

2020 September/October

# WTRC Newsletter

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*by Cody Lass*
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**WEST TEXAS  
RUNNING CLUB**

LUBBOCK, TEXAS

# 2020 WTRC Board

.... and other volunteers

**President:** Jonathan Botros

**Vice President/Operations/Media:**  
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**Hydration/Trailer:** Tommy Johnson

**RRCA Delegate:** Josh Leyva

**Customer Service Director and  
Race Calendar:** Suzan Caudle

**Board Members:**  
Cody and Autumn Lass

**WTRC Store:** PJ Sullivan

**WTRC Board Members can be  
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[westtxrunning@gmail.com](mailto:westtxrunning@gmail.com)

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**WTRC Address:**  
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Lubbock TX 79408



## Upcoming Races

### Buffalo Wallow

Annual, 2nd Saturday in November  
9 am Start  
2Mile | Half Marathon  
(USATF Cert#TX09107ETM)

T-shirts and Finisher Medals to ALL  
Halfers!!

There will be an early PACKET PICK UP at  
FootTech-19th and Quaker (see website for times)  
OR on Race Day at the Lake.

**RACE LOCATION:** Buffalo Springs Lake



Race Director: Tommy Johnson



### Thanksgiving Day...

Annual WTRC Turkey Trot  
9 am Start | 2 Mile or 12K  
USATF Certified #TX12147ETM

There will be Packet Pickup/Late Registration: at  
FootTech, 19th & Quaker — check the WTRC website.  
You can register as a TEAM for: the 2 mile race,  
minimum of 4 Members each team member must  
register separately.

**RACE LOCATION:** Bayer Museum of Agriculture,  
East Broadway & Canyon Lake Drive

Race Directors:  
Corelis Family —  
John, Artie, Brylie,  
Saylor, & Kyden

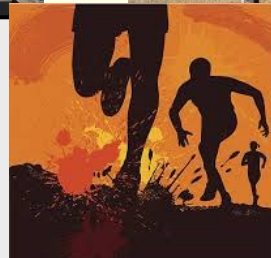


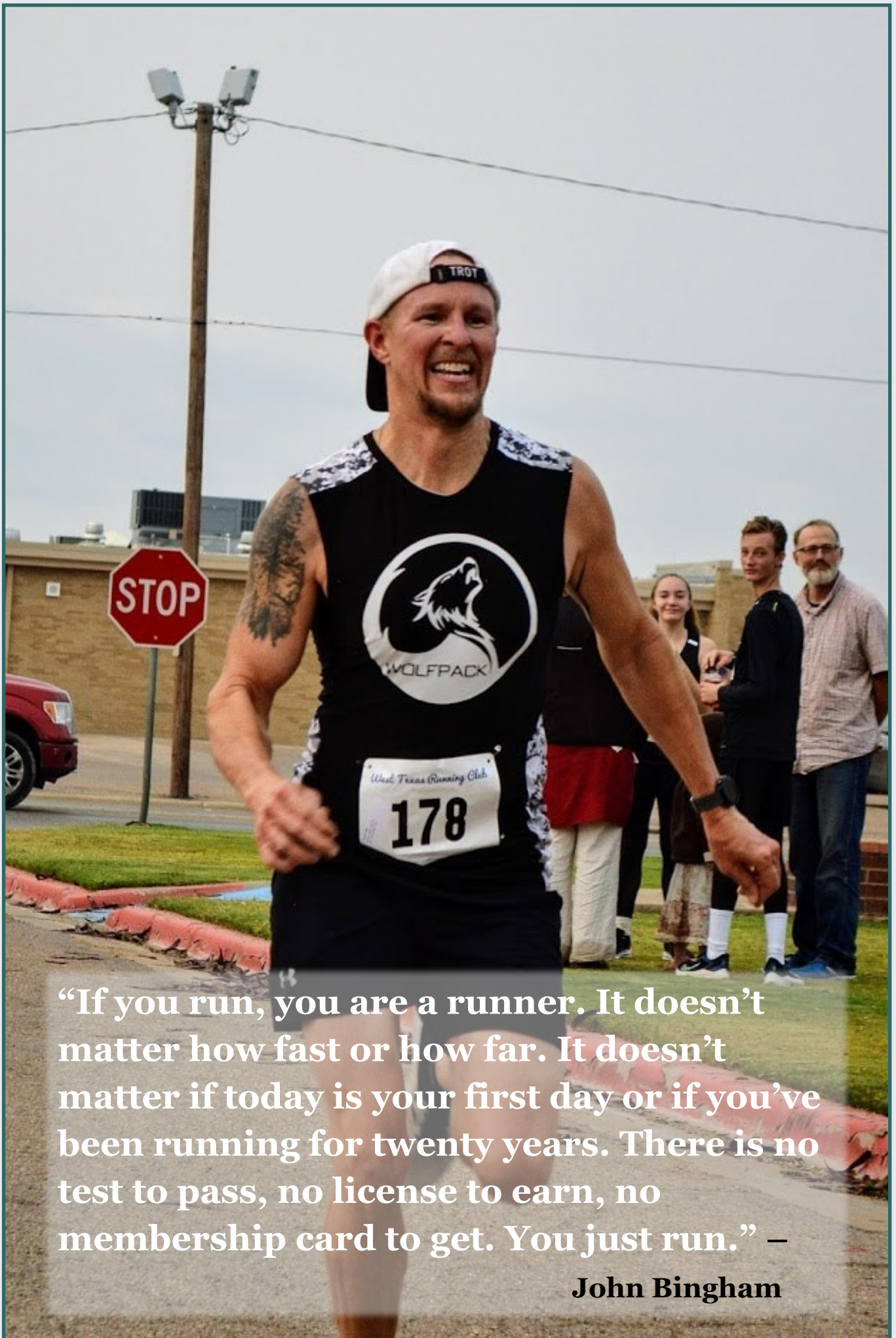
### Toys For Tots Cross Country Run

Second Saturday in December  
9:30 a.m. 1Mi Kids Cross Cntry Fun Run (ages 4-12)  
10:00 a.m. 4Mi Cross Country Loop (ages 10 & up)  
Bib pickup on Race Day – 8:30 to 9:15

**RACE LOCATION:** Mae Simmons Park, E 19th & MLK Jr Blvd

Race Director: Rick Lampe





“If you run, you are a runner. It doesn’t matter how fast or how far. It doesn’t matter if today is your first day or if you’ve been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.” –

**John Bingham**

# Shallowater Stampede Race Report

September 12, 2020

By Cody Lass — Race Director

Recently, we've heard words and phrases like "unprecedented," "unknown," and "new normal" used a lot, but on

Saturday we got to see a glimpse of something that has become very familiar to us. With the help of Dee Dee Schmucker and the Shallowater Parents Association, a handful of WTRC volunteers, and perfect weather, we held another very successful Shallowater Stampede! This year we also had the added benefit of generous **donations of water, hand sanitizer, and water bottles from Lubbock Sports and Forza Safety.**

Colton Hollis led all of the 2-milers, finishing in 10:12 — really fast clip, Colton! Hayley Connell from Ackerly led all female runners with a time of 13:38 — great run, Hayley! Just to add to the fast times reported, Chris Fyock trailed Colton by 10 seconds with a time of 10:22. Note — Colton's pace was 5:06 and Chris' pace was 5:11.... whew!

As is his custom, Colby Sandoval led the 10K race, coming in at 37:06 (a 5:59 pace!). Laura Pennington led all female 10K runners with a time of 42:11. Great runs the both of you!

**Three (3) age-group records** for the 10K were broken this year. Colby Sandoval's 37:07 broke a 2000 record set by Cody Turner (37:20) for the male 16-19 age-group. Reese Pena (46:44) set a new record for the female 13-15 age group eclipsing Sophie Lee's 2017 time of 47:58. Laura Pennington's 42:11 set the new record for the female 30-34 age-group passing Janda Ibbetson's 2000 time of 42:30.

**Five (5) age-group records** for the 2-mile were broken this year as well. Debbie Gelber (15:47) breezed by the female 50-54 age-group record set by Madonne Miner's 2005 16:36. Rosa Salas (18:09) surpassed the 18:35 run by Cheryl Weber in 2014 for the female 60-64 age-group.

Colton Hollis' 10:13 for the male 25-29 age-group surpassed a 1993 time of 11:01 set by Frank Haist. Chris Fyock's time of 10:23 set a record for the male 30-34 age-group topping the 11:08 set by both Rene Gonzales (1997) and Ken Mayo (2004). Sheila West set the 75+ female age-group award with 29:51! Great to see the age-groups expanding!

As always, the WTRC monthly races could not happen without volunteers. **Volunteers for the Shallowater Stampede this year were Jason Pena, Tammy Mosteller, Ed and**

**Leesa Price, and WTRC Board members Cody Lass, David Higgins, Suzan Caudle and Jonathan Botros.**

Thank you volunteers!

I say this every year, but it certainly rang true yet again this year: we have the best running club in

the state! All together, we had 285 finishers (190 2-milers, 95 running the 10K) and each and every one of them showed why running is truly one of the best communities to be a part of. They cheered each other on, they ran hard and had a great time, and this year, they also did a great job complying with the safety protocols that the club put in place. The health and safety of our members is our number one priority and everyone in attendance deserves praise for their willingness to share in that effort.

This year has definitely been unique in many different ways, but hopefully Saturday is just the start of a strong finish for our runners and our club in 2020!



# Artie Corelis —

## I Call It GONE

by Steve German with multiple quotes from Artie's Facebook narrative

Very often I am impressed with WTRC members. I often see running paces that could only happen for me in dreams. I often visit with members who are not only strong runners but are among the best in their professions. Many times I meet members who are meeting the needs of others in both public and private ways. And, also more

often than I would have guessed, I meet members who are actively living full, productive, positive lives while fighting significant health-related battles — physical or mental or both.

Artie Corelis impresses me and I know she impresses all who know her. You might know Artie as a member of the WTRC who is married to John and has three beautiful daughters — Saylor, Kyden, and Brylie — all who run with the WTRC and run well! You might also know Artie as an often-volunteer both for race days as well as the early packet pickup days we have for some of our races. This past November you might have met Artie in her role as one of the Race Directors (her family all shared in that role) of the annual WTRC Turkey Trot — the largest WTRC running event of the year's 13 races.



There is one other significant aspect of Artie that many of you know about but some may not — thus the reason for this article. That is, Artie is in a years-long battle against life-threatening cancer.

Artie was diagnosed in 2006 with "...low grade (2) astrocytoma with some oligodendroglioma." Bottom line, Artie had (and has) a brain tumor. The Mayo Clinic tells us that "[a]strocytoma is a type of cancer that can form in the brain or spinal cord....." At the very beginning of this battle Artie said this: "When I was first diagnosed in 2006 I felt strongly led to name the tumor, so I called it 'Gone'. I am once again praying, believing and hoping that Gone is gone. Forever. I believe this relates to this scripture":

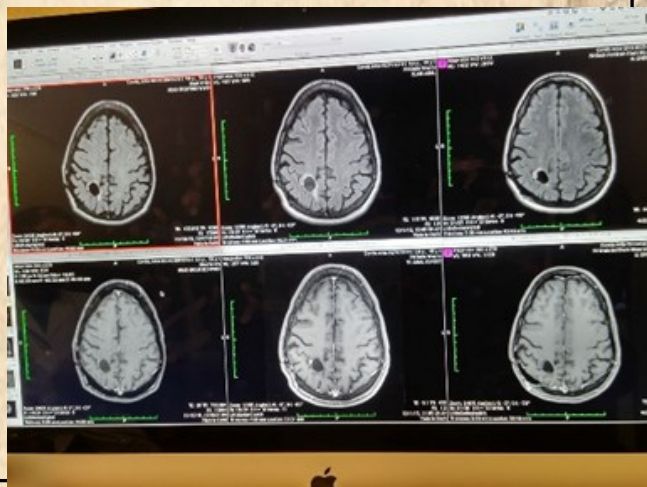
*Therefore God has highly exalted him and bestowed on him the name that is above every name, so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth.* Phillipians 2.9.ESV



For several years, until 2012, Artie went in for periodic MRIs to monitor the tumor and, until that time, the tumor did not grow. But, Artie began experiencing symptoms, one of them being problems with her arm. The tumor was operated on during that time and, for a few years once again, the tumor did not grow. However, tumors like this are persistent, even after the regimens of chemotherapy and radiation Artie underwent using the cutting-edge technology available at that time.

In 2016 Artie reported that "Gone is

gone! Look from right to left to see the progression. First is 2014 right before gamma knife, middle is 6 months ago and left is today. Both nodules are gone! I'm beyond excited. I won't have another MRI for a whole year! Longest since 2012. Today when I was in the MRI machine I tried to count how many MRIs I've had...best guess 46."



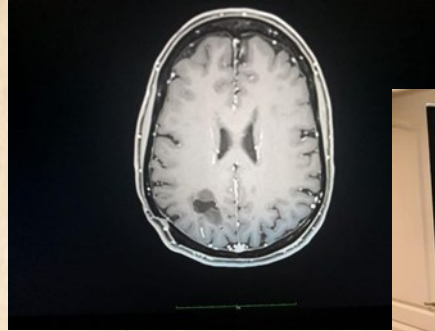
Good reports continued through 2017 and 2018 and almost all of 2019....until they didn't.

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I remember visiting with Artie at the December WTRC Toys for Tots Cross Country Run and learned that the tumor was changing. Artie reported a couple of days after Christmas, 2019, saying, "Here we go again.... My 2019 MRI showed some tumor growth, so I'm scheduled for craniotomy #3 on 12/30. Plan is to de-bulk the tumor as much as possible and still retain function of my left arm. Then follow-up treatment with chemo and/or radiation. I'm hopeful. Technology has vastly improved since my last go-around. This time I've had this brain mapping done. Nexstim - Neurosurgery <https://www.nexstim.com/healthcare-professionals/neurosurgery/> The plan is an awake craniotomy where I will work with a physical therapist during surgery. Additionally, they will DNA sequence the tumor to help determine further treatment options."



Now, at this point, I'm thinking that – given all that she has gone through beginning in 2006 – 13 years of dealing with this life-threatening disease – Artie would be understandably at the very least depressed or, more understandably, angry that this continued to be something she had to deal with.



Well, those of you who know Artie better than I are saying at this point No Way, and those who are at least acquainted with Arties are saying "I've not experienced this with Artie."



Jan 14 sutures removed

So, 2020 has been, for Artie, a year full of the battle with "GONE." At the beginning of the year there was surgery and, afterward, a not-so-positive report. In the middle of January Artie says "Pathology didn't come back as good as we would have liked. It's showing nodule A is still astrocytoma II While nodule B is a GBM IV. They pushed chemo and radiation hard...like start the 27th. I asked about different types of radiation at brain specialty centers and was told we don't have time for that. I came home and stewed, had a massive pity party and then called my neuro who is out of town. BUT his nurse said he did not think it was a IV, (its subjective and microscopic) but that the necrosis they were seeing was from gamma knife I had in 2014. I also have a gene mutation that makes chemo very effective. They recommend I see Dr. Friedman at The Preston Robert Tisch Center in North

Carolina....Treatment will include oral chemo for two years and 6 weeks of radiation. It really changes nothing we had planned for treatment anyway, just hard to hear. I'm hopeful and will continue to fight to evict this stupid tumor."

During January Artie and John traveled to the Mayo Clinic in Phoenix, Arizona to begin work with doctors there. Proton radiation and chemotherapy began in February. By the middle of March Artie had completed 25 proton radiation treatments and 33 doses of chemotherapy.



A glimpse inside proton radiation



2019 Shallowater Stampede



Artie's during-treatment mask she named "Marilyn"

continued next page...

Of course, you know what happened in our part of the world about this time – Covid! So, necessary MRIs were scheduled in Lubbock during a break in the treatments and in May Artie continued the treatments. During July Artie was fitted with an Optune device that “creates an electric field which prevents aggressive cells from dividing. It’s hot and cumbersome but minimal side effects. It does require a shaved head and it overheats but it’s doable.”



In September Artie reported that “My MRI last week was not what we anticipated, wanted and prayed for...it showed a spot that was not there on last MRI. After a couple of doctor appointments we have decided to have a perfusion MRI (not available in Lubbock) to help differentiate between possible tumor progression or radiation necrosis. Waiting on Mayo scheduling and my insurance to get this done. For now chemo is on hold while we wait for these results and for my bloodwork to somewhat normalize. Its been a rough few days for me and my family. “

So.... back to my statement at the beginning of this article that “[t]here is one other significant aspect of Artie that many of you know about but not all – thus

the reason for this article. That is, Artie is in a years-long battle against cancer located in her brain.” Now I want to expand on this. Artie is in a years-long battle against cancer located in her brain yet Artie refuses to let this cancer define who she is. Artie is many things – a wonderful woman, mother, wife, off-volunteer, Christian.... the list goes on. Artie is kind, has a great sense of humor, loves her family. From what I can tell there’s no room in her identity to include being a victim of a persistent, life-threatening disease. So, given the reality, Artie fights the battle while retaining, even enhancing, all of who she really is.

It is encouraging to be a part of an organization like the WTRC that includes people who inspire, encourage, challenge and lead by example. Thank you, Artie!

Let’s all continue to pray that Gone is gone!

(for a continuation of Artie’s journey visit <https://www.facebook.com/groups/353385984743121>)



# WTRC Member Relocation —

## Chris Fyock

*From the editor: The WTRC membership is comprised of runners, right? That goes without saying! However, some runners really run fast and one of the fastest is Chris Fyock. If you go back through past race results you will see Chris' name at the top of the results in most of those in which he participated. Chris is a genuinely nice person, someone that embodies the spirit of running in such a good way. Chris — you will be missed and we wish you the very best as you journey along this new path of opportunity!*

Dear West Texas Running Club,

I'm deeply saddened to inform y'all I will be moving from Lubbock to the Dallas-Fort Worth area. First and foremost, I want to thank the West Texas Running Club for taking me in as a member of the family and giving me the opportunity to continue to pursue my dreams and passion for running. To most of you, I am the runner who is typically out front leading the charge at the monthly races. Unfortunately, I have not been able to connect with everyone in the club. I am writing this letter to give y'all a little insight into my story and journey to West Texas.



2019 Turkey Trot

I started running as a young kid at local races in the Cleveland area on my weekends off from club soccer games and tournaments. At first, I ran as a cross training activity to build endurance and speed for soccer. I joined the middle school track team my seventh-grade year to run and be with my friends. Unfortunately, I did not continue to run at the start of high school because of my commitment to soccer in the fall and spring seasons. Luckily, my club soccer team moved from a regular spring schedule to weekend tournaments so I was able to be a member of the high school track team. Once again, it was a means for improving my endurance and speed for soccer. With every race, my passion for running grew exponentially. It was the last race of my junior year at the district meet in the mile that I realized I had potential and talent as a runner. My senior year, I bet on myself and opted out of playing high school soccer and joined the cross-country team with the ultimate goal of qualifying for the state meet. Long story short, I qualified for the state meet and the rest is history. I went on to run collegiately at a Division III school outside of Columbus, Ohio. After college and even to this day, I continue to use running as a means to be active in the community and relieve stress from my daily life. It was especially helpful during my three years in physical therapy school.

In January of 2016, I moved to Lubbock for an assignment as a contract Physical Therapist at Lubbock Rehabilitation Hospital. While working at the rehabilitation hospital, I discovered my niche in the physical therapy profession helping patients who have suffered a neurological injury in their recovery process. I was fortunate to have the opportunity to work at the hospital as a full-time employee at the end of my contract assignment, which made Lubbock my new home. In the proceeding months, I joined the club and participated in as many races as I could barring health and my work schedule. It's ironic my first "unofficial" race as a member of the club was the Red Raider Road Race back in 2016 and my last race was this past weekend at the same event. I say "unofficial" because I showed up on race day thinking I could register the morning of the race as I would often do back home in Ohio. Unfortunately, that was not the case, but by the grace of God, Johnathan allowed me to run the 5k as long as I didn't cross the timing mat at the finish line. Over the last four years, it has been a pleasure to be a part of this ever-growing family and running community. I will miss y'all on the second Saturday of every month.

Yours truly,

Chris Fyock

My favorite race: it's a tie between the four of the fall races (Shallowater Stampede, Red Raider Road Race, Buffalo Wallow, and Turkey Trot). There is something about fall racing that gets me excited.

My favorite running route: Canyon Lake Bike Route from Dunbar Historical Lake

My favorite running shoes: Brooks Ghost

My favorite post run/race snack: Honey Stinger Waffles

My favorite hydration supplement: nuun hydration

My favorite running apparel: rabbit

My best race all-time: Chicago Marathon 2014 - 2:26:04



2020 February Freeze



# 39th Annual Red Raider Road Race

## Race Report

Race Directors were Jonathan Botros and Emmanuel Ramirez



What a perfect morning for a race! This year's RRRR was certainly among of the best in terms of weather, organization, and enthusiasm. Given the current Covid pandemic, it would have been easy just to cancel the event, and try again next year. Instead, it was important for the Club to connect with Texas Tech officials and work out a plan to incorporate important safety guidelines while maintaining the spirit of past Red Raider Road Races. Another testimony to the value of the WTRC in particular, and to running in general.

Raider Red was there to provide the signature 'shotgun start' for both the 10K and 5K. Local DJ, Vince Carrillo, kept the onlookers engaged and the music going as our runners completed their races.



Manny and Jonathan — great race!

A total of 373 runners crossed the finish line — 229 5K runners and 144 10K runners — what a turnout! Finishing 1st overall in the 5K was Chris Fyock with a time of 16:30. Reese Pena, one of our fine young runners (13 years old!), was the fastest female runner with time of 21:28. In the 10K, Raul Guerrero led all runners with a time of 35:42 and Laura Pennington eclipsed all female runners with a time of 42:34. A special 'Texas shaped' finishers' medal awaited all participants after they crossed the finish line. Really impressive runs by everyone!

For the RRRR Virtual Race 14 completed either the 10K or 5K distances, Peter Tarantola knocked out his 5K in 31 minutes while running out at Meadow South. Lori Ware cruised through her 10K in 54 minutes during a run in Levelland. Of note, Margaret and Mark Woodfin ran 10Ks in Naples, Florida — am betting the scenery was beautiful!— and Ron Lubowicz ran his 10K in Washington, D.C. These three tied for the long-distance award — both places are a little more than 1,600 miles from Lubbock!

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is pleased to offer scholarships of \$2,000.00.

Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.

Lastly, a HUGE THANKS to every volunteer who made this event successful! The RRRR is one of our largest races of the year and it can only be successful because of our volunteers — Kyden Corelis, Tammy Mosteller, Ricardo and Mindy Flores, Cody Lass, Gabby Saldana, PJ Sullivan, The Duncan family — Tomis, Mandi, Michael, Averi and Parkir, Peter and Christopher Tarantola, Pasha Vorontsov, Mike Lemon and his sweet children — Charlie, Lucy and Ralph. Also volunteering as usual were David Higgins, Sonny Bevers, Josh Leyva and Suzan Caudle. From the editor — a special thanks to our race directors — Jonathan Botros and Emmanuel Ramirez!

*We hope to see everyone next month at the Hardest Half in Texas – Buffalo Wallow followed by WTRC's 28th Annual Turkey Trot!*



### Red Raider Road Race records

#### Records broken in the 10K:

65-69	Joseph Wilson	Lubbock	65	49:34	2020
Old:	Ralph Wolf	Abernathy	66	51:04	2003

#### Records broken in the 5K:

65-69	Martha Martinez	Colorado City	65	29:51	2020
Old:	Debbie Maines	Lubbock	66	32:17	2019
75+	Barbara Bowen	Lewisville TX	76	45:05	2020
10-12	Bryan Hailey	Clyde TX	12	17:06	2020
Old:	Chris Reyes	Floydada	12	20:28	2000



# Perseverance is.....



*From the editor:*

*Is interesting, encouraging, inspiring to get a glimpse of the heart of people. Please read Rod's email to us below and note the number of WTRC members who ministered to Rod to enable the completion of his 10K run at the September Shallowater Stampede.*

*This is just another example of how members of the WTRC "do good" when the opportunity is presented.*

*Way to persevere, Rod, and way to go WTRC!*

September 17, 2020

Dear West Texas Running Club,

Thank you!

I am the Old Codger with USA Fit (yep, bright orange shirt) who face-planted Saturday, fighting for last place in the Shallowater Stampede.

Approximately mile five is where I fell. Immediately after I fell, Dean, I hope I have his name correct, stopped and made sure I was okay. He got me up, dusted me off, and supported my walk until the medic arrived. I am sorry I do not remember the medic's name, but he was very good and thorough. He carefully checked me over, cleaned me up, patched me up, and allowed me to continue. Dean, along with others, including members of USA Fit, walked me in to the finish line. Special thanks to Dean and Medic! Also, Ed and Lisa Price checked on me multiple times. I even got a "socially distanced" hug from Lisa. Thank you Ed and Lisa. Since my glasses were busted, James Livermore drove me home to get spare glasses so I could even see to drive my truck. Thank you James. There were other West Texas Running Club concerned and encouraging members who I don't remember or could not see because my glasses were busted. I don't know for certain, but I suspect that break-down of the finish line was delayed so I could finish?

I have certainly not given a thank you to all West Texas Running Club members who deserve credit, but THANK YOU whoever you are!

Rod Markham aka, "Old Codger with the bright orange shirt"

## WTRC member news — Gabby Peralta

You might remember that Gabby's older sister is Ashlyn who also ran Cross-country for the Sundown Roughettes and is now attending Johns Hopkins University and is a member of the university track program. Gabby has two other sisters who run with the WTRC — Sophia and Grace. — and her mom—Sheila — is also an active runner and WTRC member!

### LONE STAR VARSITY ATHLETES OF THE WEEK

#### Mario Sanchez, Sr., Denver City

Mario Sanchez's three seasons as Denver City's starting quarterback has culminated into a strong final campaign of powering the team to a 2-1 start.

"The biggest thing is his maturity level from last year to now," Mustangs coach Daniel Fontenot said. "He realized we had a large graduating group and had to step up. He's done that for three games."

Sanchez ignited the Mustangs' second straight win with 302 yards, two touchdowns and no interceptions on 10-for-16 passing to go along with 29 carries for 195 yards and five more scores in a 50-36 victory over Seminole on Sept. 11.

"For the kids, it's bragging rights," Fontenot said of the victory. "As the game got longer, (Sanchez) got stronger. He ran hard and made big plays when it was third-and-long."

Sanchez, who picked up the honor with 51.3% of the vote, was also named the Built Ford Tough Texas High School Class 3A Player of the Week on Thursday.

Sanchez and the Mustangs are set to play at Pampa at 7 p.m. Friday.



Sanchez

#### Gabby Peralta, Jr., Sundown

After helping Sundown to a second-place finish in the 2019 Class 3A state cross country meet as a sophomore, Gabby Peralta looks poised to get the team back to state.

"She certainly worked hard this summer," Roughettes coach Paul Darden said. "She's just a really happy girl and the hardest worker on the team at this point."

Peralta took first with a time of 12 minutes, 52.6 seconds, in the LCU Chaps Invite on Sept. 12, which led to the Roughettes' winning the team portion.

"She ran a really smart race," Darden said of Peralta, who claimed 52.9% of the votes to win Female Athlete of the Week honors. "She ran at a smooth pace and started picking people off. After the first mile, she took over."

Peralta is taking over as the Roughettes' top runner in place of her sister, Ashlyn, who is currently a freshman cross country team runner at Johns Hopkins University despite the fall season being canceled. Sundown is set to compete in the Tim Torres "Pre" Lubbock Cross Country Meet on Sept. 26 at Mae Simmons Park.



Peralta

# Records set in 2020 for the HOT Dam and Firecracker Runs

TEXAS' OLDEST CONTINUOUS ROAD RACE  
3Mi Since 1970 10K since 2018

WTRC's ANNUAL FIRECRACKER RUNS, Brownfield TX  
July 4<sup>th</sup>, 2020 EVENT RECORDS

## 10K

55-59	Martin Montalvo	Plainview TX	55	46:30	2020*
Old:	Andy Wilson	Ransom Canyon	55	46:49	2019

Clydes	Brian Rutledge	Lubbock	35	52:30	2020
Old:	Nathan Paden	Slaton Tx	51	53:57	2019

## WOMEN

13-15	Reese Pena	Lubbock TX	13	46:02	2020*
Old:	Jillian Winn	Lubbock	14	1:12:57	2019

50-54	Mary Mailler	Lubbock	53	52:08	2020
Old:	Sharla Kinman	Lubbock	51	1:01:01	2019

60-64	Leesa Price	Lubbock	63	59:44	2020
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70-74	Pj Sullivan	Lubbock	74	1:01:40	2020
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## 3 MILE

75+	Sheila West	Lubbock TX	77	56:49	2020
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THE "HOT DAM RUN" (Aug 2020)  
WEST TEXAS RUNNING CLUB'S ANNUAL AUGUST RACE  
EVENT RECORDS (Since 1988) USA T&F CERTIFIED, #TX13139ETM

## 5 Mile

75+	Mary Kaplan	Sunrise Beach	81	1:00:37	2020
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## 2 MILE (Added 2007)

07-09	Thomas Duncan	Lubbock	9	14:45	2020
Old:	Lathen Myers	Lubbock	9	14:53	2015

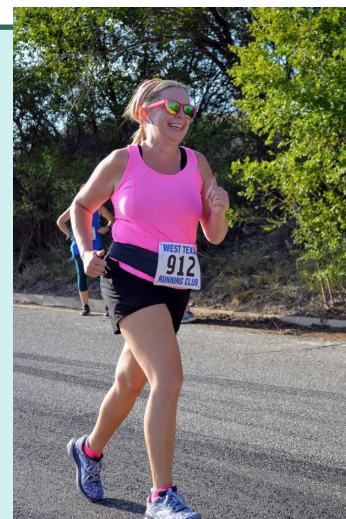
30-34	Chris Fyock	Lubbock	31	10:36	2020
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13-15	Emma Lopez	Wolfforth	15	12:40	2020
Old:	Emma Lopez	Wolfforth	13	13:27	2017

55-59	Pam Gaschen	Lubbock	55	20:00	2020
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70-74	Julie Selleck	Ransom Canyon	70	29:27	2020
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Athena	Renae Smith	Lubbock	48	18:08	2020
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## A Point in History...

Although I don't like to be reminded of the current Covid-19 pandemic, I thought it would be informative to make a note of where we are locally in the struggle brought to us by this virus. I have no position to state here or political statement or thoughts about how this struggle is being "managed" both locally and nationally. What I want to do is to put a "pin" in where we are as of October 14, 2020 by including a copy of the City's daily published graph of the number of Covid-positive cases. The detail is hard to see but what is not difficult to note is that the number of these cases have increased, particularly during the last couple of months. The local news today published that "Lubbock [is] dangerously close to shutdown order from Governor Abbot."

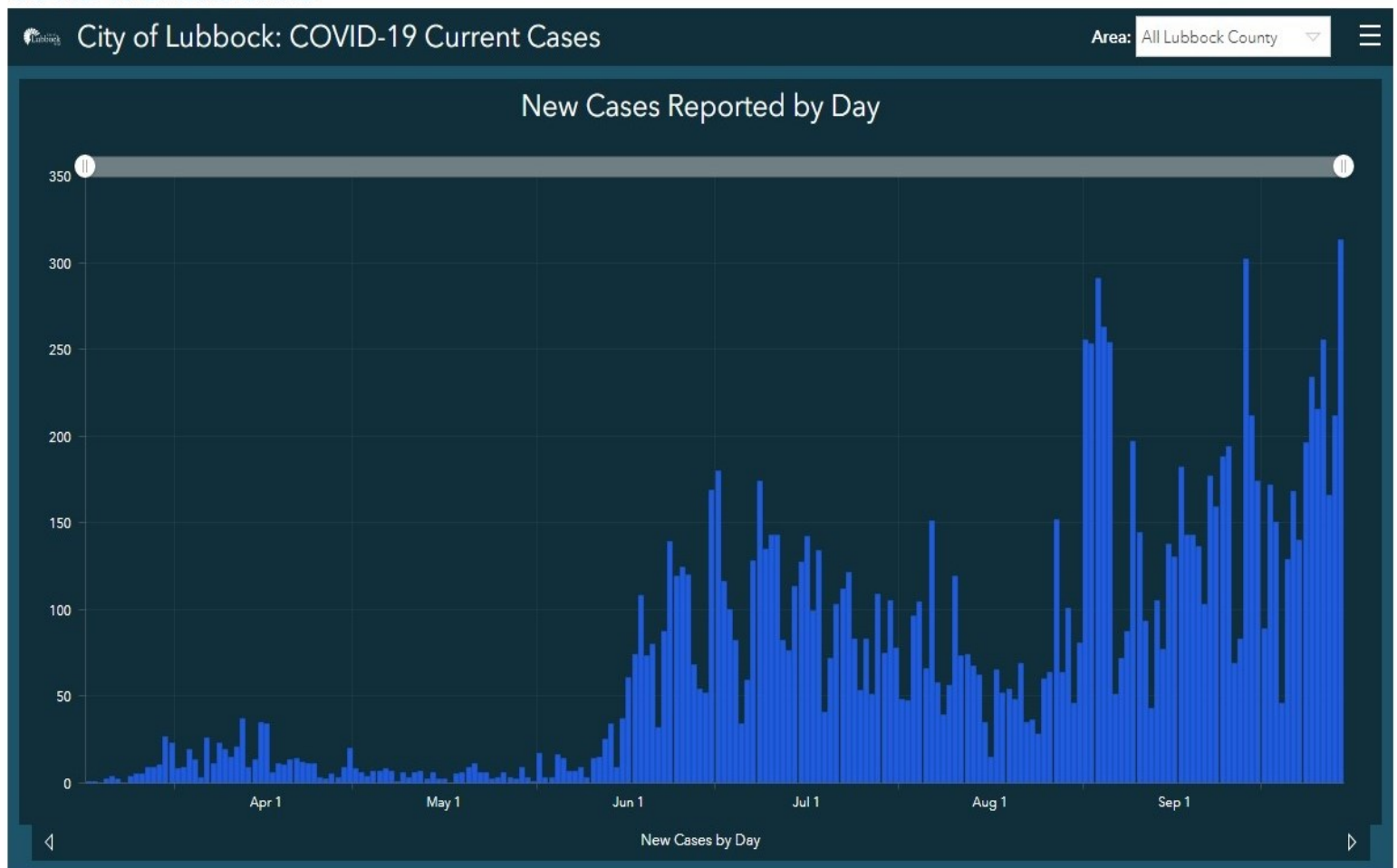
Well... it seems this virus is persistent. But, what is more persistent is the ingenuity of the people (us) who are living through this pandemic. A microcosm of our local community is the WTRC which has been persistent in working out ways to continue providing organized races while incorporating the safety protocols given to us by our State and Local governments. This is something for which the club's Board deserve a pat on the back!

So....who knows what the future holds? Bottom line, we, all of us, both as a community of residents and as a community of runners can only do what is our best effort. I just want to encourage you all to "hang in there!" as the days pass and the pandemic evolves — hopefully to something that we can manage much as we do with the flu virus or other diseases that are a part of the human condition.

You are all important — to your work, to your loved ones, to this Club. Thank you for being living, breathing, running daily reminders of the good that is in this world.

....the editor

## COVID-19 DASHBOARD





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



West Texas Running Club



@WTRunning

**Never Miss a Race Registration Deadline Again!** Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)

**Sign Up for Text Alerts**



Hey all!

Just a reminder to volunteer for at least one of these last 3 races!! A volunteer credit is a requirement for inclusion in the end-of-year Challenge Series Standings.

## **WTRC Members –**

*We have 3 more races left:*

***Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country Run.***

*So.... plenty of time to earn more points toward the series standings!*

Be sure to plan ahead which race you will volunteer for so you will be a part of 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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