



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



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WTRC Officers, Board Members, Directors and other club volunteers

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Customer Service Director and Race Calendar:
Suzan Caudle

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Cody and Autumn Lass

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address: westtxrunning@gmail.com**

Challenge Series/Newsletter:
Steve German
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WTRC Address:
WTRC
PO Box 2921
Lubbock TX 79408

Upcoming Races



2nd Saturday in March — 9:00AM
8Mi | 2Mi
Bib pickup: 7:45 to 8:30
FiberMax Center for Discovery
1121 Canyon Lake Dr.
Lubbock, TX 79403

Race Directors:
Nicole Phillips
nphillips1031@aol.com &
Ashley Bautista: ashleyb827@aol.com



WTRC's MOONLIGHT RUN: Formerly 'Run for the Arts'
April 10, 2021 (Saturday Evening!)
5:30pm 1 Mile Kids Cafe' Fun Run
6:00pm 2Mi | 2Mi Stroller | 15K

Check the website to learn how to guarantee your T-shirt!

Please be parked by 5:20 pm to clear streets for the 1 milers

Held in conjunction with/at The Moonlight Musicals venue

MacKenzie Park Ampitheatre, E Broadway & Cesar Chavez

Race Director: Suzan Caudle



Loop the Lake *Virtual* Race Report

The WTRC enters the new year continuing to navigate the vagrancies of the Covid-19 Global Pandemic. Very often our West Texas part of

the world is not impacted as much by world events as it seems is true for our east and west coast areas — particularly the big cities there. *However....* we have not been spared the effects of this pandemic. As of the January Loop the Lake Run the virus has caused lockdowns and closings on several levels for about 11 months beginning March of 2020. Our running club was able to host several races in-person this past year — Loop the Lake, February Freeze, Bobby Birdsong Memorial Run, Firecracker Run, HOT Dam, Shallowater Stampede, Red Raider Road Race and Buffalo Wallow. Those that were either canceled or moved to a virtual format were Pairie Dog Town Run, Moonlight Run, Hugh Haynes Horseshoe Bend Runs, Turkey Trot and Toys for Tots Cross Country Run.

This year — 2021 — began with one more club race that was moved to a virtual format. The good news is that, although still high, the numbers of Covid-positive cases is declining and vaccines have begun being administered. Clearly vaccination of so many people, nationally as well as locally, will take time. But... there is progress!

That being said — the WTRC continues to work with the City of Lubbock regarding the races we hold in the city. For now the city continues to not sanction large events which is what our races are considered to be. The WTRC will continue to approach each race with the spirit of working with our community in positive way as our community navigates the storm that is Covid-19.

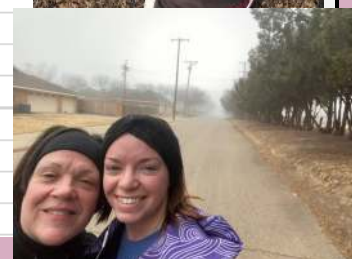
The turnout for this year’s Loop the Lake Virtual Run was strong. There were 116 finishers — 46 two-milers and 70 who completed 5 miles. Just looking through the runners’ results we see that 8 year old Noah Bermea clocked 18:43 for his 2 mile run. Twelve year old Daelyn Pena blazed her 2-miler in 17:28. Our up-and-coming cross-country runner, Billy Bond, completed his 2 mile run in 13:43! We have an impressive group of young runners in the WTRC.

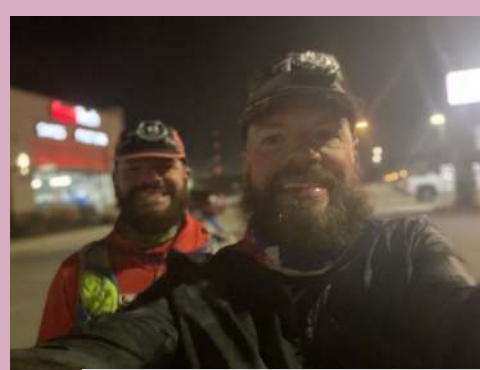


Of note in the 5 mile results — Lauren Murphree (38:24), David Hill (39:20), Mark Woodfin (39:25) and Joshua Leyva (39:32) — strong times for this distance! Thanks to all who participated in the Loop the Lake Virtual Run — so many who are persevering even during a trying time!

January 2021 Loop the Lake Virtual Run Results, page 1

			Race				
			Distance	Hours	Minutes	Seconds	Where Did You Run?
1	Josie	Aleman	2 Mile	0	36	26	Buddy Holly Rec Area
2	Paul	Anderson	5 Mile	0	55	33	Texas Tech
3	Noah	Bermea	2 Mile	0	18	43	South Plains College indoor track
4	Virginia	Bevers	5 Mile	1	0	52	Started on 380 2 miles up the caprock in post and down into post
5	Amme	Blair	5 Mile	0	42	30	Neighborhood
6	Robert	Bloodworth	5 Mile	1	2	29	Neighborhood
7	Cale	Bloskas	2 Mile	0	21	51	Treadmill - Planet Fitness
8	Billy	Bond	2 Mile	0	13	43	Lubbock Landmark
9	James	Bond	2 Mile	0	16	32	Lubbock Landmark
10	Tony	Bonner	2 Mile	0	19	39	
11	Aubrey	Calvert	5 Mile	1	19	58	Buddy Holly Recreational Park
12	Jason	Calvert	5 Mile	1	19	0	Buddy Holly Recreation Area
13	Luis	Cardenas	2 Mile	0	19	51	Buddy Holly Park
14	Maribel	Castillo	5 Mile	0	48	58	Bacon Crest/Heritage Middle School Area
15	Lauren	Cobbs	5 Mile	0	51	19	Meadows South
16	Jonathan	Cottrell	2 Mile	0	19	18	Ravenwood
17	Radley	Dalton	2 Mile	0	19	13	Miller Park
18	Terry	Dalton	5 Mile	0	53	27	TTU Campus
19	Lucy	Dominguez	2 Mile	0	22	35	Around the my neighborhood
20	Rene	Dominguez	5 Mile	0	49	45	Around my neighborhood in Odessa Texas
21	David	Doyle	2 Mile	0	21	37	Treadmill
22	Averi	Duncan	5 Mile	0	51	59	Treadmill
23	Dylin	Duncan	2 Mile	0	27	58	Treadmill
24	Mandi	Duncan	5 Mile	1	14	10	Treadmill
25	Michael	Duncan	5 Mile	1	21	0	Neighborhood
26	Parkir	Duncan	2 Mile	0	29	45	Treadmill
27	Tamara	Duncan	5 Mile	0	48	49	Lubbock Lake Landmark
28	Thomis	Duncan	2 Mile	0	26	19	Treadmill





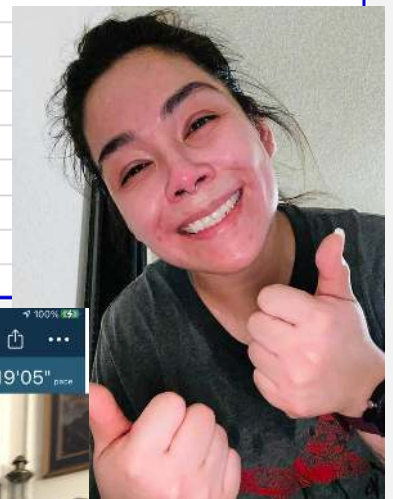
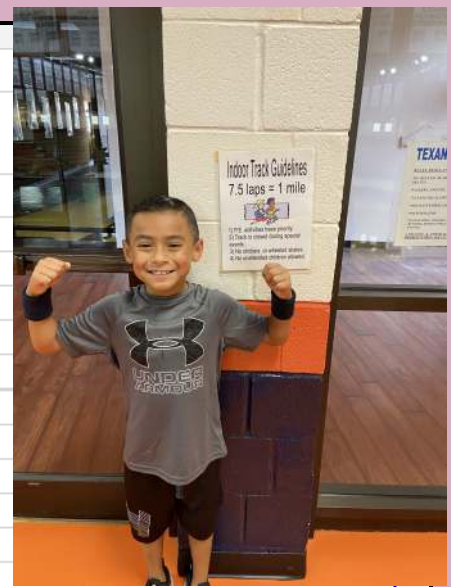
January 2021 Loop the Lake Virtual Run Results, page 2

			Race				
			Distance	Hours	Minutes	Seconds	Where Did You Run?
29	Rickey	Evans	2 Mile	0	25	0	Country road by my house at Lorenzo TX1/3/2021
30	Terri	Evans	2 Mile	0	25	0	county road around out house 1/3/2021
31	Tim	Evans	5 Mile	0	53	40	Treadmill
32	Jeff	Fisher	5 Mile	0	57	40	Lubbock Lake Landmark
33	Kipi	Fleming	2 Mile	0	27	53	Hillcrest neighborhood
34	Liana	Garza	2 Mile	0	37	17	We went to the race site to run
35	Debbie	Gelber	5 Mile	0	46	21	TTU campus
36	Steve	German	5 Mile	0	57	40	Lubbock Lake Landmark with David Reed & Jeff Fisher -- cold but nice day!
37	Yvonne	Gilinsky	2 Mile	0	22	45	Irving, Texas
38	Breanna	Harris	5 Mile	0	47	38	Buddy Holly Recreation Area
39	Taylor	Herrera	2 Mile	0	20	22	50th and Chicago
40	David	Hill	5 Mile	0	39	20	Heritage Middle School
41	Adam	Hixson	5 Mile	0	49	32	Loop the Lake course
42	Chase	Hixson	5 Mile	0	35	59	Loop the Lake course
43	Kylie	Hixson	2 Mile	0	18	3	SW Lubbock Roads
44	Tonya	Hodgkins	5 Mile	0	48	28	Singapore
45	Dottie	Holly	5 Mile	1	19	54	In my neighborhood in Vintage Township
46	Jalayna	Hooten	2 Mile	0	26	47	Neighborhood
47	Karen	Howell	5 Mile	0	51	21	My neighborhood finishing at Irons track
48	Ramon	Johnston	5 Mile	0	50	6	Outside
49	Mike	Kelley	2 Mile	0	30	9	TTU Rec
50	Autumn	Lass	5 Mile	0	54	33	Northwest Lubbock. Up Frankfort to North Slide and back.
51	Hilary	Lemon	2 Mile	0	24	15	McCullough Park
52	Mike	Lemon	5 Mile	0	47	18	FootTech's 4 mile route + TTU's Urbanovsky Park
53	Joshua	Leyva	5 Mile	0	39	32	My neighborhood
54	James	Livermore	5 Mile	1	3	47	Urbanovsky Park Trail Loop
55	Emma	Lopez	2 Mile	0	41	24	Treadmill
56	Jaime	Lopez	5 Mile	0	44	50	Around the house
57	Mary	Mailler	5 Mile	0	41	41	Lubbock Lake Landmark, I ran with Dawson.. Thanks.. My watch also got a late start so I relied on his watch for my final time.
58	Tobi	McMillan	2 Mile	0	24	27	Tech Terrace
59	Jokari	McMillen	5 Mile	1	1	32	Milwaukee Ridge
60	Sylvia	Miller	5 Mile	1	8	3	Texas Tech Campus
61	Macie	Mitchell	5 Mile	1	7	12	Grapevine, TX
62	Martin	Montalvo	5 Mile	0	45	1	Plainview hike and bike trail
63	Susan	Moore	5 Mile	1	3	31	From Foot Tech around Texas Tech and back
64	Jerry	Morris	5 Mile	0	47	44	Lubbock streets starting 51st and Memphis
65	Lauren	Murphree	5 Mile	0	38	24	Quincy Park
66	Cathy	Paden	2 Mile	0	20	55	Loop the Lake Course
67	Eli	Paden	2 Mile	0	22	27	Treadmill
68	Nathan	Paden	5 Mile	0	47	33	Guy Park
69	Kate	Panasci	5 Mile	0	45	20	Rush/Higginbotham area
70	Bryce	Pena	2 Mile	0	19	59	Around Heritage school
71	Daelyn	Pena	2 Mile	0	17	28	Ed Irons Track
72	Jason	Pena	5 Mile	1	7	0	canyon lake trail system
73	Jeremy	Pena	5 Mile	0	42	1	Around Lubbock
74	Reese	Pena	5 Mile	0	41	5	Around my neighborhood
75	Sarah	Pena	5 Mile	0	48	2	Around my neighborhood



January 2021 Loop the Lake Virtual Run Results, page 3

			Race				
			Distance	Hours	Minutes	Seconds	Where Did You Run?
76	Sheila	Peralta	5 Mile	0	52	12	Frisco, TX
77	Armando	Perez	5 Mile	0	41	40	Treadmill
78	Laura	Pharis	5 Mile	1	30	34	Treadmill
79	Kenny	Powell	2 Mile	0	18	30	General Road
80	Ed	Price	5 Mile	0	51	21	The Loop the Lake Course
81	Leesa	Price	5 Mile	0	51	6	Loop the Lake course
82	Sheila	Price	2 Mile	0	37	8	Loop the Lake Buddy Holly Park
83	Adam	Puckett	5 Mile	0	52	24	Foot Tech to Texas Tech
84	David	Reed	5 Mile	0	53	7	Lubbock Lake Landmark
85	Dawson	Reed	5 Mile	0	51	56	Lubbock Lake Landmark
86	Gus	Reed	2 Mile	0	24	51	In the snow Melanie Park
87	Arturo	Reyes	2 Mile	0	19	20	Higginbothom park
88	Brian	Rutledge	5 Mile	0	58	55	Lubbock Lake Landmark (in the snow!)
89	Gabby	Saldana	2 Mile	0	34	17	Treadmill
90	Colby	Sandoval	5 Mile	0	41	7	Neighborhood
91	Liza	Sandoval	2 Mile	0	20	29	Neighborhood
92	MaryAnn	Schwertner	5 Mile	1	7	47	Wilson
93	Desirae	Sifuentez	5 Mile	0	56	9	Treadmill
94	Fermin	Sifuentez	2 Mile	0	17	45	Treadmill
95	Librada	Sissell	5 Mile	0	57	55	Around my neighborhood, 88th Frankford southwest Lubbock between Venita (west) and Slide (east), 93rd (north) and 104th (south)
96	Kristi	Starr	5 Mile	0	48	18	
97	Peter	Tarantola	2 Mile	0	22	39	Meadows South
98	Gary	Tayag	5 Mile	0	55	30	Mae Simmons Trail as a part of a 13 miler
99	Rusty	Thoma	2 Mile	0	16	58	The Palms neighborhood, New Home
100	Tucker	Thoma	2 Mile	0	15	0	The Palms neighborhood, New Home
101	Dean	Threadgill	5 Mile	1	0	25	Loop the Lake course
102	Olivia	Threadgill	2 Mile	0	29	27	Loop the Lake course
103	Pam	Titzell	5 Mile	0	51	8	Loop the lake route
104	Lydia	Turner	2 Mile	0	30	0	Same old road by my house.
105	Larry	Vigil	2 Mile	0	22	30	around the neighborhood
106	David	Walker	5 Mile	1	11	33	Ran five and just kept running for fun
107	Tiffany	Walker	5 Mile	0	55	10	Neighborhood to 1585 and back! Did 10k but screen shot at 5 miles
108	Lance	Ward	2 Mile	0	26	12	Treadmill
109	Maddie	Ward	2 Mile	0	24	15	Treadmill
110	Lori	Ware	5 Mile	0	48	7	Levelland
111	Carolyn	White	2 Mile	0	38	42	Mini trampoline
112	Margaret	Woodfin	5 Mile	1	7	43	Loop the lake
113	Mark	Woodfin	5 Mile	0	39	25	Neighborhood
114	Reeda	York	5 Mile	0	51	31	Levelland Country Club to A&M Lane
115	Ray	Young	5 Mile	0	48	21	Seminole
116	Taylor	Young	2 Mile	0	16	24	Our neighborhood



My First 50K — *Being Present In Each Step*

by Jen Strawn

Hey, my name is Jennifer Strawn. I am 39 but the time ya'll read this I will probably



2020 Red Raider Road Race

be 40 (yikes!) -- a new running age group! I am married and have 2 sweet kids. I am a massage therapist, a yoga and spin instructor, and my wife and I own a gym and spa in Post, Texas -- Flow Health & Fitness. In the spa we have an awesome *float tank*. If you don't know what that is, look it up! It is so good for muscle recovery after long runs!!! I got into running after I had my youngest -- Phoenix Blaze (she's 5). I loved to eat during my pregnancies -- lol -- so I set a goal to start running after she was born and then to sign up for a half marathon. At the time that felt like a far-fetched goal -- 13 miles seemed crazy. I ran track and cross country in high school but only because we had to in order to play basketball, so I never considered myself a runner and sure didn't enjoy it.

Soon after Phoenix Blaze was born I began my running and started looking for a date for a half marathon. The only one I could find was the Buffalo Wallow Half, so I signed up for that. I didn't know anything about this running club (WTRC), and had no idea how hard that race was going to be. I ran it, did pretty good, and was instantly addicted! I remember trying so hard to pass the girl in front of me and every time I got close, she would speed up. I never caught her (Amme Blair), but it sparked something in me that made me want to try harder!

Right after Buffalo Wallow I signed up for WTRC membership and it has been the most rewarding thing I have ever done. At each race I tried to improve and couldn't wait for each month's race just so I could be around such positive people and friendly competition.

I met some of my favorite people through the club, they will be friends for life (my Wolf Pack guys!).

Frank Mendoza and I will always feud- Beef vs Vegan :-))



2020 Buffalo Wallow

Since then I have competed in a few sprint triathlons and one 70.3 Ironman. I like to challenge myself and I like new adventures. I figured after the 70.3 the next thing on my list should be a marathon. It seemed like it should be pretty simple after all the running I had been doing. However, it was not at all simple for me! I ran the Mayor's Marathon, cramped up, and had to walk 2 miles of it. I then tried again in the Miami Marathon and also struggled through it. Nothing about a marathon was fun to me.

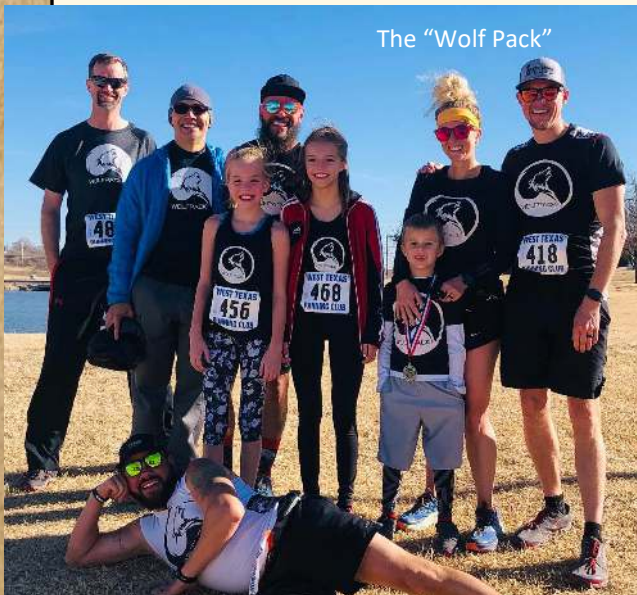
I wanted to love the marathon distance, but I just didn't. I *dreaded* the thought of doing another.

At this point I figured I needed a change of pace, scenery and to set a new goal.

I had been out once to run trails with Codie, Jeremy, and Jason (WTRC members as well as part of the "Wolf Pack"). I instantly loved the way running trails makes your brain work differently -- constantly thinking about your next step and never losing focus or you would be sure to trip or twist an ankle. Trail running is totally different than road running where you can let your mind wander for hours.

Not knowing exactly what my next goal was, but knowing running another marathon wasn't, I started looking into trail races.

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The "Wolf Pack"

My first 50k I signed up for was the Palo Duro Trail Run (<http://palodurotrailrun.com/> -- Palo Duro Canyon just outside Amarillo, Texas -- usually held in October) but because of COVID-19 it was canceled. My cousin had run Bandera (see [HOKA ONE ONE Bandera Endurance Trail Run](#)) last year and loved it, so I registered for that. Knowing very little about trail running or ultra-distances, I wanted to run somewhere that I could ask questions and get advice from people I knew.

So, I started my Bandera 50k training. If anyone knows me, they know I cannot follow a training plan! If a book is telling me what to run everyday for 20 weeks, I will stick with it for a while, then get annoyed that I can't just run what I want (probably the reason my marathon attempts didn't go as I had wished, lol).

I live at Lake Alan Henry and found an awesome little hiking trail that is about 2.5 miles long. That's what I had to train with. It got a little monotonous on my long run days but I was grateful for this trail because driving to Lubbock several times a week for trail running wasn't always an option.



On the drive to Bandera is where I started questioning everything. Did I train enough? Did I do enough long runs? Are our hills anywhere close to the climbs I'm about to do? Do I even know what I am doing??! Once we got there I decided I needed to redirect my thinking or else this wasn't going to be a fun experience! I continued to tell myself -- it's ok to be a beginner at something!! ENJOY the run!! Take each mile in and embrace the challenge in each mile -- don't worry about the next one! *Be present* in each step!

Race morning was cold. It had rained half the night before and was going to continue to rain, sleet, and snow throughout the entire day. The trails were already muddy and slick.

I got my chip and they told me to take off whenever I was ready. I think it was a different start because of COVID-19 guidelines, but I'm not sure? There was never an official start, just take off when you want.... which helped the pre-race jitters. I didn't really have a chance to think about what was about to happen.

I checked to make sure I had all I thought I needed one more time, then took off into the rain and the unknown. The most common advice I had received was walk the hills, run the flats and downhills, and start off slow. So, even with all the adrenaline, I made sure to stick to that advice.

Miles 1-5 I think I smiled the whole time! The rocks were slippery from the rain. The runners passing by would say "have a nice run today" or something along those lines. It was a cool feeling knowing we would be running all day!

During miles 5-10 I stopped and topped off my Tailwind (energy drink) and grabbed a PB&J -- still felt great. Pretty wet, but was pleased with what I was wearing. Wasn't feeling too hot or cold.

At the next stop, around mile 16ish I think, there was the cutoff for the 25K runners. I stopped, got a PB&J sandwich, a few orange slices, topped off my drink, and took off, knowing from this point on I'm committed to finishing the 50K.



continued next page...

From here things got really intense. My body felt great as far as fueling and staying hydrated. But the rain had turned to sleet. Parts of the run looked like we were climbing down waterfalls. I would take my gloves off and wring the rainwater out, then struggle to get them back on because they were so cold. In hindsight it might have been better to just keep them off. I could see many of the runners were getting pretty discouraged. There was no way of running the flats because of the mud and slick rocks. I managed to stay really positive and decided this might take a little longer to finish, but take in every miserable, wonderful mile!!

Mile 20!! I didn't know to expect this, so it was an awesome surprise to run into a big barn with heaters!! I am vegan, but they offered hot chicken broth. I thought it would be smart to have something warm, then topped it off with pickle juice (then praying I wasn't going to regret that combination on down the road, lol). Since we were in a covered space I decided to change into the dry socks I had carried in a Ziplock bag. My hands were so cold I couldn't use them. The volunteers were amazing. They untied my shoes, took them off, changed my socks, put my shoes back on, and tied them for me. It was such a humbling moment. The volunteers were doing all they could to help everyone get warm. One volunteer gave up his own beanie and jacket to a runner who was not dressed warm enough. He told him, "Here, I want you to finish the race." The volunteers were so genuine and cared about each person running through their station. It was a nice reminder that there is still so much good in humanity.



With dry socks and an extra boost from the volunteers I felt brand new. I knew I would be able to finish this race strong. I felt like my pace steadily increased from there.... as much as it could anyways. The mud was so thick and sticky I was never actually "running".

By mile 25 I felt like it was safe to push myself a little harder, my legs felt great, and the rain had let up! I was able to pass several between this point and the end. I think the mud had discouraged a lot of runners. People were starting to really complain about that part. I continued to embrace it! I thought to myself this has to be the adult version of playing in the mud! I think I ended the last 5 miles with an even bigger smile than I started the race with. Got a little emotional the last mile. This is the first race I can say I was so proud of how I did and had no regrets, time and pace aside. The elements were crazy and I enjoyed every single minute being out in nature, getting to see some awesome scenery, learning to see beauty in the struggle! And, for sure, staying present in each mile. I felt so alive out there.

What makes it even more rewarding-- friends who feel like brothers (Wolfpack from WTRC) encouraging each other through everything, whether it be a race, or nothing to do with running. Constant advice, ideas, prayers, and laughs.

My wife, who ran the 25K because I told her this will be fun!! She is always there for support through all of my "fun ideas."



And, my mom who, of course, came to the race. I am about to be 40, and she is still my biggest cheerleader!!

I am so grateful for the West Texas Running Club -- from the very beginning until now. I am so in love with trail running at the moment but I know I will always be a part of this club. It has brought so much joy, growth, patience, and learning into my life.



My First 100K

Never let a cactus stop a great run!

by Codie Hair



Codie at WTRC
2020 February
Freeze

My name is Codie Hair and I have been married to Sarah for 22 years this coming June. We have three amazing daughters who are all grown up, so we are almost empty



nesters. Time sure flew by quickly and we miss the girls being home! I have worked for United Supermarkets for almost 26 years. I worked in United stores for 19 of those years and now work in the distribution center as the produce business manager.

I started running when I turned 38. Jason Pena invited me to go mountain biking along with his brother Jeremy and some other friends every now and then. Those biking events evolved to trail running (often the same trails for trail running and biking) and then they encouraged me to join the West Texas Running Club races and to run with "The Wolf Pack." I'm very thankful to the Pena brothers for getting me in to this great sport -- I quickly grew to love running! I set a goal when I turned 40 to run a marathon that year. I did so and have gone on to run four (4) 50ks

and this 100k and have many more planned. I mainly run roads during the week so that I can just leave from the house and run trails on the weekends to get in some mileage and work on trail form.

I ran my first 100K trail race at Hoka One One Bandera Endurance Run on January 9th, 2021 (see: [Bandera Endurance Trail Run Website](#)). Bandera was quite a challenging course to choose for my first 100K (a little more than 62 miles). The description on the race website clearly states, "No whiners, wimps, or wusses. A trail of rugged and brutal beauty where everything cuts, stings or bites." This turned out to be a very accurate description!! I experienced the reality of this with a significant fall on at mile 37 – more about that a little later.



Bandera is a rugged course set in the Texas Hill Country State Natural Area just outside of Bandera, Texas – a little more than 5 hours from Lubbock just northwest

of San Antonio. The course consists of 2 – 31 mile loops with a mix of single track, double track, and some gnarly rocky, rooty, inclines and descents.

Maintaining energy during a 62 mile run up and down hills and along narrow paths is a challenge. For my fueling strategy I carried 2 – 16.9oz UD (Ultimate Direction) soft

flasks in the front of my race vest. One had water and the other held Tailwind which is an energy drink. I made sure to finish the water and most of the Tailwind by the time I got to the next aid station and that kept my hydration running smoothly. There was a total of 6 aid stations along the way with a great mix of foods to fuel up on and some very helpful and motivating volunteers. For calories I ate peanut butter and jelly sandwiches, bananas, and

pickles at most aid stations. Later in the race I added cheese quesadillas and mashed potatoes with chicken broth (it was delicious!). I also supplemented calories with Hammer Gels every 30 to 45 minutes. I never felt sluggish and never bonked so I feel like I got the right amount of calories without overdoing it and causing GI distress.



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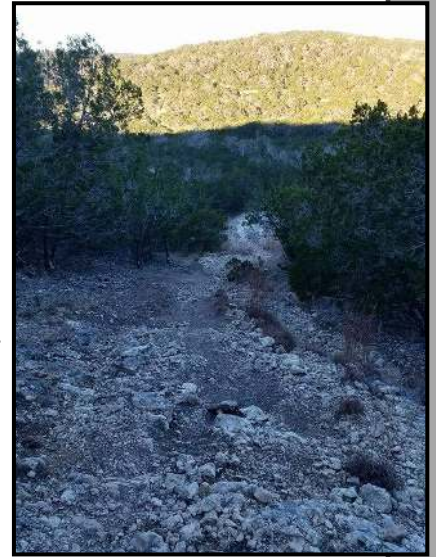


My wife Sarah was there crewing and cheering me on. Somehow she would find her way to some of the aid stations along the way and be there with a chair and help with my drop bag, get me fueled up, geared up, cheer me on and send me on my way. Knowing I had her support motivated me and helped me focus on the race.

I started with a cautious pace. The furthest I had run prior to this were several 50Ks so I was going into the unknown after the first lap. Some of my splits towards the end of the race were faster than on my first lap, so I feel like I paced myself

pretty well and felt great all the way to the finish....with one exception. I was 5 miles in to my second lap, so about mile 36. I was on a "lollipop loop" -- up a mountain, around the top, then back down the same trail we went up. I was at the top and enjoying the view over the valley below -- and my foot found the only rock on that section :-((-- and I was airborne! I saw a cactus right where I was about to land and the only thing I could do was turn on my side and brace for impact. I was covered with needles on my thigh, stomach, and hands. I picked out what I could and then got back after it. The fine needles were in clusters and I couldn't get them out so they stayed with me the rest of the race and Sarah picked them out later that night. Instead of getting bummed out about it I turned it around and used it as motivation. Told myself "you're tough enough to fall down, crash into a cactus, covered in needles and you're still going -- the rest of the race should be easy!! Never let a cactus stop a great run -- gotta play mind games sometimes!

The last 2 ½ hours I was running in the dark. Fortunately, most of the very technical parts of the trails were behind me. Running in the dark was cool because I could see



headlamps in the distance and made it a goal to catch up to them and pass them -- very motivating! I finished the first lap in 6 hours and finished the second lap in about 7 hours. I finished the 100K in 13 hours and 7 minutes. My goal was to finish under 14 hours, so -- mission accomplished!

I have met some really great friends, had some great experiences, and running has been an excellent way to focus on a healthy lifestyle. I'm very thankful for the West Texas Running Club and the volunteers. Being part of this club has been a great way to bring us all together, make new friendships, and challenge us to grow.

Thanks!!
Codie Hair



2020 Challenge Series

Age-Group Award Recipients

W.T.R.C. 2020 CHALLENGE SERIES – Final Standings as of 1/1/2021

note -- to qualify for Challenge Series Awards the member must (1) volunteer for at least one race and (2) run in at least three other races

FEMALE

YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	30 - 34 FEMALE	AGE	PTS	MILES	EVT	VOL	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL
						Autumn Lass	35	28.5	37.5	8	**	Margaret Woodfin	56	40	67.4	11	*
						Molly Roberts	31	21	61	11	*	Kipi Fleming	57	38	35.2	11	*
												Reeda York	58	21	73.6	12	*
10 - 12 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	60 - 64 FEMALE	AGE	PTS	MILES	EVT	VOL
Daelyn Pena	11	30.5	27.6	10	*	Sarah Pena	39	45	36.6	12	*	Leesa Price	64	43	84.7	12	*
Taylor Young	12	24	32.2	9	*	Tiffany Walker	39	31.5	76.7	12	*	Virginia Bevers	60	27	66.1	11	*
Hagen Walker	13	8	25.2	7	*	Laura Pharis	40	2.5	47.1	6	*	Terri Evans	61	20	28.1	12	*
13 - 15 FEMALE	AGE	PTS	MILES	EVT	VOL	40 - 44 FEMALE	AGE	PTS	MILES	EVT	VOL	65 - 69 FEMALE	AGE	PTS	MILES	EVT	VOL
Reese Pena	14	58	55.2	12	*	Aubrey Calvert	40	22.5	30.5	11	*	Carolyn White	67	23	25.1	7	*
Saylor Corelis	15	11.5	51.6	9	**	Liza Sandoval	42	27	11.1	5	*	Lydia Turner	67	20	25	11	*
16 - 19 FEMALE	AGE	PTS	MILES	EVT	VOL	45 - 49 FEMALE	AGE	PTS	MILES	EVT	VOL	70 - 74 FEMALE	AGE	PTS	MILES	EVT	VOL
Emma Lopez	16	31.5	22.6	8	*	Amme Blair	48	52.5	70.4	11	*	Julie Selleck	70	9.5	13	5	*
Kyden Corelis	18	4	49.7	7	**	Tamara Duncan	46	45	78.5	11	*						
20 - 24 FEMALE	AGE	PTS	MILES	EVT	VOL	Priscilla Lopez	48	29.5	57.9	9	*	75 and up FEMALE	AGE	PTS	MILES	EVT	VOL
Megan Taylor	24	37.5	29.7	6	*	50 - 54 FEMALE	AGE	PTS	MILES	EVT	VOL	PJ Sullivan	76	23	55.1	8	*
Maddie Ward	23	20	14.2	5	*	Mary Mailler	54	49.5	64.4	10	*						
Brylie Corelis	21	9.5	38.6	6	**	Debbie Gelber	52	42.5	70.1	12	*	ATHENA-age graded	AGE	PTS	MILES	EVT	VOL
25 - 29 FEMALE	AGE	PTS	MILES	EVT	VOL	Lauren Cobbs	51	38	84.7	12	*	Sheila Price	56	32.5	67.5	10	*
Natalie Beckman	28	27.5	27.6	5	*						Gabby Saldana	57	27	38.8	8	**	
Desirae Sifuentez	28	19	21.2	8	*						Jalayna Hooten	28	23	29.2	8	*	
											Liana Garza	51	19	69.5	10	*	

MALE

YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	60 - 64 MALE	AGE	PTS	MILES	EVT	VOL
Thomis Duncan	10	30	24.2	9	*	Armando Perez	37	45	74.4	12	*	Steve German	63	42.5	84.7	12	*
Radley Dalton	9	24	17	9	*	Cody Lass	36	32	46	8	**	David Doyle	62	38.5	31.1	12	*
Peter Tarantola	8	17	26.2	11	*	Jonathan Botros	38	20	41.3	7	**	Ed Price	64	34	84.7	12	*
10 - 12 MALE	AGE	PTS	MILES	EVT	VOL	40 - 44 MALE	AGE	PTS	MILES	EVT	VOL	65 - 69 MALE	AGE	PTS	MILES	EVT	VOL
Chase Hixson	14	32.5	38.4	8	*	Jeremy Pena	45	55	84.7	12	*	Jerry Morris	69	35.5	74.2	11	*
Eli Paden	13	19	28.2	8	*	Adam Hixson	42	34.5	40.2	11	*	Terry Dalton	66	32	48.9	11	*
13 - 15 MALE	AGE	PTS	MILES	EVT	VOL	Jason Calvert	41	33.5	36.5	11	*	Ian Scott-Fleming	65	8	37.7	6	*
Chase Hixson	14	32.5	38.4	8	*	45 - 49 MALE	AGE	PTS	MILES	EVT	VOL	70 - 74 MALE	AGE	PTS	MILES	EVT	VOL
Eli Paden	13	19	28.2	8	*	Kenny Powell	46	36	15.1	6	*	James Livermore	73	36	27.6	9	*
16 - 19 MALE	AGE	PTS	MILES	EVT	VOL	David Reed	48	30.5	68.2	9	*	Rickey Evans	71	20	28.1	12	*
Colby Sandoval	17	31	22.3	5	*	Tim Evans	48	29	78.5	11	*	75 - 79 MALE	AGE	PTS	MILES	EVT	VOL
20 - 24 MALE	AGE	PTS	MILES	EVT	VOL	50 - 54 MALE	AGE	PTS	MILES	EVT	VOL	Richard Lampe	76	47	26.1	11	*
Paul Gaschen Jr	25	36	28.4	6	*	Ray Young	52	44.5	79.7	11	*	Ron Lubowicz	77	1.5	42.7	6	*
25 - 29 MALE	AGE	PTS	MILES	EVT	VOL	John Corelis	55	34	62.7	10	**	80 and up MALE	AGE	PTS	MILES	EVT	VOL
30 - 34 MALE	AGE	PTS	MILES	EVT	VOL	55 - 59 MALE	AGE	PTS	MILES	EVT	VOL	Bill Felton	86	35	25.2	5	*
						Martin Montalvo	55	40.5	84.7	12	*	CLYDE SDALE-age graded	AGE	PTS	MILES	EVT	VOL
						Scott Cain	58	38	52.9	9	*	Jaime Lopez	48	45	43.6	8	*
						Arturo Reyes	59	36.5	23.6	8	*	Adam Puckett	49	45	22.3	8	*
											Nathan Paden	52	43.5	69.1	10	**	
											Lance Ward	53	33	20.2	8	*	

**Congratulations to all
Challenge Series Award recipients!!**



***Members of the WTRC 2020 Challenge Series
66 Mile Club and Trailblazers***

66 Milers

	Age Group	Number of Miles	Number of Races
Ruby Smith	45-49	84.7	12
Lauren Cobbs	50-54	84.7	12
Leesa Price	60-64	84.7	12
Jeremy Pena	40-44	84.7	12
Martin Montalvo	55-59	84.7	12
Steve German	60-64	84.7	12
Ed Price	60-64	84.7	12
Dean Threadgill	Clydesdale	84.7	12
Ray Young	50-54	79.7	11
Tamara Duncan	45-49	78.5	11
Tim Evans	45-49	78.5	11
Tiffany Walker	35-39	76.7	12
Brian Rutledge	Clydesdale	74.7	10
Armando Perez	35-39	74.4	12
Jerry Morris	65-69	74.2	11
Reeda York	55-59	73.6	12
Mark Woodfin	55-59	71.6	11
Paul Anderson	Clydesdale	71.6	11
Amme Blair	45-49	70.4	11
Debbie Gelber	50-54	70.1	12
Liana Garza	Athena	69.5	10
Nathan Paden	Clydesdale	69.1	10
Joshua Leyva	40-44	68.5	8
David Reed	45-49	68.2	9
Sheila Price	Athena	67.5	10
Margaret Woodfin	55-59	67.4	11
Virginia Bevers	60-64	66.1	11
Suzan Caudle	65-69	66.0	9



Trailblazers

	Age Group	Number of Miles	Number of Races	
Peter Tarantola	07-09	26.2	11	at least 15
Thomis Duncan	07-09	24.2	9	
Bryce Pena	07-09	17.5	6	
Radley Dalton	07-09	17	9	
Taylor Young	10-12	32.2	9	at least 22
Daelyn Pena	10-12	27.6	10	
Hagen Walker	10-12	25.2	7	
Reese Pena	13-15	55.2	12	at least 38
Saylor Corelis	13-15	51.6	9	
Chase Hixson	13-15	38.4	8	



February Freeze

Postponed!!

(until Feb 27th :-)



covered by significant snowfall. So — the race, as of this writing, is scheduled for the following Saturday morning (27th).

Next month's WTRC Newsletter will carry that race report.



Tammy Mosteller — Race Director and Manny Ramirez — WTRC Vice-President of Operations — would love to make this race happen!!

Well — another history-making time in the life of the WTRC! This race has been postponed for the 2nd time! It was scheduled for February 13th — right at the beginning of the 2nd Lubbock Big Snow. Club leaders were hoping that the snow would be melted by the following Saturday (20th) but, as of Friday morning Buffalo Springs roads and parking areas were still



LOCAL

Abbott asks for federal aid with statewide disaster declaration, warns drivers to stay home

Sarah Asch Austin American-Statesman

Published 5:02 p.m. CT Feb. 13, 2021 | Updated 11:41 a.m. CT Feb. 14, 2021



Editor's note: The American-Statesman is making this story about winter weather free for everyone to view as a public service. If you already subscribe, thank you. If not, please do so today at statesman.com/subscribenow.

Gov. Greg Abbott on Saturday said he was asking for a federal emergency declaration from the Biden administration as the state faces some of the worst winter weather in years.

The declaration will open the door to more federal resources and assistance for Texas and local governments affected by the deep freeze.

On Friday, Abbott issued a disaster declaration for all 254 counties as the state deploys personnel to respond to severe winter weather. The governor also ordered the State Operations Center to expand operations to 24 hours a day.

Abbott on Saturday also warned that demand for power might exceed supply across the state Monday and Tuesday as temperatures drop.



Texas Gov. Greg Abbott issued a disaster declaration Friday for all 254 counties as the state deploys personnel to respond to severe winter weather. Bob Daemrich, Daemrich/CapitolPressPhoto/Pool

The Great Plains Arctic Blast of 2021

February 15th Record Lows

	Temp(°F)	Previous Record (Year)
Hibbing/Chisholm, MN	-38	-32 (1939)
Valentine, NE	-33	-28 (2007)
North Platte, NE	-29	-23 (1881)
Sioux City, IA	-28	-20 (1936)
Sioux Falls, SD	-26	-21 (1909)
Goodland, KS	-23	-13 (2007)
La Crosse, WI	-19	-16 (1905)
Colorado Springs, CO	-16	-8 (1895)
Lincoln, NE	-16	-11 (1978)
Omaha, NE	-15	-12 (1936)
Dodge City, KS	-14	-10 (1881)
Kansas City, MO	-10	-6 (1936)
Amarillo, TX	-10	-6 (1895)
Topeka, KS	-9	-7 (1936)
Wichita, KS	-8	-5 (1936)
Oklahoma City, OK	-6	7 (1909)
Wichita Falls, TX	-3	18 (2007)
Lubbock, TX	0	8 (1951)
Dallas/Fort Worth, TX	5	15 (1909)
Dallas (Love Field), TX	7	23 (1951)
Austin, TX	8	20 (1909)
San Antonio, TX	9	21 (1909)
Victoria, TX	14	22 (1909)
Houston, TX	17	18 (1905)
Corpus Christi, TX	17	25 (1895)

For the WTRC Historical Record

by Steve German

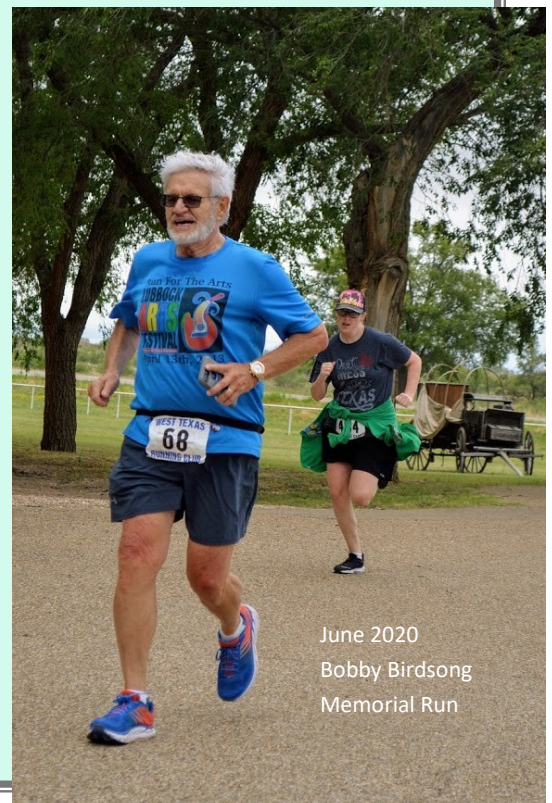
Wow..... wow..... what an interesting time in history we are all experiencing! It seems both like a short time ago, yet

forever ago, that the world shut down. I doubt I will forget just how quiet the streets of Lubbock were along about March when decisions for shutdowns were implemented by our state and local governments. KCBD's Amber Stegall reported March 24th, 2020 that "[t]he non-essential businesses are expected to close on Tuesday, March 24, 2020 at 6 p.m. However, the Lubbock Mayor Dan Pope says the non-essential businesses can use drive-thru, pickup, delivery and curbside pickup options. Those are allowed and encouraged..... The non-essential businesses are defined as businesses which engage in direct, person-to-person services to the public which are not time-sensitive and which are not required for the immediate health or safety of the recipient..... [Also] closing [are] all enclosed shopping malls, commercial amusement and entertainment venues, group meeting spaces.... Mayor Pope also placed restrictions building supply and home improvement retailers. They may remain open, however, the restriction will limit the business to 50 percent of their current occupancy or 100 people, whichever is less....."

Although some of the restrictions were modified later after the March 24th declaration, we continue to experience significant modifications in how we do things as a community. Of course, one of those things we – runners – are interested in that has been impacted by these modifications is how road and trail races are conducted. As a member of the WTRC many of you participated in the virtual races the club implemented during the months in-person races were not allowed by our city. The March Prairie Dog Town Run was canceled with no other options for participation. By the next month, although the Moonlight Musical Run was canceled, the club leadership implemented its first virtual run with 155 runners participating. The large number of participants was a strong signal that, although Covid had precluded us from gathering as a group, we still desired to continue running in some type of an organized way. It seems that there is something important in making a record of the effort represented by both a run of a certain distance and the time in which it was run. What do you think?

The May Horseshoe Bend Runs were also held virtually with 140 participants. But, by June, the WTRC was able to set up safe-gathering protocol for the Bobby Birdsong Memorial Run and, via an application to the City of Lubbock, the race was held in-person along with a virtual option. This was done for the next five races – Firecracker, HOT Dam, Shallowater Stampede, Red Raider Road Race. The November Buffalo Wallow, being an out-of-town race, was also held in-person as well as with a virtual option but this was the last in-person race of the year. By November and through December the number of Covid cases from the Lubbock area had grown dramatically to the point where the City of Lubbock no longer allowed large gatherings even with safe-gathering protocol in place. The remaining two 2020 club races, Turkey Trot and Toys for Tots Cross Country Run, were both conducted virtually with no in-person option.

The question on all of our minds is, what will 2021 hold for both our WTRC races as well as other local and out-of-town races in which many of our WTRC members enjoy participating?



June 2020
Bobby Birdsong
Memorial Run

continued next page...

It is clear that this pandemic has had a significant effect on most aspects of our lives – the schools our kids attend (including colleges and universities), churches we are involved with, friends we like to meet with for food and fellowship, health related activities we enjoy...the list is, of course, long because Covid left nothing untouched. Running in in-person events, as detailed earlier, have been impacted for the recent past and present but, there may be longer-term effects that we will see play out over time. For example, *Running USA's* 2020 Global Running Survey of more than 4,500 runners reported that only 44% would participate in -person in 2021 when races were offered (meaning more than half would not!). Keep in mind that this survey was conducted in November and December – during a particularly significant increase in the number of national and local Covid cases as well as deaths attributed to Covid. Indicative of the depth of apprehension caused by the virus, 24% said they would not feel safe even after vaccines become available (John Meyer, *The Denver Post*, Jan. 26, 2020 reported this information).



However, in a December 30th, 2020 *Runner's World* article, Jordan Smith reported that "...[o]ur normal ways of life—an after-work gym session, training with friends, or jumping into a spur-of-the-moment race—were put on lockdown. *But runners were undaunted* (my emphasis): With a little creativity, we were able to continue to lace up and reap all the health benefits that running confers. How do we know? We dug into data from popular workout tracking apps and devices. And the numbers don't lie: We logged more miles, more people started running, and we continued to race—*albeit virtually*" (my emphasis). The article goes on to report that data from MapMyRun, Fitbit and Garmin showed increases in mileage from March, 2020 through September as compared to a similar period during 2019

– Fitbit recorded a 22% increase, Garmin + 33%, and, per MapMyRun, a dramatic 68% increase in mileage. More than 22,000 Runcoach users ran a race between March and June during the bulk of spring race cancellations. Strava shows 44 percent of marathons were run completely alone, compared to just 14 percent in 2019. Smith concludes in this way:

Yep, there were signs of a running boom. MapMyRun saw a staggering 65 percent increase in runs logged and Garmin saw 27 percent more new users, which the Garmin team says is higher than previous years. Plus, 5.6 percent of Strava users who typically are cyclists logged runs for the first time. *So one positive outcome of a strange year is that new faces should be joining us when racing and "normal" does return* (my emphasis).

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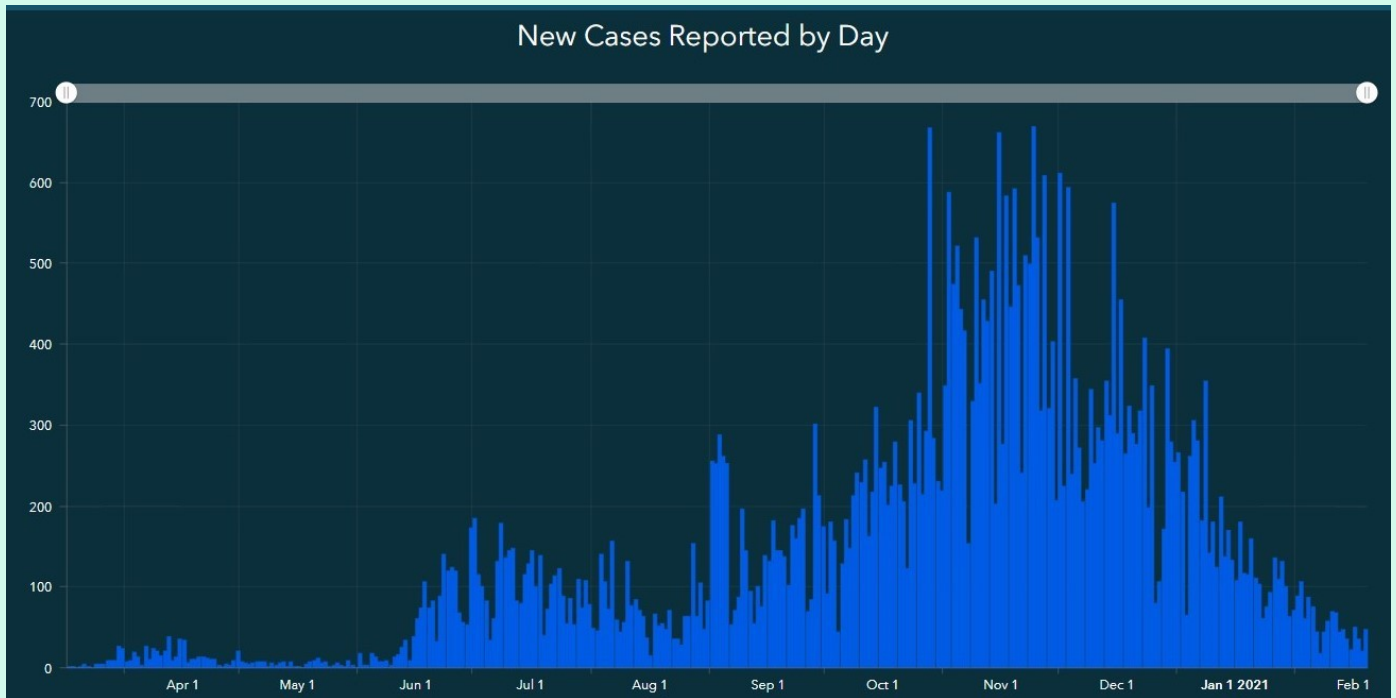


Lubbock Snow Day — Jan 10, 2021
by Sylvia Miller



Lubbock Snow Day — Jan 10, 2021
by Breanna Harris

It seems that, despite the obstacles, in the face of a world-wide pandemic, even when much of what we recognize in our world of running has been canceled or dramatically altered, running continues to be integral part of who we are and what we do. At the time of this article vaccines have been administered for approximately 2 months, most of them to specific subsets of the population – those 65 and older, healthcare workers, teachers, and those with several categories of health issues. Vaccinating a national population of more than 320 million is, for sure, a vast undertaking. At the same time, the City of Lubbock Health Department’s daily Covid-related statistics show a marked decrease in the number of new Covid-positive cases. Numbers of daily new cases were ranging in the 500s to 600s and have recently fallen often below 50. Also, the important Hospitalization Rate (the City stipulates a more restrictive policy regarding in-person gatherings when this rate goes above 15% for a period of several days) which was above 15% for a long period of time has also declined below the 15% threshold. This rate is currently under 6% leading to a relaxation of City of Lubbock policy related to in-person gatherings.



Daylight is peeking through the dark and stormy sky.

Yes, we will likely never look at “regular life” in the same way, right? How we interact with people – shaking hands vs. fist bumping -- perhaps a lingering use of masks where we would have not seen any — more individual space required when planning group events — hand washing on a level never before deemed desired or necessary – these may become a “new norm.” However, it may be that the desire to connect on a personal level will, in some ways, be stronger, be more desired, given the months of us being deprived of this. Although I tend to be more of an introvert, I believe I will value the opportunity to be with others – be it with my home and church family, visits to the store, and, of course, running with all of you at our monthly WTRC races.

Let’s continue to *run* and feel the positive vibes of being with like-minded people.

I look forward to being with you!

steve

Smith, Jordan. “2020 Was a Crazy Running Year. Here’s the Data to Prove It.” *Runners World*, Dec. 30, 2020.

Meyer, John. “Half of runners don’t plan to return to racing post-pandemic, survey says.” *The Denver Post*, Jan. 26, 2021.

It is time to renew your membership!

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

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

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

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

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

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

- Be a current WTRC member.
- Note: Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- You must volunteer to serve as a non-running worker at one or more Challenge Series events to be eligible for a Challenge Series award.
- "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.
- **Packet pick-up:** Volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."
- Run in at least 3 races of the 13 club races.
- Non-running members can still earn miles and be eligible for the 66 Mile Club (see below), but are not eligible for Challenge Series awards.



2020 February Freeze



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

WTRC Newsletter Editor:
Steve German
steve.german@sbcglobal.net



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



West Texas Running Club



@WTRunning

Come Run With Us!

WTRC races are found at www.wtrunning.com

