



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

January/February 2022  
WTRC Newsletter

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# WTRC Officers, Board Members, Directors and other club volunteers

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**Hydration/Trailer:** Tommy Johnson

**Customer Service Director:** Suzan Caudle

**Board Members:**  
Cody and Autumn Lass

**WTRC Board Members can be reached through this email  
address: [westtxrunning@gmail.com](mailto:westtxrunning@gmail.com)**

**Challenge Series/Newsletter:**  
Steve German  
[stevegerman5@gmail.com](mailto:stevegerman5@gmail.com)

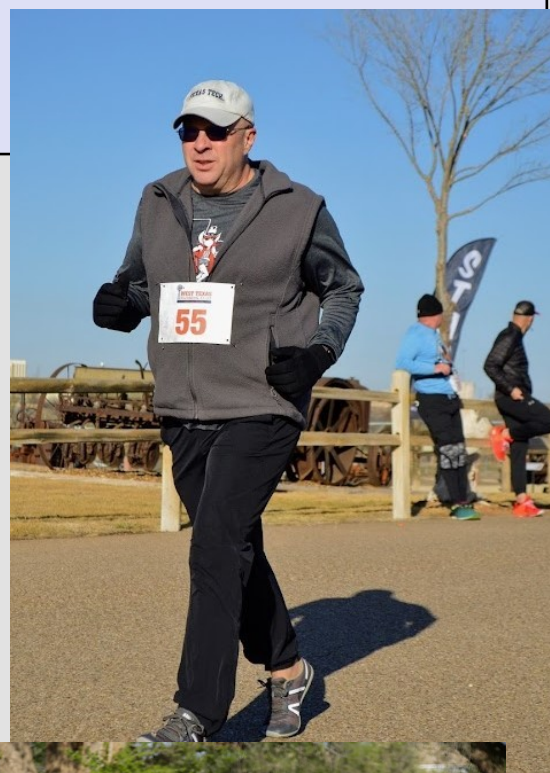
**WTRC Address:**  
WTRC  
3401 Alcove Ave.  
Lubbock,  
TX 79407

## Upcoming Races



2nd Saturday in March — 9:00AM  
8Mi | 2Mi  
Bib pickup: 7:45 to 8:30  
FiberMax Center for Discovery  
1121 Canyon Lake Dr.  
Lubbock, TX 79403

**Race Directors:** Sylvia Miller,  
Tommie Gressett and Paula Amaya



## WTRC's Moonlight Run

WTRC's MOONLIGHT MUSICALS RUN:

Formerly 'Run for the Arts'

April 9, 2022 (Saturday Morning — change from previous year!)

8:00 a.m. 1 Mile

8:30 a.m. 2Mi | 2Mi Stroller | 15K

**Check the website to learn how to guarantee your T-shirt!**

Please be parked by 7:45 a.m. to clear streets for the 1 milers

Held in conjunction with/at The Moonlight Musicals venue  
MacKenzie Park Ampitheatre, E Broadway & Cesar Chavez

**Race Director:** Suzan Caudle

January 8, 2022

# Loop the Lake Race Report *by Autumn Lass*

The WTRC started 2022 was chilly race beautiful morning. We had 154 total runners; 94 two-milers and 60 five milers. Kudos to our runners! We

were also excited for the Loop the Lake race to be back in-person after 2 long years! We hope all the runners enjoyed the race!

Congrats to Jaime Gonzalez (11:58) and Aubrey Whitworth (14:30) for being our overall Two-Miler winners! Also, congrats to Colby Sandoval (29:10) and Reese Pena (34:28) for being over overall Five-Miler winners. We also have some new course records established with this year's race:

2 records were "smashed" in the 2 Mile:

- M65-69 Richard Burns Amarillo 66 12:29
- F70-74 Yvonne Gilinsky Lubbock 72 22:14

5 Mile Records Set:

- F45-49 Michaela Jansen Lubbock 49 37:20
- F65-69 Leesa Price Lubbock 65 48:32

Well done!

Thanks to all the volunteers for helping with directions, water spots, and setup/takedown. We couldn't put on such great races without our volunteers: Martin Montalvo, Christopher Tarantola, Sarah, Bryce and Daelyn Pena, Gary Gressett, Sonny Bevers, David Higgins, Kyla, Adalynn, Zane and Zaylee Whitworth, Fred Weber, Cathy Paden, Tyler Schultz, Jerry Morris, Debbie Gelber, Joshua Leyva, Suzan Caudle, Liza Sandoval, Valerie Carpenter, Amme Blair, Jonathan Botros and Manny Ramirez.

A special thank you to George Jury who came out before the race to spray paint all the miler markers and directions. We had in total 24 volunteers! Thanks so much for all your hard work!

All in all, we had brisk weather, a great group of tough runners, and dedicated volunteers.

*Autumn Lass, Race Director*



# The Quest

## *Sometimes The Path To A Goal Is A Long One*

by WTRC Member David Reed

I am drawn to a good challenge. The bigger the obstacle the more intrigued I am and the more likely I will attempt it (prepared or not!). I really don't like to run on the road or track -- running on the road or a flat circle is, to me, monotonous. However, I will give credit to those who can run a 10k on a track -- that's a lot of circles! Running in these venues (tracks, treadmills, roads) is a necessary evil because of convenience and location.



So...how did I decide to run the Leadville Trail Marathon?

A little background. Prior to 2015 I did not know anything about trail running as a sport or organized event. My present love for trail running had it's beginning in 2013 with Spartan Obstacle Course Racing (OCR). I spotted a scroller on a web page and was intrigued. It sounded hard and the workouts they provided were difficult, so I set those as my objectives. I trained and completed a Spartan Sprint which combines relatively easy trail running with 20 obstacles, held on off-road terrain featuring water and mud along a 5-kilometer course, and is considered a short-distance race. It is the first part of the Spartan Trifecta achievement, where participants are encouraged to complete 3 races, each longer with more obstacles (Sprint, Super, and Beast), earning them The Spartan Tri-fecta.

Sounds fun, doesn't it...?

It was tough and I was hooked on the physically demanding obstacles and the combination of running across non-groomed and rough terrain. Training for Spartan OCRs introduced me to running on trails.

In 2015 I came across a web scroller (too much internet browsing!!!) advertising the Palo Duro 20k Trail Run. I thought, that sounds tough and it is close to a half-marathon, so let's do it. I completed the 20K in about 2 hours -- my first almost half marathon.

During 2016 the Spartan Trifecta was complete -- a Sprint (5k), Super (10k) and Beast (21k) in one calendar year as well as another Palo Duro 20K. I was really enjoying the challenge of running off-road, ungroomed trails and terrain.

Thus, "The Quest."

The Quest for me began at a running camp -- Team Red, White and Blue Trail Running Camp held at Camp Eagle, located near Rock Springs, Texas -- a camp to help people learn to run trails. Instructors were top level trail and ultra runners from across the United States. While there, I met a US Army veteran named Chad who had utilized trail running to beat his alcohol addiction and cope with the stresses of war. Chad had run the Leadville Marathon, we exchanged race shirts (he got a Palo Duro Canyon trail race shirt) and we agreed to run each other's race in the future. I originally chose the Leadville "Heavy Half" because I had not ever run more than a half marathon at that

*From the editor -- sometimes when we (runners) decide to run a particular race we sign up, do some training runs, and run that race a few weeks later -- not often too long of a process. But, sometimes the path to a particular race turns out to be a long one which is the case of David's path to running the Leadville Marathon.*

*I've mentioned before that David is the one who introduced me to trail running. During that time I often heard him declare that he was going to run the Leadville Marathon. You will see from his article that just a few years ago David had a heart valve replacement. The Leadville Marathon tops out at over 13,000 feet elevation... pretty thin air for a guy who has a mechanical valve running blood through his system! Every time he ran into an obstacle to running that marathon I thought, "Maybe that will be the last of it!"*

*Well, I know that those of you who know David understand that he isn't very prone to seeing obstacles. So... he ended up running the Leadville Marathon!*

*I asked David to chronicle the long path that had to be taken to reach this goal. I think the lesson for me from this is, sometimes a worthy goal takes a lot of time and patience to reach.*

*I hope you enjoy reading about his journey and are maybe encouraged to hang on to a goal or two you might have that might seem unreachable! s.g.*

point. But Chad said, if you are doing the Heavy Half -- which ends up closer to a 25K -- you might as well run the Full Marathon (see [Leadville Heavy Half and Marathon site](#)). So, that is what I decided to do.

During 2017 I completed another Spartan Trifecta and also set my goal to run the June, 2018 Leadville Marathon – my first marathon. If you’re going to run a first marathon, why not go for broke and make it a really difficult one? I was using the Spartan races to prepare for my marathon. No formal training plan, just get out there and run farther and harder until I get the distance.

You have to visualize the Leadville Marathon trail. It goes up to the top of a mountain and back down the same trail. The start line is at 10,200 feet above sea-level and the trail peaks at 13,200 feet, with total elevation gain of 6000 feet. You are either running uphill or down – there is ZERO flat unless you count the transition from incline to decline. But, on the bright side, the course averages out to a flat course, right? Going up the mountain and then back down -- the gains and losses average out!



However, late 2017 my plan was de-railed. I had a congenital problem with one of my heart valves that worsened during that year and was forced to have it replaced the following January, 2018. Foolishly, I maintained my goal of running Leadville Marathon. My cardiac doctor said I could

probably run it by the following June date but didn’t advise it...UNTIL he asked where it was. He presumed it would be a “normal” marathon – relatively flat and at low altitude (like Lubbock or Houston!). Finding out the truth, he shook his head and said, “If you are crazy enough to run a marathon, how about you start flat and low.” Well, as you know by now, that did not compute for me. However, after surgery I realized that Leadville would have to wait.



2018 was a year of recovery. Many thanks to the Wolf Pack, Jeff Fisher, Steve German, Frank Mendoza and Trent Early for the support and encouragement to keep moving forward. They may have even told me to take it easy a time or two or even questioned my life/ race choices :-)) That April was the inaugural Lubbock Mayor’s Marathon. This was my first official race post-surgery. I did the 5k (against doctor and rehab advice) doing a walk/slow jog combo as the TEAM RWB flag carrier. I added longer runs during the year. The June WTRC Bobby Birdsong Run was my first 10K post-surgery. I had mentally replaced the Leadville Marathon with the Grindstone Trail Half Marathon in Ruidoso, New Mexico held in July, 2018.

Although the event was

actually cancelled due to heavy rains, I went anyway (my doctor was still not pleased with my choices... lol... but I agreed to go a few days early to get used to the altitude to appease him) accompanied by Jeremy Pena and Jeff Fisher and completed the course by self-supporting ourselves. You can’t have a better support team than these guys! Then, in October, I ran the Palo Duro 25K – again, not endorsed by doctor (there may be a theme here somewhere about doctor advice and my race/life choices ha ha ha). I ran long and slow but finished despite horrible cramping.



Palo Duro Trail Run — Oct 2018 with WTRC members Steve German, Jeremy and Jason Pena

Well, 2019 finally comes along – let’s do Leadville! – but it wasn’t to be. I realized I was not going to be ready by June (first good decision I’ve made??). Either way, the race was an alternate course due to excessive snow on the course (this was in June! -- 4 feet as I recall) so I would not have wanted my first Leadville to have been an alternate course anyway. The course was still tough due to elevation, but not the traditional elevation gain.

That February I created the Lubbock Phantom Snake 5k Trail Run to “test the market” for local interest. It was a success! I just have not had the time to organize another longer one, but stay tuned....!

But, 2019 saw me running my first ULTRA (any race longer than a marathon – 26.1 miles). This was a 50K (31.1 miles) at Dinosaur Valley (near Glen Rose, Texas in Dinosaur Valley State Park). For me this was a great run and a tough course. Thanks to Steve German for “tricking” me into my first ultra before my first marathon. I was going to run the 25K WITH Steve, but he said I should challenge myself, so I did the 50K. He claims he meant that I should run the 25K faster than I would with him....but, the theme is clear by now – I don’t listen well!

So, ok, it’s 2020 and LEADVILLE is back! Let’s do it!

But as you know from your own experiences with events beginning in 2020 -- Not So Fast! COVID canceled the race. So, instead, I reset my goal for that year to do at least 1,000 miles. Along the way I ran the Crazy Desert Trail Run Half Marathon (near San Angelo), The Pandora’s Box of Rocks Virtual Trail Marathon (I ran this at Lubbock Lake Landmark – self-supported), The Mirage Trail Race, Hell’s Hills 25K (run on our local Mae Simmons mountain bike trails), The Wild Hare 25K Trail Race near Austin and, finally, the Post Turkey Trot.



So, ok, it’s 2021 and LEADVILLE is BACK for real!!!! During January and February I wasn’t able to run much due to some medical issues as well as just feeling unconvinced the race would actually happen given the continued presence of the pandemic. So, in March I ran the Crazy Desert 25K again and realized I might be in trouble for Leadville if I didn’t start running soon! I started unofficial training by running more regularly but another medical issue arose and side-tracked my training again.

By mid-April I decided I better get serious about this and started running more miles, but not hills and by late April I got serious and began incorporating hill work. During May I went to Ruidoso for a run to test my altitude preparedness... uh ... not too bad but it really hit me that I needed more WORK. So, I searched and found an actual training plan designed for a Trail Marathon. Time to get serious right? This is a 16-week plan --- quick math lesson... I only have 9 weeks. I jumped into the plan and started May 3 at training week 8. I follow the plan. And I found a hill with roughly the correct average grade and run up and down that hill OVER and OVER and OVER on hill days (I have not been back to that hill since I completed Leadville). It is a short hill but I practiced it nonetheless.

OK – June arrives -- race month! At the beginning of race week I went to Maysville, Colorado to run at elevation for a few days -- approximately 9,000 feet -- and then into Leadville for a few days to hopefully make sure I am adjusted to the actual race site elevation. The last few days in Leadville were tough. Looking up at Mosquito Pass from Leadville was daunting and I started to actually doubt and question why I was going to do this. I put that aside after some encouraging messages from the WolfPack and Steve G. My mindset was -- just follow your strategy and see what happens... and enjoy the ride!



*continued next page....*

Actual goals for race day:

- Survive to return to Lubbock alive, whether I complete the run or not. Just survive.
- Complete the race before the 8-hour cut-off.
- Anything less than 8 hours is pure GRAVY!

My race mantra for self-encouragement: “More Cowbell” -- a mental affirmation I would tell myself and anyone else. (*from the editor* – see SNL -- "[More Cowbell](#)" to know where David got this – is hilarious and explains the mantra... and David’s sense of humor : -))

It’s Race Day! I am up early with nerves. Eat to fuel up. GET to the start line with new found friends from the hostel. “Just stick to your strategy.” At the gun – 95% of my group leaves me in the dust! My instinct is to not get left behind... but, NO! -- stick to your strategy! So, I slow-run the “low” inclines, power-hike the steeper inclines. More Cowbell! Then I open up and run the declines while managing my energy to avoid cramps (these have plagued me on long runs since the heart surgery).

I end up passing about 20% of the field over the next 5 miles. At the first major downhill starting at mile 5.3 I turned it loose and passed another 20-30% of the field on a two-mile decline and 1200 feet elevation loss. But, the real test is yet to come -- More Cowbell! Mosquito pass climb is still there, waiting, like a pack of hungry evil beasts, just waiting to devour EVERYONE and steal their SOUL as well... (*from the editor* – *Mosquito Pass is the top of the mountain – is the half-way/ turn-around for the marathon – really, really windy up there at over 13,000 feet!*)

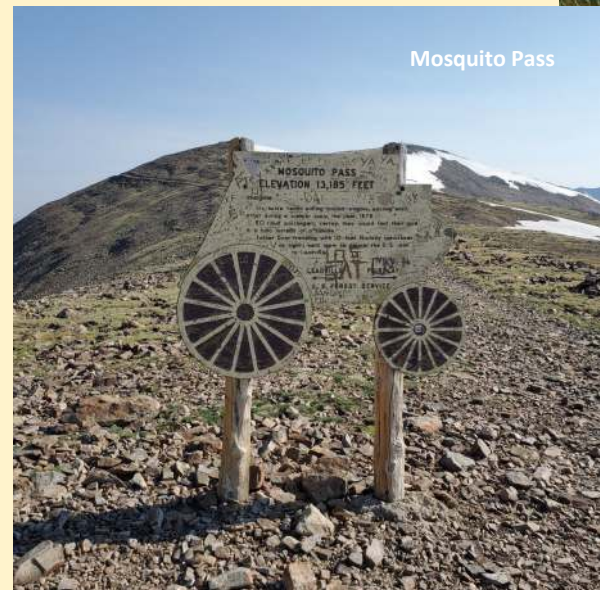
At mile 10 it’s all uphill from that point to the pass. For the next 3.7 miles the trail rises from 11,060 feet to 13,200. More Cowbell!

Wait a minute... who are these people running the opposite direction? Ah yes, the race leaders and REAL BEASTS of the trail. Also mixed in at this point are the Heavy Half folks full of energy because they did not run the “early hills” and are only on mile 4! These folks look so fresh and energized – but wait until they, too, face the “Big Hill” (...as I called it -- ask Steve about big hills on a trail race LOL).

Now we hit Mile 12 and the real climb begins -- just over 1000 feet gain in 1.5 miles. ROCKY, very ROCKY, and a tad steep. More Cowbell! A lot of people are losing their drive at this point. I’m running on a single pathway (still climbing) due to those coming back down the pass.

FINALLY, after 3 hours and 50 minutes – Mosquito Pass! I have survived so far. So windy and cold up here. Was really tired but on schedule to finish. Now I commit the cardinal sin...NEVER TRY ANYTHING NEW on race day. But, I did. I took in an energy gel provided by the race volunteers that I had not tried before. I guess add that to the long list of my questionable choices, why not? Not only is it race day BUT I am at the halfway point... and I try something new and it almost cost me.

I start down the mountain – oh, sweet joy – downhill (downhill is on the outside – fall down the “cliff” side of the trail). Why are these people in my way? I try to run down but this is steep and rocky and a lot of traffic in both directions so I take it easy when I need to so I don’t make someone else fall or crash, but still go as fast as I can.



Funny interjection, at one hairpin turn I dropped my water bottle. I hit the brakes to turn around to get it but was about 30-40 feet before I could slow down enough to stop. As I turned to go back and get it a fellow runner had already picked it up and gave it to me. He had seen that I was going to come back up to get it and, as he returned it to me, said, "I got you -- no one should have run back up this S-O-B" (he said the words). With a brief chuckle and SINCERE Thank You it was now back on the gas.

I loved that long downhill. It was glorious to be moving at a good speed! Mile 17.5 was the end of the long downhill. I was feeling good and realized I made up a lot of ground on the downhill -- finishing should not be a question now but now the question was, how fast can I finish? So, More Cowbell! Let's go!

Oh... MILE 20 -- you ugly thing! This is the last hard climb and technical (very rocky) -- 860 feet over 1.5 miles. This part almost broke me. I was exhausted, getting hot, and the new thing I tried... well, it had been disagreeing with since mile 17 -- not a good place to be physically ill and my mental state may have been at a wavering point. More Cowbell! More Cowbell! Keep pushing!

Beginning with Mile 21.5 there is 1000 feet decline then a small hill and then another 850 foot decline to the finish. I did not know this information during the race -- I was just thinking, not another hill, please not another hill! More Cowbell! Mile 23 -- oh, was that a cramp twinge, please no, too close to have this now. More Cowbell! Keep fighting. From Mile 24 it's all downhill -- just keep going.

At Mile 25.5 let's turn on the gas or whatever is left in the tank.... More Cowbell! ... pick up the pace, empty the tank, run the last  $\frac{3}{4}$  of a mile as fast as I could muster. I am dying, but I want to pass one more -- got him with  $\frac{1}{8}$  mile to go! I cross the line with zero in the tank, completely exhausted, more tired than I have ever been at the end of a race -- mentally, physically, emotionally.... Zero left. Mission accomplished.

But I did it and finished in 6:47.

So, if you want to run a few hills... Leadville is the race for you.

*David Reed*





# JACK (AND MASTER) OF ALL TRADES

by WTRC Member Ed Price

Our club consists of a myriad of personalities and characters with histories as diverse as



the West Texas weather. This newsletter has documented the brave stories of our many strong and determined members who have fought epic battles with injury, cancer diagnoses and personal loss to continue their love of running and the tremendous healing power it brings. Many of these sagas have been recounted to us by our own WTRC Newsletter editor —Steve German. This, however, is *his* story.

Steve is the quintessential team player and volunteer. He is the race director for the Bobby Birdsong Memorial Run at the Spirit Ranch in June. He writes, edits,

assembles and publishes the newsletter. He calculates, accumulates and publishes the Challenge Series on a monthly basis. To top it off, he runs most every race and cheers on everyone he sees.

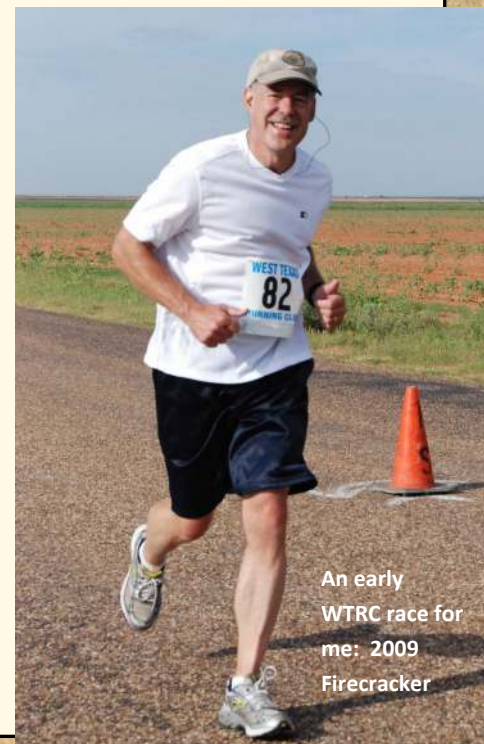
Steve has the perfect background for the jobs he has taken on for the club. A self-described "school geek" he holds an MBA and a PhD in marketing from Texas Tech University. He worked at LCU from 1983 – 2018, directing the admissions office for the first 10 years and then teaching accounting and statistics from 1997 - 2018. His background made him a natural for the record keeping involved in the Challenge Series. As he said, "Be careful about asking questions like 'what happened to the Challenge Series?' because you might end up with the job!"

Steve is married to Libby whom he met at Sunset Church of Christ in 1982. She had tried to set him up with one of her friends but he liked Libby. They are the parents of two daughters, Gerianne and Gina.

Steve's running career began in almost an accidental way. In 2006 he was diagnosed with colon cancer, had surgery and then 6 months of chemo therapy. Back then he liked to walk for exercise but, about a year after the last chemo treatment, he realized that he was feeling better, not realizing that it took about a year to fully recover from the effects of the chemo treatments. So, he began "jogging." That felt pretty good so running became the norm for exercise.

In Steve's own words – *"About this time a friend of mine named James Henderson and his family who are missionaries in Mexico City were in Lubbock on a year-long furlough. James is also a runner and said to me,*

*"Hey, let's train for this WTRC race called Buffalo Wallow." Well, I had no idea what that was but said "ok" and off we went on short and long runs "training" for the race. I had no idea what running was about -- didn't have a running watch, no dri-fit clothes, nothing. But, in 2008, James and I ran the Buffalo Wallow. During the race I kept asking James where is the end? James kept saying "right around the corner" ... and said this 6 or 8 times. But, we finally finished. That was a great day!"*



Steve ran a few more races and eventually became a WTRC member.



Hell's Hills Trail Run — 2017

Another of Steve's friends, Amanda Ellis, was, at the time, in charge of the Challenge Series and she encouraged him to participate in it. For a couple of years it didn't seem like qualifying was going to happen due to several of the typical runner injuries that cropped up. However, he kept trying and finally qualified for an age-group award and now is the person who keeps track of the Challenge Series, taking over from Amanda about 6 years ago. In addition to WTRC monthly races Steve has completed 9 marathons, multiple half marathons, and several 20-25K Trail Races (thanks to David Reed for introducing Steve to trail running!).

Like so many others chronicled in these pages, Steve German is a true inspiration and testament to the strength of discipline, faith, prayer and the healing power of running. I am proud to call Steve my friend and my competitor.

### Ed Price



Ed and Leesa Price

#### From the editor:

*I appreciate Ed and Leesa Price – thanks so much, Ed, for putting the above narrative together for the newsletter! You know, it's easy for me to ask someone else to write about themselves or to allow me to write about them but it sure feels different when I am the subject :- ). Ed and Leesa typify the WTRC member – friendly, encouraging, always ready to do good – very much one of the reasons I enjoy this club. Thanks to both of them!*

*Bottom line – I credit running for making what could have been big problems in my life become, instead, just another injury that a runner knows he or she can overcome.*

*I credit running with averting a potential heart attack. During 2014 I found myself running slower and struggling more during a run. During that year's August HOT Dam race I knew something was wrong – tight chest, had a hard time running the race. So, I went to my primary doctor who forwarded me to a cardiologist who diagnosed me with several blockages of the arteries that feed the heart. About four days later I had surgery and woke up with 4 bypasses. But, having been in better-than-average shape due to running I was able to heal quickly and gradually resume running.*



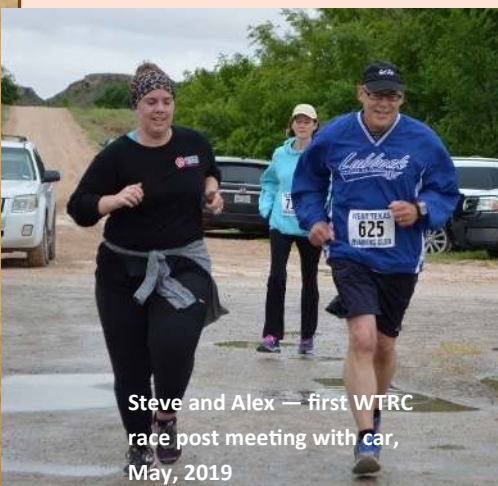
Aug 2014 HOT Dam  
— a few days later...  
4 bypasses

*Then, in December 2018, I was running along the Canyon Lakes where that road crosses MLK Blvd when I was hit by a drunk driver. I am to this day not sure how it happened. All I know is that I remember approaching the intersection...and then waking up as I was being loaded into the ambulance. I had several breaks in my pelvis and a broken arm – had two surgeries and was able to resume running a few months later. The May Horseshoe Bend was my first race back where my friend Alex Linscomb ran (and walked) with me – thank you, Alex!*



*As I grow older it is, of course, harder to run. My pace has slowed (from not a very fast beginning pace!) and so I've become familiar with running in the back of pack. But, I still enjoy the feeling that comes with finishing a race. I think, maybe, that this is a life lesson I needed to learn. Perhaps running faster, longer and more often is a great earlier-in-life goal. However, as life goes on, maybe just getting to the end is also a good goal to have.*

*What do you think?*



Steve and Alex — first WTRC race post meeting with car, May, 2019

# WTRC Members at the January 2022

## Chevron Houston Marathon

by Librada Sissell, Liana Garza and Sheila Price

Garza's 1st. We are all WTRC Plus members and have enjoyed all that's included in that membership from races to meeting great people. We have picked up so many new friends along the way.

WTRC has really helped us train with the monthly races and they have really helped us to accomplish all the little goals we needed to make the Houston Chevron race a success. We are by far not the fastest runners but we enjoy this club so much that it has brought us closer together as friends and as running buddies. The memories and the laughs we share together are priceless. We cannot leave out Foot Tech when we talk about our training --

thank you FootTech for providing a place to train and meet other runners! We saw at least one other WTRC member in Houston.

We were able to complete the 50-Mile Challenge before the race and, at the Houston event, we completed the 5K and the Half Marathon giving us 4 medals before the weekend was over! This included the Double Medal for doing the 5K and the Half Marathon.

The experience at the Houston Chevron Marathon was amazing! We highly recommend this event for anyone out there looking for a good race that is flat -- no hills! The streets are lined with Elvis impersonators, bands, and people handing out beer, water, and Gatorade. It was a great experience from start to finish. The people we met and the experience all together made this run so memorable.

To learn more about next year's event go to <https://www.chevronhoustonmarathon.com/>

If you go to this site and scroll down about halfway you will see how to register for the Houston Double:

<https://www.chevronhoustonmarathon.com/participants/registration/>

This trip has been a must for a few years now for Sheila Price and Librada Sissell. This year was Sheila and Librada's 2nd time and Liana



Librada, Liana and Sheila

# 2021 Challenge Series

## Age-Group Award Recipients



### W.T.R.C. 2021 CHALLENGE SERIES -- final report with only those who qualified for the Challenge Series

YTD TOTALS						FE MALE						55 - 59 FEMALE							
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	35 - 39 FEMALE	AGE	PTS	MILES	EVT	VOL	55 - 59 FEMALE	AGE	PTS	MILES	EVT	VOL		
Olivia Threadgill	10	21.5	20.5	5	*	Tiffany Walker	40	85.5	71	11	*	Maryann Schwertner	58	79.5	83.5	12	*		
						Tammy Mosteller	37	64.5	51.1	9	**	Margaret Woodfin	57	69	58.8	8	*		
						Robbie Vittow-Smothers	38	40.5	30.1	6	*	Pam Gaschen	56	63	26.2	7	*		
10 - 12 FEMALE						40 - 44 FEMALE						60 - 64 FEMALE							
Taylor Young	13	86	37.2	11	*	Aubrey Calvert	41	81	67	12	*	Virginia Bevers	61	90	44	11	*		
Daelyn Pena	12	31.5	19	5	*	Heather Riley	40	49.5	28.4	6	*	Leesa Price	65	67.5	56.8	8	*		
						Maribel Castillo	41	47.5	49	7	*								
13 - 15 FEMALE						45 - 49 FEMALE						65 - 69 FEMALE							
Averi Duncan	14	70.5	24	9	*	Amme Blair	49	90	42.6	11	*	Lydia Turner	68	61.5	36.5	8	*		
Reese Pena	15	52	24	6	*	Stacy Cain	49	41	17.3	6	*	Carolyn White	68	35.5	19	5	*		
Hagen Walker	14	24.5	15.5	5	*														
16 - 19 FEMALE						YTD TOTALS						70 - 74 FEMALE							
Emma Lopez	17	80.5	37.6	10	*	50 - 54 FEMALE						Yvonne Gilinsky	72	76	27.3	10	*		
Kyden Corelis	19	55	18.2	7	*	Debbie Gelber	53	105	67.2	12	*	Josie Aleman	70	58	20.1	8	*		
						Lauren Cobbs	52	100	80.2	13	*	Julie Selleck	71	38.5	16	5	*		
						Cathy Paden	51	51.5	41.2	8	**								
20 - 24 FEMALE						75 and up FEMALE						ATHE NA-age graded							
Brylie Corelis	22	62	18.2	7	*	Pj Sullivan	76	97.5	69.4	11	*	Sheila Price	57	75	29.6	11	*		
Maddie Ward	24	54.5	30.6	9	*							Jalayna Hooten	29	55	21.3	8	*		
Macie Mitchell	20	38	37.2	6	*							Liana Garza	52	44	23.6	8	*		
25 - 29 FEMALE						YTD TOTALS													
Megan Taylor	25	45	38.5	7	*	30 - 34 FEMALE													
						Amy Wallis	32	73	62	8	*								
						Molly Roberts	32	46	26.4	7	*								
						Riannon Rowley	30	43.5	42	6	*								



YTD TOTALS						MALE						YTD TOTALS						
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	60 - 64 MALE	AGE	PTS	MILES	EVT	VOL	
Peter Tarantola	9	75.5	30.2	13	*	Amando Perez	38	88.5	48.1	11	*	Steve German	64	101	91.4	13	**	
Bryce Pena	8	32	26.5	6	*	Ryan Smothers	39	65	56.1	7	*	Arturo Reyes	60	90.5	31.6	12	*	
Parkir Duncan	9	32	16	8	*	Matthew Wallis	36	51	46.9	6	*	Ed Price	65	64	56.8	8	*	
10 - 12 MALE						40 - 44 MALE						65 - 69 MALE						
Thomas Duncan	11	65	21	9	*	James Bond	43	81	41.5	10	*	Luis Cardenas	70	91.5	26.1	11	*	
Radley Dalton	10	63.5	24.1	11	*	Jason Calvert	42	74	67	12	*	Terry Dalton	67	67.5	39.1	10	**	
Dylin Duncan	12	32	16	8	*	Joshua Leyva	42	57	65	8	*							
13 - 15 MALE						45 - 49 MALE						70 - 74 MALE						
Billy Bond	13	90	39.5	10	*	Kenny Powell	47	103	32.1	12	*	Jerry Morris	70	111	91.7	13	*	
Eli Paden	14	46.5	40	9	**	Jeremy Pena	46	95	79.3	11	*	James Livemore	74	79.5	27.1	10	*	
						Tim Evans	49	63.5	61.1	10	*	Tony Aleman	72	52	18.1	7	*	
16 - 19 MALE						50 - 54 MALE						75 - 79 MALE						
Peyton Lafiette	18	23.5	15.3	4	*	Gary Tayag	51	97	79.3	11	*	Rick Lampe	77	96	30.1	11	**	
						Ray Young	53	92.5	72	12	*							
						Lance Ward	54	86	37.5	12	*							
25 - 29 MALE						55 - 59 MALE						80 and up MALE						
Paul David Gaschen	26	63	32.2	7	*	Martin Montalvo	56	91	49	11	*	Bill Felton	87	71.5	21.1	8	*	
Cale Boskas	29	55.5	23.1	8	*	Mark Woodfin	59	89.5	50.2	10	*							
						Scott Cain	59	49	23.4	6	*							
30 - 34 MALE						CLYDESDALE-age graded												
Sam Brackeen	33	60	53.2	8	*	Adam Puckett	50	100.5	37.3	13	*							
Jesus Zarate	32	26.5	31.2	5	*	Jaime Lopez	49	94.5	37.1	11	*							
						Nathan Paden	53	90	78.3	11	**							



**Congratulations to all  
Challenge Series Award recipients!!**



# Members of the WTRC 2021 Challenge Series

## 66 Mile Club and Trailblazers



### 66 Milers

		Age Group	Number of Miles	Number of Races
Suzan	Caudle	65-69	<b>96</b>	12
David	Higgins	65-69	<b>91.7</b>	13
Jerry	Morris	70-74	<b>91.7</b>	13
Steve	German	60-64	<b>91.4</b>	13
Mary	Mailler	50-54	<b>87.7</b>	12
MaryAnn	Schwertner	55-59	<b>83.5</b>	12
Lauren	Cobbs	50-54	<b>80.2</b>	13
Jeremy	Pena	45-49	<b>79.3</b>	11
Gary	Tayag	50-54	<b>79.3</b>	11
Nathan	Paden	Clydesdale	<b>78.3</b>	11
Jason	Pena	45-49	<b>75.3</b>	10
Ray	Young	50-54	<b>72</b>	12
Tiffany	Walker	35-39	<b>71</b>	11
Jonathan	Botros	35-39	<b>70.7</b>	9
PJ	Sullivan	75-79	<b>69.4</b>	11
Sonny	Bevers	65-69	<b>68</b>	9
Debbie	Gelber	50-54	<b>67.2</b>	12
Aubrey	Calvert	40-44	<b>67</b>	12
Jason	Calvert	40-44	<b>67</b>	12
Tommy	Johnson	60-64	<b>67</b>	6
Jeff	Fisher	45-49	<b>66</b>	9



### Trailblazers

		Age Group	Number of Miles	Number of Races
<b>15 or more miles</b>				
Peter	Tarantola	07-09	30.2	13
Bryce	Pena	07-09	26.5	6
Olivia	Threadgill	07-09	20.5	5
Noah	Bermea	07-09	17	9
Parkir	Duncan	07-09	16	8
<b>22 or more miles</b>				
Taylor	Young	10-12	<b>37.2</b>	11
Radley	Dalton	10-12	<b>24.1</b>	11
<b>38 or more miles</b>				
Eli	Paden	13-15	<b>40</b>	9
Billy	Bond	13-15	<b>39.5</b>	10



# Scenes from the 2022 WTRC Social

*January 14, 2022*

*for all pictures go to: [2022 WTRC Social Pics](#)*



*Great Food,  
Fellowship,  
Remembrances and  
Accomplishments!!*

# 2021 WTRC Special Awards

Presented at the  
January, 2022 WTRC Social

2021 WTRC Distinguished Service Award

*Tiffany Walker, Terry Dalton, Tommy Johnson*



**United**  
supermarkets



2021 Sponsors  
of the Year

2021 Support Organizations of the Year



**footTech**



Shallowater Parent Association

2021 Dr. George W. Jury  
Volunteers of the Year

*Christopher Tarantola,  
Dean Threadgill*



2021 Ron Lubowicz  
Presidential Humble Hero Award

*Steve German*



# 2022 February Freeze

Feb 12th — Race Report



Well — today’s race definitely lived up to its name! Both races — 5 miles and 2 miles — began at the same time at Buffalo Springs Lake in low 30 degree temperatures and winds somewhere around 20 mph.... And — runners were going into the wind for the “out” in the out-and-back.... It was a challenge!

But, as the races finished up and the awards ceremony began — hosted by Christopher Tarantola — the sun broke through and the morning ended up being quite pleasant. All-in-all a day that both challenged the runners and rewarded all at the same time.

Tammy Mosteller, with the help of Tommy Johnson, did a great job directing today’s race. Tammy — having someone like you shepherding the group from setting up the race, to running the race, to packing up the trailer was really valuable—thank you - well done!

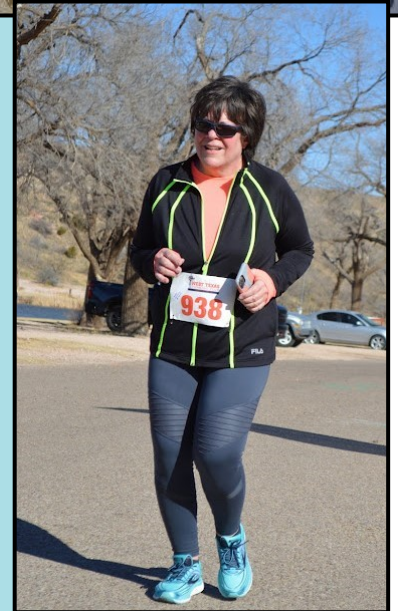
We always have a great group of volunteers and today was more of the same. Volunteers for the February Freeze were Tommy Johnson, David Higgins, Suzan Caudle, Sonny and Virginia Bevers, Ken Powell, Christopher Tarantola, Laura Pharis, Megan Mills, George Jury, Mary Mailler, Cathy Paden and Amy Gentry — thank you volunteers!



Great race, Tammy — thank you for directing!

There were **147 runners** who completed a race today — **87** completing 2 miles and **60** finishing the 5-miler. For the 2-mile race **Mary Carpenter** led all female runners coming in at 15:41. **David Mora, III** led all of the 2-mile runners with a time of 10:59. Great times, both of you! **Brandon Fell** paced all 5-mile runners with a time of 31:25 (wow!) **Michaela Jansen** led all female runners in the 5-mile race blazing in at 37:53 — really strong running you two!

The Prairie Dog Town Run is coming up next month — March — with three WTRC members making their debut as the race’s directors — Sylvia Miller, Tommie Gressett and Paula Anaya. It will be a great event — see you all there!!



## New Records in the 5 Mile

M65-69	Dr. Joseph Wilson	Lubbock	66	41:17
M70-74	Jerry Morris	Lubbock	71	48:12
F20-24	Audrey Brown	Amarillo	22	38:52
F65-69	Leesa Price	Lubbock	65	47:16

## New Records in the 2 Mile

M16-19	David Mora 111	Lubbock	16	11:00
M55-59	Mark Woodfin	Lubbock	59	14:10
M70-74	Wayne Sullivan	Lubbock	71	20:33
F70-74	Yvonne Gilinsky	Lubbock	72	23:11
F75-79	PJ Sullivan	Lubbock	77	28:48



# For the Historical Record

From the editor:

From time-to-time this graph (below) has been included in a WTRC Newsletter. Although we are all

really tired of Covid — the effect it has had on our personal lives, on our loved ones, on society in general — I would like for us to have a type of mile-markers to look back on — thus the graph. As we are all aware, when Covid first really hit us in the Lubbock community somewhere around March, 2020, we all hoped that the number of cases — those who contracted the virus — would soon peak and then decline. Well, it did peak and eventually decline, right? Vaccines were developed and many took advantage of these. Many, as shown by the graph, caught the virus and, after healing, were thought to be immune (note — many did not heal — many deaths). So, between vaccines and immunity by experience many of us thought the worst was over.

However, another wave occurred — this one shorter of duration and a fewer number of cases at its peak — and it was hoped this might be an ending to the pandemic.

However, viruses mutate and the most recent mutation (there have been several) was especially prolific — was easily transmitted and didn't care too much if the person had been vaccinated or had caught an earlier version of the virus. As you can see, the duration has been shorter but an extremely large number at least exhibited some form of the effects of the virus at its peak.

Well, currently we are very much on the downhill side of this third wave of the Covid pandemic. It seems much of our society has decided to move on with their lives — work is resuming, large-group gatherings are more common.

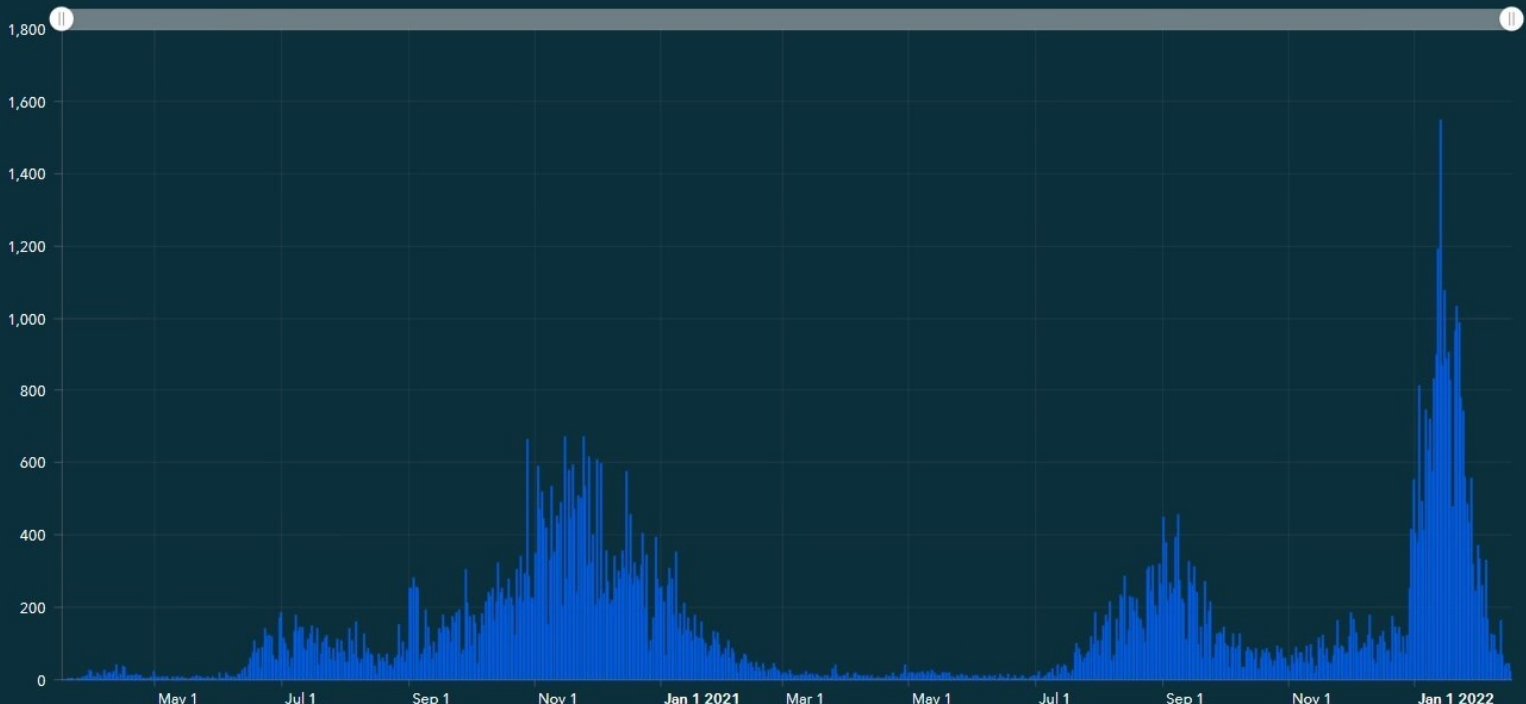
We have, though, been changed by this experience, haven't we? Just speaking personally, I am less likely to hug another person and, for sure, don't shake hands near as often. Hand washing continues to be a big deal and, although I attend my church and run in the WTRC races I am less likely to attend other large-group gatherings. I think my general life-view is different as well but I'm still processing the differences.

Just know that with each monthly WTRC race I am really glad to see you there and am personally encouraged just seeing you continuing your life, running for whatever reason that motivates you, living for moment as well as for the future.

Keep it up — you make a difference even if you don't know it!

steve

New Cases Reported by Day



# It is time to renew your membership!

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

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

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

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

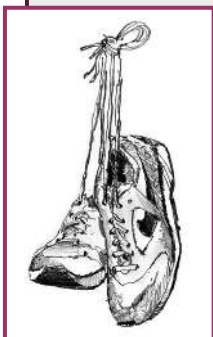
The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

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

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



Freeze



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



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



West Texas Running Club



@WTRunning



***Come Run With Us!***

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



2021 WTRC Turkey Trot

WTRC Newsletter Editor:  
Steve German  
stevegerman5@gmail.com