

March/April 2022 WTRC Newsletter



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

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image by Reeda York

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

President: Jonathan Botros

Vice President/Operations/Media: Emmanuel Ramirez

Secretary: Wendy Anderson

Treasurer/Webmaster/Registration: David Higgins

Outreach: Ron Lubowicz

Hydration/Trailer: Tommy Johnson

RRCA Delegate: Dean Threadgill

Customer Service Director: Suzan Caudle

Board Members: Cody and Autumn Lass

**WTRC Board Members can be reached through this
email address: westtxrunning@gmail.com**

Challenge Series/Newsletter: Steve German
stevegerman5@gmail.com

WTRC Address:
WTRC
3401 Alcove Ave.
Lubbock TX 79407

Upcoming Races



**Race Directors —
Nathan and Cathy Paden**

HUGH HAYNES MEMORIAL

HORSESHOE BEND

Hugh Haynes Memorial HSB Canyon Runs

11Mi (Loop) | 6Mi | 2Mi

2nd Saturday in May — 8:00am Start

Bib pickup on Race Day — 6:45 to 7:30

See WTRC website for directions to the course

Bobby Birdsong Memorial Run

2nd Saturday in June, 8:00am Start

Online signup expires Thurs, 7:00pm.

Bib pickup on Race Day — 6:45 to 7:30 a.m.

2 Mi or 10K USATF certified #TX16058ETM

RACE LOCATION

Spirit Ranch — 701 Regis St, Lubbock TX



Race Director: Steve German

**BOBBY BIRDSONG
MEMORIAL**

President's Corner

by Jonathan Botros

WTRC Members!

First and foremost – **thank you for being a member of the West Texas Running Club**. Not only are our members the financial lifeblood of our organization... even more importantly, you help maintain and elevate the camaraderie and awareness around how special the running community in West Texas is.

May I please ask for your help in continuing the positive momentum you've helped create?

Over the course the last few years we have been able to make some significant upgrades to our operations that I hope you've felt. These include a new larger operations trailer, and a new timing system which has allowed us to use 'chip timed' starts, instant finish notification emails, an instant online results website, and much more. These enhancements wouldn't have been possible without your continued commitment!

Secondly, we continue to successfully host monthly club races that require a number of volunteer supported positions. These races take a significant amount of volunteer involvement and, so far, those volunteers have been present. Thank you for that as well.

Now, for the help I'm requesting: As you are likely aware, the WTRC is governed by an all-volunteer Board of Directors. **Emmanuel (Manny) Ramirez** is Vice-President of Operations, **David Higgins** is Treasurer, **Wendy Anderson** is Secretary. **Suzan Caudle** is our Customer Service Director. **Dean Threadgill** (recently joined the Board!) is our Road Runners Club of America — our parent/national organization — representative. **Cody and Autumn Lass**, **Ron Lubowicz** and **Tommy Johnson** serve as Directors, and **Steve German** edits the WTRC Newsletter and manages the Challenge Series... and, I serve as your President.

We need a few more of you who would like to serve on the Board in one of the following areas:

- **Hydration/Nutrition Coordinator (Each Race, Monthly)**
- **Social Media Manager (Ongoing)**
- **WTRC Store Manager (Evaluate Moving This Online?)**
- **Website Reinvention & RaceResult Integration (One-time Project)**
- **Webmaster (Ongoing) — *this could be the same person as the Website Reinvention person***

We meet monthly for just an hour or so and currently we are meeting on Zoom. If you are interested in joining the WTRC Board would you either email me at jonathanbotros@yahoo.com or text me at 806.535.7612?

I look forward to hearing from you!

— **Jonathan Botros**



Remembering Bobby Cunningham

1940—2022



Bobby was born January 27, 1940 in Littlefield -- the ninth of eleven children. He attended all twelve years of

school in Littlefield, Texas. His proudest achievement during those years was winning the Mile Run at State in 1957 with a time of 4:26.5 – a really fast time for those days! He continues to hold the record for Littlefield High School in that same event sixty-four years later. Bobby later attended East Texas State in Portales, New Mexico on a track scholarship for a short time until he returned to Littlefield and the love of his life Missy Bridwell. They enjoyed sixty-two years of marriage. He and Missy had two sons, Scott and Shane.

While in school Bobby had many jobs, working at the Littlefield Compress, the Dairy Queen, the Littlefield newspaper, and helped build the current Littlefield Wildcat football stadium. He worked at the bowling alley in Dimmitt, Texas when he and Missy married. Shortly thereafter, he went to work for his father in law, Ace Bridwell at Littlefield Butane Company. In 1964 they purchased "66 Butane and Fertilizer" in Abernathy, Texas where they resided until 2010. Bobby bought Littlefield Butane Company from his father-in-law in 1991 and both his sons helped operate the two businesses. They sold the Abernathy business in 2001 and Littlefield in 2009.

In 1979 Bobby began running again, running many marathons from Amarillo and Lubbock to Dallas, Houston, Phoenix, New Orleans and Boston. He placed eighth in his age group in the elite Boston

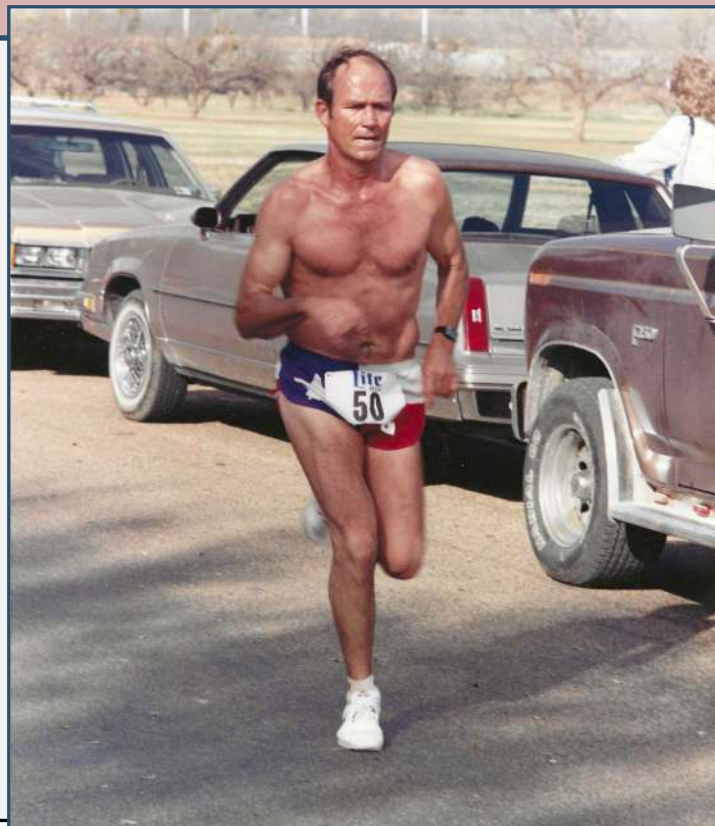
Marathon and at one time was rated 19th in the world in Runners Magazine. He was a well-known member of the West Texas Running Club for many years.



Bobby's friend, Ralph Wolf, says, "When I think of Bobby it is as a great friend and as a fierce competitor. It was because of Bobby's encouragement that I joined the WTRC and have enjoyed the friendship of so many great people, many of who are no longer with us. It was said when Bobby was a high school runner, "He doesn't run right, he just wins." Bobby trained hard. I remember a Sunday when he was preparing for a marathon he ran 28 miles and was in Bible class at 9:30. His longest and toughest marathon was with his health and his race is finished. He will be missed."



In a March, 2006 WTRC Newsletter article, George Jury related to us that Bobby and Mike Greer, both Littlefield natives, crossed paths in about 1978. Bobby had been, until then, relatively inactive as a runner since high school while running his business and raising his family. But, with Mike's encouragement, Bobby began participating in WTRC events, running his first club race in the 1979 Cotton Patch run at age 39. And, George tells us, "...records began to made from then on! Bobby ran high mileage in training and would find a race anywhere within 200 miles to go race nearly every weekend. Bobby often won many of those races outright or in the process pushed younger runners to better performances. The highlight of his running career was qualifying for Boston in 1983 where he finished in 2:30:48 and 8th of all 40-49 year olds. His preparation for "Heartbreak Hill" was running the overpasses on the interstate and the hills at Buffalo Springs Lake. Personal



TEXAS RATTLESNAKE RUN
Sweetwater, Texas
March 9, 1986

FAST TIMES IN THE 40'S
BOBBY CUNNINGHAM'S WTRC EVENT RECORDS
(And comparative times to the current record holders)
(Several of his records have now lasted 24 years)

COTTONPATCH					
8 MILE					
40-44	Bob Jackson	Hobbs	40	43:46	1999
	+ Tom Mayfield	San Angelo	40	45:40	1981
	+ Bobby Cunningham	Abernathy	41	45:47	1981
45-49	Bobby Cunningham	Abernathy	46	48:14	1986
FOUR MILE					
45-49	Bobby Cunningham	Abernathy	45	22:48	1985
PRAIRIE DOG 4 MILE					
40-44	George Chaves	Tucumcari, NM	40	21:27	1994
	+ Bobby Cunningham	Abernathy	43	21:58	1983
RUN FOR THE ARTS 15K					
45-49	Bobby Cunningham	Abernathy	47	57:31	1986
HORSESHOE BEND					
2 MILE					
40-44	Bobby Cunningham	Abernathy	43	10:32	1983
11 MILE					
45-49	Jerry Dwyer	Lubbock	45	1:11:43	2005
	+ Bobby Cunningham	Abernathy	47	1:11:59	1987
6 MILE					
45-49	Bobby Cunningham	Abernathy	49	37:00	1989
FIRECRACKER					
10 MILE					
40-44	Bob Jackson	Hobbs, NM	43	57:05	2002
	+ Bobby Cunningham	Abernathy	44	58:07	1984
THREE MILE					
40-44	Bob Jackson	Hobbs	44	16:31	2003
	+ Bob Dunbar	Amarillo	44	16:44	1978
	+ Bobby Cunningham	Abernathy	43	16:47	1983
RED RAIDER ROAD RACE 10K					
40-44	Bobby Cunningham	Abernathy	42	34:52	1982
BUFFALO WALLOW					
2 MILE					
40-44	Bobby Cunningham	Abernathy	43	11:02	1983
HALF MARATHON					
40-44	Bobby Cunningham	Abernathy	42	1:16:55	1982
45-49	Bobby Cunningham	Abernathy	46	1:23:19	1986

bests that he recorded after age 40 are: 2 Mile 9:58, 5K 16:60, 10K 32:38, Half Marathon 1:15:00 and the above mentioned Boston Marathon time.... He began reducing the number of races run in about 1986 because of nagging foot problems and ran his last club race, the Shallowater Stampede 10K in 39:58 at age 49."

There is, of course, much, much more that comprised the life and person of Bobby Cunningham. But, we of the WTRC connect in a special way to our members, both past and present, and Bobby was and is one of us. When learning about Bobby's life and accomplishments it stood out to me (WTRC editor) that Bobby lived a life that was an encouragement to all. A great legacy!

Excerpts from March 30, 2022 online posting by the Lubbock Avalanche-Journal as well as the March, 2006 WTRC Newsletter (including the chart developed by George Jury)

Live A Great Story

by Frank Mendoza

Life has a funny way of reminding you that you're not alone. A full marathon is just two half marathons, back-to-back, right? It's 2014 and I'm running my first marathon. My longest run to date

had been 13.1 miles almost a year before. I just finished the first half in under 2:00 hours so I'm trotting along headed back to the starting line to finish in 4:00 hours. Then that monster hiding at mile 20 jumped out and just clobbered me. The next six miles was a struggle. It's September in Roswell, NM and it's almost 90 degrees. I'm praying for the angel of death to just come and take me...and an angel does... Angela to be exact. Angela Tortorice. Tortorice (sound like tortoise), at the Turtle Marathon. Pure chance? I think not. Angela was part of the Marathon Maniacs and this was probably about her 80th marathon that year. Yes, 80th. In a year. You see, Angela holds the record for the most marathons in a year by an American woman. 129, to be exact. She's not a fast runner, but she gets them done. She averages two a weekend. And that Labor Day weekend she dragged me along for the last 6.2 miles for a 5:06 finish. She walked with me. She ran with me. But most of all, she was there for me. She was my angel.

Fast forward 8 years and I just finished my 11th marathon at the Cowtown Marathon. Again, with no training. I just show up and I run. I usually don't even stretch. I don't run for a PR anymore, I just run to finish. At 54 I've done what I set out to do. I ran a 4:00 marathon – once. Now I just run to prove that I can and to stay healthy.

I lost my mom 27 years ago at the age of 54 to heart disease. My dad was 54 when he had his first angioplasty. So yeah, 54 has been a dark cloud over my head. So on Feb 27th, at the age of 54, I ran my most recent marathon. See how life has its way?

It hasn't all been unicorns and rainbows. I've had my ups and downs, my injuries, my weight gains, and the hard, hard miles back to fitness. But through it all I've had this running club.

I always loved running, but life somehow got in the way and at age 46 I was pushing 180 lbs. At 5' 4", that's a pretty daunting weight to carry. In 2012 I saw myself in the mirror one day and didn't recognize the guy staring back at me. So I bought myself a pair of discount sneakers at Kohl's and set out on a journey. January 2013 I ran

my first 2-mile race with the club and toward the end I was praying for the angel of death to come take the old guy that just flew past me... It's eleven months later and I'm running my first half marathon – with no training. It was shortly after that painful experience that I invested in some good running shoes and a copy of Chi Running and set out on the path to learning to love running again and doing it correctly.

I learned a lot of lessons from my mistakes. I watched other runners and did what the good ones did and tried to avoid what some of the others did. I studied running. I read about running and even dreamed about running.



2022 February Freeze



Cowtown Marathon
in 4 hours!

I've run with a lot of running groups. When I travel I always take my running gear and Google the local running groups and I go run with them. There's some good ones out there, but none like ours. No other club does a monthly race, every month, come rain or shine. The fact that WTRC has the same races every year gave me the ability to compare my progress year-to-year and gave me a chance to challenge myself against other runners, but also against the former me. And we also have the best running store, footTech. They support our runs and host countless group runs throughout the year. Without them I'd still be running in the wrong shoes. There is nothing that heals my soul and fills my heart more than a crisp Saturday morning run through the Texas Tech campus, usually by myself, but sometimes with one or two other runners from their group run.

And don't forget the runners. No other club has the amazing runners we have. They're there to support you and cheer you on, regardless of your ability or pace. They've been there for me to push me and challenge me. The coaches, the vegans, the beef-eaters and even the stroller-pushers. They are truly the reason I show up every month to the races. Chris McDougall said it best in his book "Born To Run." He said, "The reason we race isn't so much to beat each other, but to be with each other."



I've come to realize I'm pretty lucky and I'm hardly alone in my quest for running bliss. Life seems to keep reminding me of that when I need it the most. It just keeps whispering, "Live a great story worth telling."

Frank Mendoza



Nov 2021
Buffalo Wallow

From the editor — I've known Frank for the past several years only through the WTRC so I really only knew a part of who Frank is. Frank's profession is that of an engineer. But, what many of us found out back in the Spring of 2020 — the early days of the country-wide shut-down due to the Covid 19 pandemic — is that Frank's talents extend beyond numbers and spreadsheets; that being, Frank has a great sense of humor (although some might call it a bit crazy :-)) — and he conveyed that humor via a blog on his Facebook page for much of 2020. I have copied the first three of his "Survivor's Log" entries to give you a sense of Frank's humor and ability to convey that humor in writing. It is worth one's time to go to Frank's FB page, filter for the year 2020, and start with March 14th.



Frank Mendoza

March 14, 2020 · 2

Survivor's log 03-14-20

Day 1 of the reckoning and I'm doing alright.

- Very minimal looting observed overnight in Earth.
- Spam and eggs for breakfast - remainder of Spam to be rationed out according to seniority
- Enough pie to last me through the end of Pi Day - remainder to be rationed out according to age and nutritional needs
- TP supply holding up. Four square limit being relaxed for now.
- Dogs seem content as we haven't told them yet

Updates to follow



Frank Mendoza

March 15, 2020 · 2

Survivor's log 03-15-20

Day 2 of the reckoning and we're now bored

- Smoke billowing from across town yesterday. Suspected looting... Further investigation revealed it was four of my people cooking trips on a disc and drinking Coronas. The irony...
- Spam and eggs for breakfast - again. Rationing going well since Jamie doesn't even like me cooking this in the house.
- The dogs and I may, or may not, have eaten 3 of the 4 pies. No more pie for the dogs. Found a 5th pie in the pantry while inventorying and alphabetizing our canned and dried goods. Are pies good 52 days after the "sell by" date if they still look good? That date is just a suggestion, right?
- We may have over estimated our need for TP, but NO you can't have any. And on a bright note we came home yesterday to a bag with a loaf of fresh sourdough bread and a new roll of TP on our doorstep. Unscented and double-ply so yes, we're keeping it, but still unsure of the sheet count. It is now labeled #86. Rolls #1 and #2 still over 50% availability. And BTW, I've been hoarding TP for years and didn't hardly impact the current supply chain.
- Dogs still seem content, but suspect something as they've gotten Spam two days in a row.

More updates to follow

Garv Tavao, Tiffanv Elder Walker and 42 others · 13 Comments



Frank Mendoza

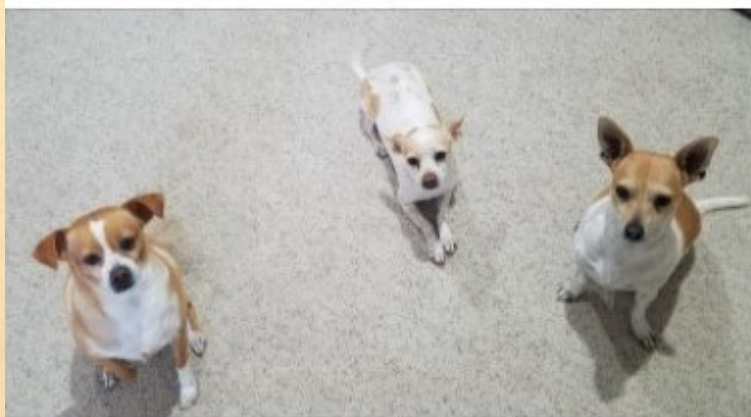
March 16, 2020 · 2

Survivor's log 03-16-20

Day 3 of the reckoning

- Yesterday we ventured outside "the perimeter" and into the forbidden zone. Leal's in Muleshoe was calling and Spam supply needed to be given a reprieve. I never thought I'd utter the phrase, "do you think it's safe to leave Earth?" Did not appreciate the stare-down after coming out of the men's bathroom at Leal's. Do I look like a TP thief now?
- Burn ban now in effect on Earth to include open flame grills to avoid the illusion of aftereffects of rioting and looting. City cop issued a second bullet just in case.
- Day 1 of "the beyond days" at work. Company has implemented new "work from home" procedures beginning Tuesday. Yeah, I'll "work from home" tomorrow. On an unrelated note, must make sure Netflix account is paid up and that the girls know not to hog the account.
- No ill effects from questionable pie. Other "expired" items found in pantry include: pumpkin pie filling, cranberry sauce, powdered milk and creamed corn. Will move those to the "last resort" area of the pantry for now.
- Best thing about being at work today: company TP! And lots of it! And two pallets of bottled water in the warehouse. And all the turbine techs are out working in the towers. I wonder if the internet cable accidentally gets disconnected for 5 minutes if the security cameras blank out. Just wondering.
- Dogs have been communicating with the neighbor's dogs through the fence and they are now looking at us with questioning eyes. Trying to avoid eye contact with them for now as I reassure them that everything is okay. Also wondering why no Spam today.

More updates to follow



Tiffanv Elder Walker, Jeff Fisher and 28 others · 7 Comments

Prairie Dog Town Run

March 2022 Race Report by Race Director
Sylvia Miller

As a first-time race director I was really nervous about doing a good job and putting on a great race. But I was not to worry at all. Thanks to Emmanuel Ramirez,

Jonathon Botros and Steve German I was guided every step of the way. They made sure I would be successful. They, along with my co-directors Paula Amaya and Tommie Gressett, showed me what Teamwork is all about and now I know why the club works as good as it does. It takes a lot of hard work but everyone just jumps in there and makes it happen. We are very fortunate to have this club and the board members and volunteers that make this happen every month. I look forward to doing this again next year.

This year there were 147 runners who braved the wind and the cold to complete the two races. There were 101 who finished the 2-mile distance and another 46 who made it to the end of the 8-mile course -- way to go, all of you!! Once again **David Mora, III** won the 8-mile race, coming with a fast 50:22 finish (6:17 average pace!) and **Laura Pennington**, another often-in-the-lead racer, led all female runners with a 55:06 time – 6:53 average pace. Both impressive runs on a difficult day and tough course! **Billy Bond** (an 8th grader this year!) won the 2-mile race with an 11:46 time (5:52 average pace) and **Valerie Carpenter** was the lead female racer with a time of 14:59. Great runs, you two!

Thank you to all the volunteers who came out and braved the cold wind. None of this would be possible without you -- Tony Gonzales, Peggy Ledinski, Lindy Lauderdale, Reeda York, Lydia Turner, PJ Sullivan, David Higgins, Stella Ferrer, Wendy Gerdemann, Desirae Sifuentez, Ethan Moore, George Jury, Tim Evans, Paul Gaschen, Tobi McMillan, Amy Smallwood, Laura Pharis, Christopher Tarantola, Sonny Bevers, Cathy Paden, Wendy Anderson, and Suzan Caudle.

We really appreciate the Fiber Max Center for Discovery for letting us use their indoor facility for registration and awards. It was nice to get out of the cold wind.

Last but not least **a huge shout out to my husband Cliff** for pulling the WTRC Trailer and for helping set up and tear down. He is and always has been my #1 supporter!

*"The strength of the team
is each individual member.
The strength of each
member is the team."
– Phil Jackson*



Great race Paula, Sylvia and Tommie!!





8 MILE -- Since 2018

MALE

16-19	David Mora III	Lubbock	16	50:22	2022
20-24	Luke Watson	Abernathy	24	1:04:25	2022
35-39	Larry Lovato	Lubbock	35	53:40	2022
55-59	Adam Barron	Odessa Tx	59	1:01:13	2022
60-64	Scott Cain	Lubbock	60	1:07:48	2022
65-69	Acension Fierro	Smithville Tx	65	1:08:52	2022
75-79	Ron Lubowicz	Lubbock	79	1:42:50	2022

FEMALE

30-34	Laura Pennington	Lubbock	33	55:07	2022
45-49	Michaela Jansen	Lubbock	49	1:02:26	2022
55-59	Margaret Woodfin	Lubbock	57	1:20:10	2022

2 MILE

FEMALE

07-09	Mary Carpenter	Lubbock	8	15:01	2022
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Prairie Dog Town Run

Records Set in the March 2022 Race



Get To Know Several WTRC Members

from the editor: I sent an email to several WTRC members who had run most, if not all, of this year's races and asked them to

respond to a few questions — the purpose being for us to get to know them just a little better. Here is what I sent:

I work with the WTRC Newsletter. I have been a member for several years and enjoy gathering and documenting information in a somewhat permanent way in the form of our every-other-month newsletter.

Just a note to ask if you might submit some information for the upcoming WTRC Newsletter? This is just a way for me to help our membership know each other a little better as well as a means of making more information about our members more of a permanent record in addition to the race times and pictures posted each month on the website.

Here are few questions that you could address if you choose to send me the information:

- 1. What do you do to get ready for a race?*
- 2. How did you become involved in the WTRC?*
- 3. Do you have friends you like to run with or are you mostly a "run alone" person? What does running do for you?*
- 4. What race or races are you getting ready for? Where are they, distance(s), etc.*
- 5. If you were asked for advice to get started running, what advice would you give?*

Anything else you would like to include would be great! Some, all or just a narrative of your own would be interesting!



My son Noah and I are the runners in the family. We average about 7 miles Monday-Friday. We try to do a variety of workouts such as sprinting 200s or pacing 800s. Usually, we hit the track to track our distance but other times we run the streets to change up the scene (running around in a circle gets boring).

We always look at the course online to determine if we need to practice hills or and type of cross country course before the race. This is truly a sport we love and being apart of this club is one of the highlights of our months. Thank you WTRC for amazing races that Noah and I can run together plus, share our love for running as a family!

Britni Bermea



I'm Rose Hoeve. I've been an on and off member of the WTRC since 1993. I moved here from McAllen, Texas to attend Texas Tech University. I ran Cross-Country and Track for McAllen High so when I moved to Lubbock I was looking for a group to run with and found the WTRC. My first race with the club was out at Reese, or somewhere close by -- that was the first time I learned of Reese Air Force Base.

I enjoy running with friends, but sometimes I like to run alone, this gives me an opportunity to gather and organize thoughts, re-energize, or just clear my head.

It's been a little while since I did any long races. I've run 16 marathons in the past and many smaller races, but I don't really have anything scheduled in the near future, I'm kinda happy about that.

Usually I say..."I know running hurts, but it's a very healthy activity, if you can get yourself to walk, that usually launches you into running and before you know it will become part of your routine." I have found that the most difficult part of running is simply getting out the door, so if you can do it with someone else, then you can hold each other accountable.

I try to schedule my next race immediately after finishing the one I'm working on. This keeps me motivated and looking forward to the new race. When I train for a marathon I usually average between 25-35 miles per week and I can train myself in about 13 to 16 weeks depending on life interruptions I may have. I enjoy running within the city of Ransom Canyon because my challenges are the rolling hills.



In the back/center is my husband, Greg Hoeve. To the right of my husband is Nickolaus Hoeve, nursing student at SPC and Civil Affairs in the Army reserves. To my husband's left is Joshua Hoeve — a Medic With the Texas Army National Guard.

Rose Tamayo-Hoeve

Howdy Runners!

3 months into the year and being present at all 3 monthly club races (either running or volunteering) is a new record for me. I first fell in love with running in middle school and got to run cross country and track in college for Texas A&M University, so getting back into running and racing more frequently is a warm homecoming for me. Running is my favorite form of exercise but it's much more than that-- it's a time to pray and clear my head and simply lace up the shoes and be present in the moment with each minute and step forward. I've never run with music but rather get lost in my thoughts and sometimes in a neighborhood.

Most recently, getting to run alongside my 8 year-old daughter and see my 11 year-old son cross the finish line in front of us while my husband and 5 year-old cheered us on has brought me so much joy. Since taking a hiatus from organized races for a while, I was reminded how special the running community is and it's like no other activity where the bond of pushing personal physical barriers is so exhausting and exhilarating at the same time.

My family and I enjoy running on the track together and "mission runs" as we call them— run to a certain destination for a purpose and run home (for example, to a store to purchase a couple items). In this season of running, I'm building a base by running a few times a week and incorporating strength training. Most runs occur around a field while one of my children practice for a sport although I still sprinkle a track workout in the mix. I've held on to a clipping from a Runner's World magazine for nearly two decades highlighting the Athens, Greece marathon, which in another season of life I'd love to travel for races around the world.

In reflecting on my best races as a college athlete, it was when I focused on simply the fun of running on race day that I had my best races; by having confidence in all the preparations, both physically and mentally, that got me to the moment of toeing the line and trusting all the work that's been done up to that point. There's nothing left to do but to run and have fun while doing it! My 5 year-old captured this when he made a sign



for the 3 family members who ran the March Prairie Dog Run that read "Did you have fun at the run? Of course you did. It's called a fun run!"

Whether your next race is your first comeback from an injury, a PR (personal record), or course record, I hope you find the fun along the way! Running is such a gift!

Valerie Carpenter

The year I was to turn 60, I wanted a new challenge. So, I choose running. The definitely more accurate term for what I do is “slogging.” That’s just the way I’m made. I have jogged off and on for years but always as a type of exercise with no end goal.

From my days at South Plains College, tennis was my passion. While taking a beginner’s class, the backboard and I became great friends. It never argues and always returns the ball. For quite a few years I played fun matches with friends and eventually played a ton of tournaments. Open tournaments were available every weekend... someplace.

When an incredibly talented golf student of mine remarked that she was going to teach me to play golf, my smart reply was, “When I’m old and in a wheelchair.” Well, well, well. I started hitting shag balls or played 6 days a week for a good number of years. When our daughter was born, I figured out there was no time for the driving range or 18-hole tournaments.

Next up was a bicycle because Jansen was perfectly happy in the little child seat on the back. No plans for competition. Just a great way to get outside after work with my little girl. When Landon was born, I should have gotten a two-seater baby jogger stroller. Looking back, I definitely would get that stroller.

When the kids were old enough, we did bike rides or some little short jogs. As the kids were in early junior high, a dear friend with two kids talked me into adventure racing. That was quite a challenge in every way. Most races are in state parks, but they can be on large private ranches. It includes mountain biking, canoeing, and bushwhacking while continuously using a compass for coordinates to checkpoints. It is quite a lesson in making good choices since you may IMMEDIATELY pay the price for a wrong choice. Most races had two or four person teams. The sprint races have a cut off time of 4 hours, but, of course, there are many lengths of races up to 24 hours. That crazy long stuff was never for me. I’d go with a group and be the one at transition with the food and kids! I definitely want to get back in state parks this summer, but adventure racing will NOT be on my agenda.

A few months after I started this “turning 60 challenge,” I heard Reeda York tell someone in church that she had started running to improve her health. I was waaay excited to invite her to start jogging with me to have good company. I have no idea how I found the West Texas Running Club, but I started coaxing Reeda and Stormy to try a race with me. “You’re better than you think. It’s all about you beating the clock and beating yourself. No one is

watching you because they’re taking care of their own goals.” What pearls of wisdom! By the time Reeda did that first race, she was much faster than myself. A hidden athlete all those years. It made me smile so much then, and today, as I watched her leave me in the dust at the Run for the Arts.

Reeda talked me into doing the “Rock and Roll Half” in San Antonio one year while she, Lori, and Liz did the full. The training was mind numbing for me. Remember, how NOT fast I am? One and done was sufficient. My window sticker says 13.1— only half crazy.

I’ve been lifting weights three days a week for about 4 years with some slogging mixed in. Women lose bone density and muscle mass so early. My goal is to avoid a broken hip and a nursing home. Maybe my daughter-in-love scares me a little on that point. I try to swim one day a week in between classes at work.

Right now I’m starting a slow comeback on the slogging avenue. I’ve stayed a member of the WTRC because of the people for about 3 years when there hasn’t been much “run” in me. It’s a good place to be with such a variety of personalities, professions, and skills. No matter what a person can do, there is a place with this group.



Lydia, Liz Covarrubias, Reeda York, Lori Ware

Lydia Turner

Hello fellow WTRC members! It's a pleasure to share my running story with the WTRC community. My name is Lindsay Kennedy. My husband, Byron and I, live in Idalou with our two kiddos, Graham (5) and Anne (10 months). I am originally from Northwest Arkansas, but I have lived in Lubbock for 15 years and have always enjoyed running in WTRC races. For me, running is both a competitive outlet and a way to stay in shape. My weekly/monthly running miles have been a roller coaster during the last several years depending on my stage in life. In 2020, I would run anywhere between 50 and 100 miles each month and even ran my first half marathon (it was a self-guided half because there were very few organized races in 2020!). In 2021, I had our little girl but was able to maintain a modest number of miles each week throughout my pregnancy. Running during pregnancy could be a topic in itself, but it helped me both mentally and physically during that time. Now, I aim for 25 miles or more each month and split between three-mile runs around the Texas Tech campus or on the treadmill at Orangetheory Fitness.



I have run in WTRC races on and off since 2007 when I moved back to Lubbock to start my career following graduate school but decided to get involved as a member this past year. It's a great running community and the races are always fun and well-executed. I usually run on my own, but I use the Garmin Connect app to track my runs and see what my running friends who also use the app have accomplished each day. The Garmin badges and the accountability of seeing the progress of friends on the app are incredibly motivating and have helped push me toward my goals each month.

Running does a variety of things for me. It's a great stress reliever, it helps ensure I spend more time outside, and it gives me something to work toward, physically. I've always been competitive, and WTRC has given me a fun reason to set goals and compete against myself. So far, I have run in each of the WTRC's monthly races in the 2-mile distance, and I'll be running the April race as well. I would love to do another half-marathon this year, and I'm working on adding longer runs to my training this spring. I turn 40 this year, and running has played an important role in helping me stay fit so I can keep up with my 5-year-old son and 10-month-old daughter as well as my students at Texas Tech where I am a faculty member in agricultural communications.

I also enjoy weight training and hiking, and during spring break, I helped lead a group of students on a 20-mile backpacking trip on the Grand Canyon's South Kaibab and Bright Angel trails.

My personal goal and advice to others? Just keep moving! I have thoroughly enjoyed my membership in WTRC thus far, and I look forward to meeting other members and engaging in the club.

See you at the next race!



The Red Raider Road Race - I challenged my agricultural communications class at Texas Tech to run the 5K for extra credit, and I had a lot of takers! This photo is of me and my students who ran the race.

Lindsay Kennedy

Depot District Run

April 9, 2022

Race Report by Suzan Caudle

April 9, 2022 was a bright sunny day for the Depot District Run – new venue for the April WTRC race and new name! Although the morning was warmer than our past several race

mornings, as is the norm for this time of year in West Texas it was *windy*, causing difficulty for many of the runners, especially the 15K'ers. But, 60 who ran the 15K persevered to the end while 114 completed the 2-mile run. We also had 15 of our up-and-coming young runners complete the 1-mile "Fun Run." **Jeremiah Vidaurre** was the first finisher for the 1 Mile Fun Run – congratulations to all the kids who ran in the WTRC race!

All together we had 189 finishers including 15 1-milers, 114 2-milers and 60 who ran the 15K. I enjoyed watching and encouraging them throughout their races. **Kayla Sisneros** led all female 15K runners finishing in 1:09.12. **Samuel Higgins** led the overall 15K race flying in at 1:00.28 – really an impressive time given the running conditions! **Scott Eberhard** won the 2-mile race with a time of 12:05 and **Averi Duncan** led all female 2-mile runners finishing in 14:11. Way to go, all of you – great accomplishments!



Since this was new race venue with a course that is much the same as when this race was "Run for the Arts" and later became the "Moonlight Musicals Run" but with a few adjustments due to the different starting locations, there are no "new" records. Those who won their age-groups and the Clydesdale/Athena categories have established the records for this race. Good job!



We could not have the event without our volunteers! Tommy Johnson began the day by pulling the WTRC trailer to our race site. David Higgins, Lydia Turner, PJ Sullivan, Shana and Justin Deaver worked the Late Registration and Packet Pick Up on Friday. David and PJ worked on Saturday as well. Ronda Russell volunteered early to be the bike lead. I am thrilled I did not have to worry over this position -- thank you Ronda! I was excited when Riannon Rowley agreed to take photographs for this race. I have found it too difficult for me to do this while being the Race Director. Thank you, Riannon, for taking this concern off my plate. Tiffany and Hagen Walker, James and Billy Bond did the water-stops on the course. Jeff Pharis got there early and put out the signs/mile markers with George Jury driving him around the course. George also did the 1-mile and 2-mile turn-arounds. Jeff also served as a corner monitor and then went around the course and picked up the signs/markers and brought them back to the trailer. Thank you, Jeff, for being willing to fill in

where needed! Bill Boerger and Larry Lovato served as two other corner monitors -- there are several corners to turn on the 15K route! Truman Jaspersen and Nicole Graham volunteered to direct runners around the lake by MLK and Megan Taylor helped with the shirts before going to serve as another corner monitor. Megan, Larry, Tommy Johnson and Sonny Bevers stayed to the end of the race to help load the trailer. They really went the extra mile! At almost every WTRC race Sonny has been an invaluable part of our finish line team. Thank you, Sonny, for your consistency. Wendy Anderson was great volunteer -- doing anything I asked



including directing all the runners at the first turn, packet pick up, writing down numbers and loading boxes in my car. Thank You Wendy! You made my day so much easier.

Next year's race will be the same venue with a new name...Buddy Holly Run! I am excited we will be able to conduct a WTRC race honoring Lubbock's own Buddy Holly. I look forward to seeing all of you and more then!



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/>

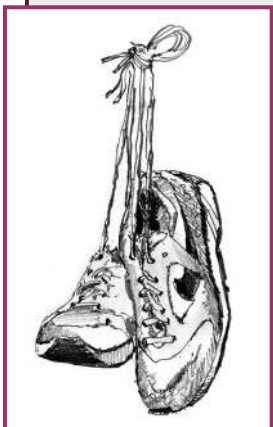
The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

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.



2022 March Prairie Dog Run



**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.)



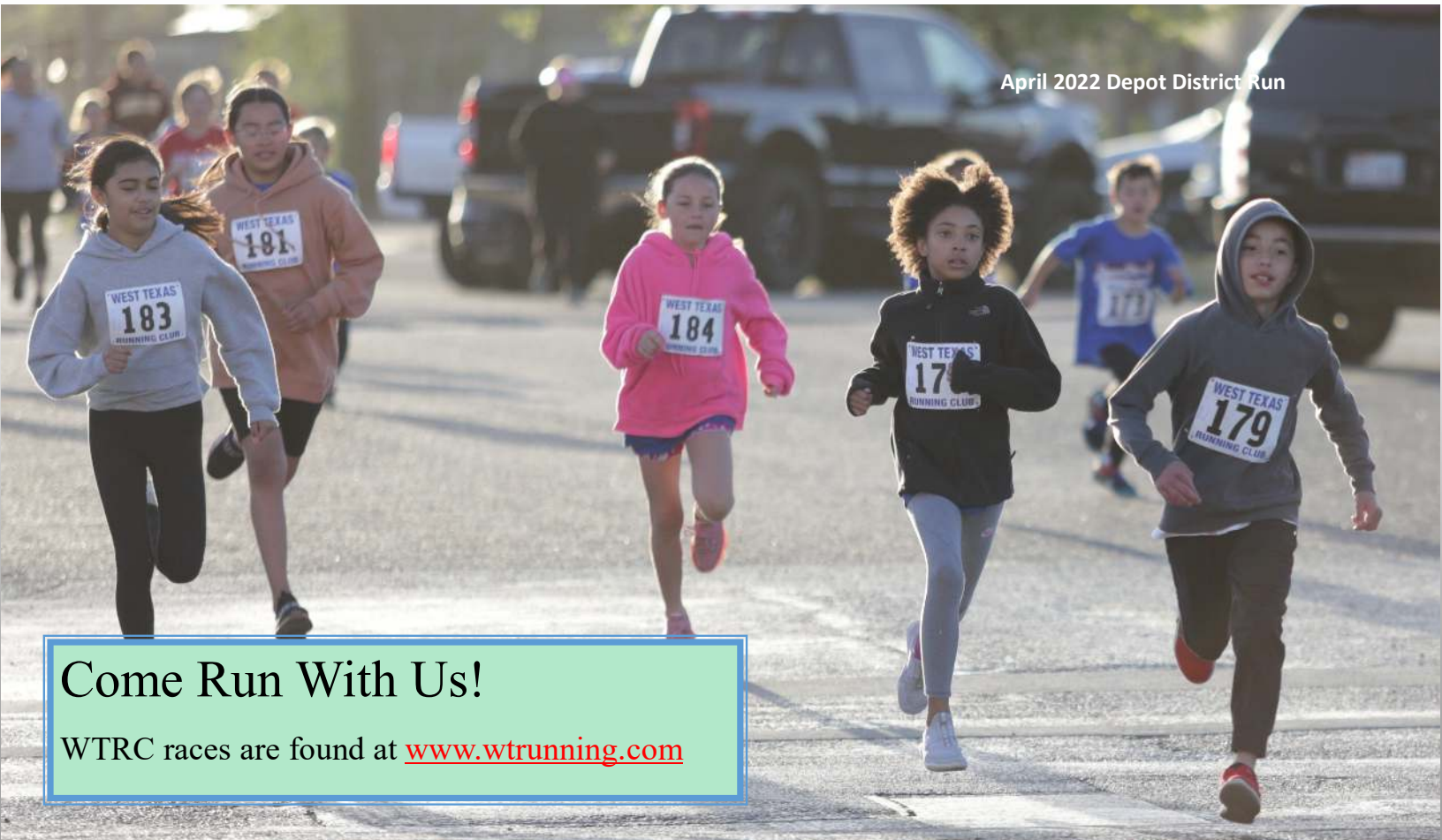
West Texas Running Club



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April 2022 Depot District Run

Come Run With Us!

WTRC races are found at www.wtrunning.com