

2021 September/October

WTRC Newsletter

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*Photo by
Reeda York*



**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

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Upcoming Races

Buffalo Wallow

Annual, 2nd Saturday in November
9 am Start
2Mile | Quarter Marathon (New!!)
and Half Marathon
(USATF Cert#TX09107ETM)

T-shirts and Finisher Medals
to ALL Halfers!!

There will be an early PACKET
PICK UP at FootTech-19th and
Quaker.
(see website for times) OR on
Race Day at the Lake.

RACE LOCATION:
Buffalo Springs Lake



Race Director: Tommy Johnson



Thanksgiving Day...

Annual WTRC Turkey Trot
9 am Start | 2 Mile or 12K
USATF Certified #TX12147ETM

There will be Packet Pickup/Late Registration: at
FootTech, 19th & Quaker — check the WTRC website.
You can register as a TEAM for: the 2 mile race,
minimum of 4 Members each team member must
register separately.

RACE LOCATION: Bayer Museum of Agriculture,
East Broadway & Canyon Lake Drive



Toys For Tots Cross Country Run

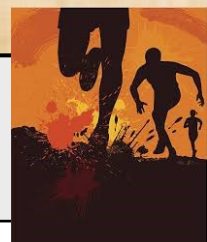
Second Saturday in December

9:30 a.m. 1Mi Kids Cross Cntry Fun Run (ages 4-12)

10:00 a.m. 4Mi Cross Country Loop (ages 10 & up)

Bib pickup on Race Day – 8:30 to 9:15

RACE LOCATION: Mae Simmons Park, E 19th & MLK Jr Blvd



Race Director:
Rick Lampe

Shallowater Stampede Race Report

September 11, 2021

By **Cody Lass** — Race Director

After several years of directing this race, I'm starting to run out of new ways to talk about the things that prove true year after year

year (yes, this is definitely a good "problem"!)

With that in mind, this year I just want to say "thank you" to everyone who made this event run so smoothly yet again. There is so much that goes into a race like this and it's often easy to overlook all of the work that is done behind the scenes before we even get to race day. Next time you see any of the following — **Sonny Bevers, Jonathan Botros, Suzan Caudle, David Higgins, Tommy Johnson, Autumn Lass, Megan Taylor, Christopher Tarantola, Cathy Paden, or Emmanuel Ramirez** — please know that the race simply could not have happened without their help.

A special "thank you" also goes out to **Lora Homan and the Shallowater parents** who once again played a vital role in getting everyone from the start line to the finish line successfully! Finally, thank you to all the runners who came out and ran with us! You all are the club and are the reasons why our gatherings are always so fun!!

For the 10K race **Laura Pennington** led all runners, finishing in 42:13. **Joe Sutton** came in behind Laura in 42:54. Great race, Laura and Joe!

For the 2-miler **Paul David Gaschen** led the race with a 12:39 finish.

Molly Vincet came in 2nd, completing the race in 13:26. Way to go Paul and Molly!

It's easy to take our club, and club events, for granted. We're very fortunate to have such a great group of runners and the ability to host regular races the way we do. This was especially salient on this, the morning of the twentieth anniversary of the attacks on New York City, Washington, D.C., and western Pennsylvania. As the events of that day become more firmly entrenched in the historical narrative of our country, let us never forget that for thousands of families who were directly impacted, that day is not "just history," but rather something they must endure each and every new day.

We have the best running club in the state and to the 191 runners who finished, THANK YOU! I've always thought the running community was one of the best communities to be a part of and the race this morning did nothing to change my mind of that! To conclude, I leave you with the wise words of **Michael Scott from The Office**,

"Finishing that 5K was the hardest thing I have ever had to do. I ate more fettuccini Alfredo and drank less water than I have in my entire life. People always talk about triumphs of the human spirit. Well, today, I had a triumph of the human body. That's why everybody was applauding for me at the end, my guts and my heart. And while I eventually puked my guts out, I never puked my heart out. I'm very, very proud of that."

May we never lose the "heart" of what makes our club so great, that is, may we never lose the bond we share as runners!

Until next year,
Cody



Three new Shallowater Stampede records:

(Laura Pennington missed her record set last year by 2 seconds!)

10k				
F55-59	Mary Mailler	Lubbock	55	50:56
				<i>(bested Sherill Easterling 52:14 set in 2005)</i>
75+	PJ Sullivan	Lubbock	76	58:28
				<i>(even beat her 70-74 time!)</i>
2 Mile				
F70-74	Yvonne Gilinsky	Lubbock	72	22:04

My Britches Sure Weren't As Big As I Thought...

by WTRC Member Reeda York



Reeda with Lydia Turner and Virginia Bevers

invited me to her house and the rest (they say) “is history.” Lydia is my mentor. She encouraged this very un-athletic person TO TRY. I was the overweight, red-headed, freckled kid. I was made fun of in school. I never participated in any sports growing up.

When Lydia suggested I run with WTRC I told her she was crazy. It took her at least three months to convince me. The WTRC Run for the Arts 12K was my first group run. Lydia will say she saw my pink shirt go under the

underpass and she knew I was hooked. She was right! Looking back I see God's Handiwork. He was preparing me for the most difficult road I would ever find myself on.



Randy

Randy, my husband of 36 1/2 years, spiked a fever during the night on September 23rd, 2017. We assumed the sudden fever was the flu. This was a Sunday and I took him to our local clinic (this was in our home town of Levelland) where he was tested for Strep and Flu -- both came back negative. The PA called and said it was viral, drink fluids and follow up with his doctor on Monday morning. He woke up at 4:00 am and said he needed to go to the ER. Blood work revealed he was Septic and we would be transferred to Lubbock. He coded the first time when I went home to get our things. They were able to revive him and get him transferred. He was admitted to MICU. The team of exceptionally good physicians were unable to get his oxygen stats out of the 60's. He coded again and was revived again. We were told his only chance of survival would be ECMO¹ and he would need to be flown to Baylor University Medical

Center in Dallas. He spent seven days on ECMO and was able to come off it. He was intubated and on CCRT for his kidneys. Three days later he had several bleeds and died of a massive hemorrhage on October 10th, 2017.

I never entertained the thought I would be coming home alone.

¹ An Extracorporeal Membrane Oxygenation (ECMO) machine is a medical device that performs this task. In fact, it is very similar to a heart-lung machine that is used to continue the supply of blood and oxygen while the heart is stopped, such as during open heart surgery.

Beginning

I began walking ten or so years ago and had been tinkering with the Couch-to-5K App. One Sunday morning I was speaking to Lydia (Turner) and she said something about running. She also

From the editor: I've known who Reeda York was for a good while because she is most always at the WTRC races and stands out a bit because of her auburn (she calls it red) hair. Somewhere along the way I was privileged to be made a friend of Reeda's on Facebook and it was there I began seeing a story that I wanted to know more about. I saw mentions of a husband who had passed away, lots of pictures with friends at multiple race venues, a dog with personality and, of course, lots and lots of pictures of family. So, I asked Reeda if she would respond to a series of interview questions and she did -- and I'm glad for that! This is another example of the depth and breadth of the kind of people who make up the West Texas Running Club. Thank you, Reeda, for sharing your story!!

"It's hard to put into words how important someone is to you, how they have changed you, helped you grow and molded who you have become. Uncle Randy will always have a special place in my heart, he has loved me no matter what. He loved me unconditionally, he was a dad to me. I see him in so much of all of our lives, the world feels strange without him. I will never forget his lessons in life to me. Uncle was full of love and never met a stranger, he was a friend to everyone. He never seemed to have any drama he was just happy. He was always an example of what a Godly man should be...how he loved Aunt Reede. Their marriage has always been something I look up to. He is her other half, they completed and complemented each other in every way. They were always my example of what a family should be. Some of my best memories are hanging out at the beach, watching movies, all four of us girls making up plays or shows for Uncle, we would make tickets and play a song and dance to it, Uncle washing mine and Ashli's mouth out with Lava soap for standing outside the video store throwing rocks and cussing, taking us to school in his old Bronco. He loved all my babies and was so proud of them. He helped me through many hard times, he was always there for me. He never complained. Uncle always made me feel safe and loved. He was a dad to me. My heart will forever miss him." - Mykka Dockery

I am including what my niece wrote for Randy's services to maybe convey a small example of the truly great man he was. Randy was my biggest cheerleader. When he said things would be ok, they were. If not, we weathered them together. He encouraged me in everything I did and was always there. He took my heart with him and my world will always be upside down without him. We will never know what caused him to get sick. Grief is an ugly thing to contend with. I lamented about all of the time I had spent training for my second marathon that summer. Lori, Liz and I ran at night. That was time I could have been home with Randy.

Running

However, I've since realized that if I had not gone with Lori and Liz, that would have been another loss. This was their first marathon -- the 2017 South Padre Island Marathon held on November 4th, 2017. We drove 12 hours on Friday -- Packet Pickup was Saturday -- the Marathon was Sunday. I knew from running it the year before we could pick up packets and go to the expo, etc. that Saturday until 8:00 pm. We decided to go at 6:00 pm. We drove up to an empty parking lot. After going in, we found out they closed at 6:00. We ALL misread packet pickup times! Disappointed, frustrated, with nobody to call, we messaged the Race Director on Facebook and waited... and waited some more. Do we show up and run as bandits? Wasted race fees and pretty bummed with ourselves.... We never miss packet pickup!

I texted Lydia to tell her what we had done. She got on her computer, found out who the person was over the entire event, found him on a cruise ship in the middle of the ocean and told him our dilemma. We could pick our packets up in the morning. Whew!

We arrived across the bridge at 5:00am. There was torrential rainfall. We were soaked, there was a rain delay and then we started in torrential rain. The Causeway is the most stunning thing I have ever traversed. For 5 miles crossing over the Gulf of Mexico on your right and the Laguna Madre on your left. By the time we reached the corner at Isla Blanca Park on to Ocean Blvd the sun was out, there was a rainbow and the temperature was climbing. It was excruciatingly hot with 99% humidity.



continued next page...

At Mile 11 to the turnaround you are running on blacktop through sand dunes. The volunteers had sponges soaked in ice water for us. At mile 20 we stopped at the ambulance for a band-aid because Lori had a wicked blister from running in wet socks. "We don't have any band aids." Imagine that! An ambulance without band aids. The last 10 miles was running on the biggest rocks you have ever seen. It was a hard, emotional run for me. I missed Randy at the finish line where he waited for me at the end of my first marathon in 2016.



I will forever be indebted to Lori and Liz for their willingness to run with me. When we returned home we ran the WTRC Turkey Trot. Next, the first weekend in December, Lori, Liz, Lydia and I were off to San Antonio for the Rock and Roll Marathon. Lori and I ran the 5K Saturday and Sunday we ran the Marathon with Liz, Ashley and Nicole. Lydia ran her first (and only) half marathon. We began this run with more rain. Yes, I missed the Alamo (we still laugh at that!). You will need to ask Lydia what Lori and I looked like when she opened the door to our hotel room. We sure earned our jackets.



What began as a recreational thing five years prior is now a lifeline to my sanity. That is why I say God had His Mighty Hand in my beginning to run. I have completed three marathons, three trail runs and countless half marathons. Ask anyone who runs with me -- I am good at getting lost. One of the countless times was at the Trinity River Run. This is a night time run. For some reason the Dallas PD closed the race down early. All markers were removed and I wound up in downtown Dallas where bars were on all the windows. I have always found my way back except having to be picked up one time during a training run.

Another run that will always stand out to me is my first marathon at South Padre Island. Lydia once again stepped in with the best advice regarding my pre-race nerves -- "You will start and You will finish!" Randy was my chauffer. I had prayed that I would find someone along the course that was also running their first marathon at my pace. God placed her at mile 11! Randy was waiting at the finish line. One cannot repeat that feeling of completing a marathon.

Lori, Priscilla and I ran the Ultra Expedition Half Marathon at Port Aransas. This run was spectacular because it was on the beach. I ran by a dead shark at some point. After we finished I walked back to find it. It was intact although a seagull had just started breakfast. I picked it up and took it back to the car. Singing "baby shark" I laid it on the hood. Lori thought I was going to bring it back with us. I would have if we had a cooler with us! My grandsons would have liked to have seen it.





Current picture of Tate and Hunter

Family

You asked about my family. I have two daughters. My oldest daughter

Ashli and her son, Tate, live with me. My youngest daughter, Stevi, lives in Ransom Canyon with her husband Michael and my grandson Hunter. I have two nieces by genetics and daughters by heart, Mykka Dockery and Lindsy Oliver. I consider their children -- Averi, Abi, Ayden Dockery and Carson, Cameron and Corli Jaie Oliver -- to be my grandkids by squatter's rights :-). Last but not least I have a Boxer named Elsie and a silly little Chihuahua named Wilbur.

A note about my oldest daughter, Ashli. Ashli became critically ill and was admitted to Covenant the day Randy died. She coded that day and again 3 days later. She was down for 21 minutes during the second code and was in the hospital for somewhere around 3 weeks -- Ashli still deals with major health problems. During this time I found myself wondering why God hated me.

Forgiving

It's taken a long time for me to forgive myself for letting Satan get me to that point. My britches sure weren't as big as I thought. God and Hate exemplify the biggest oxymoron ever.

I was 18 when Randy and I were married and on our 18th anniversary I laughed because he had me longer than my mamma did. Randy was my foundation. He had me on a pedestal and I fell hard when it broke. I always said he loved me, warts and all. What an understatement that was! He was so very smart and took such care of me. I never left the house that my car wasn't checked. It's those million little things that make the gaping hole so deep.

I am a Christian that has had my feet put to the fire for the last four years. I cannot say I always persevere. I fail Him daily. However, I was never angry at God for not sparing Randy. Psalms 139 tells us 'our days are numbered,' and yet I am incredibly sad. I trust His promises. I will see Randy again. Romans 8:28 tells us God works all things for the good for those who love Him. God is weaving a beautiful tapestry and we will see His perfect wisdom when it is revealed. On the underside of that tapestry we just see knots.



Pictures

I do take a lot of pictures. I love to draw and I used to paint on canvas years ago. Now my canvases are toes (that's right – the things at the end of your feet!). I do a lot of hand painted art on toenails at the salon where I work. I always laugh when it is said I am a published artist. I am thankful God gave me this talent. Many years ago, when Randy and I were first married, we couldn't afford to renew my Cosmetology license. My grandmother paid for it and said never let things like that go. Once again God was at work. Had I let my license go I wouldn't have the job I do today! My Facebook page to see my toe art is Extraordinary Toes by Reeda if anyone would like to see what I do: (<https://www.facebook.com/search/top/?q=extraordinary%2otoes%2oby%2oreeda>).



For me pictures are captured moments in time that will never be not want to miss what He has for us! Clouds, sunsets, sunrises and flowers are a constant reminder of His presence, His creation. It would be hard to pick a favorite because I see something different each time I look at a picture I have taken that I missed before.



Support

The Good Lord has continued to provide a steady support system for me in each season of my life. The perfect person or persons are always there when I need them. I am always amazed at how God uses people. I am thankful for continued health to be able to run. If I had to pick a favorite run it would be the February Freeze because of where it is – Buffalo Springs Lake. WTRC is so much more than a running club -- it is a running family that I am privileged to be a part of.



just like that again. God is the Master Painter and I do



Reeda running the February Freeze race at Buffalo Springs (2021)

Reeda

40th Annual Red Raider Road Race

October 2nd, 2021 — Race Report by Jonathan Botros

Race Directors were Jonathan Botros and Emmanuel Ramirez

We were blessed again this year with perfect running weather for the 40th annual Red Raider Road Race!

Very thankful to Texas Tech to allow Raider Red to join us once again to provide an early morning 'shotgun start' for both the 10K and 5K. Vince Carrillo, our DJ, was also back this year keeping the music going, and getting the morning started with the traditional playing of the National Anthem.

A total of 328 runners crossed the finish line — 209 5K runners and 119 10K runners. Finishing 1st overall in the 5K was **David Mora Jr.** with a time of 15:58. That time serves as the fourth fastest time EVER ran on this course, and just 25 seconds short of a course record! **Gracie Fehr** was the fastest female runner with time of 22:07. In the 10K, **Tyler Schultz** led all runners with a time of 36:15 and **Laura Pennington** eclipsed all female runners with a time of 41:19. Laura was also our fastest 10K female for the second year in a row, and she eclipsed last year's time.



Jonathan and Manny — great race!

Congratulations to our three new age group records achieved this year. **Lory Ioppolo** now holds the 10K 45-49 age group record with a time of 45:37. Not only does Lory now hold two age group records in this race, she was also our 10K Master's award winner! **Mary Mailer** set a record for the female 55-59 age group with a 51:01 finish. **PJ Sullivan** continues setting age-group records with a 1:02:49 time for the 75+ female age-group.

A special '40th Anniversary' medal was awarded to all those finishing in the top 3 of their age group (or division). Really impressive runs by everyone!

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is thrilled to offer scholarships of \$2,000.00 per student. Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.

Lastly, a HUGE THANKS to every volunteer who made this event successful! The RRRR is one of our largest races of the year and it can only be successful because of our volunteers — Kyden Corelis, Brylie Corelis, Tiffany Walker, PJ Sullivan, Peter and Christopher Tarantola, Molly Roberts, Cody Lass, Sonny Bevers, George Jury David Higgins, and Suzan Caudle.



From the editor — a special thanks to our race directors — Jonathan Botros and Emmanuel Ramirez!

Hope to see everyone next month (November 13th) at the Hardest Half in Texas — Buffalo Wallow — followed by the annual Thanksgiving Day tradition, the WTRC Turkey Trot.

40TH ANNUAL
**RED
RAIDER
ROAD
RACE**
10.2.2021



Rx Sales



I just had to include this in this WTRC Newsletter. This past Sept. 18th was the **Piney Woods Ultra** held at Tyler State Park near Tyler, Texas. The race offered a 5K, 10K, 25K, 50K and 100K. The WTRC-related runners below ran the 100K (62.1 miles!). I believe this was Jenn's first race at that distance.

Just for context — I ran the 25K. I read the information on the Ultra Expeditions website in preparation for the race and this is what it said:

“Run through deep East Texas pine forests on a scenic course underneath towering pines. This diverse, single track course, almost entirely underneath a canopy of 100-foot tall pine timber, will keep you captivated as you navigate rolling hills through rooty and pine needle conditioned trail. Enjoy a post race refreshing swim in the 64-acre spring-fed lake while you rest and recover.

As home to the forest race in our eco series, you won't want to miss this unique chance to run with deer through the deep piney wood forests of Eastern Texas.”

Sounds like fun, right? Pine trees ... lots of shade ... “pine needle conditioned trail”.....

What they failed to tell the reader is that underneath all of those pine needles were lots and lots and lots of tree roots. Did I say “lots”? Lots and lots and lots and lots of tree roots!! Oh, and the course was one loop. The 25K runners did the loop twice which means the 100K runners did the loop 8 times.

I made 1 and 1/2 loops. After tripping and hitting the ground 4 times I called it a day and caught a ride from an aid station to my car. I've run quite a few trail races — this was the most difficult I've experienced — especially given the sweet, syrupy description of the course by the race organizers.

Which brings me back to Codie and Jenn (in the article). They navigated the loop 8 times — a good bit of their race was in the dark.

Note in the article — 15 runners began the 100k — only 3 finished! Codie was 2nd. Jenn was 3rd overall but the first and only female runner to complete the race.

Way to go, Jenn and Codie!! Not only was completing a 100K race impressive, but doing so on this course was even more impressive!

Btw — WTRC member **Mary Mailler** competed the 25K and was 19th out of 129 finishers! Way to go, Mary!

Post cousins 2 of 3 runners to complete 100K in Tyler

By Voda Beth Gradine

Cousins Jennifer Strawn-Cash and Codie Hair were two of three people that finished the 100K Piney Woods Ultra race in Tyler, TX Saturday Sept. 18. This was a 62-mile course through the pine trees, hills with a good measure of humidity thrown in.

The race started at 7:00 a.m. Saturday. Codie completed the race at 11:13 p.m. after 16 hours 13 minutes. Jennifer was next finishing at 12:20 a.m. Sunday, after running for 17 hours 20 minutes.

Jennifer said the humidity caused problems with dehydration for the West Texas two.

“The last 12 miles was brutal. We couldn't even drink water,” said Jennifer.

This was the longest race she has competed in, previously running a 52-mile race.

Fifteen runners started the 100K race, with 10 men and 5 women competing. Another 250 runners were entered to run shorter distances. Runners ranged in age from 21 to 70-years old.

“My Pit Crew consisting of



JENNIFER STRAWN-CASH AND CODIE HAIR

Donna Cowdrey and Karren Curtis. They are the reason I finished the race” Jennifer replied. “They supported me and encouraged me to keep going.”

Codie and Jennifer are Post High graduates in 1996 and 1999 respectively. Codie, the son of Donny and Carolyn

Hair lives in Lubbock and is married to his wife Sarah. Jennifer is the daughter of Jay and Susan Strawn of Lubbock and is married to Cara Cash of Post.

The cousins plan to run a 100 mile run next February in Huntsville.

WTRC Members Who Ran *The Willie McCool Memorial Half Marathon, 5K and 10K –*

Sept. 25, 2021

It is always great to see WTRC members running in other races provided by the Lubbock area running community!

A positive aspect of the Willie McCool Memorial (among many!) is that it offers a half marathon. The longer distances like marathons and half marathon are difficult to offer mainly because the longer distances require more area for the course as well as increased support like water stops and volunteers. The level of difficulty in organizing the longer races is significant.

So, we are thankful to have the opportunity to participate in these events!

Great job on the part of these WTRC members!

If I missed you it is because my search and match program has to have first and last names from the race match the exact spelling of your name that is in our WTRC registration records.

– the editor

		place in the overall	distance run	time
Roxanne	Baker	60	3.1	0:54:28
Stacey	Besherse	44	3.1	0:38:45
Liana	Garza	50	3.1	0:46:36
Kate	Peaslee	16	3.1	0:29:31
Maddie	Scott	42	3.1	0:37:25
Paula	Amaya	39	6.2	1:11:42
Lora	Asmussen	47	6.2	1:21:07
Aubrey	Calvert	26	6.2	1:02:19
Jason	Calvert	29	6.2	1:04:13
Tommie	Gressett	34	6.2	1:09:07
Gary	Gressett	43	6.2	1:17:12
Lindy	Lauderdale	40	6.2	1:13:04
Jeleta	Lingo	36	6.2	1:10:07
Toni	Lowrance	44	6.2	1:18:15
Melissa	Mccauley	50	6.2	1:25:57
Sheila	Price	41	6.2	1:15:45
Ray	Young	6	6.2	0:50:52
Jason	Besherse	13	13.1	1:52:52
Rachel	Embry	9	13.1	1:46:04
Paul	Faulkner	57	13.1	2:59:46
Ramon	Johnston	17	13.1	1:56:04
Bernard	Lumongsud	11	13.1	1:50:24
Sylvia	Miller	42	13.1	2:30:30
Lane	Monroe	3	13.1	1:34:00
Leesa	Price	33	13.1	2:20:57
Ed	Price	45	13.1	2:35:48
Riannon	Rowley	32	13.1	2:20:37
Maryann	Schwertner	46	13.1	2:37:58
Rudy	Soto	38	13.1	2:26:21
Gary	Tayag	12	13.1	1:50:25
Pam	Titzell	34	13.1	2:20:57

So.... more important to my overall health – exercise or weight loss?

This has been a question in my mind for years. Somewhere along the line from after-college to my

early 40s I had put on quite a bit of weight – somewhere in the realm of 40 pounds. That may not seem a whole lot to some but I'm not a very big guy and sure don't have a lot of extra muscle. So – that 40 pounds was extra baggage for sure. All through that time I played around with a bit of dieting and a bit of exercising but nothing really caught on and my weight continued northward.

I had a couple of wake-up calls. One was that, around 2006, I had colon cancer. I had the tumor removed and that was followed up by 6 months of chemotherapy. While the chemo was not all that debilitating – made me tired, though – it had the positive effect of suppressing my appetite. About the only thing that tasted good was a Subway Club sandwich. The net result was that I lost quite a bit of weight – actually came out of the whole episode a little better off. However, with the absence of chemo came increased appetite and I gained a lot of the weight back. I think the final straw was when I was about to graduate to a 40-inch waist size.... that was a shocker!

About a year after cancer I was walking one day (that was usually my go-to exercise) and I began to notice I was feeling pretty good. In fact, I felt like “jogging” a bit! I think that it took most of a year for me to fully recover from the effects of the chemotherapy. This was my beginning with running and, along with the running, I began counting calories and, between the two, I lost weight again.

Ok... nice story, right? Well, I am 10+ years after that time of life and, once again, am fighting my weight. The difference now, though, is that I have been a fairly consistent runner for all of those years. Yet, the weight is sneaking back up on me while my exercise is going pretty well.

Of course, what's missing is the calorie reduction. I know, I know, there's a lot of debate about what all can lead to weight gain but, in my experience, the bottom line is – calories in, calories out – if “in” is more than “out” then weight increases.

But.... somewhere in all of this I think there has to be a better “life balance.” Is it possible that the extra weight isn't as big a deal as is the continued exercise? If it is a given (for me) that the ideal of both is not working for me, is it “ok” to lean more in one direction than the other?

I recently read an article by a New York Times Phys Ed columnist – Gretchen Reynolds. I looked Gretchen up on the ubiquitous internet and she seems to be a least someone who has been around the block regarding this issue. Here are some excerpts of Gretchen's article:

“For better health and a longer life span, exercise is more important than weight loss, especially if you are overweight or obese.... The study, which analyzed the results of hundreds of previous studies of weight loss and workouts in men and women, found that obese people typically lower their risks of heart disease and premature death far more by gaining fitness than by dropping weight or dieting....

Glenn Gaesser, a professor of exercise physiology at Arizona State University in Phoenix, is well versed in the inadequacies of workouts for fat loss.... [H]e and his colleague Siddhartha Angadi, a professor of education and kinesiology at the University of Virginia in Charlottesville, began scouring research databases for past studies related to dieting, exercise, fitness, metabolic health and longevity. They were especially interested in meta-analyses, which pool and analyze data from multiple past studies....

Gaesser, et. al. found that from these studies that

“Compared head-to-head, the magnitude of benefit was far greater from improving fitness than from losing weight...”



Bottom line – this meta-analysis lent “weight” (at least in my mind) to the idea that, if one wants to improve health and just cannot seem to pull off the dual threat of exercise coupled with calorie reduction, be sure to stick with the exercise. The stats they generated say that

“...sedentary, obese men and women who begin to exercise and improve their fitness can lower their risk of premature death by as much as 30 percent or more, even if their weight does not budge..... On the other hand, if heavy people lose weight by dieting (not illness), their statistical risk of dying young typically drops by about 16 percent, but not in all studies....”

So.... I guess I'll keep on running! I *would* like to drop a few pounds along the next few months but, whatever happens on that front, at least running (exercise) is a great way to improve overall health.

My other take-away – let's all keep preparing for, and running in, the monthly WTRC races. I mean, what do you have to lose??

(Maybe after the next notch in my belt, though, I'll get serious about reducing a few calories :-)

Steve



Reynolds, Gretchen. (2021, Sept. 29). Why Weight Exercise is More Important Than Weight Loss for a Longer Life. *New York Times*.

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning



Never Miss a Race Registration Deadline Again! Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)

Sign Up for Text Alerts



Come Run With Us!

Run for the Arts

WTRC Members –

We have 3 more races left:

Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country 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 :-)

Hey all!

Just a reminder to volunteer for at least one of these last 3 races!! A volunteer credit is a requirement for inclusion in the end-of-year Challenge Series Standings.

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