

March/April 2021 WTRC Newsletter



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

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**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

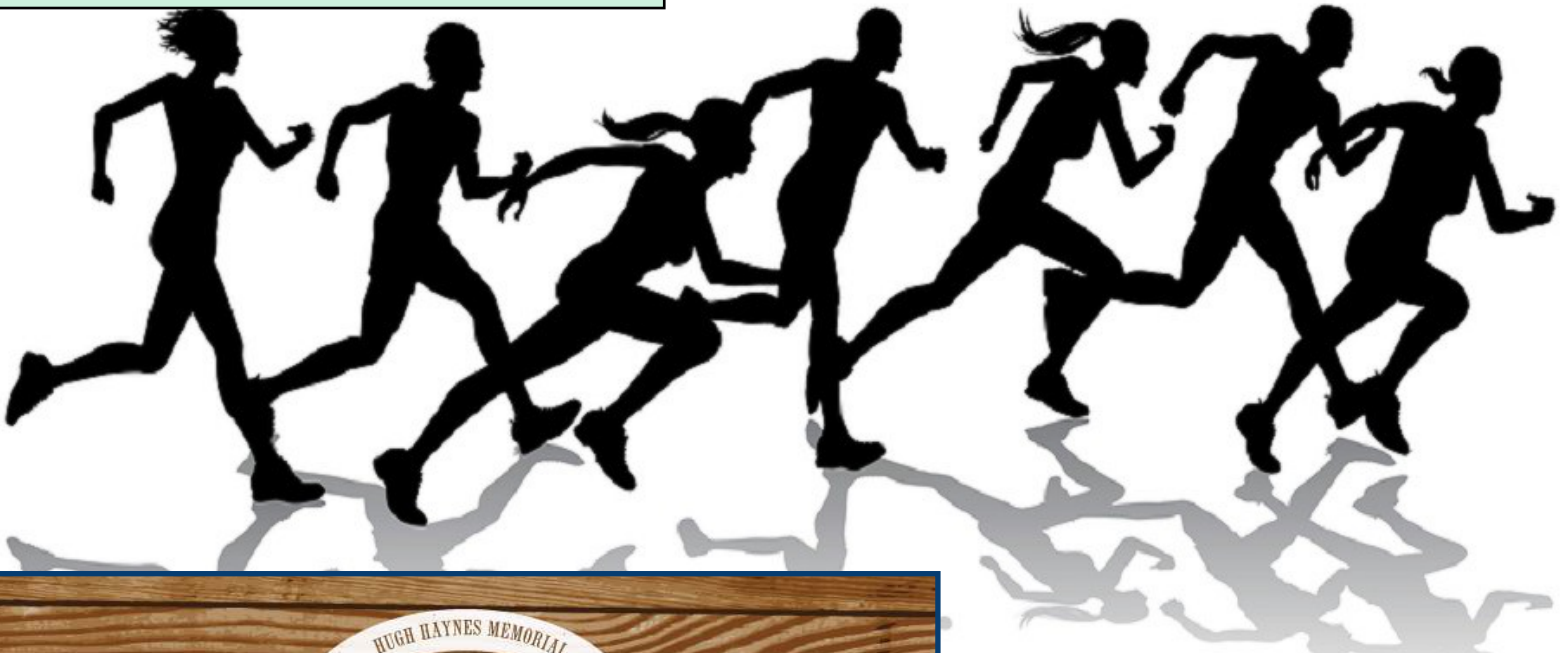
Board Members: Cody and Autumn Lass

WTRC Board Members can be reached through this email address: westtxrunning@gmail.com

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

WTRC Address:
WTRC
PO Box 2921
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Upcoming Races



Hugh Haynes Memorial HSB Canyon Runs

11Mi (Loop) | 6Mi | 2Mi
2nd Saturday in May — 8:00am Start
Bib pickup on Race Day – 6:45 to 7:30
See WTRC website for directions to the course

Bobby Birdsong Memorial Run

2nd Saturday in June, 8:00am Start
Online signup expires Thurs, 7:00pm.
Bib pickup on Race Day – 6:45 to 7:30 a.m.
2 Mi or 10K USATF certified #TX16058ETM

RACE LOCATION

The old County Line restaurant parking lot on FM2641, West of I27



**BOBBY BIRDSONG
MEMORIAL**

2021 February Freeze

Race Report

by Tammy Mosteller

Apparently, the third time really is a charm. February Freeze did not live up to its name on race day despite the BELOW freezing conditions the prior two weekends we attempted to run. The weather on race day was perfect for

setting a PR. We even had a few **new course records**:

5 MILE

Male 13-15, Lane Monroe, Lubbock – 35:36
Male 16-19, Pierce Trapp, Lubbock – 28:33
Male 40-44, Billy Rodriguez, Snyder – 30:36
Male 70-74, Jerry Morris, Lubbock – 47:40

2 MILE

Male 7-9, Billy Bond, Lubbock– 14:27
Male 16-19, Colby Sandoval, Lubbock- 11:20
CLYDES, Jaime Lopez, Wolfforth – 15:29
*Jaime beat his own record set in 2019 of 15:46
Female 25-29, Britni Bermea, Levelland – 16:32
Female 70-74, Yvonne Gilinsky, Lubbock – 24:15



Great race,
Tammy —
thank you!

Congratulations to our all our 167 finishers. Thank you for being understanding about the postponements of this race, and always willing to lace up your shoes to run those miles with The West Texas Running Club.

Leading all 2-milers was **Colby Sandoval**, coming in at 11:19.7. **Reese Pena** was the fastest female runner with a time of 12:55.4. In the 5-mile, **Pierce Tapp** was at the head of the race finishing at 28:32.1. **Lauren Murphree** led all female runners with a time of 39:48.9. Impressive runs by all!!

No club race is possible without the help of those individuals who are willing to give of their time. The amazing volunteers for this race were: David Reed, David Higgins, Suzan Caudle, Sylvia Miller, Emma Scott, Tamara Duncan, Billy Felton, MaryAnn Schwertner, Shelia Peralta, Sophia Peralta, Megan Taylor, Rhonda Russell, Gabriella Peralta, and Grace Peralta.



As a first time race director I want to say a special thank you to Emmanuel Ramirez for guiding me during the planning process with his trusty Excel spreadsheet. To Tommy Johnson for being my right hand during the race. Finally, to the board for making those tough decisions to postpone the race until conditions were safe for our runners.

Along side amazing volunteers I look forward to putting on a great race for you next year!

Tammy Mosteller





If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

Martin Luther King, Jr.

The Best of Running Friends

by Sarah Pena and Liza Sandoval

Here's to Reese and Colby, the best of running friends who have seen each other at their best and worst moments. They are the ones who have struggled by each other's side as they add more and more running miles. They are friends who listen to each other's pointless rants, complaints, and all other life issues. They make fun of each other and joke amongst themselves, but they both know that, in the end, they're always there for one another. They wouldn't trade this for the world.

From the editor — These days I tend to run at the back of the pack.... but that gives me opportunity to see many of our WTRC runners as they make the turn and head back to the finish line long before I even remotely approach the turn. As is often the case, the first runner I will see is Colby Sandoval and, hot on his heels, will be Reese Pena. I receive great joy seeing our younger runners excel as exemplified by Reese and Colby! I asked Colby's and Reese' moms to write an article for this newsletter so we'll have something to look back on as these two "youngers" continue to grow into the fantastic adults we can already see.



Running is where it all began for Colby and Reese. These two started running together with the Lubbock Summer Olympians distance running group during the summer of 2016. This adventure launched a never-ending friendship between them. Their friendship has taken them on different roads through many events and running just so happened to be one of the common denominators for these two kiddos. Since that summer they have grown into the best of friends. Both have been supporters at each other's races, track meets, and cross country meets. They have been together with coaches at practices, joined in many life celebrations, and run beside each other through everything else in between. They have experienced some remarkable and unforgettable events along the way. It seems that they've known each other for a lifetime and, in all reality, they have.



This quote defines Reese' and Colby's friendship to a "T":



"There are friendships that have been forged by dedication and by pain, by defeat and by accomplishment, by mud and by sweat, by laughter and by tears. Friends who have seen each other when we look our worst and when we look our best, when we feel like we could collapse and when we've won our biggest victory. Friends who encourage us when we want to stop, stick with us when we're about to fall and run beside us not just in the races but every day. These are the types of friendships that don't fade with time and don't dwindle with distance. These are running partners." – Ellen Gass





Running brought Colby and Reese together. They count on each other, they support each other, and they work hard for each other. After meeting in the summer of 2016, both have continued training together for all these years. They ran at the USATF Junior Olympics cross country race in Alabama, the TAAF Games of Texas State Track meet in McAllen, the LCU XC National Invite, multiple track meets in Odessa and Lubbock, and of course, the many West Texas Running Club races.

Reese cheered Colby on from state-side when he went to Australia to run and represent the USA for DownUnder Sports. Colby cheered Reese on as she ran unattached as an 11-, 12-, and 13-year-old in multiple High School and Collegiate races.

These two have a bond that began with running and has grown into such an amazing friendship. They've travelled many miles on foot together, running along side each other and growing up together. Another milestone is coming soon, as Colby begins his college career at LCU, joining the

cross country and track team there and Reese begins her high school adventures in running cross country and track as well. These two have big plans and they have all the love and support from everyone they know to accomplish every single one of them. They will always continue to strive for excellence in running, in school, and in life. Most importantly, they will continue to be friends and running partners for many, many years to come.



"...and let us run with endurance the race set before for us."

Hebrews 12:1



— Sarah and Liza

Prairie Dog Town Run

*March, 2021 Race Report by Race Directors
Ashley Bautista and Nicole Phillips*

We would like to congratulate the overall winner for the 2-mile race — **Colby Sandoval** (11:13.8) and the over female runner, **Reese Pena** (13:08.8), for their great finishes. If you check the February Freeze Race Report you will see that this is

a carbon copy of the overall and female leads for that race!! These two continue to crank out remarkable race times — great to see our younger runners run so well!

For the 8 milers (whew — that’s a long run for early in the year :-) **John Keith** led all runners with a time of 52:24.3. **Minde Faneuff** led the female runners (and a lot of guys :-) with a time of 1:04:40.4. The wind did not stand a chance! Way to go everyone!

We would like to give a huge “THANK YOU” to all of our volunteers who braved the chilly wind to course monitor, help with directions, water stations, set up/ take down, loading and unloading the trailer, time keepers, picture taker, and packet pick up, Frank Mendoza was not at the race but he did mark the course not once but twice!! Thank you, Frank, for always coming out before the race to mark the course. WTRC Board leaders JB and Manny were also out there setting up course mile markers and making sure the course was safe and ready to go — they were also great cheerleaders!

Time to shine some light on our bike lead, Ian Scott-Fleming. Ian not only volunteered but he also rode his bike in the wind up and down the course multiple times with a huge smile on his face — who does that?!? We had many runners compliment Ian on how he encouraged them to push through and finish the race! Ian you are magic, thank you!

If you see the following volunteers please give them an air hug since staying 6 feet apart is recommended! This race would not have been possible without them, they are the ones that make this race go easy and smooth:

Cale Bloskas, Tim Evans, Sonny Bevers, Ian Scott- Fleming, Martin Montalvo, Reeda York, Sylvia Miller, Josh Leyva, Christopher Tarantola, Paul Anderson, Kenny Powell, Julie Selleck, Frank Mendoza, JB Botros, Manny Ramirez, David Higgins, Suzan Caudle and Tommy Johnson. Thank you volunteers!!



Great job directing the race, Nicole and Ashley!!



This was our second time to race direct this race and it was just as fun as the first time! We can’t wait to do it again next year!

Again, thank you for the opportunity to direct this race!
Nicole Phillips
Ashley Bautista

New 8-Mile Race Records			
50-54	Tayag, Gary	50	1:01:58
70-74	Morris, Jerry	70	1:19:42
50-54	Gelber, Debbie	52	1:07:27
75+	Sullivan, Pj	76	1:25:18
New 2-Mile Race Records			
10-12	Bond, Billy	12	12:18
13-15	Reese Pena	14	13:09



After a Year of Living Through a Pandemic

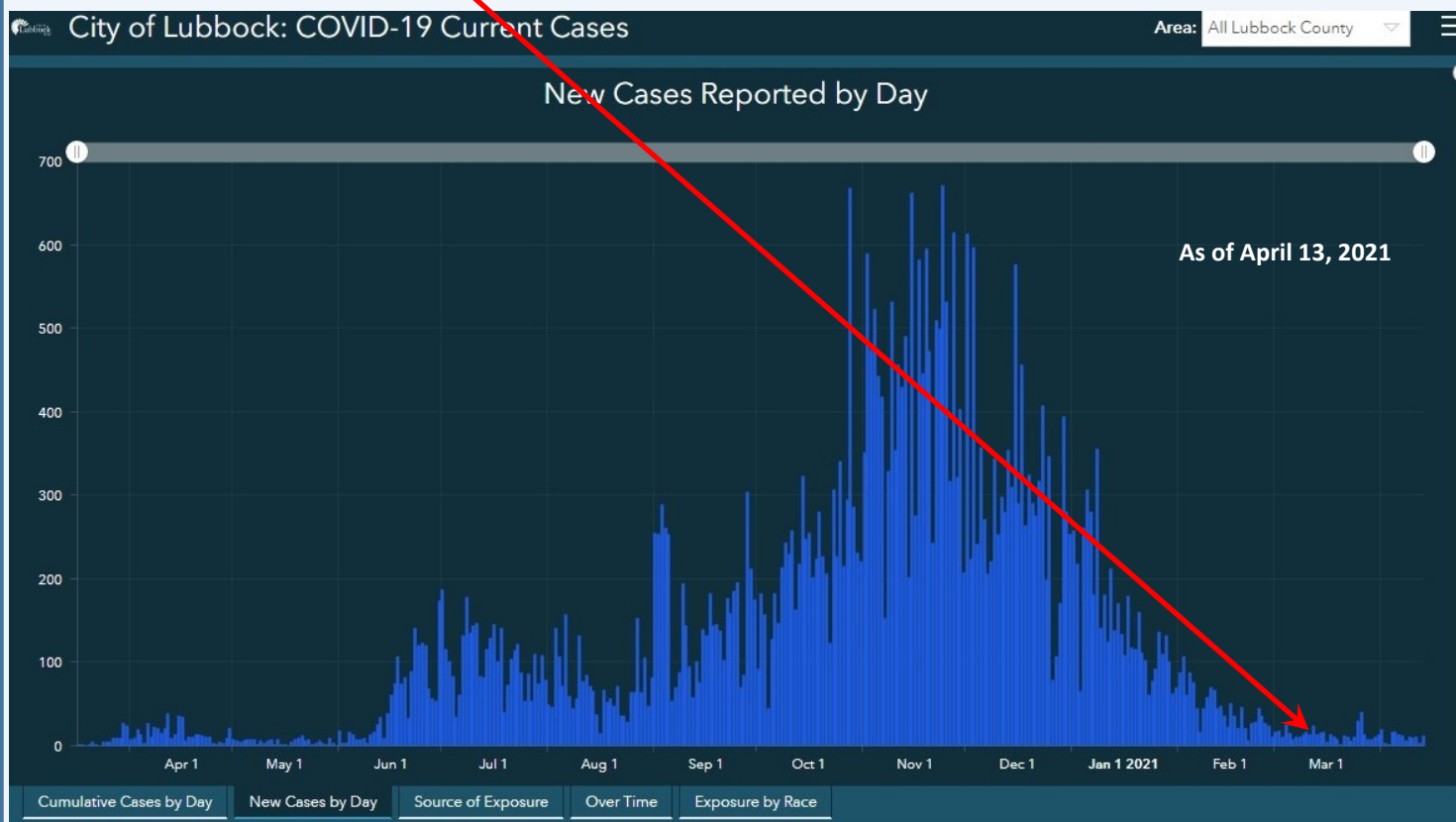
Well, if you've heard it once you've heard it a thousand times -- 2020 was a crazy year!

One of my purposes for the WTRC newsletter is to chronicle points in the history of the WTRC -- events

like the monthly races, articles about members who have overcome some obstacle, the progress of our kids in terms of their running.... the list goes on. I am interested now in recording some of WTRC members' thoughts now that 12-13 months have passed since the world around us shut down in response to the threat of Covid-19.

In the early months of the pandemic I asked several of our members to describe what they were doing in the absence of in-person races. I thought I received some great comments from those I asked — see the [March/April 2020 WTRC Newsletter](#) for those.

Now that we are in later stages of the pandemic (am hopeful about this!) I have gathered comments, thoughts from some of our members about how they've managed this past 12 or so months.



The following are some of the questions they addressed:

- 1) What is your outlook for the near future (hopeful, not sure, fearful.... and why) regarding running in particular, daily life in general, now as compared to 12 months ago?
- 2) How has your life changed (if it has) due to the pandemic?
- 3) What are your near-future plans for running?
- 4) Any other thoughts you would like to add.

I thought you all would enjoy their responses — see next pages.

I used to be one of those people who loved to race. I loved the thrill of running fast and even the torture of a good race. 2020 changed that. 2020 changed me. It was a dark year for me as it was for most.

My son was a senior and poised to excel at his One-Act Play competitions and speaking events. He missed out on those things and everything else that is a right-of-passage for graduates. We were strict about quarantine rules and I watched helplessly as my teens struggled with no social interactions and no purpose. I worried endlessly about my parents and especially about my father who was still recovering from lung cancer.

Running was the only thing that felt normal since I was just running in my sparse neighborhood. I indulged to the point I found myself in a constant cycle of injuries.

We didn't race during this time regularly and I couldn't anyway due to constant injuries. At some point I returned to the meditation of running with no desire to run fast. I find good days are days when I can run without pain even if it's slow. Even when not injured I find myself quitting hard training sessions. I no longer have the capacity for mental toughness like before.

We suffered tiny tragedies in 2020 as well as the death of family and friends. Unfortunately, our business was good because we are divorce attorneys. I have a quote on my wall that I found when I was training for my second Spartan beast(after a poor performance at the first one) and it reads- "I didn't find my strong until I went looking for it." I think we all had to find our own definition of strong in 2020. I may never be fast again, BUT: my kids, my husband and my marriage are stronger than ever. At the end of the day that is the ultimate victory.

Amme Blair



When Emma was little she ran her first race the same day I got lucky and won fastest female at RRRR, I told her some day she would win RRRR and in 2019 she did. I call this photo my "someday was today photo."

I feel hopeful that running and racing will start to pick up in the summer months and into the fall! While racing may not look like it used to, I think we have all learned to be grateful for the little things and the opportunity to do the things we love most. Over the past year, I've (mostly out of necessity) learned to love running alone with no race on the calendar. It took a while to get used to and wasn't without moments of frustration, but this season provided a great opportunity for growth.

Even now with the prospect of races popping up, I find myself not putting all of the weight on a specific race or calendar date like I have in the past. I am definitely excited to race again, but I've learned to love running and solitude as well, and I am thankful for the healthy balance that provides.

Thanks,
Lauren Murphree





I got the email from Steve about writing this newsletter blurb and I immediately thought of the question I just wrote for my 300 students. I posed the following question on their last exam -- "This past year has been filled with strong emotions, hardships, anxieties, challenges, loss, inequity, injustice, and unprecedented events. This year has also been an example of ingenuity, creativity, science, community, and persistence. I would like you to take this opportunity to say something about the last year that you are proud of – this can be big or small, personal or more abstract." Their responses were personal and painful and optimistic, but overall filled with compassion. By and large students focused on two things: people and balance. When I thought about my own response to this question, I answered the same way.

I am a professor at Texas Tech University and thus have a lot of privilege and flexibility in the way in which I was able to respond to this pandemic. Due to our job situations, my husband and I were able to choose to keep our son home from daycare and we have traded off childcare duties for 375 days so far. It has been a re-adjustment and making our full-time jobs fit into non full-time hours has been tough, but I have enjoyed our time. The biggest perk for me has been a shift to focusing more on people and less on products or outcomes, and running has been a huge part of this process.

In 2020 I ran the farthest, both in terms of a single outing and during the calendar year, that I have in nearly a decade. The pandemic gave me an opportunity to reflect and refocus and gave me permission, so to speak, to step back from the frantic pace of my job. I used running to de-stress and stopped caring about "good times" and my pace – I ran to exercise my body and my mind (I have switched from music to educational podcasts while running and I have learned SO much). My son, now 5, often wanted to join me. I could have said no, you're not fast enough, but I didn't. We ran slowly and intermittently (sooo many leaves and nature items to collect on the road) and when he got tired I took him home and then finished my run. I am a pretty competitive person by nature and it was a little tough to let the *experience of running* be the end goal instead of the running time. But, this past year has allowed me to do that, to give myself (and others) grace, and to focus on the process instead of the product.

The virtual WTRC races were a wonderful experience and helped to keep me moving every month. They also gave me a sense of community and connection when we were isolated, and the at-your-own-setting really helped me step back from the competitiveness. I did 7 races, the most I'd done in a year since joining the WTRC. I am hopeful for the coming year and I know we are not in the clear yet, but I am allowing myself to feel cautiously optimistic. I am definitely looking forward to more running and to joining in-person races again.

Picture: me on my first-ever snowy-day run (technically 2021 but i think the pic goes well with my 2020 story). I never liked the snow before because it made my times slow and it was cold and slippery. This year I bundled up and got out to enjoy the day. It was peaceful and quiet and I actually loved it.

Breanna Harris

Reflecting upon the last twelve months I would say that the first six months was a time where I did more running than I had done in many years. I ran a virtual race that gave me an opportunity to increase my mileage as the pandemic limited other areas of my life. It was running that really helped me navigate the challenges associated with covid-19.

All the running I did last year was a blessing but later led to an Achilles injury that has hampered me over the last six months. It is an overuse injury that can occur as we increase our mileage. I'm currently rehabbing in order to return to running.

Finally, I'm sure many of our WTRC members greatly missed some of the running events we missed out on in 2020 due to the pandemic. The social aspect of seeing and visiting with club members went away and was greatly missed. I'm looking forward to us returning to some normalcy in 2021. Be safe and happy running!

David Doyle



David with Braxton Fulford

TTU Red Raider Catcher

As with many people during the pandemic things changed, races were not being run, group runs were going down, and just going out in public became a hazard. With that being said, I do feel hopeful and a little unsure on the future, but I am extremely happy and excited that run and race organizations are finding ways to get people back out and running.

With the future in mind, I am currently working my way back to a 50k race in November that I struggled with in the past and did not finish. Along with that particular race I mainly plan to take full advantage of the current race schedules this year knowing that it is not to be taken for granted.

Overall what I learned over the pandemic at least in regards to running is that there are ups and downs but you just need to focus on the big picture and your long term goals and realize as long as you keep at it any bumps in the road or bad weeks will be just a small drop in the bucket.

Brian Rutledge



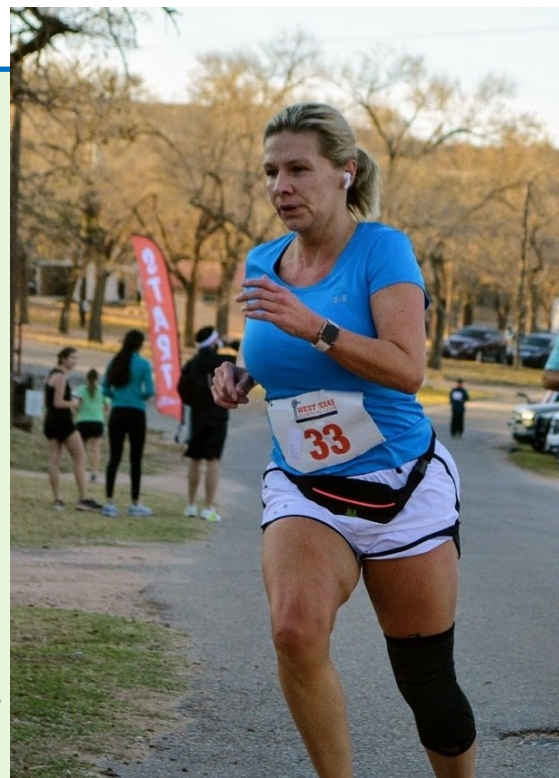
Stacy's response:

Even though last year was very challenging and pushed a lot of us to our limits, I do believe and have faith that things will begin to get better, better than before! A lot of people turned to outdoor activities during the pandemic, running being one of them, so I expect we will see even greater participation in the sport. I love how the running club was able to adapt to each change and still made running fun and competitive for the members. I think we also learned that the world will not end if we need to postpone or cancel a race.

For me, the most drastic change in my life due to the pandemic is working from home. I have been working from home since last March, so about one year now. I normally travel throughout West Texas for my job, getting to see my clients face to face. Working from home has been challenging and NOT FUN! I sit at a computer and call people alllllll day. The in-person races are important to me because it is my opportunity to see and talk to people. I hope we will have all in person races this year!

My near future plans for running are to continue running at Orange Theory and at the races. I plan on starting to run outdoors on weekends now that the weather is warming up. My goal is to continue to increase my speed and hopefully run another half marathon soon!

I am so thankful for my health and my ability to run; it has been such a life saver over the past year. It is easy to get down when sitting at the house all day by yourself, so working out and running has been so important to my overall well-being. I wish more people would realize the wonderful life changing effect running can provide us.



Scott's responses:

This is Scott and mine will be short and sweet. My outlook is hopeful always – running and otherwise I enjoy good health and the ability to run so I will run as long as I enjoy it.

My life really hasn't changed much. I have continued to be able to go to work daily and enjoy most of the freedom we have come to enjoy in this great country. I don't love the situation, but it could always be worse, so I make the best of what we have to work with.

Near term plans are to keep on keeping on!

Glad to be healthy and able to help take care of our family and enjoy our kids and grandkids!

Stacy and Scott Cain



After a crazy 12 months, things are starting to get back to normal for us, and we are hopeful that things will continue on this path. From running to everyday life, this March has been quite different. It's been strange going from an empty calendar to a schedule full of races, baseball games, tennis matches, swim meets, track practices, and triathlons but we are grateful for this chaos! The pandemic and quarantine were bitter sweet for us; we hated to see the suffering and fear, but appreciated being forced to slow down and enjoy our time together as a family unit.

We are so thankful to WTRC for continuing to put on virtual races throughout the pandemic, but we were

definitely elated when the time came to toe a real starting line! We are looking forward to more races and the camaraderie at in person events.

Mandi Duncan



In response to the questions, first of all my outlook regarding running is very positive! I was really glad for the Virtual Runs hosted by the club during the heart of the pandemic — was a great way to stay engaged with the club while motivating me to continue running. Since the gym I am a member of shut down for awhile I was “pushed” outside more — that was a good thing. Back in October Midland hosted the Energy City Half Marathon — that, along with the Red Raider Road Race, Shallowater Stampede and Buffalo Wallow were so good to be a part of and then the pandemic really clamped down on Lubbock! So — without that interlude of in-person races the time span between the beginning of the Lubbock area pandemic experience (March, 2020) and the current time of more things being open it would have been much tougher to stay on track.

I think my life has changed in that I am much more appreciative of being able to move around with the threat of Covid being much lessened. I was early in the vaccine process so, even though I know

protection isn't 100%, the protection given by the vaccines is extremely high, giving me a higher level of confidence in doing pretty much what I want to do. I am *very* thankful for the “smarts” given to people like those who developed these vaccines so quickly.

My future plans are to continue being strongly engaged with the monthly WTRC races (I want to win a Challenge Series Award :-)) and, along the way, run a few organized trail runs (just finished one at Caprock Canyons!) and see if my old bones will enable me to gear up for some longer type of road race. I have come to peace with being older and much slower so the pressure of getting ready for races is so much less! I think I've grown in being able to enjoy the journey rather than being focused on the destination.

Steve German



Moonlight Musicals Run

April, 2021

Race Report by Suzan Caudle

After 2020's Moonlight Musicals *Virtual* Run we were able to have Moonlight Musical Run in person for 2021! The weather was perfect and 162 runners finished their race.

We had 26 kids in the 1-mile Fun Run this year! It was great seeing them running as hard as they could – was easy to see many of them continuing running into the future.



In the 2-mile race **Billy Bond** blazed the trail finishing in 11:47.9 (5:54 pace – wow!). **Reese Pena** once again led all female runners with a time of 12:21.5. Way to go, Billy and Reese!

In the 15K (9.3 miles) race **Jeremy Pena** led all runners coming in at 1:08:23 and **Ashley Voeks** led all female runners with a time of 1:11:47. Really strong running, both of you!!

David Higgins did a wonderful job taking charge of Friday registration. I appreciate Lydia Turner and Wendy Anderson for their help on Friday with late registration. Thank you Riannon Rowley and Peyton LaFiette for all of the lovely pictures and videos. Tommy Johnson brought the trailer to the race. Thank you Tommy Johnson and Sonny Bevers for helping at the finish line. I really appreciate Manny Ramirez and Jonathan Botros for helping with timing, setting up the course and all the things you do for the race and club in general.

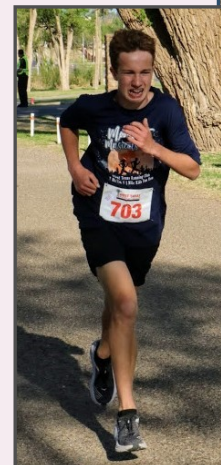
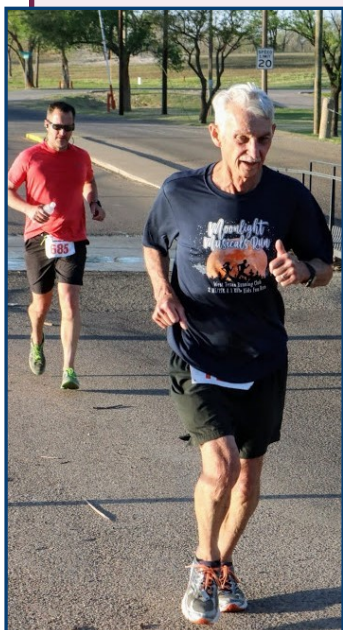
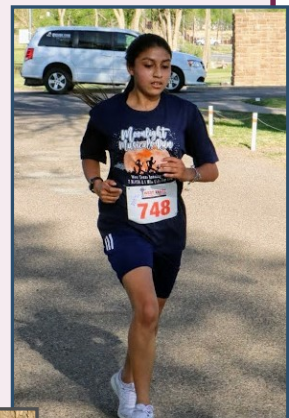
It would not be possible to run the race smoothly without Joshua Leyva, Jason & Aubrey Calvert, Steve German, Mike Lemon, Dean & Olivia Threadgill and Maddie Ward to take care of the water stops and course monitoring. Reeda York, Tammy Mosteller, and Lauren Cobbs were irreplaceable with race day packet pickup and handing out medals at the finish line. Thank you Curtis Sharp for course monitoring and helping at the finish line. Thanks to all who stayed to help load the trailer! Thank you Artie Corelis and Lauren Cobbs for writing down numbers. This job is often overlooked but so important.

I was so happy we were able to have our race in person and I have enjoyed all the comments and pictures on Facebook! It looks like many of our runners enjoyed it as much as I did. I look forward to next year!

Suzan



Great race, Suzan — thank you!!



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 but are not eligible for Challenge Series awards.



2021 February Freeze



**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.)



West Texas Running Club



@WTRunning



Come Run With Us!

WTRC races are found at www.wtrunning.com

Run for the Arts

Horseshoe Bend

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