



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

## November/December 2020 WTRC Newsletter

### *In this issue:*

- *President's Corner — 20 Random Thoughts On 2020* by Jonathan Botros
- *WTRC Member PJ Sullivan — Always Over and Beyond* by Steve German
- *Buffalo Wallow Race Report*
- *WTRC Member Accomplishment — Billy Bond*
- *28th Annual Virtual Turkey Trot Report and Results*
- *WTRC Members Making a Difference in the Lubbock Community — Emmanuel (Manny) Ramirez*
- *Toys for Tots Virtual Run Report*
- *2021 WTRC Membership Registration Reminder*



Early Morning Scene from the 2019 Toys 4 Tots Cross Country Run by Jonathan Botros

WTRC Officers, Board Members,  
Directors and other club volunteers



President: Jonathan Botros

Vice President/Operations/Media: Emmanuel Ramirez

Secretary: Wendy Anderson

Treasurer/Webmaster/Registration: David Higgins

Outreach: Ron Lubowicz

Hydration/Trailer: Tommy Johnson

RRCA Delegate: Josh Leyva

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)



## Upcoming Races



Race Director: Autumn Lass

2nd Saturday in January — 10:00 a.m.

5Mi | 2Mi (Both are Loops)

5Mi: ages 13 & over

2Mi: ages 7 & over, and strollers

Location: Landwer House  
Buddy Holly Rec Area  
N.University, Lubbock



2nd Saturday in  
February

10 a.m. start

5 Mi & 2 Mi

Location:

Buffalo Springs Lake  
Amphitheater

FM835  
Lubbock County



# President's Corner

## 20 random thoughts on 2020...

by Jonathan Botros — WTRC President

1. Needless to say, no one could have predicted 2020. It has been a very tough year for so many reasons... but, like achieving our running goals, the right mindset has been key..
2. Many of you turned to running to help reframe your mind during the pandemic. It was probably easiest to focus on the negative, but instead, getting in your miles allowed you a healthy way to process everything that was going on in your life.
3. If nothing else, the activity helped boost your immune system to help protect you from the virus.
4. We received countless emails from people interested in getting involved in running for the first time, as they were working from home, and had opportunities to start a new habit. I personally look forward to meeting many of our new members in 2021!
5. We were one of the only Clubs to have had in-person races since the pandemic began. I am appreciative for everyone who helped follow the safety guidelines that enabled us to race in person.
6. The spirit of volunteering in the Club is alive and well!
7. It was exciting to unveil our new state-of-the-art timing system at the Buffalo Wallow race, including our first chip-timed races, instant race results online & via email, etc.
8. We hope to have online registration integrated by our first in-person race in 2021. This will allow us to provide registration opportunities well beyond our current deadlines... in some cases, as late as race morning.
9. In November, we had two extremely generous anonymous financial donations to the Club. In short, these donations were made because the Club meant a lot to the donor(s). Don't ever underestimate the impact the friendliness and encouragement you have had on other members before, during, and after our races. Thank you!
10. Steve German is a workhorse. He has created some of the most interesting and comprehensive newsletters the Club has published in years. He reviews & calculates Challenge Series results accurately and quickly – and this means so much to our members.
11. David Higgins once again was the lifeblood of the Club. He helps us with maintaining our website, our online registration system, our timing & bibs, trailer, on and on. Can't thank David enough for his continued service and reliability!
12. Suzan Caudle has long provided one of the most underrated 'amenities' of our Club... quality, consistent, and **free** photos of all our runners just before they cross the finish line every month.
13. PJ Sullivan, with her husband Wayne's help, has one of the most laborious jobs we have. She has been a staple in the West Texas running Club forever! Not only that, she is always there to set up the WTRC Store to offer the latest running gear for our members and guests.
14. Speaking of the WTRC Store... PJ is retiring as our store 'owner'. They are huge shoes to fill... but we'd love to have one of our members be able to pick up the important duties of serving as our Store Manager. Feel free to reach out to Emmanuel Ramirez (806-401-7221), or VP of Operations, for more info.
15. Don't forget that footTech continues to have their group runs every Thursday evening and Saturday mornings. Great way to keep some mutual accountability.
16. Although it wasn't the in person race we had hoped for – we greatly appreciate United Supermarkets & the Mayor's Fitness Council for partnering with us on the Virtual Turkey Trot. We lost the fun of a huge event, but gained getting to see so many amazing photos of you with your family and friends "trotin"!
17. Wishing a very happy retirement to Sergeant Marian McGuire of the Lubbock Police Department. Sergeant McGuire has been our point of contact for road safety for years and has been amazing to work with.
18. Although we won't get to enjoy seeing each other at an Annual Social & Awards Ceremony together this year, we look forward to continuing the tradition of awards for the Challenge Series, 66-Mile Club, and Trailblazers. We are working hard to determine the fairest way to finalize standings... and look forward to sharing details soon.
19. Along those same lines, please understand that we may have to tweak the Challenge Series structure for 2021... depending on when we are able to return to in-person races.
20. I would like to personally wish all our members a very Merry Christmas, and an abundance of blessings as we enter 2021. Let's all strive for big accomplishments in the New Year!



# WTRC Member PJ Sullivan

## Always Over and Beyond

by Steve German

Most would agree that one of the more recognizable WTRC members is PJ Sullivan. PJ, a native of Anton (go Bulldogs!), Texas, has



been involved with the West Texas Running Club for at least 34 years – most likely more. PJ is married to Wayne and has a long professional history in health care. PJ remembers that sometime during 1986 or 1987, then WTRC President Ron Key wondered what to do with shirts left over from what the club calls “t-shirt races” (Run for the Arts which is now Moonlight Musical, Red Raider Road Race, Buffalo Wallow and the Turkey Trot). There are usually shirts left over from events like this. PJ suggested to Ron that they sell them at the monthly WTRC races. She remembers that at the time there wasn’t much to work with – just a box of shirts for the inventory and her car to transport the inventory to the races. As time went by the “store” grew to include much more inventory as well as display tables and a canopy. WTRC runners will recognize a full-blown store with quite a selection of shirts from all of our t-shirt races representing several years of each of those races along with hats and other WTRC-related inventory. PJ states that “I enjoyed doing it – I lik socializing and helping new runners with questions they had about running, training, etc.”

More about PJ and her store at the end.

We all know PJ the Runner. But did you know that PJ has worked in the healthcare field for almost all of her adult life? PJ’s first job was in 1966 at the then-Methodist Hospital (now Covenant Hospital) working as an aid in the X-ray Department. A long-time cardiologist, Dr. Hull, spotted PJ’s impressive work ethic and ability to learn new things quickly, so asked her to work for his practice doing EKGs (electrocardiograms). PJ, being someone who loves to learn, learned not only how to administer the tests but also to interpret them. Along with Dr. Hull and other physicians PJ performed stress tests which involved patients being connected to an EKG machine and then told to step up and down a couple of steps. After a few minutes of this PJ would do another EKG and, according to what the test showed, would either continue or end the test. These were the early days of stress tests in the field of cardiology and Methodist Hospital was the first to offer them. In the 1970s -- the early years of the Texas Tech Med School (now Texas Tech Health Sciences Center) -- PJ obtained employment there based on her training with Dr. Hull’s practice. She was the director of the Heart Station at Thompson Hall for 6 years. PJ did EKGs and stress tests for family practice, internal medicine and pediatrics while with the Med School and, during this time, was sent to school in San Francisco (1975) to learn how to conduct sonograms and echocardiograms as a Cardiac Ultrasound Technician.



Dr. Ballou, PJ, Dr. Young, Dr. Ballou  
June 2000  
PJ leaving!



Nurses @ the clinic  
June 2000  
TTUSHC  
PJ

continued next page...

PJ stayed at the Med School until Dr. Hull called again in the mid-70s. He was then working with Cardiology Associates of Lubbock and wanted PJ to work with them – so much so that PJ was offered a significant boost in compensation if she would work there. PJ learned how to set up pacemaker programs and conduct cardiac patient Holter monitoring tests. By the early 90s PJ had gone back to the Med School, running cardiac tests until the late 90s. In 1999 PJ was recognized with a standing ovation at an awards ceremony meant just for doctors. They thought extremely highly of PJ (as do we)!

PJ's last years of work with this type of health care ended in 2006 with a private practice owned by Dr. Christopher Rose. PJ states that all of her professional accomplishments were made possible by a willingness to self-train and through the encouragement and training from various doctors like Drs Hull and Rose. I guess we would all wonder, who wouldn't want to work with PJ?

PJ's most recent professional life has been partnering with Dr. Loza who is a chiropractor. Her involvement in the partnership involves performing Muscle Therapy -- a medical massage that aims to get at the root of problems like sciatica (most commonly occurs when a herniated disk, bone spur on the spine or narrowing of the spine compresses part of the nerve causing inflammation, pain and often some numbness in the affected leg). She also does Kinesio Taping.

Speaking of Kinesio Taping – again, PJ's inquisitiveness led her down this path. PJ was watching the 2008 Beijing Olympics and noticed athletes who had tape on their arms, legs, and other various places that weren't normally taped. PJ wanted to learn how to perform this type of taping (Kinesio) but her then-employer wasn't keen on her taking time to train. But, along about that time PJ had met Wayne (current husband) and he encouraged her to go to school and, at the same time, Dr. Loza had viewed all of PJ's certifications and asked PJ to come partner with her. So, PJ left her employment at that time to work for herself while partnering with Dr. Loza. This is PJ's current work arrangement. By the way, if you want a medical massage and/or a Kinesio taping session with PJ her pager number is 806.721.9940.



P.J. Mitchell

Ran Pikes Peak In 1997

PJ's "other life" (running!) accomplishments are impressive. She has been running for 54 years – ever since graduating from High School in 1966 (she played basketball while in high school). She has run 44 marathons – in one of them she placed 2<sup>nd</sup> overall (that's all runners!). Eleven (11) of these have been the New York Marathon, two (2) of them have been the Boston Marathon. PJ has run one 50-miler at Sugarland (Texas) in 1992 and has run all of the Texas major city marathons with the exception of Cowtown in Fort Worth. PJ has run too-many-to-count half marathons, 10Ks, and various other distances over the years. Also a part of PJ's athletic resume is that she played indoor soccer from 1974 to 2001 at the forward position!

PJ's best marathon time was 3:52 in Houston. Her favorite marathon for a long time was the 2010 New York Marathon but she now enjoys running the Bataan Death March Marathon at White Sands, New Mexico. This marathon commemorates World War II veterans and all military.

I asked PJ for a couple of times in her running career that stand out for her:



P. J. Mitchell  
Ran The 100th Boston Marathon 1996  
Was Interviewed by NBC The Day Before.



1. At the 1996 Boston Marathon there was a pre-marathon pasta dinner. CBS (TV) noticed her marathon jacket and asked her about herself and who came with her. PJ said she came with Larry Byrd and Bill Roger. Of course, she didn't explain that these guys were not the Larry Bird of Boston Celtics NBA basketball fame and Bill Rogers –an Olympian and former record holder in the marathon. So they followed her around for a good while. Bill Roger and Larry Byrd were WTRC members who ran that Boston Marathon at the same time as PJ.
2. At one of the New York Marathons PJ ran with a guy named Charlie. Charlie was blind from birth and PJ was paired with him for the marathon. They ran a Boston qualifying time! Charlie invited PJ to go with him and his family to a party in Florida – he wanted to introduce PJ. While there, at 3:00 a.m., Charlie invited PJ to go for a bike ride (he trained at night because not many cars were out on the road at that time). He had memorized his route which enabled him to ride by himself. Well, that night he had a crash along with PJ – a palm tree had fallen in the path. He got up, found PJ, cars were coming...but they made it back home ok!

Well, I promised at the beginning there would be more about PJ and her WTRC Store. As mentioned at the beginning, PJ has worked with this store more or less since '86 or '87. That's a long time of keeping track of all the inventory, hauling all of the inventory along with tables, canopy, money for change, even an accessory that allows the use of credit cards for payment. PJ wanted to be sure we mentioned and thanked James Bone and Larry Byrd (who has passed away) as well as her husband, Wayne, who have, at different times, helped her with store logistics. Bottom line, PJ has decided that she can no longer maintain the store. There have been significant life-changes that require much of PJ's time and effort so she has reluctantly resigned from this duty.

The purpose of this article is for us to know more about one of our wonderful WTRC members. More importantly, though, I want us all to know that PJ has, over many years, given a lot of time, effort and resources to strengthen our club. For example, just this year the store brought into the club more than \$1,400 during the Buffalo Wallow and the Turkey Trot. Multiply this by many years and several races during each year that the store was available to us and you can see that PJ not only has blessed our club with wisdom, encouragement and great humor but she has also made a significant contribution to the club's financial health.

So – when you see PJ please let her know how much you appreciate her!

*Also – if someone reading this article is interest in taking on the WTRC store would you let one of the WTRC Board members know? Their names are listed at the beginning of this newsletter along with an email address that can be used for purposes of contacting them.*

Lots of great people in this club!!



# Buffalo Wallow Race Report

November 14, 2020



First and foremost — a big THANK YOU to the WTRC Board for their work in making today's Half Marathon and 2-Mile Run happen in the midst of the 2020 pandemic!! Not only did the Board need to negotiate with the Buffalo Springs leadership to be allowed to have the event there as we normally do, the Board also had to navigate a new event — “Hooptie X” — being held at Buffalo Springs that we did not know about until alerted by one of our members who lives there. But, the decision was made to forge ahead with the race while we watched out for Hooptie X participants in their “hoopties” (look up the definition and then google the event :-). It seems we all made it around the course with no hooptie issues and both races concluded in good order!

The day was warmer than the norm (began in mid-60s and grew warmer fairly quickly) and the wind accelerated as the day went along ending up in at least the mid-to-high 20s mph. So... the Half Marathon for sure was more of a challenge than other years. But, a great group of runners came out to take on the course — 91 completed the 2-Mile Run and 90 finished the Half Marathon for a total of 181 participants for the in-person race. Another 11 runners submitted times for the Virtual option — 6 2-Milers and 5 Half Marathoners. For this year's Buffalo Wallow there were a total of 192 participants — way to go WTRC!

John Corelis led all 2-Milers with a time of 11:51 with Reese Pena once again leading all female runners cruising in at 12:37 — both of these winners underscore a great quality of our club — that age is just a number! John is in his mid-50s, Reese has recently turned 14 years of age. We have runners competing in WTRC races as young as 7 (Bryce Pena) and as gently aged as Bill Felton who is 86 years old and going strong. Where else can one find a sport that encompasses such a broad age-range at any given competition?

For the Half Marathon Jacob Lozano blazed in at 1:13 — the next closest finisher was Billy Rodriguez at 1:27. Laura Pennington led all female runners as well as most of us with a time of 1:38. Wow... we had some very impressive times posted today — not often we see times like Jacob's. The fastest record (among age-groups) prior to this year was set by Travis Seekins in 2019 — 1:29. Note that this is the 3rd year for the current Half-Marathon course. Prior to that the course was mostly the same but run in reverse with a different start and finish point. The record for that course was set by John Ruiz in 1985 with a time of 1:11 — Nick Cordes was close to that in 2010 with a time of 1:12. Needless to say — some seriously fast times for a very difficult half marathon course no matter which direction it is run!!

As always but particularly for this year — many thanks to all our VOLUNTEERS who made our race go off with near perfection. They were: Terri Maldonado, Sheila Price, Ruby Smith, Carolyn White, Sonny Bevers, Tim Evans, Armando Perez, Paul Gaschen, Jalayna Hooten, Kipi Fleming, Lauren Cobbs, Taylor Young, Eli Paden, David Reed, Bill Felton, Jerry Morris, Michelle Richardson, Adam, Chase, and Kelly Hixson, Liana Garza, Tiffany Walker, Hagen Walker, Terry Dalton, Molly Roberts, Tammy Mosteller, Sylvia Miller, and Brett Price.

Also on-hand volunteering for today's race were members of the WTRC Board -- Suzan Caudle, David Higgins, Emmanuel Ramirez, Jonathan Botros and PJ Sullivan. These folks make this the BEST CLUB EVER!!

## Records set: Half Marathon

McKenzie Clark — 16-19 Female — 2:06:38  
Mallory Heinen — 20-24 Female — 1:39:56  
Meagan Gottlich — 25-29 Female — 1:49:48  
Laura Pennington — 30-34 Female — 1:37:40  
Debbie Gelber — 50-54 Female — 1:59:41  
Travis Letkeman — 16-19 Male — 1:37:45  
Jacob Lozano — 25-29 Male — 1:13:05  
Zach Manning — 35-39 Male — 1:36:39  
Billy Rodriguez — 40-44 Male — 1:27:09  
Ken Gordon — 55-59 Male — 1:36:20  
Bob Jackson — 60-64 Male — 1:48:56  
Duane Willingham — 65-69 Male — 1:56:07



## Records set: 2-Mile

Gabby McNulty — 20-24 Female — 16:23  
Melissa Doss — 35-39 Female — 14:44  
Kristina Clark — 40-44 Female — 13:37  
Margaret Woodfin — 55-59 Female — 17:32  
Yvonne Gilinsky — 70-74 Female — 21:32  
Billy Bond — 10-12 Male — 11:56  
Taylor Greer — 20-24 Male — 13:58  
Cole Martin — 25-29 Male — 17:44  
Sam Wyatt — 30-34 Male — 13:34 (tied w/Jason Potter, 2018)  
John Corelis — 55-59 Male — 11:52  
Rusty Thoma — 60-64 Male — 15:30  
Richard Burns — 65-69 Male — 12:06  
Darrel McMillen — 70-74 Male — 20:20  
Sam O'Connor — Athena — 16:03  
Jaime Lopez — Clydes — 15:31





# WTRC Member Accomplishment

Referred to the editor by Terry Dalton, written by James Bond

Billy Bond, who is a WTRC Member as well as a seventh grade student at Roosevelt, just completed his first cross country season. During the campaign, Billy ran a total of five middle school cross country races and came in First Place Overall in all five of them. This includes the 3A District 2 Meet making him the District Champion with a time of 12:38 in the two mile at Mae Simmons park. His Roosevelt Eagles Middle School team also won the District Championship as a team scoring 31 points in total.

In addition, Billy also just broke the WTRC course record for the Buffalo Wallow Two Mile for males 10 to 12 years old running an 11:56 beating his own record he set back in 2018 as a ten year old.

Billy is excited to continue to train for, and compete in, next year's WTRC races and see what he can accomplish during cross country and track season with the help of the WTRC!



2020 Bobby Birdsong  
Memorial Run

One of the purposes of the WTRC is to “...foster the growth of running as a sport, help individual runners achieve their personal best, and contribute to the quality of life in this region.” (taken from History page in the WTRC website – [www.wtrunning.com](http://www.wtrunning.com)) As a club we are particularly encouraged to see our younger runners progress in their running abilities as well as mature as people who are important to all of us as members of this city, state and nation.

We are proud of you, Billy!!



Thanksgiving is a uniquely American holiday. Its historical significance is anchored in a spirit of sharing – not just among ourselves, but with diverse groups of people. Every year the WTRC Turkey Trot brings together diverse groups of people comprised of runners and walkers of all ages, abilities, shapes and sizes to share in the celebration of family, fitness and fun. Of course, this year was really different! Currently the 2020 Pandemic is in “full bloom” – large numbers of positive Covid-19 cases being reported, our

hospitals are maxed out and then some.... So, doing what is best for our community, WTRC shifted this year’s Turkey Trot from the usual in-person race beginning at the Fibermax Center for Discovery (formerly named the Bayer Museum of Agriculture) in Mackenzie Park to a Virtual Race. Artie Corelis and her family team — John, Brylie, Kyden, and Saylor — quickly shifted gears and put together a successful virtual race. Thank you, Corelis family!!

Volunteers don’t just do the work, they make it work! Making the Turkey Trot work were: Artie, John, Brylie, Kyden & Saylor Corelis, David Higgins, Suzan Caudle, Jonathan Botros, Emmanuel Ramirez, Dean Threadgill, Andrea and Julian Cruce, Melissa Assiter, Virginia Bevers, Amme Blair, Aubrey and Jason Calvert, Steve German, Tommy Johnson, Samantha Loose, Emma Lopez, Teresa Patterson, Sarah, Reese, Bryce, Daelyn and Jeremy Pena, Laura Pharis, Art Reyes, and Librada Sissel.

**Thank you to all the volunteers! We couldn’t do it without you!**

Certainly key to the success of the Turkey Trot the sponsors who also made it work! Thank you:

- **Schlotzsky’s Deli**
- **United Supermarkets**
- **Mayor’s Fitness Council – Lubbock**
- **Fibermax Center for Discovery**
- **footTech**
- **Kinesio Certified Kinesio Taping Practitioner – PJ Sullivan**
- **Ag Texas Farm Credit Services**
- **DahlMar Insurance Solutions, Inc.**
- **Michael Postar’s Affordable Storage**
- **Domino’s**

**Thank you to all the Sponsors!**

Whether you participated, volunteered, sponsored, or just supported in some way your favorite runner or walker, we appreciate your involvement in making this year’s Virtual Turkey Trot a huge success!

Of course, we all are looking forward to a non-pandemic race next year, right?? Please consider joining us in 2021 and making the Annual Turkey Trot a running tradition for you and your family on Thanksgiving Day!



Thank you John, Artie, Brylie, Kyden, & Saylor for a great job directing this year’s Turkey Trot!!

*See next pages for pics and a list of those who ran either a 12K or 2-Miler*

# November 2020 WTRC Virtual Turkey Trot Results

## 2020 WTRC Virtual Turkey Trot

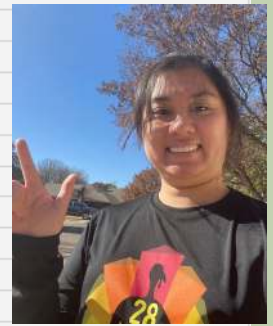
first	last	Age	Race Distance	Hours	Minutes	Seconds	Where Did You Run?
Marty	Adcock	60	2	0	24	21	Anton
Josie	Aleman	69	2	0	35	7	Tech Terrace
Paul	Anderson	50	7.46	1	23	10	Melonie Park and Caprock neighborhoods
Melissa	Assiter	51	2	0	26	8	WICHITA, KANSAS
Tony	Badke	38	2	0	26	1	Road in midland
Roxanne	Baker	57	2	0	27	6	Foot Tech
Amanda	Barnett	53	2	0	19	11	Canyon Lakes
Ashley	Bautista	33	7.46	1	2	17	In Levelland
Mars (Marsha)	Bennett	57	7.46	1	39	58	I ran on streets, parks, & a track in my neighborhood! 🇺🇸
Robert	Bloodworth	56	7.46	1	38	52	McKenzie Park
Tiny	Booker	23	7.46	1	12	54	With the Foot Tech crew Saturday
Trina	Brumley	38	7.46	1	14	49	CR1 & CR H In Lynn County. Uphill @ the end for a true trot!
Laura	Bullard	38	2	0	23	22	Melanie Park neighborhood
Regan	Bullard	44	2	0	20	46	Melanie Park neighborhood
Rendon	Bullard	11	2	0	15	45	Melanie Park neighborhood
Lisa	Burnam	35	7.46	1	20	49	SW lubbock 114th and lola
Scott	Cain	59	2	0	15	35	Timber Ridge neighborhood
Stacy	Cain	48	2	0	19	30	Timber Ridge Neighborhood
Aubrey	Calvert	41	7.46	1	57	0	Buddy Holly Recreational Area
Jason	Calvert	42	7.46	1	57	31	Buddy Holly Recreation Area
Andi	Carroll	15	2	0	19	16	On the road
Maribel	Castillo	40	7.46	1	15	47	Heritage middle school/Bacon Crest
Kaci	Cechan	33	2	0	22	10	Anton, Tx
Lauren	Cobbs	51	7.46	1	8	49	Meadows South
Jennifer	Corelis	39	2	0	24	3	Home
Felicia	Cortez	37	7.46	1	5	35	Lubbock-Quincy Park
Jonathan	Cottrell	39	2	0	19	53	Ravenwood
Christian	Cox	45	2	0	18	48	Frankford and 79th
Radley	Dalton	10	2	0	21	0	Miller Park
Terry	Dalton	66	7.46	1	25	0	Melonie Park
Kenneth	Dixon	48	2	0	17	56	Mae Simmons/Windmill Museum
Benjamin	Doyle	34	2	0	17	28	Higginbotham Park
David	Doyle	62	2	0	18	25	Higginbotham Park (19th and Vicksburg)
Averi	Duncan	14	2	0	19	44	Guy park
Dylin	Duncan	11	2	0	30	22	Guy park
Mandi	Duncan	40	2	0	30	23	Guy park
Michael	Duncan	42	2	0	22	5	Guy park
Parkir	Duncan	8	2	0	30	15	Guy park
Tamara	Duncan	47	7.46	1	9	23	Neighborhood streets
Thomis	Duncan	10	2	0	15	5	Guy park
Jerri	Durham	57	2	0	24	17	Miller Park
Rickey	Evans	70	2	0	24	0	Around City of Lorenzo and on the country road by my house ran 11/15/2020
Terri	Evans	61	2	0	24	0	Around City of Lorenzo and on the country road by my house ran 11/15/2020
Tim	Evans	49	7.46	1	35	56	Ardmore Regional Park in Ardmore, OK (Trails and road)
Shanna	Faries	36	2	0	28	10	Neighborhood
Sarah	Fehr	0	7.46	0	57	24	Texas Tech Campus and UMC Hospital
Robert	Findley	32	7.46	1	12	23	UTPB Park
Kipi	Fleming	58	2	0	29	0	Tipton, Oklahoma
Callie	Flores	41	2	0	35	52	Cotton field across the street
Cecily	Flores	9	2	0	33	52	Cotton field across the road
Gabe	Flores	44	2	0	18	45	Cotton field across the street
Laila	Flores	12	2	0	16	46	Cotton field across the street
Roxie	Flores	14	2	0	18	45	Cotton field across the street
Leah	Fluitt	30	2	0	26	36	Higginbotham park
Richard	Gale	72	7.46	1	25	39	Quincy Park
Augustine	Garcia	42	7.46	1	4	36	Road
Sandra	Garcia	34	2	0	29	57	Centennial elementary
Liana	Garza	51	7.46	2	10	9	Started at Foot Tech
Debbie	Gelber	52	7.46	1	6	40	Old Turkey Trot course
Steve	German	63	7.46	1	17	32	Treadmill



November 2020 WTRC  
Virtual Turkey Trot Results continued

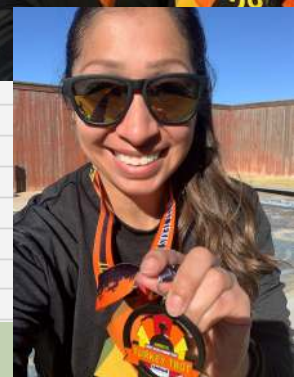
2020 WTRC Virtual Turkey Trot

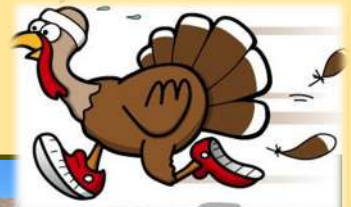
first	last	Age	Race Distance	Hours	Minutes	Seconds	Where Did You Run?
Yvonne	Gilinsky	71	2	0	22	31	Buffalo Springs
Keely	Gnagy	43	2	0	23	13	Road
Lauren	Griffith	38	7.46	1	22	24	Springfield neighborhood Lubbock
Paul	Grozdanov Jan	11	2	0	16	9	McCool Academy Track
Jennifer	Haddock	40	2	0	15	51	Road
Cheryl	Hall	60	2	0	24	27	Tech Terrace area
Breanna	Harris	38	7.46	1	19	10	neighborhood
Hawk	Harris	44	7.46	1	7	39	Ocotillo Trail, Hobbs NM
Jim	Harris	78	2	0	41	0	Chapparal Park, Lovington NM
Leonor	Harris	44	7.46	1	14	29	Ocotillo Trail
Mary	Harris	76	2	0	41	0	Chapparal Park, Lovington NM
David	Hill	42	7.46	1	2	9	Heritage Middle School area
Christie	Hodge	51	2	0	18	9	Our Spartan group ran along Canyon Lake Drive between Broadway and MLK Jr
Jalayna	Hooten	28	2	0	29	0	Tipton, Oklahoma
Michaela	Jansen	48	2	0	14	1	McCool Academy Track
Bennett	Jenkins	9	2	0	19	57	Wolfforth, TX
David	Jenkins	35	2	0	19	58	Wolfforth, TX
Steve	Jenkins	44	2	0	19	56	Around my neighborhood
Ramon	Johnston	39	7.46	1	10	0	Neighborhood
William	Keehn	42	2	0	18	19	Around the neighborhood. Roughly 2.1 miles on Google Maps as I don't trust the 2.0
Don	Kephart	69	2	0	29	41	George Park in Springdale, Arkansas
Sheila	Knighen	57	2	0	24	40	
Melissa	Krahmer	36	2	0	21	33	Neighbor side walk
Rick	Lampe	76	2	0	33	9	Lakeridge golf course (closed on Thanksgiving)
Brynlee	Letbetter	9	2	0	21	45	Road
Scott	Letbetter	36	2	0	16	45	Road
Sharla	Letbetter	36	2	0	21	45	Road
Joshua	Leyva	41	7.46	1	3	26	Foottech
Jeleta	Lingo	59	2	0	25	49	Miller park Lubbock, Texas
James	Livermore	73	7.46	2	4	53	7.46 Miles Course (accounted for can't get in Ag Museum gate)
Mary	Mailler	54	7.46	1	2	41	I ran at the University
Victor	Maldonado	55	7.46	0	59	53	Shallowater, Texas. Calculated for a 12k as i ran over 8Miles
LaTricia	Mandrell	46	7.46	1	17	9	Lubbock Country Roads
Nancy	McIntyre	51	2	0	17	4	Mackenzie Park, Lubbock
Tobi	McMillan	47	2	0	26	38	Springtown, TX
Darrel	McMillen	74	2	0	17	5	Premier Gym
Jokari	McMillen	37	7.46	1	36	59	McKenzie Park
Michael	McWilliams	59	2	0	15	50	
Zoe	Metcalf	56	2	0	32	48	My neighborhood around 76th and Frankford
Sylvia	Miller	57	2	0	51	50	Dunbar Lake and Mae Simmons
Martin	Montalvo	56	7.46	1	8	48	Plainview hike and bike trail, bib # 92
Camrin	Mosako	12	2	0	17	21	Lubbock Cooper High School XCcountry Course
Shannon	Mosako	40	2	0	18	30	Lubbock Cooper High School XCcountry Course
Kent	Nye	50	2	0	26	8	WICHITA, KANSAS
Cathy	Paden	51	2	0	26	10	County roads around our house
Eli	Paden	14	2	0	26	10	County roads around our house
Natha	Paden	53	7.46	1	17	38	County Roads around our house
Kathryn	Panasci	40	7.46	1	5	27	Rush neighborhood/Higginbotham Park
Chad	Parsons	41	2	0	21	35	Street - Sleepy Hollow Neighborhood Amarillo, TX
Ryen	Parsons	14	2	0	15	50	Street - Sleepy Hollow Neighborhood Amarillo, TX
Jason	Peña	45	7.46	1	20	0	Foot tech through tech campus
Jeremy	Peña	45	7.46	1	8	0	Dunbar Lake Trails
Reese	Peña	14	2	0	15	46	Foot Tech
Sarah	Peña	40	2	0	17	48	Foot Tech
Shiranda	Pence	39	2	0	23	37	Trail
Laura	Pennington	33	7.46	0	53	35	Mackenzie Park/ Canyon Lake
Armando	Perez	38	7.46	1	4	0	Treadmill
Dan	Pope	58	7.46	1	11	25	Tech Campus
Ed	Price	64	7.46	1	14	26	McKenzie Park- The Turkey Trot Course
Leesa	Price	64	7.46	1	14	14	Mae Simmons and Mckenzie Parks
Sheila	Price	56	7.46	1	54	0	Foot Tech thru Texas Tech



2020 WTRC Virtual Turkey Trot

first	last	Age	Race Distance	Hours	Minutes	Seconds	Where Did You Run?
Rudy	Ramirez	56	2	0	16	14	Hot Dam 2mile Course
Fluitt	Rebeka	9	2	0	26	36	Higginbotham park
Robin	Richardson	51	7.46	1	28	0	Lubbock
Molly	Roberts	32	2	0	25	15	
Rachael	Rogers	40	2	0	16	57	Charles A Guy park
Brian	Rutledge	36	7.46	1	13	10	Lubbock Landmark
Luz	Sanchez	71	2	0	33	18	Chapparral Park, Lovington NM
Colby	Sandoval	18	2	0	15	46	Foot tech
Liza	Sandoval	42	2	0	17	48	Foot tech
MaryAnn	Schwertner	57	2	0	34	1	Fm 211 Wilson, Tx
Emma	Scott	21	7.46	1	2	33	Riverside Trail, Tulsa, OK
Diane	Shuttlesworth	68	2	0	31	37	Miller Park
Jennifer	Shuttlesworth	43	2	0	19	3	Miller Park
Ryan	Shuttlesworth	39	2	0	19	41	Miller Park
Shane	Shuttlesworth	41	2	0	13	49	Miller Park
Desirae	Sifuentez	29	2	0	22	39	Buddy Holly Lake
Vanessa	Silvas	38	7.46	1	23	10	Neighborhood (Frankford, Quincy and Milwaukee)
Librada	Sissell	57	7.46	1	19	1	FootTech group run route
Belinda	Smith	56	2	0	37	45	Miller Park
Ledah	Smith	38	2	0	15	59	Hot Dam 2 Mile course
Ruby	Smith	46	7.46	1	47	21	Foot Tech/Greek Circle/TTU Campus
Kristi	Starr	50	7.46	1	13	42	SW Lubbock
Christine	Steen	42	7.46	1	2	35	82nd Street
Carla	Stence	63	7.46	1	37	29	On the farm
Danny	Stevens	47	7.46	1	0	30	My Neighborhood
Elle	Stevens	16	2	0	33	28	My Neighborhood
Tara	Stevens	49	7.46	1	1	31	My neighborhood
Haylee	Swinford	34	2	0	21	14	Tipton, Oklahoma
Peter	Tarantola	9	2	0	19	5	Meadows South
Gary	Tayag	50	7.46	1	12	0	Mae Simmons trail
Megan	Taylor	24	7.46	1	12	37	Around the neighborhood
Aubree	Thompson	28	7.46	1	11	0	Streets around Texas Tech
Dean	Threadgill	42	2	1	32	41	South Central Lubbock
Dean	Threadgill	42	7.46	1	32	41	South Central Lubbock
Pam	Titzell	63	7.46	1	14	14	Mae Simmons & McKenzie Park
Lydia	Turner	67	2	0	33	46	Same old, same old road.
Kristi	Van Allen	37	7.46	1	19	11	Rush neighborhood (7.68 total miles) with Bre Harris! Thanks for the virtual fun!:)
Larry	Vigil	58	2	0	23	15	Around Highland Oaks neighborhood
Connie	Waddell	56	7.46	1	6	53	Road
David	Walker	40	7.46	1	20	26	Around the neighborhood
Hagen	Walker	15	2	0	21	14	Neighborhood
Reagan	Walker	5	2	0	40	42	Road (well...sidewalks)
Tiffany	Walker	39	7.46	1	23	53	Around the Neighborhood
Jamie	Ward	50	2	0	31	31	Fit Happening
Lance	Ward	53	2	0	31	31	Fit Happening
Maddie	Ward	23	2	0	31	31	Fit Happening
Spencer	Ward	18	2	0	31	31	Fit Happening
Carolyn	White	67	2	0	26	42	
Jaycie	Willer	24	2	0	20	32	Elm Park
Jenny	Wilson	48	2	0	22	38	Road
Joseph	Wilson	65	7.46	1	11	39	Florida
Sarah	Wilson	33	2	0	34	49	Treadmill
Thomas	Wilson	42	2	0	17	0	Road
Kenda	Wines	39	2	0	19	56	Around my neighborhood
Margaret	Woodfin	57	7.46	1	18	0	Neighborhood
Mark	Woodfin	59	7.46	1	5	49	Neighborhood
Amy	Woolsey	55	7.46	1	4	9	Lubbock- mother in law's neighborhood
Billy	Woolsey	61	2	0	20	5	Treadmill
Reeda	York	58	7.46	1	38	0	Boston. Rd , Levelland
Ray	Young	52	7.46	1	19	6	Mexico City, Mexico
Taylor	Young	12	2	0	14	43	Our neighborhood
Juan	Zapata	16	2	0	33	18	Chapparral Park, Lovington NM





# WTRC Members Making a Difference in the Lubbock Community — *Emmanuel (Manny) Ramirez*



Emmanuel &  
Christina Ramirez

In the December 11, 2020 Lubbock Avalanche-Journal, Jayme Lozano reported a great accomplishment by our West Texas Running Club Board Vice-President of Operations, Emmanuel (Manny) Ramirez. Since 2015 Manny has been Director of Finance of the Ronald McDonald House and just this month -- December, 2020 -- was named the President and CEO of the Ronald McDonald House Charities of the Southwest.

Manny is a native of nearby Lockney, is a graduate of Lubbock Christian University and was named in 2018 as one of the Top 20 under 40 recipients by the Lubbock Chamber of Commerce.

In the AJ article, Manny states that "I am honored and blessed to be RMHC of the Southwest next President & CEO. I look forward in continuing our mission and finding new and meaningful ways to enhance our ability to serve as a "home-away-from-home" for families of critically ill children who are receiving medical treatment in our local hospitals and region."

I reached out to Manny and asked him why he volunteers so much? In other words, why do you serve others? Manny said, "Serving others and volunteering is in my nature. My parents instilled these principals since childhood. I'm very selective on the organizations I'm a part of. When I become a part of an organization I will invest and pour my heart out. The West Texas Running Club mission is to promote



distance running as an aid to physical fitness and longevity. The WTRC is an organization that stays true to its mission. For that reason, I have invested time and energy into empowering our community – members, athletes and our children. Being a part of someone's physical/health journey is rewarding. Seeing an individual achieve his or her goals or hit a personal best motivates not only myself but also the entire WTRC Board to continue to provide this platform."

Manny – we are excited about your increased responsibilities with the Ronald McDonald House Charities and are proud that you share your gifts and talents with the WTRC. Keep up the great work!

-- the editor



December 2020

# Toys for Tots *Virtual* Cross Country Run

The final run of the WTRC 2020 year — Toys for Tots Cross Country Run — could not be held in-person. The WTRC Board applied with the City of Lubbock for the

in-person event but was denied due to the increased number of Covid cases and the related shortage of beds available at our local hospitals. This wasn't a surprise but we were disappointed. We have been pleased with how our members have handled the in-person events we've held this summer and fall. But, we also understand the need to be responsible members of the Lubbock community and this responsibility precluded this month's in-person run.

However — 64 of you participated in the Virtual option that was made available — a great "turnout"! Six (6) of you ran the 1-mile option and 58 ran the 4-miler.

Just a few observations. Mark Woodfin cruised his neighborhood for 4 miles in 33 minutes — I wonder if the neighbors felt the breeze as he ran by? MaryAnn Schwertner, who is recovering from a significant bout with Covid, covered 4 miles in a little over 59 minutes. Great to know you are making progress over your illness, MaryAnn! Our James Livermore made his run at the TTU campus (see his picture? Don't know who is the Masked Rider and who is the runner...they sort of look alike :-)) Is always fun to see that the Duncan family made their runs — a very dedicated family to be sure! Terry Dalton continues to back up his dedication to the footTech running program by adding his 4 miles to this month's virtual race and his nephew, Radley, also continues to hang out with his uncle!



As always there are lots of stories to be told when runners are involved. If you are reading this and haven't gone for a run in awhile — look through the names listed on the following page for inspiration. There are runners who are older and who are younger, some are faster, some are slower, some are women, some men, some are still kids at

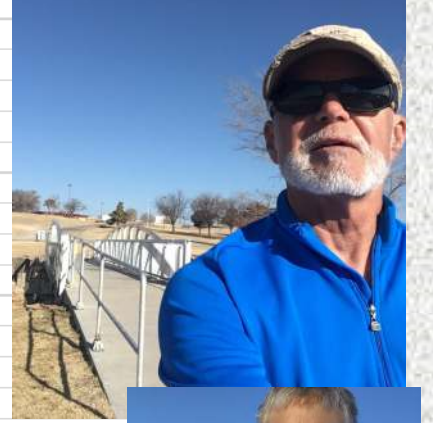
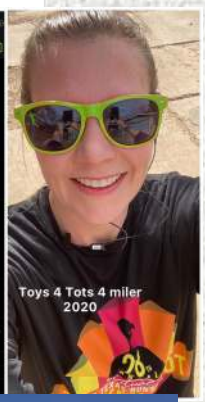
home. We have runners who haven't been sick a day in their lives and some who have overcome significant health issues — some several times! We have runners in all kinds of areas of work and some who are retired but still "work" as volunteers in their communities, churches, and other organizations. The list goes on. Whoever you are you are a "fit" for a running community like the WTRC. Hop into some running shoes and take that first step if it has been awhile!





## December, 2020 Toys for Tots Virtual Run Results

		Race				Where Did You Run?
		Distance	Hours	Minutes	Seconds	
Josie	Aleman	4 miles	1	15	33	Tech Terrace
Paul	Anderson	4 miles	0	44	53	Texas Tech
Roxanne	BAKER	4 miles	1	8	14	My neighborhood for 2.5 and Foot Tech for the rest to qual the 4 miles.
Mars (Marsha)	Bennett	4 miles	0	56	44	neighborhood, roads, parks, track close 2 home
Virginia	Bevers	4 miles	0	44	2	Post Texas
Sam	Brackeen	4 miles	0	40	1	At the park
Aubrey	Calvert	4 miles	0	52	48	Texas Tech University
Jason	Calvert	4 miles	0	53	27	Texas Tech campus
Maribel	Castillo	4 miles	0	37	11	Heritage Middle School
Lauren	Cobbs	4 miles	0	37	3	Meadows South
John	Corelis	4 miles	0	27	2	Country Roads, ran a little extra since I didn't have hills
TJ	Court	4 miles	0	30	14	Around Wilson, Texas
Radley	Dalton	1 mile	0	9	11	Miller Park
Terry	Dalton	4 miles	0	43	20	TTU Campus
David	Doyle	4 miles	0	41	36	Higginbotham Park 19th Street and Vicksburg Ave.
Dylin	Duncan	1 mile	0	15	6	Irons Track
Mandi	Duncan	4 miles	0	56	58	Treadmill
Michael	Duncan	4 miles	0	45	8	Treadmill
Parkir	Duncan	1 mile	0	14	23	Irons Track
Tamara	Duncan	4 miles	0	38	46	Neighborhood around Irons Middle School
Thomis	Duncan	4 miles	0	38	37	Treadmill
RICKEY	EVANS	4 miles	1	20	0	Country road by my house at Lorenzo TX
TERRI	EVANS	4 miles	1	10	0	Country road by my house at Lorenzo TX
Tim	Evans	4 miles	0	45	3	Treadmill
Debbie	Gelber	4 miles	0	35	56	TTU Campus/Tech Terrace. Ran 16 mile Warm Up then 4 mile virtual.
Steve	German	4 miles	0	39	36	Treadmill
Breanna	Harris	4 miles	0	35	35	Neighborhood
David	Hill	4 miles	0	32	19	Heritage Middle school
Adam	Hixson	4 miles	0	39	18	Treadmill - Brrr Too Cold Outside!
Dottie	Holly	1 mile	0	43	2	My neighborhood in Vintage Township
Mike	Kelley	4 miles	1	1	32	Redline XC course @ Mae Simmons
Peyton	LaFiette	4 miles	0	35	42	Lubbock Lake National Historic Landmark.
RICHARD	LAMPE	4 miles	1	5	0	Quaker, 9,98th and 82nd, Lakeridge
Joshua	Leyva	4 miles	0	31	26	My neighborhood
James	Livermore	4 miles	0	50	39	Texas Tech Campus
Mary	Mailler	4 miles	0	32	4	I ran outside at the University.
Sylvia	Miller	4 miles	0	54	42	Texas Tech
Macie	Mitchell	4 miles	0	54	14	Grapevine, Texas around the Gaylord Hotel
MARTIN	MONTALVO	4 miles	0	32	53	Plainview hike and bike trail
Jerry	Morris	4 miles	0	37	24	Memphis Ave. - Indiana; 50th - 57th
Nathan	Paden	4 miles	0	35	29	County Roads around my house
Jason	Peña	4 miles	0	43	45	canyon lake trail system
Jeremy	Peña	4 miles	0	38	20	Dunbar Lake Trails
Reese	Peña	4 miles	0	29	28	All Over southwest LBK!
Sarah	Peña	4 miles	0	37	14	Southwest LBK, Milwaukee to Frankford Ave
Armando	Perez	4 miles	0	33	52	Treadmill
Ed	Price	4 miles	0	51	36	The Toys for Tots course
Leesa	Price	4 miles	0	47	21	Toys for Tots course
Brian	Rutledge	4 miles	0	41	2	Dunbar lake
MaryAnn	Schwertner	4 miles	0	59	19	Wilson, Tx county road. Sam road
Ruby Ann	Smith	4 miles	0	53	7	Dr Armando Duran park/ Costco area
Peter	Tarantola	1 mile	0	9	16	Meadows South
Gary	Tayag	4 miles	0	43	24	Mae Simmons Trails
Dean	Threadgill	4 miles	0	48	51	South Central Lubbock
Pam	Titzell	4 miles	0	47	22	Ran the Toys for Tots route at Mae Simmons
Lydia	Turner	4 miles	1	1	6	Spectacular weather but same old road by my house.
David	Walker	4 miles	0	39	57	Shop to Wolforth
Hagen	Walker	1 mile	0	8	22	Shop outside Wolforth
Tiffany	Walker	4 miles	0	39	38	Shop to Wolforth and back
Margaret	Woodfin	4 miles	0	42	4	Neighborhood
Mark	Woodfin	4 miles	0	33	41	Neighborhood
Reeda	York	4 miles	0	55	37	"The Hill" amd Skunk Road
Ray	Young	4 miles	0	38	13	Seminole
Taylor	Young	4 miles	0	35	32	Yellow house canyon



**Hey all! The 2020 Pandemic isn't forever (although it seems so right now....!). There is a lot of running to come and being a part of the WTRC can be an encouragement to your running in many ways.**

**Become a 2021 member of the WTRC and also be involved in the 2021 WTRC Challenge Series!**

2019 Prairie Dog  
Town Run

Go to <https://wtrunning.com/memberships/>

There are many ways to compete in the West Texas Running Club. Of course, you can go all out to win the overall race. If, though, you might not want to compete at that level, what about running against your peers — those in your age group? One of the benefits of being a member is that you can compete in the Challenge Series.

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

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

The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

If you don't know about the Challenge Series the following describes how you can be a participant:

- Be a current WTRC member.
- Note: Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- You must volunteer to serve as a non-running worker at one or more Challenge Series events to be eligible for a Challenge Series award.
- "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.

- Packet pick-up:** Volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."
- Run in at least 3 races of the 13 club races.
- Non-running members can still earn miles and be eligible for the 66 Mile Club (see below), but are not eligible for Challenge Series awards.



2020 Buffalo Wallow

2019 Bobby Birdsong Memori-

# Come Run With Us!

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



2020 HOT Dam Run



2020 Shallowater Stampede

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



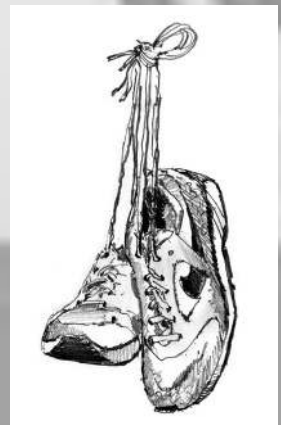
*Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)*

Run for the Arts

Horseshoe Bend

 West Texas Running Club

 @WTRunning



WTRC Newsletter Editor:  
Steve German  
[steve.german@sbcglobal.net](mailto:steve.german@sbcglobal.net)