.25 miles
Adam	Hixson	42	31:02	3.25 miles
Joshua	Leyva	41	26:04	3.25 miles
Ashlyn	Peralta	18	22:58	3.25 m
Gabriella	Peralta	16	24:53	3.25 m
Grace	Peralta	15	28:26	3.25 m
Sofia	Peralta	11	30:59	3.25 m
Armando	Perez	37	26:29	3.25 m
Sheila	Price	55	38:55	3.25 m
Dawson	Reed	16	23:19	3.25 m
Ronda	Russell	50	34:35	3.25 m
Ruby	Smith	46	42:27	3.25 m
Lance	Ward	52	37:43	3.25 miles
Cecellia	Clemann	48	1:09:07	6.6 miles
Tamara	Duncan	46	0:59:29	6.6 miles
Tim	Evans	48	1:11:21	6.6 miles
Steve	German	63	1:11:35	6.6 miles
Taylor	Greer	22	0:54:25	6.6 miles
David	Reed	48	0:56:00	6.6 miles
Librada	Sissell	56	1:14:49	6.6 miles
Jenny	Stumbo	48	0:59:21	6.6 miles
David	Walker	39	1:03:46	6.6 miles
Tiffany	Walker	38	1:05:23	6.6 miles
Rebecca	Wells	22	1:14:18	6.6 miles
Ray	Young	51	0:59:49	6.6 miles

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

The day was very nice, the Ropes community did a great job with the race, and, best of all was the pancakes and sausage breakfast after the races... yum!

How can you beat that for a fun Saturday morning?

See the WTRC members who ran the race — <<<<—





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.)

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning



WTRC Members –

We have 5 more races left:

Shallowater Stampede, Red Raider Road Race, Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country Run.

So... plenty of time to earn more miles toward the 66 Mile or Trailblazers Clubs!

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

For the rules of the Series and for the current Challenge Series Standings go to:

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

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



Come Run With Us!

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