



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



November/  
December 2021  
WTRC Newsletter

*In this issue:*

- *Upcoming WTRC 2021 Celebration of Running Social (to be held Jan. 14, 2022)*
- *Buffalo Wallow Race Report*  
by Tommy Johnson
- *The Great American Relay*  
by Tiffany Walker
- *Running the Mayor's — WTRC Members Who Ran the Mayor's Records and Stories*  
by 25 WTRC members
- *29th Annual Turkey Trot Race Report*  
by Terry Dalton
- *"Why, yes, anyone can run a 100 miler!"*  
by Victor and Terri Maldonado
- *Toys for Tots Cross Country Run Report*  
by Rick Lampe
- *2022 WTRC Membership Registration Reminder*

WTRC Officers, Board Members,  
Directors and other club volunteers



Board Members:  
Cody and Autumn Lass

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Outreach: Ron Lubowicz

Hydration/Trailer: Tommy Johnson

Customer Service Director: Suzan Caudle



## *Upcoming Races*



Race Director: Autumn Lass

2nd Saturday in January — 10:00 a.m.  
5Mi | 2Mi (Both are Loops)  
5Mi: ages 13 & over  
2Mi: ages 7 & over, and strollers

Location: Landwer House  
Buddy Holly Rec Area  
N.University, Lubbock



2nd Saturday in February

10 a.m. start  
5 Mi & 2 Mi

Location:  
Buffalo Springs Lake Amphitheater  
FM835  
Lubbock County



# Upcoming WTRC 2021 Celebration of Running Social



There is no better way to ring in the new year than celebrating everything you accomplished in 2021! That includes the medals, personal achievements, new (& old) friendships created (just to name a few) through the **West Texas Running Club**. This is also a special time for us to give out our annual Challenge Series awards, '66 Mile Club' and 'Trailblazers Club' awards, as well as other awards for those who continue to give their time and effort to making this the best running club in Texas!

The Social will be **Friday, January 14th at the Science Spectrum**.

*Check our Facebook page and your e-mail for more information to come.*

A special thank you to the annual organizers of the event — Wendy Anderson and Cody & Autumn Lass (awards organizers).



*Scenes from our last  
WTRC Social —  
January, 2020!*



# Buffalo Wallow Race Report

Race Director: Tommy Johnson

November 13, 2021

Well, we all had another great time at Buffalo Springs this year. The day was on



the coldish side and the wind was not too stiff at the beginning but sure picked up as the Quarter and Half Marathon runners reached the back side of the course. So, as is usual, the Buffalo Wallow was definitely a challenge. But, 62 completed the 2-mile race, 50 finished the inaugural Quarter Marathon distance (thanks, WTRC, for adding this option!!) and 77 persevered to cross the finish line for the Half Marathon—way to go all runners!!

We really appreciate the Buffalo Springs community for allowing us to enter the gates at a reduced fee and for allowing us to run this race for somewhere in the neighborhood of 50 years. Quite a legacy! It's always interesting for people new to the Lubbock area to find out that we actually have scenic areas in and around Lubbock and these are showcased during the WTRC's race schedule – Horseshoe Bend, Buffalo Springs, the Texas Tech University campus, and the several races we have in various areas of the Canyon Lakes system.

A total of 189 runners were involved in the 3 race events and we had a fantastic volunteer turnout– 37 of you including WTRC Board Members. Overall 226 people participated in this year's Buffalo Wallow. It was great to be there!

**Joe Sutton** won the 2-mile race with a time of 11:33. **Marianne Fisher** led all 2-mile female runners coming in at 13:47. Great runs, the both of you!

**Alejandro Torres de la Parra** won the new distance – the Quarter Marathon – leading all of those participants with a time of 48:59 while **Andrea Alves** blazed the way for the female runners by finishing in 53:30. Great way to start a new distance for the Buffalo Wallow races!

For the Half Marathon – the “Toughest Half in Texas!” – **David Mora III** blew through the finish line in 1:17:15...just doesn't seem fair, does it? **Chelsey Mccarthy** led the Half Marathon female runners by finishing in 1:45:10. Really great races David and Chelsey!!

A big thanks to all our many volunteers, including our WTRC officers and board members who are always there every race!

**Volunteers** for this year's Buffalo Wallow were: Tommy (our Race Director – thanks, Tommy!) and Debbie Johnson, MaryAnn Schwertner, Macie Mitchell, Tiffany and David Walker, Lydia Turner, Heather Riley, Margaret and Mark Woodfin, Sylvia Miller, Ray Young, Sonny Bevers, Molly Baumann, Tanner Lundy, Paul and Pam Gaschen, Billy and James Bond, Maribel Castillo, David Hill, Ramon Johnston, Eddie Hernandez, Robbie Vittitow-Smothers, Ryan Smothers, Taylor Young, David Reed, Amme Blair, Emma Lopez, Jaime Lopez, George Jury, Michelle Richardson, Nicole Adams, and Keith Gilmore.

WTRC Board member volunteers were Jonathan Botros, Suzan Caudle, David Higgins, and Tommy Johnson.

A big thanks to our runners, their family and friends and our volunteers for coming out for today's races. Our new race, the Toughest *Quarter* in Texas, was very popular. I hope all of you enjoyed the morning and the races as much I did!

Hope to see ya'll at the WTRC Turkey Trot!

**Tommy Johnson,**  
Race Director



## Buffalo Wallow Records Set at 2021 Races

### 2 MILE

Male 7-9	<b>Noah Bermea</b>	Levelland	8	14:05
Male 30-34	<b>Joe Sutton</b>	Lubbock	33	11:33

### HALF MARATHON

Male 16-19	<b>David Mora III</b>	Lubbock	16	1:17:16
Male 20-24	<b>Bryce Boggs</b>	Lubbock	20	1:24:43
Male 30-34	<b>Trent Early</b>	Lubbock	33	1:32:37
Male 60-64	<b>Popcorn Leonard</b>	Midland	60	1:36:22
Male 70-74	<b>Morris, Jerry</b>	Lubbock	70	2:14:58
Female 50-54	<b>Gelber, Debbie</b>	Lubbock	53	1:58:22
Female 55-59	<b>Mailler, Mary</b>	Lubbock	55	2:04:13
Female 65-69	<b>Price, Leesa</b>	Lubbock	65	2:25:58

# The Great American Relay

## A Coast to Coast Running Relay

by WTRC Member Tiffany Walker

*From the editor — I saw on Facebook several posts by Tiffany Walker about a relay she participated in called “The Great American Relay.” She told me*

415 stages, across 18 states, over 3,500 miles, for 38 days. We started on Sept 11, 2021 at 8:46 a.m. and finished on October 19. Each day starts at 6:00 am. Each stage has a designated start and end time -- ours was Oct 5th at 3:00 and Oct 6th at 7:20 a.m.! Due to someone not being able to run the two legs after us we just knew that we had to continue

*about it and I thought you might enjoy knowing about this effort to keep alive the memory of all that was done by so many of our first responders during and after the 9/11/2001 attack we experienced on our American homeland. So many sacrificed so much during this time... Thanks to Tiffany and others who participated in The Great American Relay!*

running the two extra legs so, in total, we ran over 33 miles while carrying the US Flag!

“Why We Run” -- to commemorate the 20 year anniversary of 9/11 and to raise money for first responders and our military who continue to keep us safe every day. It was great seeing everyone support the local fire stations, police departments and all other emergency crews.

<https://greatamericanrelay.com/>



The Great American Relay brings people from all over the country together to accomplish a common goal, running all the way across the U.S. and supporting a great cause. Runners also were allowed to dedicate the stage that they were running to a first responder or veteran that they care about. Lead runners carry the baton across the stage to hand off to the next lead runner. There are also support runners who get to run the stage with the lead and make the run more fun. Runners were also allowed to run virtually from anywhere they want around the world. Having this many ways to run gives everyone an opportunity to participate and support the people that protect our country.

While running across the country, people get the opportunity to see how beautiful our country is and how much America has to offer, and support the people that keep us safe.

The great American relay was started by Vince Varallo, who also originated the Boston Buddies Run Club!!

We loved seeing several of our West Texas Running Club also participating in this event!!  
*Tiffany Walker*



# Running The Mayor's

## WTRC Members Who Ran the Mayor's Records and Stories

From the editor —

What a blessing it is to have such quality running opportunities available right here in our Lubbock community!

This year the 3rd Mayor's Marathon, Half Marathon and 5K was held on October 31st, 2021 in lieu of the 2020 race that was postponed due to the Covid pandemic.

I have gathered all the WTRC members' names and race times that I could glean from the official race results. If I missed yours please forgive me... my "search and find" program has to match the person's name as it was recorded in the WTRC records.

I hope you enjoy the articles written by many of our WTRC members who ran one of the Mayor's races. I expected a few to reply but was very pleased that many more than expected sent me their thoughts and experiences. Thanks all of you!!  
steve

5K				
Stacey	Besherse	F 39	Hale Center	37:20:00
Sam	Brackeen	M 33	Lubbock	23:28:00
Richard	Bray	M 77	Lubbock	43:19:00
Christopher	Burns	M 58	Lubbock	25:54:00
Jennifer	Burns	F 53	Lubbock	38:54:00
Jeff	Ebert	M 61	Lubbock	21:09:00
Taylor	Greer	M 23	Lubbock	24:42:00
Gary	Gressett	M 74	Lubbock	35:09:00
Cheryl	Hall	F 60	Lubbock	38:31:00
Taylor	Herrera	F 22	Lubbock	34:23:00
Jalayna	Hooten	F 28	Lubbock	34:04:00
Rick	Lampe	M 77	Lubbock	44:45:00
Brady	McDaniel	M 21	Lubbock	26:43:00
Amanda	Mora	F 42	Lubbock	31:33:00
Kate	Peaslee	F 43	Lubbock	27:21:00
Gabriella	Peralta	F 18	Sundown	23:26:00
Grace	Peralta	F 16	Sundown	23:42:00
Sofia	Peralta	F 12	Sundown	27:45:00
Sheila	Peralta	F 40	Sundown	45:00:00
Sheila	Price	F 57	New Deal	41:00:00
Heather	Riley	F 40	Plainview	34:59:00
Molly	Roberts	F 32	Lubbock	32:02:00
ronda	russell	F 51	Lubbock	30:42:00
Librada	Sissell	F 58	Lubbock	33:34:00
Joe	Sutton	M 33	Lubbock	20:03:00
Dean	Threadgill	M 42	Lubbock	38:17:00

Although it is no longer on the loop, I personally believe this year's course was even better! Perhaps it was the long-awaited anticipation to compete in a postponed race again. The air was chilly but there was a feeling of warmth in seeing all those familiar faces at the start line. I think that is one of the most special things about having such an awesome local race – getting to experience it with friends and family. This year we channeled our inner Greer by hon-

oring him with Greer tattoos – he will be dearly missed.

Lastly, this race will forever stay dear to my heart because my dad, whom was nearly taken from us after a run in 2019, has overcome so many obstacles and completed his longest run since (this half marathon) with a big ole smile on his face.

Congratulations, Dad!  
With love and gratitude,

**Amy Wallis**



## Marathon

<b>Adam</b>	<b>Barron</b>	M 59	Odessa	3:36:02
<b>Jason</b>	<b>Besherse</b>	M 43	Hale Center	4:16:55
<b>Cecellia</b>	<b>Cantu</b>	F 49	Lubbock	6:12:08
<b>Angela</b>	<b>Crouch</b>	F 36	Lubbock	4:46:42
<b>Mike</b>	<b>Lemon</b>	M 37	Lubbock	5:03:34
<b>Chad</b>	<b>Montandon</b>	M 40	Lubbock	4:37:35
<b>Jeremy</b>	<b>Pena</b>	M 46	Lubbock	3:44:10
<b>Armando</b>	<b>Perez</b>	M 38	Lubbock	4:53:02
<b>Tyler</b>	<b>Schultz</b>	M 27	Lubbock	3:14:03
<b>Ryan</b>	<b>Smothers</b>	M 39	Lubbock	4:32:33
<b>Joshua</b>	<b>Stone</b>	M 39	Hale Center	4:25:13
<b>PJ</b>	<b>Sullivan</b>	F 76	Lubbock	5:24:05
<b>Gary</b>	<b>Tayag</b>	M 51	Lubbock	3:59:03
<b>Kevin</b>	<b>Wass</b>	M 50	Lubbock	4:06:18

I made the decision to run the Mayor's Marathon five days before the race. OK, that's literally true but not the whole story. Running the 2021 Mayor's had been in the back of my mind for a few months while I trained for the Marathon2Marathon in Marathon, Texas, on October 23. But, could I really run two full marathons only eight days apart?

I was training for my third M2M, and my two fastest marathons had both been on that course (in 2014 and 2015). This was following a "sufferfest" and slow finish with LOTS of walking in the Steamboat Marathon in Steamboat Springs, Colorado, on June 6 of this year. In fact, my two slowest marathon

finishes had been on the Steamboat course in 2017 and 2021. Even with more careful training to prepare for the late hills and a better race strategy, I only managed to trim three seconds from my 2017 time. Disappointing, but I did what we marathoners always do --I found a new race to train for and it happened to be on an already proven "fast" course for me.

Training went well overall through the summer and early fall, but I fought off a couple of injuries and I didn't seem to recover well during my taper (maybe that's just being 50...). Still, I went to Marathon on October 22 ready for a great weekend and positive experience. It was clear in the first four miles on October 23, though, that it wouldn't be my day. My legs felt dead and I was struggling to keep a positive mindset. I managed to get to Mile 21 with only some slight slowing of the pace, but as soon as I let myself walk I knew I was probably not going to finish strong. Sure enough, I walked more and more and felt more and more discouraged. It was only by reaching out to another runner who was also struggling that I managed to gain an ally and run the last two miles with her for my new PW (Personal Worst). Still, it was a great time and I met fabulous people throughout the weekend. And I realized my legs felt pretty good the day after the race, having walked much of the last six miles.

Fast forward three days to Tuesday, October 26. With no lingering pain in the legs and memories of my feelings of being left out with a marathon happening in town and not running it (injured in 2012, limited to the half by injury in 2013 and 2018), I went online and registered for the full marathon. Right from the start of the Mayor's on October 31 the legs seemed to have more spring, and it felt totally different to be running on the same streets where I train. I think there are still some growing pains for this race (can we close just one lane of traffic please?), but it is great to have a marathon in Lubbock that is supported at the highest levels of city government. And having run this race in 2019, it was a welcome decision to not run the Loop for 2021 but have a course that took us "around town" in a different way.

I remembered advice to myself from my first marathon back in 2011 to be the "happiest runner on the course" and started fist bumping every little kid, thanking every policeman, encouraging the other runners, and even showing off my dance moves at the Mile 24 water stop. So yes, I can run two marathons in eight days, and I can even have more fun and finish four minutes faster in the second one. Thanks to all who made the Mayor's Marathon happen and to giving me another chance to run happy and enjoy the journey.

**Kevin Wass**



## Half Marathon

Paula	Amaya	F 46	Lubbock	2:56:04
Santino	Arteaga	M 40	Lubbock	1:53:21
Lora	Asmussen	F 69	Lubbock	3:14:40
Aubrey	Calvert	F 41	Lubbock	3:17:17
Jason	Calvert	M 42	Lubbock	3:17:16
Scott	Eberhard	M 33	Lubbock	1:34:53
Terrie	Ebert	F 53	Lubbock	1:53:53
Steve	German	M 64	Lubbock	2:29:44
Tommie	Gressett	F 59	Lubbock	2:52:37
McKinnley	Hall	M 26	Lubbock	2:23:47
Colby	Heatwole	M 39	Lubbock	1:34:53
Carolina	Hernandez	F 27	Lubbock	1:59:26
Ramon	Johnston	M 39	Lubbock	1:54:49
Joshua	Leyva	M 42	Lubbock	1:38:06
Jeleta	Lingo	F 59	Lubbock	2:57:48
Jaime	Lopez	M 49	Lubbock	2:20:42
Toni	Lowrance	F 60	Lubbock	2:57:53
Bernard	Lumongsud	M 52	Lubbock	1:52:44
Mary	Mailler	F 55	Lubbock	2:00:01
Cole	Martin	M 30	Ransom Cyn	2:10:37
Joe	Martin	M 62	Lubbock	2:42:34
Nancy	Martin	F 45	Lubbock	2:25:06
Sylvia	Miller	F 58	Lubbock	2:26:39
David	Mora	M 44		1:40:30
Kathryn	Panasci	F 41	Lubbock	1:55:01
Jessica	Philpot	F 36	Lubbock	2:12:19
Mark	Porter	M 49	Lubbock	1:52:58
David	Reed	M 49	Lubbock	2:29:29
Robert	Schmid	M 50	Lubbock	2:29:30
Cristy	Sea	F 57	Anton	2:39:39
Tiny	Smith	F 23	Lubbock	2:35:28
Dylan	Stone	M 14	Hale Center	2:00:26
Aaron	Stroman	M 34	Lubbock	2:00:21
Pam	Titzell	F 63	Lubbock	2:22:58
Tiffany	Walker	F 39	Lubbock	2:23:53
Amy	Wallis	F 32	Idalou	1:56:07
Matthew	Wallis	M 36	Idalou	1:43:29
Edie	White	F 22	Lubbock	2:48:02
Shawna	Wilson	F 55	Shallowater	2:55:17
Jesus	Zarate	M 32	Lubbock	2:36:28

This marathon was actually my first ever marathon! I was pretty nervous about it because I had never run more than 18 miles before. So, I really didn't know what to expect. I was dreading hitting "the wall" that everybody talks so much about. I would like to give a shout out to fellow WTRC member Codie Hair -- he helped me pace the first 16 miles or so and even gave me an extra energy gel! Overall the race was really fun and it was super cool to win my age group!

Thanks, **Tyler Schultz**



This was my 45th marathon. The weather was a bit windy and cool and I was prepared for it. I was running pretty good thinking that I could make it under 5 hours, but, hate to say, I hit the wall at mile 23!

Slowing down a lot, I was 1/4 mile to the finish when I saw Wayne and he ran me in. Have to say I picked it up when I saw him running towards me. My time was 5 hrs. 24 min. - 84th out of 95 runners -- 1st Place in age group.

I would also like to thank Mr. Montgomery from Montgomery Furniture at 1914 Crickets Ave. I visited with him on Saturday before the marathon. He was sitting outside the store in his

wheelchair and I asked him if I could park my car in the store parking lot. He said, "I'm Mr. Montgomery and you and your friends can park in this parking lot tomorrow." We had a good visit, he wanted to know all about the marathon. 86 years old!

**Pj Sullivan**





I ran a marathon. I say those words and I smile every time. Never did I think I would truly ever be capable of running such a distance.

I began running 10 years ago as a weight loss tool and fell in love. Before I knew it I decided I was going to train for a half marathon. My Uncle Jim Deaver learned of my goal and took me to Foot Tech and bought my very first pair of Brooks. He ran every long run with me each week. Each time I ran a distance further than ever before, I was so proud of what I was capable of. Race day came and Buffalo Wallow was so tough. I came in dead last, but Jim reminded me that I had achieved my goal of completing the half in the time I wanted.

Fast forward to 2019 -- I had finally decided to make the leap. I was going to train for a full marathon. So many things in my life were out of kilter, but not my fitness. I was fitter, leaner and stronger than I had ever been. Running was the only thing keeping me sane at that point. I began training for the Mayor's Marathon that was to take place in April of 2020. My training program was 18 weeks long. As some of you know those last 6 weeks seem to be the most grueling, but again, each week I ran further than I ever had before. I felt so strong. Then came the news. The Marathon was being cancelled because of COVID (a statement we all know too well). I was so upset -- all of my hard work was for nothing.

I decided that I would run a marathon anyway. I told my children of my plan and of course they thought I was crazy. However, all three of my children are athletes and understood my determination. I tapered for 1 week and during that week I mapped my distance. I walked out of my house at 5 o'clock on that Saturday morning to find my sister, her husband, my daughter, her boyfriend, my oldest son and my grandson all there to cheer for me as I began my journey. They were full of surprises. My oldest son and grandson had decided that they were going to be my fueling station. They would park a mile or 2 ahead of me and had water, Gatorade and pickle juice for me. When I reached my daughter's house, she had orange wedges and other things there. Most of the other details of that day are a blur. I started cramping at around the 20<sup>th</sup> mile and my son and grandson rescued me with pickle juice. When I finally made it home I had been running for 5 hours and 48 minutes. My family was there with crepe paper for me to run through as a finish line. My daughter made a shirt for me and bought me flowers. My sister cooked breakfast for me and had a beer waiting for me!

Although this was an accomplishment, it was not an official marathon. When the date of this year's marathon was announced, I was ecstatic. Halloween is my favorite holiday and it marked one year that my life was forever changed. The morning of this marathon I was filled with excitement and a great sense of pride. Once again my family came through. My daughter and her boyfriend tracked my entire race and they would park in various places to cheer me on. At one point they picked up my grandchildren. I was really having a rough patch when I saw not only my grandchildren but also my friend and her family. While I ran, I reflected on this last year and how different everything is. As I ran toward the finish line, I saw so many people standing there. They were all holding signs and cheering for me! My daughter had called texted friends and family an estimated finish time for me and several people came.

I didn't break any records or even PR. That doesn't matter though. I did it! I ran a marathon! As I type these words, I think about the saying "The person who finishes a marathon is not the same person who starts it."



***Cecellia Cantu***

I had a great time running the Mayor's Half. I arrived late and didn't have time to put my hair up. For the first mile or two, I was running down the middle of the road alone in the dark with one shoe untied. I felt like a crazy woman fleeing for her life from enemy invaders, and in between bouts of

wanting to cry and laugh out loud to myself, I felt pretty good. Can't wait for next April to do it all over again! Finish time 2:00:01.

**Mary Mailler**

The Mayor's was my 1st Half Marathon. So glad I did it. I sure had my doubts when I started. I had run in the last 2 Mayor's, doing the 5K each time. If someone had told me that I would be doing the half this time, I would have just laughed. Back in March, I joined USA FIT Lubbock. The training I did with the group gave me the encouragement and training I needed to be able to reach out and do the Half.

I loved all the excitement that was buzzing around right before the race started. I loved seeing and visiting with friends and familiar faces (some I may only see at races) before starting. Just like at all the West Texas Running Club races, you just can't be around better folks. Everyone is so supportive and full of positive energy. I like waiting at the finish line to cheer for the runners coming across.

The water stations were a great boost, often at just the right time. People kept asking me if I was nervous. Surprisingly, I wasn't. I just told myself, this was just like a Saturday training long run, except on a Sunday instead. I will never be fast, but was just glad I finished. I am so grateful to have the health to be able to participate in the running activities that are offered right here in our area.

I'm already making plans to do another one. :)

**Tommie Gressett**

comparison. The course itself was pretty well laid out, and I thought the Lubbock police did an excellent job blocking traffic at the intersections. One of the highlights for me during the race was when a young man prayed for me as we both ran. I was nearing the end and it was a blessing and a good boost for me. Praise God for that!

The biggest highlight of the event for me was when my son, Dylan, got second place in his age group in the Half Marathon. Overall, those who put this on did a good job. Attached is a picture of me and my son Dylan and daughter Jasmine.

Thanks -- **Joshua Stone**



Happy Fall Running! That's what I think every time I wake up to cooler temperatures, crisp air, and brighter early mornings. I can't wait to get running out there...maybe you can relate? The Lubbock Mayor's Marathon weekend was the perfect way to celebrate fall and all its festivities. After most races being canceled last year we are all ready for some fun camaraderie and racing.

I chose the Half distance this year because I am training for a full marathon in January, and I thought this would be a good tune-up race. Woke up early race morning feeling pretty good and we headed downtown. It was great to see people arriving, warming up, making sure their gear was all set. I have always enjoyed meeting people at races and just listening to their hopes for the day, this morning did not disappoint!

After opening ceremonies we got on our way. Have to say, I didn't even think about all the brick roads downtown! It was still pretty dark at the start and I think I spent more time staring at the brick (not wanting to trip myself up) than anything else. We got to McKenzie Park and it was time to settle in for some miles. The wind picked up a bit here as well as a few hills to navigate. Soon the top runners were on their way back from the turn around. I love seeing these folks coming, it just inspires me to try harder! Once I get to the turn around and head back I get to encourage those not quite there yet.

I actually enjoyed the half course with a nice mix of flats and hills, and the volunteers were awesome as always! I realized early on this wasn't going to be a PB race and there were definitely some areas I would need to work on for January. My last two races have been ultra trail races and getting on the road again for a hard run was both humbling and good for the spirit! I quit looking at my watch and I just decided to keep up with the wonderful lady ahead of me and enjoy the morning. We finally got to Glenna Goodacre and I'm at that point where you are just ready to be DONE! I picked up the pace and headed for the finish hoping my legs wouldn't quit. After a wrong turn near the finish line, yes it happens lol, I regrouped and got to the homestretch. My youngest son, Mac, was patiently waiting for Momma! The best part of any race is seeing his big smile as he runs the last stretch with me. Mac is my biggest cheerleader and encourager! It wasn't the time I expected or even hoped for at the Mayors Race, but it sure was a great time spent with a wonderful running community. At the end of the day that's all that really matters! ❤️

Run Blessed —**Terrie Ebert**



The Mayors Marathon is always a great time. The comradery of runners of all ages and experience is unmatched. WTRC had several amazing runners in all the distances and many top finishers! I ran the 5k distance along with Ronda, the Mayor, and others. It was a fun course and the aid station volunteers were all smiles. But, my favorite part had to be watching and cheering the kiddos in the kids fun run. Those little ones gave it their all and gave the crowd a show with big smiles, thumbs up, and waves. They are the future of running and their enthusiasm is so contagious!

**Heather Riley**



This was my second time running the Mayors half marathon, and I must say I enjoyed this course much more than the loop course. The cooler weather was a bit harder to deal with than the usual warmer weather in the spring and I also failed to realize that for the first hour or so of this race that it would still be dark outside. For a second there I was scared I'd step in a pothole somewhere and have to forfeit the race. But, it was nice to run around town this year rather than wonder how many more hills and dips are left to finish the race!

Overall, I had fun and even saw some familiar faces from the WTRC. I thank everyone and the volunteers that work so hard in the WTRC to put on the monthly races - they are

continuously a great way to see how I'm progressing with my running, whether it's a long or shorter distance.

***Carolina Hernandez***

Completing the 2021 Mayor's marathon was a huge first for me. The journey toward this accomplishment started in the summer of 2020. I was a veteran ICU nurse who had seen pretty much everything until the COVID pandemic hit Lubbock in March. The first wave was intense and I got back into running as a form of escape. When fall came and Lubbock became one of the biggest COVID hotspots in the nation running had to take a backseat to endless work hours and needed time with family.

In March of 2021 I found myself in a new job, with more time to train and a renewed desire to do something BIG in the year of my 40<sup>th</sup> birthday. I set my sights on the local Mayor's marathon so my family could be there, sought the advice of experienced friends and trained hard. I encountered big milestones and plenty of roadblocks like anybody who trains for something like this, but stayed focused on my goal of simply crossing the finish line.

Race day was beautiful. The crowd was awesome. The other runners were so encouraging. The volunteers at the aid stations were fantastic. My feet felt things...horrible things, that they had never felt before, but that finish line never left my mind. The finish line was a culmination of a lot of experiences, emotions, and sacrifices from me and my family over the last year and was worth all of it. Long story short -- one marathon down and hopefully many more to come!

***Chad Montandon***



My son and I ran the 5K race as part of the Mayor's Marathon on October 31. We had a blast! The course was an easy out-and-back, and running into that headwind for the beginning half was made easier knowing the West Texas gusts would help propel us over the finish line at the end. My 11-year-old finished in the top 30 of all 5K'ers and I managed to finish first in my age group! We celebrated with lots of trick-or-treat candy that night. If you haven't run, volunteered, or otherwise participated in the Mayor's Marathon, I highly recommended joining this fun annual event. See you at the Carol of Lights 5K!

***Kate Peaslee***

This was the race that seemed like it was never going to happen!! I am very happy with the outcome of 10/31/21. It was my 4<sup>th</sup> half marathon and, while my time (1:55:01), was 16 seconds slower than my personal best, it was the first half I felt super good running, especially those hills! I am proud of my 3<sup>rd</sup> place in age-group medal. But, this was not how the Mayor's race day was supposed to be for me. When I signed up for the race in early 2020, I actually signed up for the full marathon. Having gotten more serious in my running and completed several half marathons, this was the time to reach that personal goal. Training commenced and was going well...and then COVID. I felt like life was very out of control during that time, working full time from home, trying to adapt hands-on physical therapy education to Zoom, and co-managing our 2 young kids who were now at home as well. The only thing I felt I had any control over during spring 2020 was my running. I continued to train and ran my own full, solo marathon on April 19, 2020, the original race date. I finished 26.2 miles at my driveway, crossing the finish line my husband and kids created with step ladders and rope, and proudly donning the home made 1<sup>st</sup> place medal my mother made me. I met my goal and did it under 4 hours (3:57:24).

Fast forward to October 2021. We went through how many reschedules of this race? By the time we were getting to what felt like would actually be race day, I made the decision that the full marathon was just not going to happen for me this time. Due to a variety of circumstances, I needed to change my plans and tackle the Half. While the 2021 Mayor's Marathon did not look anything like what was originally planned, what a great morning it was – especially once the sun came up and took the chill out of the air! I enjoyed seeing so many familiar faces on the course and the comradery of all the runners, both local and those that travelled in. Congrats to everyone who came out and ran in any of the races. It feels so good to be doing normal things again. Most of all I am looking forward to tackling the full marathon course in Spring 2022!!!

**Kate Panasci**



My name is Edie White and I am a Doctor of Physical Therapy student at Texas Tech University Health Sciences Center. I have experience running from high school. It was pretty much mandatory to run cross country in order to play basketball where I went to school. After high school, I found that I actually enjoyed running and have been running on and off for the past couple of years. I decided to join the WTRC because I wanted to take my running to the next level by competing in races again.

Running a half marathon has been on my bucket list for many years now. I originally signed up for the half marathon in April 2020 before the pandemic. During summer, I received an email that they rescheduled the Half to Halloween and I made up my mind that I would train to run the race. I talked a couple of my friends into running the Half with me and even had a training buddy for the past couple of months.

After crossing the finish line, I was overwhelmed with so many emotions mostly consisting of joy and relief. I didn't think I would finish the race. Being able to complete the race meant so much to me because I didn't get to finish my last race of my high school career. I had an asthma attack my senior year at my last cross-country meet preventing me from crossing the finish line. Being able to complete the 13.1 miles showed me how much I have physically and mentally grown over the past couple of years.

I am extremely grateful for this experience and I plan on running more half marathons in the future! Thank you so much! Attached is a picture of me in my Halloween get up and my family and friends who came and supported me!

**Edie White**

## Running My 1<sup>st</sup> Half Marathon

At the beginning of 2021 I set a goal to walk a half marathon in the Mayors Marathon. Why would I set a goal like this when I was new to walking? As I pondered my question the answer came quickly: I just experienced virtual teaching for over a year, recently lost my father and at the time was helping care for my grieving, elderly mother. I knew I needed to be outside and I needed a way to release all this stuff going on inside of me. So, the exercise of walking began.

Week after week I was out in the fresh air with friends who were doing the same type of training and we encouraged each other along the way. Some weeks were easy and some were challenging but, the training continued week after week. As the Mayor's Marathon got closer and the day came to register for the event I began to question my training – am I ready? I questioned my ability - can I do this? Have you ever said these things to yourself? Well, I registered for the Mayor's half marathon. Then the morning of the event arrived and sure enough, I showed up. It was a dark, cool, windy morning and my adrenaline was flowing. The anticipation was building and as the time ticked down and I stood in the group waiting for the horn to blow to get us started - off I went with the approximately 800 other participants.

Running through the dark streets with a headlight on my hat in a large group was a new experience. Using caution not to fall or trip was of great concern – I'm 60 years old. The path was brick roads, curbs, sidewalks, hills, twisting, turning and long straights. It was very difficult but, step by step in a light jog I made my way through the winding route stopping at each nourishment stand for water or Gatorade to keep hydrated. There were times when I felt that I could not continue. Strength came as each person who cheered me on gave encouragement to keep going.

The route through Texas Tech was long, straight and flat making it seem as though it would never end but once the turnaround came and I began heading back down town there was a sense of knowing – I was heading toward the finish line. The jog at times became a fast walk, the music playing in my earbud began to take on a beat that helped keep a pace and the sunshine brought a little warmth causing me to feel revitalized to a degree. Now it was show time ... I could tell I was about to finish this monster 13.1-mile race. Jogging in on that last home stretch, picking up the pace & pushing just a little more, remembering the goal that was set and thinking of mom and dad you get to see me pass the finish line. I could hear them cheering me on – you can do it, you're almost there, yes, you did it girl in less than three hours like you wanted and we are so proud of you! It was worth all those days of training, all the pain and all the stuff I had to get through for this one moment in time. In life we face all kinds of trials and it's a blessing to see what we are made of, what we can accomplish and to find the strength that we have within us. I will always remember 2021 Mayors Marathon my first half marathon.

***Toni Lowrance***



Here are my thoughts about the Mayor's Marathon. My name is Jeremy Peña and I participated in the 26.2. I was excited to run the new course but also sad to say goodbye to running the loop. We really covered a big area and I was taken back as to how much area we were covering. We fought wind, dogs and the mental and physical battle that comes with a 26.2. If the same course continues it would be nice to see areas along the route to grow with spectators or party zones like most big races. It gives runners something to look forward to. The finish area seemed pretty thinned out by the time us 26.2 runners came in. I was a bit bummed about that. The beer garden was nice and sure was a great treat after all the battles during the 26.2. Lubbock should get behind this event and support this unique event. I had a great time other than being a bit disappointed with the finish area. Stick around folks - the 26.2 milers are still coming.

***Jeremy Peña***



The Mayor's 5K was a great experience with such a positive atmosphere and helpful community. Although this was not my first 5k, I was pretty intimidated on how I would do. I was not as prepared as I normally would be for a race due to getting sick earlier in the month and lack of motivation due to being a full-time employee and graduate student. However, I went out and tried by best. I may say I was very pleased with the outcomes on my performance! I look forward to the remaining races held by the WTRC and have also signed up for the Mayor's Half-Marathon in April. This will be my first half-marathon...so, wish me luck!!

**Taylor Herrera**



This was my very first half marathon! I started to really enjoy running during the pandemic when I was forced to work from home. From there it has developed into a health habit. I signed up for the Mayors half marathon early on to push myself into a training program. Then I had a friend tell me about the FootTech group runs over the summer and I have been running with them every Saturday. I enjoy the camaraderie and have my best runs with them. I am looking forward to running in the Buffalo Wallow half marathon in a couple weeks! This club offers me a lot of inspiration and I am proud to be part of it!

**Jessica Philpot**



This past weekend I participated in the Mayor's Marathon at the 5k distance. The race was a bit later in the morning than I'm used to, but the extra sleep was nice given that it was a pretty breezy and cool morning. I was a bit frustrated with having to leave my car and ride a bus to the start as I'm used to just walking out and getting in

line 5 minutes before the gun goes off, but I understand having to do it with the location of the race.

Aside from that, I think the event was pretty well organized for the location it was at, though I preferred the Loop. That being said, I was not interested in the marathon course and the half is too close to the Buffalo Wallow, which I plan on running, so I opted for the 5k. I've never really felt the need to compete in that distance as it just doesn't seem too far, but this time I felt pretty sure I could push myself harder than I would for a longer distance. I usually start at the back of the corral and this race was no exception. Once we took off, I found myself feeling pretty good and running faster than I normally would. This proved effective as I ended up getting a 5k PR and placing 2nd in my division. I think I did pretty good for not really training with a purpose and I definitely got a chuckle out of Mayor Pope asking me if I really ran the race in "those sandals."

**Sam Brackeen**





This is my second Mayor's half and I truly enjoyed it just like the first one. Here are my thoughts:

My day running the Mayor's Half Marathon was truly an enjoyable and satisfying experience. With much anticipation after being cancelled last year, it was quite exciting to be back on the starting line this year. It was very exhilarating to be running the streets of downtown Lubbock, through the parks and to the Tech campus.

The awesome experience has been made possible as the Lubbock community came together to support this event. Kudos to all the volunteers, paramedics, police officers, city bus, mayor of Lubbock, the Lubbock Fitness Council, sponsors and all the runners who took part in making this running event successful. It was so much fun and I'm looking forward to doing this again next year.

***Bernard Lumongsud***

I really enjoyed last week's Mayors 1/2 Marathon. I really hadn't trained much and thought I'd just give it a go & try my best. Thanks to good friends & weather, it all worked out! Ha! I'm pretty slow though, just glad to finish!

I've included some photos: Dan Pope is a good friend of mine (and avid runner!) and my Dad, Robert Taylor (CEO of United) was handing out finishers medals. I didn't even know that until I crossed the finish line! 🏆 😊

My only critique of the Mayor's Race is that I thought the Loop Course was SO cool and unique. I wish that they'd bring that back, especially if I ever consider doing a Full.

I love being a part of WTRC; I just haven't been doing many 5 & 10K's this year cuz they don't usually allow pets and I feel like I'd be "cheating" on my Sheepadoodle, Maddie, cuz running is the joy of her life. So, we just run together on our

own. 🏃 🐕

Thanks for the inquiry, & take care!

***Rob Schmid***



The race was a fun one. It was fun to run in the dark through downtown and into the Canyon Lakes system. At some point, just as the sun was starting to come up, I looked up and saw the beauty of the sunrise and people being silhouetted as they ran. It would have made for a beautiful photo.

Having not run longer than 6 miles since Ironman Texas 3 weeks ago, I was unsure how I would feel. But, the rolling hills of the canyons and then running down the brick streets of downtown made for a very pleasurable morning. The volunteers and number of runners was a great site to see! I especially enjoyed the energy of the finish line. Marti Greer surely knows how to organize a race!

Having the 5k and fun run start at about the time the majority of 1/2 marathoners were coming in was a good idea and you could feel the excitement even with the blustery north wind. I will be looking forward to doing this next year and, of course, the Buffalo Wallow in less than 2 weeks.

Thanks again — ***Ramon Johnson***



I really enjoyed running the Mayors Marathon this year. The course was a lot better instead of running in one big circle. I like that they have one here in town because I have more friends and family that are able to come out and show support.

I'd like to encourage more people who are in the running club to come out and run the full marathon in April!! You have lots of time to train! I notice that there's not a whole lot of runners doing the full course. It can be painful at times, but, once you cross the finish line, it all goes away! Plus you have a greater feeling of accomplishment, knowing you did the full 26.2!

So if you're reading this, think about it and challenge yourself! If you did the 5k, move up to running on a relay team or the do the Half. If you did the Half, take on the full marathon next time! I've been able to motivate a couple of family members to run the next Mayors Marathon. I hope to see more of you from the running club do it too!

**Armando Perez**



I was not an athlete when I was younger, but in my early 30's, and stressed out by graduate school, I started running and loved it. I joined the WTRC then and enjoyed the races, but got away from running for about 15 years until I started up again about 5 years ago. My goal for each race is run the entire race and improve my time. This was my first Mayor's Race and I achieved a PR for the 5K which was a wonderful surprise! I placed third in my age group and this is the first time I've placed in a race since returning to running. Getting older and moving up to a new age group in 2020 seems to have benefits! :)

This is the largest race I've ever experienced and it was exciting to see all the runners! Since I started running again, the longest race I've completed was the 12K Turkey Trot in 2019. I've been battling plantar fasciitis, but have a long-term goal to run a Half Marathon which I hope I can achieve in 2022. I'm grateful to the WTRC for holding regular races that help motivate me!

**Cheryl Hall**

# 29th Annual WTRC Turkey Trot Race Report

by Terry Dalton, Race Director

November 25th, 2021



Even with a bitter cold wind, 922 finishers testified that there's no better way to kick off Thanksgiving morning than doing the Turkey Trot – the 29<sup>th</sup> Annual Turkey Trot presented by the West Texas Running Club at the FiberMax Center for Discovery. The Turkey Trot is symbolic of Thanksgiving: getting together with family and friends and having a fun time!

## Congratulations to all the Finishers!

This year there were 726 runners in the 2-mile race and 196 in the 12K race for a total of **922 runners!** Holding gobbling rights for trotting their way to Overall Winners are **Colby Sandoval** in the 2 Mile with a time of 10:17 and **Herman Thrush** in the 12K at 43:53. Also ready to talk turkey are the Overall Female Finishers: **Reese Pena** in the 2 Mile with a time of 13:58 and **Ayse Allison** in the 12K with a time of 51:36. All four Winners received a plastic turkey - \$25 gift card from United Supermarket, gift certificates from Schlotzsky's Deli and an Overall Finisher's medal.

Great race, Terry  
— thank you!!

Feast your eyes on some new course records that were set:

### 2 Mile

Female 55-59, Amy Woolsey, Sauk Rapids, Minnesota - 15:35

Female 55-59, Trina Richey, Gypsum, Colorado - 15:50

(Both beat the previous record of 16:57)

Female 70-74, Yvonne Gilinski, Lubbock, Texas - 23:03

Female 75+, Jan Edmister, Lubbock, Texas - 28:24

### 12K

Female 45-49, Lory Ioppolo, Lubbock, Texas - 55:45

## Congratulations to all the Winners!

Volunteers don't just do the work, they make it work! Making the Turkey Trot work were: Amanda Mora, George Jury, Wayne Sullivan, Amme Blair, Steve German, Jeff Fisher, Jason Pena, Jeremy Pena, Sylvia Miller, Sarah

McQuillen, Reese Finck, Cole Finck, Miles Finck, Lauren Finck, Adam Finck, David Higgins, Suzan Caudle, Victor Portillo, Steve Beasley, Brett Hart, Tommy Johnson, Manny Ramirez, Jonathan Botros, Ronda Birdwell-Russell, Arturo Reyes, Andrea Salas, MaryAnn Schwertner, Emma Lopez, Kristin Baker, Sam Brackeen, Tiffany Walker, Hagen Walker, Maribel Castillo, Cody Lass, Debbie Gelber, Les Kinman, David Houser, Leisa Goode, Kristian, and Patrick Collins. Please forgive me if I did not include your name.



A special Thank You to:

Steve German for promoting the Turkey Trot through social media and email blasts

footTech for manning the Mackenzie Park water stop

Ronda Birdwell-Russell and the YWCA for the Pre-Race Warm-Up

DJ with TJ, Todd Jordan, for music and announcements

Boy Scout Troop #157 for directing traffic and parking vehicles

The Lubbock Police Department for making it safe to cross the busy intersections.



***A very special Thank You to PJ Sullivan, Assistant Race Director, she made it all come together!***

**Thank you volunteers!**

Our sponsors also made it work! Thank you:

- Schlotzsky's Deli
- FiberMax Center for Discovery
- footTech
- DahlMar Insurance
- Domino's Pizza
- The YWCA
- Stride
- Texas Twister
- TrustPoint Rehabilitation Hospital of Lubbock
- United Supermarkets
- Ag Texas Farm Credit
- Lubbock Sports
- Kinesio CKTP, PJ Sullivan
- Michael Postar's Affordable Storage
- Mayor's Fitness Council



**Thank you Sponsors!**

Another group of volunteers that needs to be recognized are the officers and members of the West Texas Running Club Board that work hard to put on the best race possible each month. Thank you: Jonathan Botros, Manny Ramirez, Wendy Anderson, David Higgins, Suzan Caudle, Autumn Lass, Cody Lass, Tommy Johnson, and PJ Sullivan. Great Job!



Whether you participated, volunteered, sponsored, or just came out to cheer on your favorite runner or walker, we appreciate your involvement in making this year's Turkey Trot a huge success!

Terry Dalton

Race Director, 2021 Turkey Trot

# “Why, yes, anybody can run a 100 miler!”

by Victor and Terri Maldonado

Why don't you sign up for 100 Miler? You can do it -- you've already done two Palo Duro 50 Milers!" says my buddy, Trent Early. So, I signed up. This happened last year during full-on Covid. I postponed until this year and signed up again as they failed to save my request.

You might ask, what is the *Javelina Jundred*? Well, as they say, it's a

place to get *loopy* 😄. This race event has been in existence for 19 years.

For those running the *Jundred* miler there are 5 loops beginning with 22.3 miles for the first loop and 19.45 miles for the remaining 4. There were over 900 runners from 47 states and 12 countries. By the way -- 298 DNF'd (did not finish).

Being the eve of *Jalloween* there were a lot grueling creatures out there. They have a Mountain called Jackass Hill which is the middle Aid Station of the 4. At midnight there are a group of about a *Jundred* that run one loop up to Jack Ass Hill to dance, drink and have fun. However, you have to run back down, lol!

As I began training I listened to what everybody said on training for a 100 miler. I watched several of the YouTube videos on the last Javelina Jundred event and thought that I was ready.

My lovely wife, Terri, was there the whole way. She was my sportsrehab/trainer/best friend/wifey, gently scolding me at times because she wanted to make sure that I did it right, so I wouldn't injure myself. She's my number one supporter. I joked to her a lot and said, "Anybody can run 100 miler!" Ha! That's what I had said on the first 50-miler that I thought I was going to die on.

However, we went off to the race site in Arizona -- a long 11.5 hour drive. We took it easy on the way and were able to do the touristy things and enjoyed ourselves, arriving Thursday with the two hour time difference. We went down to check out the site and were told that we had to get there

early Friday morning to set up our tent. We got up early Friday morning around 3:45 a.m. and arrived at the front of the line at 4:45...we were first to arrive, of course, ha ha!



Javalina Jundred --  
Fountain Hills, Arizona;  
McDowell Mountain  
Regional Park

Race website: <https://aravaiparunning.com/network/javelinajundred/>

The Javelina Jundred

October 29-30, 2022 - 100 Miles | 100 KM

REGISTER

continued next page...

Terri dropped off everything at the gate and then drove back a mile to park the truck and then walked back to get us set up. After we set up we walked around the expo, got our packets and just chilled a little bit and met our neighbors that my wife would soon become friends with for the next 24 hours. We then went back to the casino where we stayed and had a nice steak dinner and then went to bed early so we could get up at 3:45 a.m. again to be there by 4:30.

Once we arrived on race day we were in racing mode. My wife was getting all the things I needed for the first loop of 22.3 miles and I was trying to get my mindset ready, my strategy. We walked around a bit and even went up some of the trails to see which loop was where and what the terrain was going to look like so I would have somewhat of an idea. I didn't realize it was going to be so rocky and when I say rocky it was almost like broken brick in some places. There was an incline first and then the decline that was steep on both sides, pretty extreme for this West Texas boy, so I was a little bit antsy about that because I hadn't quite trained for that level of severe.

Anyway, 6 a.m. came, and we were off to the races. I met a new friend, Kentucky Doug Lynch, and we became each other's pacer. I did pretty good for the most part. The sun came out and the heat kicked in and I loved it. It was definitely desert weather. My first (the longest loop) race time was 4:41 and I took it slow. I was in the back of the line I did everything opposite that I would normally do just to make sure that I was going slower. After 3 miles my tummy started giving me trouble.

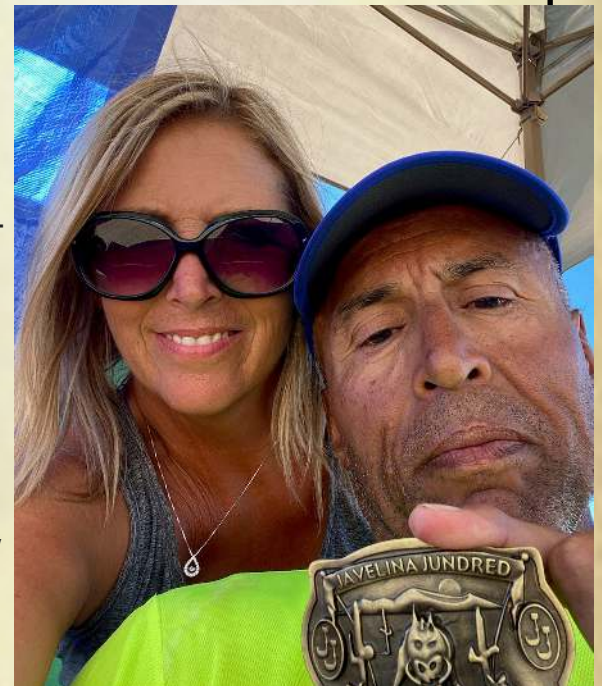
We planned for everything but tummy. The Aid Stations had everything (which, by the way, each aid station was well prepared for anything and very helpful) but I never asked. The rest of the loops were rough due to tummy issues but I persevered. Finishing my 4th lap, my wife kept me in the tent longer because I wasn't steady on my feet and struggling with the pain. I couldn't keep liquid and solids down and ultra-runners know how important it is to keep replenishing food and water. The porta potty became my best friend. My wife asked me, "Are you going to finish the race?" At that point I knew I had come here to run 100 miles and, although I wasn't going to make sub-24 hours, I was going to finish!

I'm so thankful for Trent Early and all his wisdom with this trail (as he has run four 100 milers) and my lovely wife, Terri, for being by my side. She always believed in me -- she knew I would finish. I'm not sure what my answer would be yet if someone asked if I would run it again but I do know if someone asked me if they should run it, I'd have to say ...

"Why, yes, anybody can run a 100 miler 😊 !

Loop Times: 1<sup>st</sup> -- 4:41, 2<sup>nd</sup> -- 4:43, 3<sup>rd</sup> -- 5:45, 4<sup>th</sup> -- 6:39, 5<sup>th</sup> -- 5:59. Total time: 27:48.

***Victor and Terri Maldonado***



December 2021

Race Director:  
Dr. Richard Lampe

# Toys for Tots Cross Country Run

The final run of the WTRC 2021 year — Toys for Tots Cross Country Run — was held on a beautiful Saturday. The temperature started out in the mid- to upper-30s with little to no wind — a

great combination for running! The Marine Corps League collected gifts donated to Toys for Tots and those donating were rewarded with “I ran with the U.S. Marines” Toys 4 Tots shirts.

Dr. Rick Lampe directed today’s race and did a great job coordinating a large group of volunteers. Nine (9) kids began the day with a 1-mile fun run followed by 69 participants in the 4-mile cross-country run for a total of 78 runners in today’s event.

Seventeen year-old **Elijah Culver** won the race with a 25:49 finish. **Michaela Jansen** led all female runners with a time of 32:18. Great runs the both of you!!

There were two age-group records broken: **Michaela Jansen’s 32:18** is now the new record for the Female, 45-49 age group. **Leesa Price’s 40:17** set the new record for the Female, 65-69 age group. This race has been run continuously since 1986 — meaning it is difficult to set new records. Way to go, Michaela and Leesa!

*George Jury notes that Wayne Sullivan's daughter, Mindy, still holds the F16-19 age group record after 21 years.*



Great job directing the race, Rick!!



As always, these races could not happen without volunteers. This year’s volunteers were: Rick Lampe (Race Director), Oscar Farias, PJ and Wayne Sullivan, Liana Garza, Bobbie Lugo, Yvonne Gilinsky, Christopher Tarantola, Suzan Caudle, Josie Aleman, Mandi Duncan, George Jury, Jonathan Botros, Debbie Gelber, Sheila Price, Gary Tayag, Sonny Bevers, James Livermore, Eli Paden, Jerry Morris, Armando Perez, Tony Aleman and David Higgins.

We look forward to the upcoming 2022 WTRC races!



# Hey all! Become a 2022 member of the WTRC and also be involved in the 2022 WTRC Challenge Series!

## It is time to renew your membership!

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

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

2019 Prairie Dog  
Town Run

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

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

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

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

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



2021 WTRC Turkey Trot pictures



Text  
WTRC  
to  
806-243-6333

Race Reminders,  
Updates, Etc!

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

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

## Come Run With Us!

WTRC races are found at [www.wtrunning.com](http://www.wtrunning.com)

2020  
Dam Run



West Texas Running Club

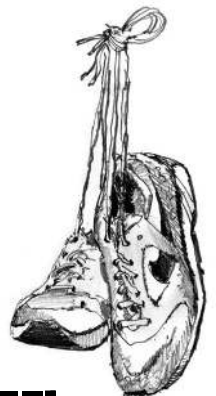


@WTRunning

Run for the Arts



Nov. 2021 Buffalo Wallow



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