



**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

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2021 July/August

WTRC Newsletter

Horseshoe Bend
2021
image by MaryAnn
Schwertner

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

Upcoming Races



Race Directors:
Cody & Autumn Lass

Shallowater Stampede

2nd Saturday in September
8:00AM Start 10K | 2Mii
Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)
USATF Certified #TX07091ETM(2Mi)

RACE LOCATION: Shallowater High School
FM1294, Shallowater



40th Annual

Red Raider Road Race

Note!! This year is 1st Saturday in Oct. — October 2nd.

8:00 am Start 10K | 5K

USATF Certified #TX13187ETM (10K)

USATF Certified #TX13188ETM (5K)

RACE LOCATION:

Texas Tech University —

Robert H. Ewalt Student Rec Center,
Lubbock ,TX



Race Directors:
Jonathan Botros & Manny Ramirez

RED RAIDER ROAD RACE

Remembering *Mike Greer*



Long time WTRC Member and “face of triathlon” — Mike Greer — passed away at age 82 from complications in recovery from a motorcycle accident occurring June 27, 2021 on the way to the start of the 2021 IRONMAN 70.3 Lubbock.

Mike founded the Buffalo Springs Lake Triathlon in 1990 with 91 participants, then built it to the stature of attracting top professionals who viewed the West Texas course and summer climate as ideal preparation for the annual Ironman World Championships in Hawaii.

Along the way, he served as president of USA Triathlon and later interim CEO.

"He was such a force of nature, such a lovely force of nature," said Marti Greer, Mike Greer's wife and liaison between the City of Lubbock and IRONMAN. "He inspired so many people with what he would say: 'I'm not a triathlete. I'm a person who does triathlon.' He was never fast or gifted (in triathlon); he was just tenacious.

"He just loved the sport and loved the people in the sport, loved getting to know all of them and tell them all his story."

Mike grew up in Littlefield and went to college at the University of Houston and UT-Arlington as a running back in football and a sprinter

in track and field. He took up distance running in the late 1970s and ran 44 marathons.

He competed in his first triathlon — the race setting the Guadalupe Mountains — in 1984 — and completed his 400th in September 2018, reaching that milestone with the last eight coming 13 months after he suffered a stroke. He wound up doing 403.

Mike completed seven IRONMAN events — swimming 2.4 miles, cycling 112 miles and running a marathon of 26.2 miles — including two at the World Championships.

(excerpts from Lubbock Avalanche Journal, Don Williams)

From P.J. & Wayne Sullivan: PJ says “I first met Mike Greer running in early 1989. The talk among runners at the time was that Mike wanted to start a triathlon in Lubbock. Some said, ‘That will never happen!’ The next thing I remember, Mike was asking the WTRC to help maintain the water stations for the first Buffalo Springs Lake Triathlon, 1990. I was one of the WTRC-related volunteers at the water station and worked the same station for 20 years. We called it “Water Station 4/9 (mile 4 going out, mile 9 coming back).

In 2010 I told Mike that I was retiring, but he wouldn't hear of it, so I told him I would help 5 more years. I thought 2015 would be it... Wrong! Five more years — 2020. This was the year the event was canceled due to Covid. Mike had a way of convincing you to do just about anything :-))

So, now it's been 32 years of knowing and helping Mike Greer. I remember Mike as being a caring and compassionate person. When Wayne (my husband) suffered a stroke in 2018 Mike was there to help me with him and he visited Wayne in the hospital/rehab several times. Mike even drove to Seminole to Wayne's peanut farm meetings! What an incredible individual who will be greatly missed by our community

From George Jury: Mike and I joined the WTRC in 1978, just a little before James Livermore and Mike Kelley. I ran my first club race in March 1979 but am not sure when I "officially" met Mike. In those early days Mike was joined at races by his high school son named "Little Mike".

Mike grew up in Littlefield along with Bobby Cunningham and another friend, Bill Wade. They were all part of some state champion caliber football and track teams.

I first got to know Mike the best when Ron Key and I did the computer scoring for the first Buffalo Springs Triathlon in 1990. As tough a competitor as he was he was a friend to many and was an avid pet lover as I can attest to, since I took care of his and Marti's Boston Terriers, the newest one "Oliver" just acquired this year.

WTRC Firecracker Run

July 3rd, 2021 Race Report

Today's race was the 52nd annual — quite an impressive “run” for any event! Gabby Saldana once again directed the race — great job, Gabby! It was particularly moving to hear the national anthem sung and see such a great gathering of people — all unique — but, as a group, honoring this country in which we live, work, raise families — just live life.

The weather was threatening — very overcast — but turned out to be fine — low 70s yet very humid. For a Saturday in July the weather was as good as it could be!

The longest continuously running road race in Texas brought out 128 runners — 77 for the 3-mile, 40 for the 10K and 11 for the kids' 1-mile fun run.

For the in-person event, the overall 3-mile winner was Kaleb Sanchez with a time of 21:25. Leading all 3-mile female runners was a familiar face — Emma Lopez — with a time of 21:52.

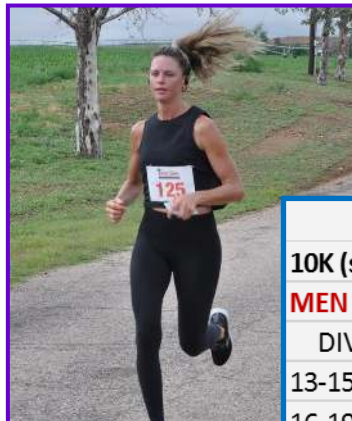
The overall 10K winner was Bryce Boggs with a time of 34:47 — a 5:35 min/mi pace! Angels Rodriguez paced the female 10K runners with a time of 45:27.

Thanks to the many volunteers that assisted with the race, what a **sparkling** group of people :-)) Races do not run without you. Volunteers for today's race were Gabby Saldana (Race Director), Suzan Caudle, David Higgins, Lance and Maddie Ward, Stacy and Scott Cain, Emmanuel Ramirez, Jonathan Botros, Dean and Olivia Threadgill, Dennis Penner and Mandi Duncan. Thank you volunteers — great work!

All-in-all it was a good day — thanks to all who ran, volunteered, cheered and just came to see what the race is all about! See you next month!



Thanks for directing today's race, Gabby!



Records Set In 2021

10K (since 2018)

MEN

DIV	NAME	TOWN	AGE	TIME	YEAR
13-15	Billy Bond	Lubbock	13	57:35:00	2021
16-19	David Mora Jr	Lubbock	16	37:18:00	2021
20-24	Bryce Boggs TTU	Lubbock	20	34:48:00	2021
40-44	Joshua Leyva	Lubbock	41	42:34:00	2021
70-74	Jerry Morris	Lubbock	70	59:48:00	2021

WOMEN

20-24	Angels Rodriguez	Plains Tx	21	45:27:00	2021
75+	Pj Sullivan	Lubbock	76	1:02:50	2021

3 MILE (Since 1970)

65-69	Lydia Turner	Levellanc	67	42:29:00	2021
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Don't Ever Give Up!

Profile: *David Higgins*

WTRC Board Treasurer

Most, if not all of us in the WTRC, know, or at least know of, David Higgins! You might have encountered David when registering your annual membership. You could have interacted with David while signing up for one of the WTRC 13 races. Of course, most of us have seen David in the WTRC trailer working with the race timing system. For some, David has reimbursed us for something we might have purchased for the club – maybe Gatorade for the water stops or spray paint to mark a course...the list could go on.

David is one of those people who seem to be just about everywhere in the inner and outer workings of an organization. I think it is not an overstatement to say that David does the work of multiple volunteers.

I visited with David over lunch not too long ago and he agreed, reluctantly because David is not one to put himself out front or boast about himself, to allow me to interview him for the WTRC Newsletter. Keep in mind that one of the purposes of the WTRC Newsletter is to record some of the history of an almost 50 year old running club. I think if you looked around Texas and Eastern New Mexico you would have to go to Dallas/Fort Worth or maybe to Albuquerque to find a running club that does as much as the WTRC does for the Lubbock area running community.

As a young person in high school David ran track -- competed in the 1-mile race -- and enjoyed it. After high school, though, he tells me that he didn't do much running and, when in his late 30's, finding himself out of shape, David decided to run more consistently and began running in area races.

David graduated from Estacado High (Suzan Caudle was a classmate!) and immediately entered the Air Force for 3 years as a General Accounting Specialist. Going back to his high school years, David was a member of DECA -- Distributive Education Clubs of America. This organization led him to employment with Security Nat'l Bank for a time. After his time in the military David attended Texas Tech for 3 years while working at City Bank and then moved to work with Der Weinerschnitzel as a night manager. He then went to work for Devro, a company that emerged from Johnson & Johnson in the early 1990s, and eventually to a small "mom & pop radio shop" where he learned the ins and outs of two-way mobile radio systems. David's last place of employment was Lubbock Communications, a company purchased by South Plains Communications – a business that installs and services mobile communications used all over the greater Lubbock area. It was from this business that David recently retired.



One of the reasons why I think it is important to know something about David's work career is that this illustrates clearly that David (1) is a person who isn't afraid of hard work and (2) is a person who has, throughout his work-life, been willing learn new things and is faithful to his responsibilities. These character traits are what have blessed the WTRC ever since David became the WTRC Treasurer back in September, 1994. David has faithfully taken care of multiple responsibilities, including the club finances, for 27 years and counting!



In looking through the WTRC Newsletters archive David begins showing up in race results with the April, 1992 Run for the Arts 2-mile race where he finished in 13:59 – a 6:59 pace! The following month was the Horseshoe Bend Runs where David finished the 2-mile race in 13:28 and the next month's Bobby Birdsong Run saw David with a 13:31 2-mile race finish. It looks like from there David was a mainstay in the WTRC. Just randomly moving through ensuing newsletters David ran the 24th Annual Firecracker (1994) 3-Mile Run in 19:19 – a 6:26 pace and, skipping forward, we see his name as a 27:43 finisher in the Red Line Four Mile Cross Country Run. These are just a few examples of some stellar running by David in WTRC races.

David relates that some other races that he really enjoyed were the races held at Roaring Springs (between Crosbyton and Ralls) where he won one of the races there. An interesting fun fact –

Thacker Jewelry had a plant in that area and Joey Thacker was, for a time, a sponsor as well as a race director (see <https://www.thackerjewelry.com/company/about-us/>).

Of course, David ran many other races but this is where you might remember James Bone, a long-time WTRC who passed away recently. It was James who invited David to the WTRC Board to be the Treasurer beginning, as mentioned earlier, in 1994.

It is a truth that seemingly small things we do, like James inviting David to the WTRC Board, often lead to long-term benefits for many others.

Our actions matter!

I asked David what were some other, longer races that he has run. They included Amarillo's Half Marathon, Dallas Whiterock Marathon (3:57 finish!) – his first of two marathons – the Fort Worth Cowtown being the other. All-in-all David guesses he has also run 6 half marathons. Interestingly, his best finish was the November 1994 WTRC Buffalo Wallow "Toughest Half-Marathon" where he had a 1:33 finish (7:06 pace) -- good for 10th place that year. Way to go, David!



Redline CC 2002, with Leigh Daniel

I'm always interested in how runners train. There are as many training plans as there are runners. "Back in the day" David says he ran 3-5 miles three times a week and, when training for longer distances, ran what was termed back then "LSDs" (no, not the drug!) – Long Slow Distances. I found that term mentioned in several of the early WTRC Newsletters but don't hear the term these days. Maybe you do? David says his running "sweet spot" is 6 miles. I said, "Oh, 10Ks," and he said, "No, 6 miles – that's the perfect distance – like the 6-mile race that is a part of the Horseshoe Bend races." So.... 6 miles it is!

In addition to his volunteer WTRC Board Treasurer role, David was a 15-year Race Director for the Cotton Patch races held in February, first in Wolfforth and later at the Texas Boys Ranch between Lubbock and Idalou (this race eventually morphed into the current February Freeze held at Buffalo Springs).

2007 WTRC Board



I asked David, “What keeps you engaged with the WTRC?” His answer was that he didn’t have much of a family growing up and feels that the WTRC is “family” for him. He enjoys being depended upon.

This has been a real blessing for the rest of us for sure!

David wanted to emphasize that the reason why we consistently have photos of every finisher at every race (along with other pictures) is that, early on, he asked Suzan Caudle somewhere around 2005 if she would do

this for the club and she made the commitment. So, here we are, 16 years later and Suzan continues to honor that commitment – hasn’t let up!

Thank you, Suzan!

David sums up this article with an encouragement:

“Don’t ever give up -- even after years of down time, you can come back to it.”

Thank you, David, for making it possible for us, both WTRC members as well as other occasional participants, to have a quality, fun, and challenging race experience every month plus one making 13 great races that keep us engaged in an encouraging running community!

... the editor



Redline 2004 - David with Suzan Caudle

What Are You Doing This Summer To Keep On Running?

From the editor —

Recently I sent an email to several WTRC members and asked them to respond to several questions for the current newsletter. I gave several “example questions” to get them started — some of the members addressed one question, some more and some went beyond — all of which were great! My goal is to capture some of the spirit of our members as they run for many reasons this summer.

Example questions:

Are you training for a particular race or trail run? If so, what races are on your radar -- WTRC races? Mayor's Marathon-related races? Midland's Energy City Half Marathon? Other area races? In general, what does your training look like?

Are you just logging miles to maintain fitness? If so, about how many miles are you running each week and where are you running most of those miles?

Are you taking a break from running? If so, are you healing from an injury or maybe just wanted to rest up for a time?

In general, why do you run? For fun? To think? To exercise? Other reasons?

If you are running this summer, do you just deal with the heat or are you running in the mornings or on the treadmill or in some other venue?

Is there anything running-related now or in the near-future that really excites you?

Bottom line -- I would just like to give our members more insight into our running community. I'm just looking for some dialogue from WTRC members about their running. I think what this will show is that there are many ways in which people are using running as a means of staying active -- some are more intense, some are less intense, some are planned out, some are "just when I feel like it." My hope is that this is an encouragement to our members!



I started running for exercise and now it is more for the mental aspect. Running keeps me centered and helps me detox from life's challenges. And the new friendships that I have made is a big bonus.

The best way to start the day is with a run. I usually meet up with friends 2- 3 times during the week at 5 or 5:30 a.m. and our long runs are on Saturday. We run different places around town. Some of my favorite routes are Tech campus and Mae Simmons.

A good week is logging 25 miles. And I always enjoy the club's monthly races.

Pamela Titzell

continued next page...

I started running when I was fourteen. I grew up in Western Massachusetts, and I used to walk to school every morning. I lived about a half-mile from the high school, and it was very cold and dark in the mornings all winter long. I started running back then just to keep warm, and at that time, it was the style to wear enormous biker boots with your blue jeans tucked into them. Sometimes I would get to school, and I would have blisters on the backs of my heels. After a few weeks of clod-hopping down the road like that, I started running in my sneakers in the woods on trails and dirt roads.

Running in the woods gave me a way to hide what I was doing from the jocks at school who would pick on me

because I was short, thin, and too slow to be a serious runner. Eventually, I gained more confidence in myself, and I started running the longer back roads in my hometown in all kinds of weather. I was running about forty to fifty miles a week back then, and I was probably getting a little faster, though we didn't have the kind of technology then that we do now. If I had to guess, I'd say, I'm probably quite a bit faster now. Every Christmas, a long run in the bitter cold was the gift I gave to myself. Every August birthday was a long run in the most oppressive heat and humidity you could ever imagine. I still enjoy running in the heat like that. That's partly why I moved to Texas, and why I'm reluctant now to move anywhere else.

I remember once when I was in my late twenties, my doctor bragged me up and told me how good I was doing to stay fit the way I was. That made a big impression on me. It validated my efforts and convinced me to keep giving myself the lifetime gift of health and fitness. Today I am a vegan, and I work out twice a day, six days a week. I do more of a variety of exercises these days to keep myself flexible and agile. I usually bike anywhere between ten and twenty miles most weekday mornings. I do abs and a weight session every other day with a bench and dumbbells. I go running or to the gym almost every night for a long slow aerobic on the stairs, which usually takes me a couple hours or more to do with warm ups and cool downs, which are important too. I'm in bed every night by ten. I don't let anything or anyone distract me from my workout routine because now I'm so used to it, if I don't do it, I start to feel sick.

I ran a 25K through Caprock Canyon a couple months ago and finished well. It was my first major trail race and I loved it. It reminded me of running in the woods in my younger years. In September of this year, I'm running another 25k in the Piney Woods, and of course, the Mayor's Half in October. Looking forward to it. My favorite race is the Red Raider. I love the turn out, the crisp fall weather, and the school spirit it brings out in Lubbockites.

I'm a lifelong fitness enthusiast, and if they bury me one day in sneakers, that would be fine with me.

Better than biker boots.



Mary Mailler

Many of you know me. I am **Adam Puckett** and have been a member of WTRC for very many years. Back in the early days, I would choose the longer WTRC races consistently, but being a pretty tall Clydesdale and running for over 35-ish years, I now typically run the short races to give my hips and knees a break. Four days a week I train at my CrossFit gym and try to run intervals twice a week. I also run with FootTech twice a week; 2 miles on Thursday nights and 3-5 on Saturday mornings. Total miles per week are around 10 on average.

My running goal is to simply maintain fitness while finding the best way to keep running in my life for the rest of my life.

You may ask why I run. I run because I can, and running is one of the great joys in life (along with lifting moderately heavy objects off the ground and putting them down).

Typically, I will run in the evenings, but this summer got too hot, so I have been running Tuesdays and Thursdays at 5:00 AM and move CrossFit to later in the afternoon on those days. I still run Thursday evenings at FootTech, though. I figure someone can find the body if I pass out and tell someone to come retrieve me ☐! For now, and into the future, I hope to just keep up the weekly grind for as long as The LORD allows me to keep running.

Adam



Summer Running is my absolute favorite. Something about the warmer mornings with the sun shining bright on you just seems to make it the perfect setting for a great run.

This Summer I am training a little harder than summers before -- we have the Great American Relay coming up in October in Canyon, Texas in honor of all First Responders. Then I'm attempting my first Virtual Boston Marathon that I'll be combining my Red Raider Road Race day course into. Due to my Lupus and Arthritis I have never been able to qualify for a Boston so thanks to the virtual option and a great support team helping me I'm going to attempt my first run/walk 26.2 miles.

I'm also hoping to raise awareness to those with Lupus that we can still do great things we just might have to modify a little.

Of course, I'm also looking forward to all our West Texas Running Club races that are still to come this year.

Tiffany Walker

continued next page...



My summer running has slowed down some as I don't really care to run in the heat and humidity. Right now I like running early mornings (when I can get up). But if not I run right after work.

Currently I am training for the Willie McCool Half Marathon and also for the Mayor's Half Marathon which will be my 25th half marathon.

I usually run 3-4 times per week with Saturday being my long runs. Currently I am running about 15 miles per week. On Tuesday and Thursday mornings I run with Terry Dalton and the #515 Crew. We run at Evans Middle School and Guy Park. Saturday long runs are with Paul Faulkner (organizer of USA Fit Lubbock) and with about 35 other members. Thursday and Saturday at Foottech is also a great place to get in some mileage around the Texas Tech Campus. I enjoy

running with groups. It is fun and makes those miles go by really fast.

I love the monthly WTRC races as it helps me get that "runners high" plus meeting new people. Running to me is fun and a great way to stay active, healthy and a great stress reliever. I have been running since 2012 and have almost 6000 miles on my Runkeeper App. That is something I am very proud of (at my age) and I am looking forward to many more races.

Sylvia Miller

My motivation for running this summer was to train, and coach, my son Billy for his upcoming cross country season with Roosevelt Junior High School. I have come to the point in my runner career where I am less focused on being a competitive runner myself and transitioning into his summer running coach. Although he takes his running seriously, my challenge is how to get him to do quality workouts with the right amount of mileage while still letting him be a kid and enjoy the summer with swimming, vacations, camps and all the other fun things kids do.

In addition to competing in the two WTRC's 10Ks this summer, we focused on his biggest race in his life so far -- a 20K Trail Race in Central Texas in the middle of July. It was a 12.4 Mile race with more than 850 feet of vertical gain. He was the youngest runner to ever complete the rugged course at the age of thirteen. His time was 2:34:39 earning him fifth place overall out of thirty-seven athletes. He gained lots of knowledge about our sport during those hours.

In total we were able to complete eighty miles this summer.

Running is "our thing". The two of us. I relish the father/son time we spend together running, talking about strategy, dissecting his races once they are over, planning our yearly running calendar, etc. I am one proud daddy.

James Bond



My running journey started January 2, 2014, when I laced up an old pair of Saucony's. I had weighed in just under 200 pounds, and needed to change my lifestyle. That day, I could not complete a mile without walking! I felt defeated in the moment, but determined to make a change. So, I joined the West Texas Running Club, because I knew I would continue training if I paid for races. Weight came off, and my times improved. And while physical health still plays a factor in my continued running, my goals have shifted.

On November 21, 2019, my oldest brother committed suicide; as fate would have it, I ran my fastest mile before starting the seven-hour journey to console family and arrange his funeral. My family's history of heart disease is well documented and a primary factor for running, but our multi-generational struggle with mental health (depression and anxiety) is discussed in hushed tones. A grief counselor whom I met afterwards reminded me that exercise greatly increases feelings of self-worth while simultaneously reducing feelings of depression, anxiety, and stress. She encouraged me to continue running as a complement to medication and therapy.

As I stated earlier, my goals have shifted. I am not as fast as a few years ago; I'll never be at the front of the pack. And the weight is not as easy to lose. COVID-19 restrictions certainly helped me gain a quarantine fifteen. Yet, running affords me opportunities to practice healthy cognitive behaviors. It helps me develop values like commitment, discipline, trust, compassion, gratitude, and love for myself and others. It gives me a platform to speak on mental health, hopefully making it easier for others to talk about their struggles. I joined an online running group, Still I Run, that creates a safe space for runners to address mental health. I am currently training for my first marathon, the Mayor's Marathon in Lubbock. It is an opportunity for me to grow, physically and mentally.

Best,
Mike Lemon



My name is Jeremy Peña. I run to stay fit and active. Trail running has become my favorite running activity. Running also is great therapy. Currently, I'm not training for anything, if you run often you rarely have to train. I run in heat and cold, doesn't matter to me they both offer great challenges.

Run Wild.

Jeremy



HOT Dam Run

August 2021 Race Report



Well.... the HOT Dam wasn't so hot today! We all woke up this morning to a cool (upper 60s) and very rainy day. This has been a summer full of the

blessing of rain — today was another one of those blessings. But, the rain did lead to an adjustment of the normal HOT Dam 5-mile course. The area below the dam that we run past twice on the out-and-back 5 mile course was very much flooded (who would have thought that Lubbock can boast of having some rapids to run??). So, Shannon and Wendy (today's race directors) and members of the WTRC Board quickly shifted the 5 mile course to a 4 mile course — just a double of the 2 mile course. So — both the races went off well and, as far as is known, no runners were lost in the flood — a win for all!!

The 4-mile overall winner, David Mora, Jr., finished in 22:17. Female 4-milers were paced by Laura Pennington who completed the race in 27:15.

The overall winner for the 2-mile race was Lathan Myers who finished in 11:22.5. Coming in third overall and leading all female runners was Emma Lopez who finished in 12:39.7. Great runs all!



Wendy and Shannon — Great job directing the race!

Thank you to all the volunteers: Terry and Radley Dalton, George Jury (really good to see you out there, George!!), Jerry Morris, Luis Cardenas, Kipi Fleming as well as WTRC Board members Jonathan Botros, David Higgins, Suzan Caudle, and Manny Ramirez. **A special thanks to the HOT Dam Race Directors — Wendy and Shannon Anderson.**



Records set in the 2021 HOT Dam 2-mile		
Flores, Mindy	42	16:07
Gaschen, Pam	56	19:55
Gilinsky, Yvonne	71	22:28
Meyers, Lathan	15	11:23

WTRC “Youngers” Making Their Mark

Averi Duncan is the 14 year old female National Triathlon Champion. She has a long history with triathlon, starting at age 5 with a local race and competing in many places and various distances through the years.

USATriathlon Youth and Junior National Championships were held on July 31- August 1 in West Chester, Ohio for over 1,000 athletes aged 7-19. Averi raced the 13-15 age group which consisted of a 300m open water swim, 10k bike, 2.5k run.

Way to go, Averi!! So great to see our "youngers" do so much good with their time and talents!!



This summer **Reese Pena** participated in the Texas Amateur Athletic Federation (TAAF) 2021 Summer Games of Texas. The Games of Texas is a sports festival created for athletes from throughout the entire state of Texas. TAAF is patterned after the Olympics, with an emphasis on the athlete and the enhancement of the competitive experiences.

Reese has competed at the TAAF summer games for 5 years. At the state level, with placement in the top 3 (Gold, Silver, and Bronze), athletes are awarded the “Golden Ticket”, which is advancement to the 2022 State Games of America, which features athletes from across the nation.

During this year’s Games of Texas, at 14 years old, Reese competed in the 16 & under age division in the 1600m and 800m. Finishing as a Bronze medalist and with a new PR in the 1600m Reese will advance to the 2022 States Games of America in Des Moines, Iowa. **She earned her GOLDEN TICKET!** Her time for the 1600m was 5:26.13. Reese also finished 7th in State in the 800m run with a PR time of 2:28.92.



WTRC Members Who Ran the Ropes -- Aug 7, 2021

		<i>total time</i>	<i>pace</i>	<i>distance</i>
HAGEN	WALKER	10:27.0	10:27	1
ROXANNE	BAKER	0:56:53	18:18	3.1
ETHAN	FULCHER	0:26:05	8:23	3.1
LIANA	GARZA	0:45:00	14:29	3.1
GARY	GRESSETT	0:35:59	11:34	3.1
TAYLOR	HERRERA	0:32:37	10:29	3.1
JAMES	LIVERMORE	0:40:38	13:04	3.1
ARMANDO	PEREZ	0:24:22	7:50	3.1
SHEILA	PRICE	0:38:45	12:28	3.1
PJ	SULLIVAN	0:31:10	10:01	3.1
WAYNE	SULLIVAN	0:35:34	11:26	3.1
TAYLOR	YOUNG	0:31:28	10:07	3.1
JASON	CALVERT	1:23:44	13:28	6.2
AUBREY	CALVERT	1:23:44	13:28	6.2
CECELLIA	CANTU	1:13:57	11:54	6.2
JEFF	FISHER	0:58:32	9:25	6.2
STEVE	GERMAN	1:05:17	10:30	6.2
TOMMIE	GRESSETT	1:16:14	12:16	6.2
BREANNA	HARRIS	1:03:31	10:13	6.2
LINDY	LAUDERDALE	1:25:12	13:42	6.2
SUSAN	MOORE	1:19:25	12:46	6.2
DAVID	REED	0:57:11	9:12	6.2
RUSTY	THOMA	0:54:56	8:50	6.2
TIFFANY	WALKER	1:00:34	9:44	6.2
DAVID	WALKER	1:03:43	10:15	6.2

Next year, in addition to the WTRC monthly races, consider putting Running the Ropes on your race list.

The day was very nice, the Ropes community did a great job with the race, and, best of all was the pancakes and sausage breakfast after the races... yum!

How can you beat that for a fun Saturday morning?

See the WTRC members who ran the race —
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For The Record

...as of August 16, 2021

From the editor —

This is just to insert into the WTRC's records where we are regarding the Covid-19 pandemic that began to manifest itself on U.S. shores somewhere around March, 2020 which is where the graph below begins. After a harrowing winter it

appeared that the virus was in retreat — several vaccines were developed and began to be deployed, winter was passing which allowed more outdoor activity thus allowing people to spread out a bit. Of course, schools, for the most part, began summer break....and so the number of cases dropped dramatically.

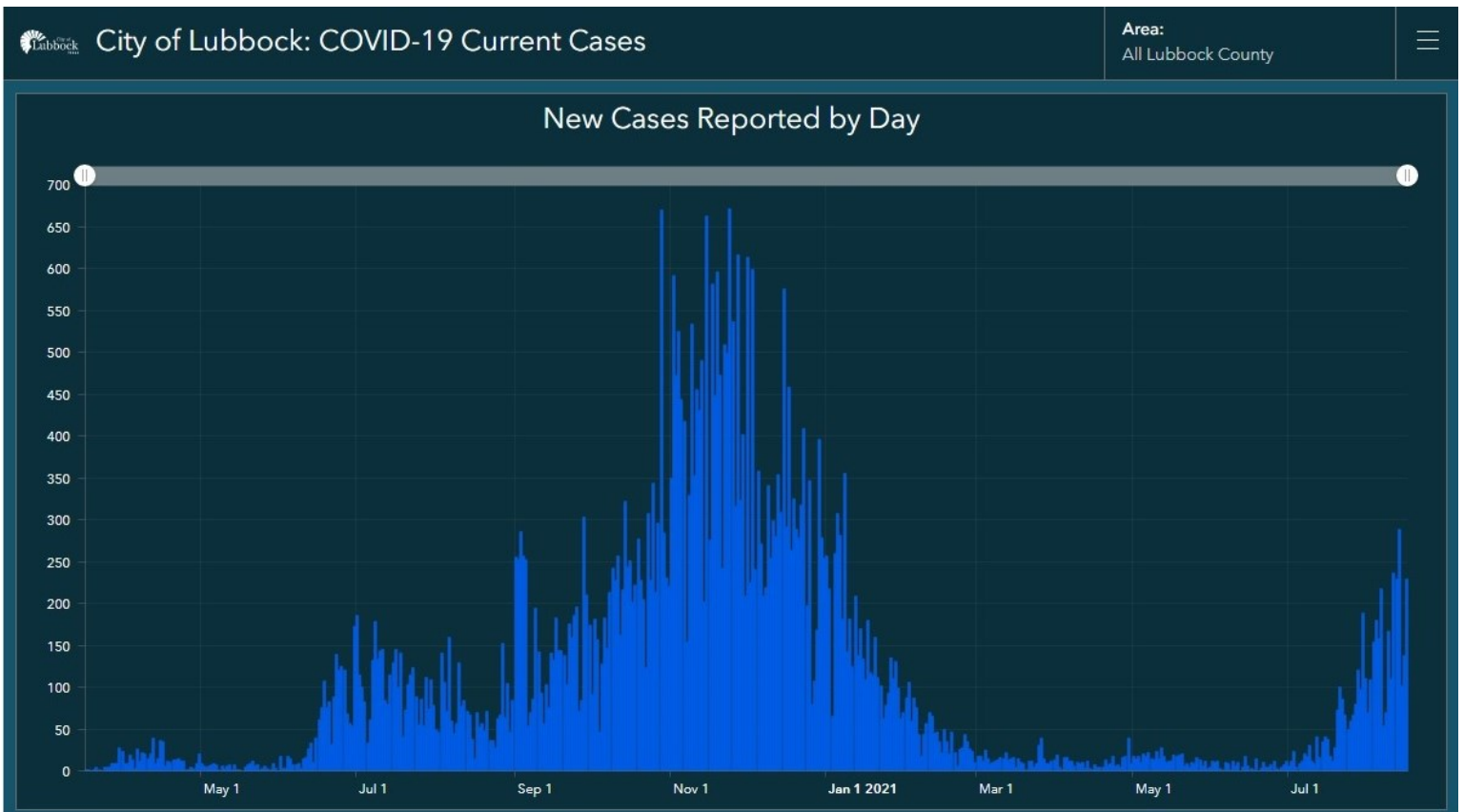
Then began the advance of another version of Covid — was labeled “Delta” — which was a variant that has the ability to “break through” the vaccines — although generally affecting people less harshly than the original virus. Still, though, the increase in cases has been followed by further entrenchment of “sides” — those who have had the vaccine and say everyone should receive it, those who continue to distrust a vaccine that has a short track record, those are still are taking a “wait and see” stance, those who are concerned about side-effects....the list could continue.

The various and sundry views and perceptions could be considered just another manifestation of the freedoms we enjoy as members of this country — that is, we are free to choose within some very broad limitations. As the pandemic continues what we know is that (1) it is lasting longer than many of us thought it would and (2) we really have no idea how long this will last given the ability of the virus to change.

So what are we to do? Well... I, for sure, am not smart or wise enough to know for sure. However, it seems that in times of great uncertainty and challenge we need to give each other an extra measure of grace, encouragement and love. After all, we are all sailing in the same boat — not much getting around that unless Elon Musk figures out how to take us all into space :-)).

I hope in some way you can be encouraged in the knowledge that you are important to many — maybe family, maybe friends, maybe fellow WTRC runners, for sure to God.

Hang in there — keep running — take care of yourself and those around you as best you can — and, some day, hopefully soon, we will be able to say “remember when?”





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

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning

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

WTRC Members –

We have 5 more races left:

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

So... plenty of time to earn more miles toward the 66 Mile or Trailblazers Clubs!

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series. Participation in the Series has increased over the years. This past year there was an approximate 15% increase in those who had volunteered in at least one race, thus placing themselves in 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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Come Run With Us!