

WTRC Newsletter

2021 May/June

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photo from Debbie Gelber



**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

2021 WTRC Board and other volunteers...

President: Jonathan Botros

Vice President/Operations/Media: Emmanuel Ramirez

Secretary: Wendy Anderson

Treasurer/Webmaster/Registration: David Higgins

Outreach: Ron Lubowicz

Hydration/Trailer: Tommy Johnson

Customer Service Director: 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
Lubbock
TX 79408

The monthly WTRC business meetings are held on the first Tuesday of the month at 6:00 p.m. with the exception of July.

Members are welcome!

Upcoming Races



FIRECRACKER RUN

Race Director: Gabby Saldana 806.281.4691

51st Annual Firecracker Run

Saturday July 3rd 2021

7:40 a.m. — 1 Mile Elementary Kid's Run

8:00 a.m. — 3 Mile & 10K Runs

Bib pickup on Race Day – 6:45 to 7:30

No walkers in the 10K!

RACE LOCATION:

Coleman Park – Brownfield, TX

2nd Saturday in August

HOT Dam!

Start by the waterfall on MLK & 22nd St.

8:00 a.m. Start — 5 Mi & 2 Mi

Bib pickup on Race Day – 6:45 to 7:30

RACE LOCATION

Canyon Lakes #6: 22nd & MLK Jr Blvd

Race Directors:

Shannon & Wendy Anderson

806.544.5966

**Hot
DAM RUN**

Remembering WTRC Member

James Bone

James E. Bone, Jr., 81, of Lubbock, was called away to heaven by his Lord, on Thursday, May 20, 2021 at his residence surrounded by his loving family.

Mr. Bone was born on July 3, 1939 in Bryson (Jack County), Texas to the late James Edgar Bone and Eva Ann (Kee) Bone.

He attended Lubbock's Monterey High School, graduating with the Senior Class of 1958. Working for Furr's Supermarket's during school and after graduation, he entered the U. S. Army in December of 1958 and was honorably discharged in December of 1960. Following his service to his country, he returned to Furr's Supermarket, which was then bought out by Albertson's, then Fleming's. He worked in all aspects, making his way up to being a Produce Buyer. Flemings sold to United Supermarket, where he continued to work as a Produce Buyer until retiring in 2010 at the age of 70.

He met Elsadora "Elsa" Gutierrez and they married on May 19, 1981 in Lubbock, Texas, where they have made their loving home together since that time.

Mr. Bone was an avid runner and cyclist and enjoyed the outdoors. He has been a long-time member of St. John Neumann Catholic Church and the Knights of Columbus for over 30 years.

Those left to mourn James is his wife, Elsa; three children: Brian Bone of Allen, Texas, Sylvia Gonzales Lozoya and Mark Gonzales, both of Lubbock; one sister, Jenell Bone of Snyder; seven grandchildren: Raquel Gonzales, Alberto (Tiffany) Gonzales, Andres Gonzales, Zenaida Gonzales, Carlos Lozoya, Roberto (Liz) Lozoya and Alyssa Boyette; three great-grandchildren: Jordan Lozoya, Kaylee Lozoya and Valerie Pearson. He was preceded in death by his parents, one brother, Charles Ray Bone in 2005 and a step-son, Steve Gonzales in 2012.



P.J. Sullivan says the following about James: There is much good that one can say about James Bone and his long time running career with the WTRC! One memory of him that stands out is when a bunch of us runners would pile into his "Old Blue" van to travel to Clovis, NM to run the Allsup's Fall Roadraces and also to Amarillo to run their Funfest Marathon in the late 1980s and early 1990s.

James was a dedicated volunteer with the WTRC — was one of the first members who helped with my WTRC Store.

James' last run with the WTRC was at the June, 2019 Bobby Birdsong Memorial Run pictured at the left.

Hugh Haynes Memorial Horseshoe Bend Run

Race Report — May 2021

It was great to once again run the Hugh Haynes Memorial Horseshoe Bend Canyon Run in person! Given that events of all kinds are slowly “coming back” to some sort of normalcy it felt like we had a very good turnout for today’s three races. There were

121 finishers for all races today — 64 in the 2 mile, 28 in the 6 mile and 29 for the 11 mile run. The day was very nice, particularly for May. The wind was forecasted to be quite high but was not so much early on in the day. The 11 milers ran into quite a headwind during the leg right before the downhill into the canyon but, again, it was May.... there have been much windier races!

For the 2-mile run, **Taylor Young** led all female runners to the finish in 14:24 — **Billy Bond** led and won the race with a time of 12:08.8 — both great times! For the 6-mile race **David Mora** led all runners with a time of 42:42 and **Christine Steen** led all female runners with a finish of 46:47 — great runs you two! In the 11-mile run, **John Keith** blew in with a fast 1:16:47 (less than a 7-minute pace for this distance!) and **Gwen Ray** finished ahead of all female runners with an impressive time of 1:35:26 — way to go, both of you!

There were two records set in today’s race. **PJ Sullivan** set the record for the 75 and up age group in the 11-mile race with a time of 2:07:58. **Yvonne Gilinsky** set a record for the 70-74 age group in the 2-mile race with a time of 22:52. It is tough to break records in these races. The records go back to the mid to late 1980s lots of runners over the years!

Thank you volunteers! They were: Nathan, Cathy and Eli Paden, Suzan Caudle, Jeremy Pena, Jason Pena, Sarah Pena, Reese Pena, Daelyn Pena, Bryce Pena, Mike Lemon, Matthew and Amy Wallis, Sonny Bevers, Carolyn White, Tommy Johnson and David Higgins. Great work with the race all!

Running is a great activity whether you run fast or maybe not so fast. Whatever your speed keep on moving — lots of benefits physically, spiritually and emotionally to be gained. Thanks for being a part of this year’s Horseshoe Bend Run!



Nathan and Cathy
Great work
directing the race!



See you next month at the Bobby Birdsong Memorial Run!



A Unique Journey in Life

by WTRC Members Jason and Aubrey Calvert

from the editor: I was fortunate to be able to visit with Jason and Aubrey Calvert as we prepared for our Moonlight Musicals Run volunteer duties. Somewhere in the conversation I found out that both Jason and Aubrey had achieved impressive weight loss! I think we all know that the steps necessary to make this type of life-change are difficult — they must be taken with purpose and resolve. I also was impressed and encouraged by their decision to make changes in careers — something that often takes a lot of time, effort and planning. So, I asked them to share some of their journey with us!

We lead guilds in Everquest and WoW (World of Warcraft). Nerdy and geeky would describe our early relationship.

2. You related to me at the Moonlight Musicals Run that you both had lost significant weight. Could you tell us about your weight loss journey? Fighting weight gain is a battle that most of us experience over the course of our lives so stories like yours are really inspiring!

Both of us were active in High School sports, so when we gained independence, exercise and diet was put on the back burner. Aubrey was 360 pounds at the highest, and I was 330. I would say this was around 2007 when we got married. I had worked my way up to a management position at Orlando's and Aubrey was in the middle of a 17-



year career at Wells Fargo. Dieting always had mixed results for us. We got a Dietitian to help us but counting calories would work only up to a point. We would lose some but soon gained it back. After more setbacks, Aubrey finally made the decision to get bariatric surgery. During this time, I saw the pain it put her through. It did help her lose weight, but it is a difficult direction as well. You still must put in work nutritionally; it is just forced with surgery.

Her weight loss motivated me to get my act together, or I might be faced with the same surgery or worse. I started running more races with the West Texas Running group and changed my eating habits to incorporate more homecooked meals and some intermittent fasting.

To date Aubrey has lost 210 lbs. and I have lost 105 lbs. — a total of 315 lbs. as a couple!

3. You mentioned you had both made a change in your careers. Could you tell us about what you were doing prior to going to school, what happened to change that, how you are making it as full-time students? Not many see themselves as able to do what you are doing -- perhaps there is something about this change in your lives that would also inspire others to think outside of the box as you have done!

About mid-2018 all of our friends' kids started to graduate from high school. It was instilled in us that you wait to have kids until you could afford them. I'm not sure we will ever be able to afford them, but we saved for their possible education. Instead, we decided to send ourselves to college full-time. We wanted to attend Texas Tech University together to get our degrees in Human Sciences with a concentration on Nutrition, Sociology and Human Sciences. South Plains College came first and we obtained our Associates degrees in Human Sciences in 2020. We are now at Texas Tech as "seniors" with a lot of learning left to go.

1. How and where did you two meet, how long have you been a couple — are there any fun stories about your early relationship?

I moved to Lubbock at 18 to live with my dad and attend SPC. A year later, Aubrey moved to Lubbock to attend TTU. We moved in together and dropped out of school to join the workforce. Most of our early years we spent gaming in our free time.



4. *What running experiences have you had -- races, trail runs, running with the WTRC and maybe other groups? What motivates you to run? Do you have a training plan/schedule or do you just run when the opportunities arise?*

In 2012, I entered my first WTRC race as a Clydesdale at the Hot Dam. Aubrey started a few years later. We motivate each other to run. Having a partner to live and workout with is a blessing. We have been running full time with the club for the past four years or so. Before 2020 and COVID we were routinely training for races. I used the book *Daniels' Running Formula* by Jack Daniels, PhD as a guide to help us train for long races. This helped us keep the weight off and gave us goals to work towards. In January of 2020 I ran a marathon while mixing in a few half marathons with Aubrey leading up to that but by March, running in races had come to a complete halt. We tried to keep training during COVID but it was hard to stay motivated. Thankfully, races are back to being in person and we have stepped up our training for long distance running.



5. *Do you run with others? If so, tell us a little about those relationships?*

Aubrey and I enjoy running with the West Texas Running Club and with the FootTech group when we can. I am currently working on getting my nieces and nephews to run in races when we travel. We love the running community in Lubbock.

6. *What future plans do you have after you graduate?*

Aubrey and I graduated from SPC in 2020 with our associates in Human Sciences. As mentioned earlier, we are currently studying for an interdisciplinary degree in Human Sciences with a concentration in Nutrition, Sociology, and Human Sciences. Aubrey and I intend to grow our own business, Calvert Nutrition, while also working for a non-profit organization after we graduate. Our interests are in how food affects the groups around us. We feel that helping those around us reach their health goals fulfills us in a way that our careers never did.

7. *What is important to each of you?*

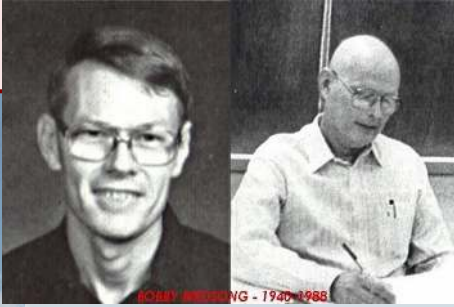
It is important to us that we stay as healthy as we can for as long as we can to maximize the time that we have left on this planet. After that, helping others do the same nutritionally.



Bobby Birdsong Memorial Run

June 2021 Race Report

A loud shout-out to all who ran in,



Bobby Birdsong - 1930-1988

and volunteered for, today's race! As far as I know, everyone made it around their respective courses with no deviations. I told my volunteers my nightmare was that all of the runners would miss a turn and end up 10 miles from the finish :-)) Due to my great group of volunteers, all that happened was that the race went just as it

should. Thank you to all who volunteered! What a blessing you were to me! They were Libby German, Gina and Evan Moore, Gerianne Leonard, Adam Puckett, Dean Threadgill, Zane Pena, Jesus Zarate, Ronda Russell, Virginia and Sonny Bevers, Ed and Leesa Price, Cody Lass, Jalayna Hooten, Kipi Fleming, Jeff Pharis, Yvonne Galinsky, Reeda York, Wendy Anderson, Suzan Caudle, and David Higgins.

A major thanks go to Spirit Ranch and E&J Smokehouse for allowing us the use of their parking area. That's a really big deal for us! Thank you Lubbock Police Department for sending your officers to monitor traffic!!

The weather was good for this time of year -- pretty warm but we didn't have to wade through the mud at that first turn onto Ave Q and there just wasn't a whole lot of wind.

There were 132 total finishers — 61 for the 2-mile and 71 for the 10K. Great turnout!

Emma Lopez led all female 2-milers coming in at 13:50. **David Mora, Jr.** led the whole race with a blazing time of 10:46.7.

For the 10k, **Codie Hair** won the race with a really fast time of 42:16 and **Jana Redwine-Landfried** was the fastest female 10ker finishing in 50:25. Way to go, all of you!

So.... just want to encourage any and all of you to get ready for the upcoming July 4th Firecracker Race (which will, I believe, be held on July 3rd since that is a Saturday and we don't have races on Sundays...). Check the website to be sure. You might remember that the July 4th race is the race that was the beginning of the WTRC more than 50 years ago. Thanks again, all! See you soon --



I'm thankful for Libby's help keeping everything on track!



steve german



Wesley's first race!

From the editor: Joe Post — long time WTRC member, WTRC Board member and runner who recently passed away — wrote this about Bobby Birdsong for whom the WTRC Bobby Birdsong Memorial Run is named.

Bobby Birdsong Remembered

The passing of Bobby Birdsong on May 24 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who did not have that chance.

Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby sent the extra mile and got local sponsors to fund Lope T-shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evidence in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely about friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered by call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since, and it was Bobby's positive attitude and encouragement that made me want to joint the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-news after the 1984 Palo Duro Canyon run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip over because it will be the best way to remember Bobby standing there on those steps making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T-shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.

**WTRC BOBBY BIRDSONG MEMORIAL
RECORDS - 2021**

2 MILE

Male 10 - 12	Ethan Fulcher	Lubbock	12	13:35	2021
Old Rec:	Billy Bond	Lubbock	10	13:55	2018
Male 16 - 19	David Mora jr	Lubbock	16	10:47	2021
Old Rec:	Colby Sandoval	Lubbock	16	11:20	2019
Male 35 - 39	Armando Perez	Lubbock	38	14:43	2021
Old Rec:	Armando Perez	Lubbock	36	16:21	2019
Male 55 - 59	Mark Woodfin	Lubbock	59	14:05	2021
Old Rec:	Jim Higgins	Lubbock	57	15:18	2018
Male 65 - 69	Luis Cardenas	Lubbock	69	17:10	2021
Old Rec:	Fred Constancio	Lubbock	65	18:54	2018
Male 75 - 79	Richard Lampe	Lubbock	76	30:31	2021
Old Rec:	Richard Lampe	Lubbock	75	31:25	2020
CLYDES	Jaime Lopez	Wolfforth	49	15:52	2021
Old Rec:	Jaime Lopez	Wolfforth	46	15:55	2018
Female 16 - 19	Emma Lopez	Wolfforth	17	13:50	2021
Old Rec:	Kyden Corelis	Lubbock	16	15:43	2018
Female 20 - 24	Brylie Corelis	Lubbock	21	17:15	2021
Old Rec:	Maddie Ward	Lubbock	23	31:24	2020
Female 50 - 54	Debbie Gelber	Lubbock	52	15:46	2021
Old Rec:	Tammy Ureste	Lubbock	50	17:10	2018
Female 75+	Pj Sullivan	Lubbock	76	19:17	2021
ATHENA	Wendy Anderson	Lubbock	51	22:33	2021
Old Rec:	Sheila Price	New Deal	53	22:46	2018



10K

Male 13 - 15	Charlie Casebolt	Lubbock Tx	15	46:59	2021
Old Rec:	Chase Hixson	Lubbock	14	48:52	2020
Male 35 - 39	Colby Heatwole	Lubbock	38	42:42	2021
Old Rec:	Zach Manning	Shallowater	38	43:56	2020
Male 40 - 44	Codie Hair	Lubbock	42	42:16	2021
Old Rec:	Jeremy Pena	Lubbock	43	44:20	2019
Male 45 - 49	Jeremy Pena	Lubbock	45	44:51	2021
Old Rec:	Paul Willoughby	Lubbock	47	45:28	2019
Male 70 - 74	Jerry Morris	Lubbock	70	1:01:01	2021
Female 16-19	Shelby Alexander	Lubbock	18	51:56	2021
Old Rec:	Skyler Sena	Lubbock	18	52:43	2018
Female 40-44	Jana Redwine Landfried	Lubbock	41	50:26	2021



At That Point I Knew I Was In Trouble....

*by WTRC Member
Dean Threadgill*

From the Editor: One of the volunteers for the race I directed just this month was Dean Threadgill. I had met Dean briefly at an earlier race or two but really had not visited with him at any length. When we got together for the Bobby Birdsong race preparation Dean said "Hey, I have story for the newsletter.... Something I've wanted to put down on paper.... Would be cathartic for me. And then Dean said, I had a heart attack just recently — the beginning of May.

Of course I wanted to hear the story because the good news was, Dean was telling me this after the fact which meant he was still alive — so, not the ultimate sad ending that could have been true!

I hope when you read this story you can, at least in some way, imagine what this experience must have been like.

7 PM Friday April 30, 2021

The work/school week was in the rearview mirror and my family and I were well into weekend mode. My to do list was light, my mood was elevated, and I was most looking forward to Saturday's long run. After overcoming a recent illness, my running had suffered. I was finally getting back to where I wanted to be. Also, the illness had forced me to take a little better care of myself and I was down a few pounds as a result. Not nearly enough, but hey it was a start.

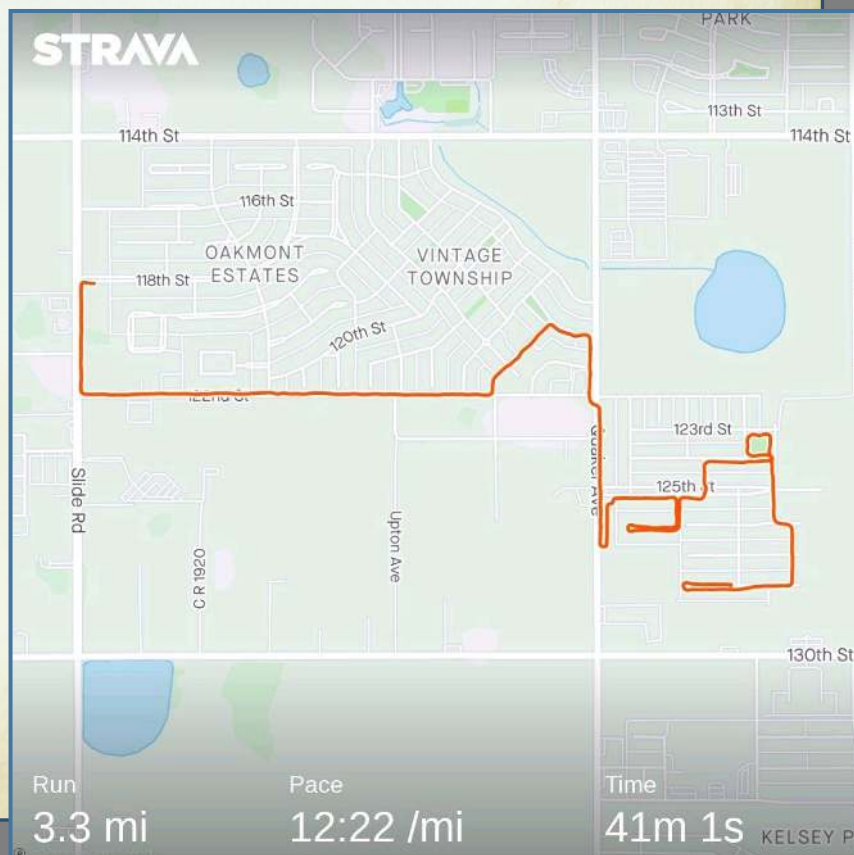
Weather forecasters were calling for 70 degrees, clear skies, and a slight breeze in the morning. Absolutely perfect. I was hoping for one of those runs where you just get lost in the run. For dinner, I was outvoted and Tex-Mex won the day. I still wanted to have a great run above all, so I opted for the spicy southwest chicken salad with no dressing from our friends at Chic Fil A. It was fine, but I'll be the first to admit that a big steaming plate of nachos would have been better. I went to bed at a decent hour and looked forward to the next day's run.

Saturday May 1, 2021

I woke up sometime near sunrise still anticipating and looking forward to a long overdue long run. But first, I would perform my usual weekend ritual which consisted of two cups of black coffee, and a protein shake while perusing the morning headlines on my phone.

Once I deemed myself sufficiently caffeinated, I made my way back to the closet to dress for the run. I chose the 2020 Buffalo Wallow shirt because it happens to be my favorite color (Columbia Blue), black shorts, and my favorite Brooks Adrenaline GTS XX shoes. Lastly, I secured my earbuds with a sweatband, grabbed my phone and water and exited my front door. Strava tells me that was 7:57 AM. It never occurred to me that I would be lucky to return through that same door.

I have a set route that I start nearly all of my runs with. Some that know me would say that's because I'm rigid and predictable. However, there is method to the madness. I purposely zig zag through my own neighborhood to test how my body does in the beginning. Experience has taught me that sometimes I have to shorten a run even if I have not planned on it. More on that later.



As I had hoped, the run was going well when I passed the one mile mark and I made the executive decision to cross Quaker Ave and leave my neighborhood. A little bit of fatigue set in on the second mile. This was slightly disappointing but not terrible. I could most likely run next week's six mile race without too many issues. At the three mile point things went from bad to worse. I was moving at a snail's pace (even for me), breath was short, and my legs felt as though they were made of lead. Time to walk. No problem I thought. I'll catch my breath while still moving forward and continue running soon. I was wrong.

I walked roughly three tenths of a mile and physical relief never came. In fact, it got worse. The music in my ears (Lady Gaga Lovegame) became a frustrating nuisance so the earbuds came out. My breath was still short and there was tightness in the center right portion of my chest. Not pain, just tightness.

As I continued on, I saw something shiny and metallic on the street. I picked it up and saw that it was a diamond ring. The maker's mark let me know that it was the real deal. That has certainly never happened to me and I instantly realized I had no idea what to do with it. I don't participate in social media so I had no way to track down the owner. I texted a friend in the jewelry business but got no response. I decided to try the closest house and by the looks of it, they may have been the kind of people that wear jewelry one time and then throw it away. There was no answer at the door so I left the ring on the porch and continued on. Even after the diamond ring distraction, my symptoms did not improve.

At that point, I decided the run was over and started heading toward my house. The problem was, I was about two miles away as a crow flies. A fleeting thought entered my mind of walking to a clinic just to get checked out. But, the clinics were about the same distance as my house. I saw a waist high brick wall a stopped there to rest. Still, no relief came. In fact, my left arm was going numb and my jaw had started to hurt.

I thought to myself there is no way in hell I'm having a heart attack. I'm only 42 and I'm only six months out from completing two half marathons. I resolved to "man up" and walk this one off.



After walking a little further, the tightness in my chest became chest pain. I then decided to call 911. I tell myself I can always refuse treatment when they arrive if I feel better. The denial is strong with me. The 911 operator took my information, location, and dispatched EMS.

I knew that I would have a few minutes since I was in a neighborhood with a lot of twisting narrow streets. I called my wife and updated her and told her that I loved her and the children in the event that I was not around to say so later. She said the same and I hung up. Due to the physical pain and discomfort I was in no condition to chit chat. I could hear the sirens getting closer and felt somewhat better knowing that help was on the way. Alas! I saw a fire truck only 200 yards

north of me and I started to wave like I was marooned on a desert island. Then, the fire truck turned down a side street. Just my luck, I thought.

They quickly corrected course and arrived at about the same time as the ambulance. When they asked me what was going on I listed my symptoms and told them that I was on a run. I also remarked on the irony that someone my size and shape was running and they seemed to have a good sense of humor. The two women serving as EMT's that day were about half of my size but had absolutely no trouble getting me onto a stretcher and into the ambulance. The EMT in the back gave me four Aspirin and told me to chew them up and swallow. I questioned her and she told me they will work faster that way. I complied while she attached EKG leads to me. When the test was completed I asked her how it was and she said, "well, I really can't say." At that point, I knew I was in trouble. She did follow up with, "it's not the worst that I've seen." So, I had that going for me.

They asked me if UMC was ok and I told them it was. Since George Bush was the President the last time I was in a doctor's office I was in no position to be picky. Our ambulance took off like a racehorse out of the starting gate. The EMT with me seemed to read my mind and said, "my partner drives like a bat out of hell." I just smiled and said that I trusted them. From the back of the ambulance I could see other motorists pulled over to the side as we flew by and I was overcome with gratitude for the great people in West Texas. I've lived in other places where that doesn't always happen (looking at you New York City). Once we arrived at the UMC emergency room it dawned on me that television lied to me. Everything was calm, cool, and collected as I was wheeled in. Thankfully, there was no Hollywood chaos or drama to be found.

Once inside, I was asked a battery of questions, stripped down, and given a cocktail of medication. After a few minutes I told the doctor that the medication did not seem to be working because I was still in pain. She stated that she was 100% sure that I was in the throes of a heart attack and the pain would not dissipate until the blockage from my artery was removed. The somber looks on the faces of some medical students didn't help my spirits but seeing that the EMT's were still there helped a lot. Shortly thereafter, they told me that I would be going to the cath lab.

Once we arrived at the cath lab the doctor introduced himself and explained the procedure and any contingencies that may or may not be needed. I don't know exactly how many people were in the room at that point, but they all simultaneously told me to cough. Apparently, my heart stopped for a moment, but the cough seemed to help. Fortunately, he was able to run a catheter through my wrist and reach the obstruction. I had 100% blockage of the right coronary artery. Once he placed the stent a nurse informed me that I should feel a hot sensation in my chest. I did and it went all the way down my leg. They explained that was because I now had full blood-flow in and out of my heart. How nice. They declared the procedure a success and asked me for my wife's name so they could inform her. I suppose I was under the influence of anesthesia at the time because they thought that I said Katherine. I told them please do not ask for Katherine, her name is Heather, and she happens to be a divorce lawyer. They all found that more amusing than I did.

Seeing my wife was by far the best part of my day. However, the pained and anguished look on her face filled me with guilt. Shortly thereafter I was moved to cardiac ICU. Things were looking up, but my heart was still in afibrillation (non-rhythmic beat). I met so many new friends in the medical profession that day. A woman arrived in the afternoon and performed an ultrasound on my heart. During the course of our conversation, she seemed surprised that I had a heart attack because she could not locate any damage. Much to my delight and relief, other cardiologists confirmed that there was no permanent damage despite the heart attack.

However, the good feeling did not last. I was informed that if my heart did not return to a normal rhythm, they would perform a procedure where they run a tube down my throat, look for and extract any blood clots, and then shock my heart back into rhythm. They also noted that it would be "unpleasant." That's a bit of an understatement. My nurse at the time said that sometimes hearts go back into a normal rhythm on their own. I was not holding my breath at that point.



2021 Prairie Dog Town Run
less than 2 months before....

On the subject of nurses, I cannot say enough great things about UMC's cardiac ICU team. I truly believe that God gives you what you need. During the two daytime shifts my nurse was extremely knowledgeable, experienced, and had an outstanding bedside manner. He made the complex understandable for me. My first night I had a nurse who was very open about the fact that she was new but not afraid to ask for help. She was extremely personable and talked to me most of the night. That was very needed since I did not sleep a wink and needed the distraction. The following night, my nurse was very talented but also very introverted. That suited me just fine since I needed the sleep. During my entire ICU stay the nurses knew and delivered exactly what I needed at the time. Furthermore, UMC staff from other departments came to check on me and I even discussed running and the WTRC with several of them. That meant a lot as well.

I count myself lucky to have gone 42 years without having had to stay in a hospital. I've visited friends and loved ones of course, but I've never been admitted as a patient until now. I now understand just how much those visits mean to the patient. In the future, I'll visit more often and stay a little longer if it helps the patient.

On Sunday morning, I was visited by another cardiologist to further discuss the procedure to get my heart back into a normal rhythm. When he left, that was one of the lowest moments of my life. The thought of another painful procedure was almost too much at that point. I remember feeling hungry and reaching for a pancake. It must have been a magic pancake because I didn't just feel good, I felt amazing! I looked up at my monitor and the Afib warning was gone. I called my nurse and asked if that meant what I thought it did. He confirmed it with an EKG shortly thereafter. I went from a low low to a high high. Talk about a rollercoaster.

The rest of my hospital stay was fairly uneventful, and I was released with restrictions on Monday. Arriving home was even better than I had imagined. However, it hurt me to my core to see my wife and daughter struggling to move my big, ugly chair into the living room for me to recover in. I felt so useless. On Friday, I met with my cardiologist, and he cleared me to drive and return to work. I was so excited that I immediately went out to run mundane errands. But after getting fatigued in just a few minutes, I knew I had long tough road ahead of me.

The following week, I met with the people at cardiac rehab. That may have been the best and certainly most informative meeting of my life. They sat down with me for about two hours and walked me through what happened and what I could expect moving forward. I was told that I would be justified in being angry because I should not have had a heart attack. My test results said that I was great health. In fact, I was told by a cardiologist that if I would have come to them for a physical, they would have said lose a few pounds and keep doing what you are doing. I was cleared to exercise albeit slowly. They even told me that running is mental and physical therapy for me. They credited the fact that I was a runner and the quick work of UMC medical staff with me escaping with no permanent damage to my heart.

As of this writing, things have gone back to somewhat normal, but I know that they will never be quite the same. They tell me I should be able to run the half marathon in November barring any major setbacks. I have started "running" again but I have to keep my heart rate down. I can only go about a quarter mile before I have to walk. Before, I ate what I wanted. Now, I have a dietician advising me on best practices.

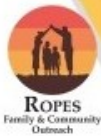
I would love to conclude and say that we all lived happily ever after. But those chapters have yet to be written. I'm making every effort to set myself up for success because I believe with all of my heart that I have many more miles to run.



ROPES FAMILY AND COMMUNITY OUTREACH
7TH ANNUAL



08.07.21



- MILE** • GUN START: 8:10 AM
• \$25 REGISTRATION FEE
- 5K** • GUN START: 8:00AM
• \$25 REGISTRATION FEE
- 10K** • GUN START: 7:40 AM
• \$25 REGISTRATION FEE

ROPESVILLE, TX

REGISTRATION AT WWW.ROPESFCO.COM/RUN

CONTESTANTS **MUST** REGISTER BEFORE JULY 29TH TO RECEIVE A T-SHIRT
ALL YOU CAN EAT PANCAKE BREAKFAST FROM 8 A.M. - 11 A.M. - NON-RUNNERS \$7.00



Just an encouragement to make plans to run this event! Ropesville is just a few miles away from us toward Brownfield. The run is fun but the best part is the pancake breakfast afterwards. Quite a few WTRC members run this each year.

This race is the week before the WTRC HOT Dam Race so is a good opportunity to stretch your legs as you get ready for HOT Dam.

See you at Running the Ropes!



A Note of Recognition from WTRC Member *Virginia Bevers*

I just wanted to acknowledge a volunteer --
Sonny Bevers

When I started running Sonny would go to the races with me

to cheer me on. One day I asked him.... no, I told him to get out and help take down and load up the trailer. Then I asked him to volunteer at some water stops. After awhile I said, "Why don't you join the club and volunteer?" He did!

Through all of this he met and made some good friends, plus it's great to hear him cheer us to the finish line.

In August of 2019 Sonny was diagnosed with breast cancer. He underwent a mastectomy in October of that year which was just one week before the Red Raider Road Race. The surgery did not stop him from volunteering at the RRR!

The following November Sonny had another surgery because of an infection at incision site. Four days later he volunteered at the Turkey Trot.

During January of 2020 Sonny started radiation and finished in February -- just before the start of the COVID-19 pandemic. Sonny loves being out there helping at the start and finish to encourage the runners. Although not a runner, Sonny is willing to help where he can.



This past October (2020) I contracted Covid and it took 2 weeks to recover. Someone talked me into running the Buffalo Wallow Half Marathon. I knew I wasn't ready but did it anyway. As I was getting close to the finish line I was thinking I wasn't going to make it to the end. Sonny came beside me, held my hand, and tried to run beside me to the finish. I made it to the finish line in just under 3 hours.

Volunteers are a big part of our races and these races wouldn't happen without them. Thank you!

Virginia Bevers

P.S. I forgot to mention that Sonny volunteers when I run for the St. Jude Memphis Marathon (Memphis, TN) in December. I am hoping to run this marathon not only for the kids but also for Sonny being cancer free and for Artie Corelis who continues undergoing treatments to eliminate the cancer she is dealing with. Cancer affects so many people and I want to do my part. Through all the training and races Sonny is there to encourage!




About Virginia:


Sonny and Virginia have been married 43 years have 3 children and 4 grandchildren. She is a physical therapist assistant and massage therapist. She and Sonny live in Post, Texas.

Virginia started running because of a challenge about 14 years ago and began training to run a 1/2 marathon. A fractured tibial plateau ended that effort. Another running challenge occurred about 9 years ago and Virginia has kept on "running like Forest Gump!" She then joined the WTRC to motivate her to remain active and to run & fundraise for St Jude Children's Hospital.

Virginia's youngest son, his wife and she have been running the WTRC Turkey Trot for 8 years (with the exception of last year, of course).

Virginia says she never liked running but it keeps her moving -- saying she is not a fast runner, but it doesn't matter because it's about being out there -- just God and her. She states that she loves the awesome people she has met while a member of WTRC!

 West Texas Running Club

 @WTRunning

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

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



Come Run With Us!

WTRC races are found at www.wtrunning.com

WTRC Members –

We have 7 more races left:

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

May 2021 Horseshoe Bend Run

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

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

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

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

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

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