

WTRC Newsletter

2022 May/June

May 2022 Hugh Haynes Memorial
Horseshoe Bend Run



**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

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2022 WTRC Board and other volunteers...

President: Jonathan Botros

Vice President/Operations/Media: Emmanuel Ramirez

Secretary: Wendy Anderson

Treasurer/Webmaster/Registration: David Higgins

Outreach: Ron Lubowicz

Trailer: Tommy Johnson

Customer Service Director: Suzan Caudle

RRCA Representative/Course Marking: Dean Threadgill

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

The monthly WTRC business meetings are held on the first Tuesday of the month at 6:00 p.m. with the exception of July.

Members are welcome!

Upcoming Races



FIRECRACKER RUN

Race Director: Gabby Saldana 806.281.4691

53rd Annual Firecracker Run

Monday, July 4th 2022

7:40 a.m. — 1 Mile Elementary Kid's Run

8:00 a.m. — 3 Mile & 10K Runs

Bib pickup on Race Day – 6:45 to 7:30

No walkers in the 10K!

RACE LOCATION:

Coleman Park – Brownfield, TX

2nd Saturday in August

HOT Dam!

Start by the waterfall on MLK & 22nd St.

8:00 a.m. Start — 5 Mi & 2 Mi

Bib pickup on Race Day – 6:45 to 7:30

RACE LOCATION

Canyon Lakes #6: 22nd & MLK Jr Blvd

Race Director:

Wendy Anderson

806.544.5966

**Hot
DAM RUN**

Hugh Haynes Memorial Horseshoe Bend Run

Race Report — May 2022

For a May race it was a very nice day for today's Hugh Haynes Memorial Horseshoe Bend Run. The wind was calm at the start of the race, the temperature in the high 60's. Later on for the long race (11 miles) the "breeze" picked up for the 2nd half of that

race and the temperature rose. But, all-in-all, it was a very good day!! Nathan, Cathy and Eli Paden did a great job organizing volunteers. This race has the most water-stops of all of WTRC's races because the 11-mile option is a full loop while the 6-mile and 2-mile runs are out-and-backs. So — more-than-usual volunteers were needed and received and much appreciated!

There were 134 finishers for all races today — 76 in the 2 mile, 29 in the 6 mile and 29 for the 11 mile run.

For the 2-mile run, **Emma Lopez** led all female runners to the finish in 12:26 — **Grayson Hastings** led and won the race with a time of 11:32 — both great times! For the 6-mile race **Jaime Gonzalez** led all runners with a time of 39:41 and **Tiffany Walker** led all female

runners with a finish of 57:03 — great runs you two! In the 11-mile run, **Larry Lovato** blew in with a fast 1:17:36 (a 7:03 minute pace for this distance!) and **Michaela Jansen** finished ahead of all female runners with an impressive time of 1:29:17 — way to go, both of you!

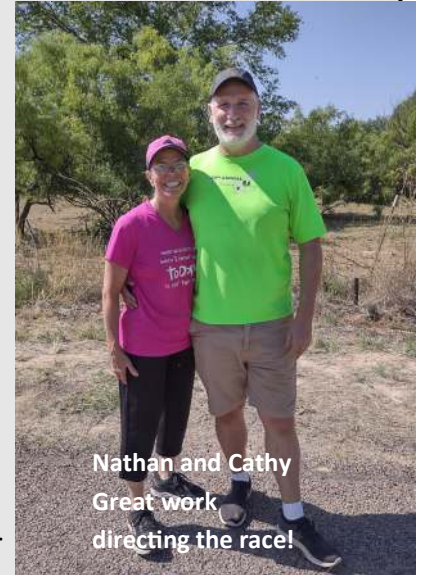
There were 4 records set in today's race — 3 in the 2-mile race, 1 in the 11 miler. In the 2-mile race, **Noah Bermea's (7-9 male age-group)** record time was 14:29, **Mary Carpenter's (7-9 female age-group)** record was 14:10 and **Yvonne Gilinsky (female 70-74 age-group)** broke her own record set in the 2021 race coming in at 21:26. **PJ Sullivan (female 75 and up age-group)** eclipsed the record she set

in 2021 for the 11-mile cruising in at 2:02:17. Really great races!! Go to this site for all Horseshoe

Bend Run records: <https://wtrunning.com/wp/wp-content/uploads/2022/05/HSB-Records-2022.txt>

Thank you volunteers! They were: Nathan, Cathy and Eli Paden (race directors), David Higgins, Suzan Caudle, Jeremy and Bryce Pena, Jason Pena, Sonny and Virginia Bevers, Jonathan Botros, Emmanuel Ramirez, Ronda Russell, Ramon Johnston, Randy Muslow, Shana, Justin and Jalynn Beaver, Taylor Herrera, George Jury, and Lydia Turner. Great work with the race all!

Running is a great activity whether you run fast or maybe not so fast, whether you run long or shorter distances. Whatever you do, keep on moving — lots of benefits physically, spiritually and emotionally to be gained. Thanks for participating in this year's Horseshoe Bend Run!



Nathan and Cathy
Great work
directing the race!



Never Too Old To Start Running

by WTRC Member MaryAnn Schwertner

In April 2009 my husband and I went to support our daughter as she

“When you cross that finish line, no matter how slow or fast, it will change your life forever.”

Dick Beardsley

ran her first half-marathon in Dallas – never in my wildest dreams did I think I’d one day be joining her on the race course.

After watching not only my daughter, but runners of all ages cross that finish line I told myself I could do it, too. By the end

of April 2009 I was out my back door running and walking from one high line post to the other. This continued until one day I ran two miles around our place nonstop. I knew then I was hooked and signed up for my first race, a 5K at Levelland’s Old Settlers run in July 2009. I placed first in my age division (I was probably the only one in my division but I didn’t care -- I had received my first ribbon EVER!). That alone motivated me to continue running even more, even at the age of forty-six. Running was always on my mind. I’d go to bed thinking about it and wake up wanting to run. My days weren’t complete until my run was out of the way.



In August – only four months after I started running – I signed up to run my first Rock ‘n’ Roll Half-Marathon in San Antonio on November 15, 2009, while my daughter ran in her first full marathon.



In October, I ran in the Susan G. Komen run and a week later I ran the WTRC Red Raider Road Race, which was my very first race with WTRC. I was on a roll following a training schedule for the November half. My training days were all I could think about. Some were good and some not so good. If I couldn’t run outside I found a gym to run on a treadmill. Twelve weeks of training to prepare for a run I thought would never be possible. When November, and the day of the race, arrived, the excitement of being around thousands of runners and the adrenaline pumping so hard was a feeling like no other. Despite my nerves, I was ready, and before I knew it I was on mile nine without having walked once. Though I walked some over the next four miles, I continued on. Crossing that finish line was a memory I’ll never

forget. I had just run a half-marathon – something that had never crossed my mind. I had only run in my Jr. High years in school, but here I was, forty-six years old and running again.

After finishing the Half, I was definitely hooked on running. So, I decided to sign up for another Half in March 2010 along with two of my daughters. That race, I earned a new PR of 2:19:35, beating my first Half by twenty-five minutes. I continued to run all spring and summer that year, many times with my youngest daughter. Levelland had their race again and she and I signed up to run it together. Again, I came in first place in my age division and my daughter second in hers. Later that year I signed up again for San Antonio and ran another PR -- 2:16:20. Sadly, as of today, I’ve never beaten that time.





I wish I could tell you just how many races I've run in, but I've lost count. Even though I never beat my San Antonio PR, I continued to run all the time and everywhere until I decided it was time to try a full marathon in San Antonio – the same place where my long-distance running began.

After eighteen weeks of training, I was ready for November 11, 2012. As I was to run my first Full, my daughter would be running in another Half – the opposite of our run two years earlier. It was a beautiful overcast day; the course was flat and beautiful for most of it. So many people were cheering us on and offering snacks and drinks along the way. I'd often heard people talk about hitting a "runner's wall", but had never experienced it myself until this race. On mile 21 I hit that wall. Hard! Not only that, but the previously wonderful overcast sky came open and the bright, hot sun was shining right on me. I felt like I couldn't go any further, but towards the end, the clouds came together again and I was back on

my feet. I managed to finish strong when I saw and heard my family cheering me on for the last 100 yards. That was another finish line I'll never forget crossing – the feeling of knowing I'd accomplished something that I'd worked so hard toward. My time for that first marathon was 5:18:59. Over the next few years, I ran my second full but didn't manage a new PR. I wasn't disappointed, though, because I still finished the race.

The farthest I've traveled for a race was to Edinburgh, Scotland, in 2018. Why not sign up for a Half when visiting your daughter, right? Edinburgh was so beautiful and I couldn't wait to see all the architectural buildings.

Unfortunately, it was so foggy the morning of the race that

not much was visible. Even so, the course went alongside the ocean and that was beautiful enough.

In 2021 I was supposed to run in my third Full but began feeling a lot of discomfort in my right knee. I went to the doctor in October to have it checked and was told I had a torn meniscus. That alone made me afraid of continuing my training in fear of doing more damage to my knee. I canceled my trip to San Antonio and decided to rest my knee and only run the short distances. I'm ok with that, too. I've had 13 years full of happy runs and wonderful experiences – more than enough to last a lifetime.

I've been running with WTRC since 2011, and it was one of the best decisions I've made. It keeps me running! WTRC is family and always cares and thinks of their runners' needs. If I'm not running, I'm always happy helping as a volunteer. Without the help of our volunteers these races wouldn't exist.

Come join our running family you won't regret it!

Just remember: you're never too old to start running!

MaryAnn Schwertner



"The miracle isn't that I finished. The miracle is that I had the courage to start."

John Bingham

Bobby Birdsong Memorial Run

June 2022 Race Report by Steve German

Just want to thank everyone for coming out to today's

Bobby Birdsong Memorial Run! It is hard to believe that just a couple of months ago it was cold and windy at the Depot District Run.... doesn't take much time for seasons to shift in West Texas!

But, I'm grateful that you braved the extra-warm weather to run today. I think this may be one of the larger groups in quite a few years to run this race. There were **110 runners in the 2-mile race** and **74 in the 10K** — a **total of 184 runners** for the day — this is an increase of 50 participants from last year's race. Always great to run with a lot of folks who "get" running!

I had stellar group of volunteers who all went above and beyond to make the day go really well. A shout-out to **Yvonne Gilinsky, Adam & Rebecca Puckett, Ed and Leesa Price, Sonny and Virginia Bevers, George Jury, David Reed, THE PENA BOYS -- Jason, Jeremy and Bryce, my daughter Gerianne, Aubrey Bridges, Pam Titzell, PJ and Wayne Sullivan, Tommy Johnson, Cathy Paden, David Kunselman, Ian Scott-Fleming, Suzan Caudle, and David Higgins.** The WTRC is truly a volunteer led and operated club!

A major thanks go to **Spirit Ranch and Escondido Grill** for allowing us the use of their parking area. That's a really big deal for us! **Thank you Lubbock Police Department** for sending your officers to monitor traffic!!

The weather was really warm, wasn't it? But, I'm always glad that we didn't have to wade through the mud at that first turn onto Ave Q. Because of the sand in a couple of areas along Avenue Q I guess we could claim that this is a partial trail run :-)). For a West Texas summer run, though, we were blessed with a good day to run with a really great group of people.

Emma Lopez led all female 2-milers (once again!) breaking her own record coming in at 12:28. By-the-way — Emma was 2nd overall only behind **Tyler Schultz** who led the whole race with a blazing time of 11:57. Way to go, Tyer and Emma!

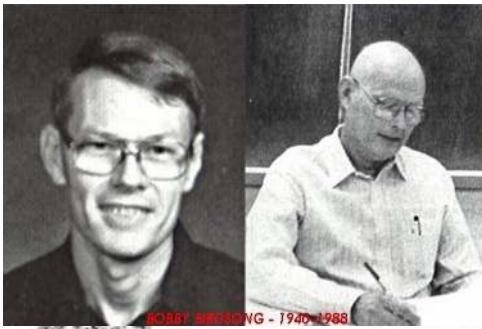
For the 10k, **Jacob Lozano** won the race with a really fast time of 33:48 — a 5:26 avg. pace!!

Laura Pennington was the fastest female 10ker finishing in 45:33. Way to go, Jacob and Laura!

So.... just want to encourage any and all of you to get ready for the upcoming **July 4th Firecracker Race**. You might remember that the July 4th is the beginning of the WTRC more than 50 years ago. Thanks again, all! See you soon --

steve





A TRIBUTE

By Joe Post

Bobby Birdsong Remembered

The passing of Bobby Birdsong on May 24 was a great loss to all of us who had the privilege of knowing this good man. The greater loss by far is to those new members who did not have that chance.

Bobby founded the Levelland Lope in 1980 and was Director for eight years. Not satisfied to just present a good race, typically Bobby went the extra mile and got local sponsors to fund Lope T shirts and equipment bags for his runners. Even when sponsorship funds were no longer available, he was trying to give the Lope a little something extra by working on a means to computerize the results and give the runners a personal copy. This spirit of extra effort was also evident in his work as a biology teacher at the Levelland High School, where the students recognized his impact on them by selecting him as Teacher of the Year for 1989.

I first met Bobby in 1982 when I called him for information about the Lope, the first race I was ever to enter. It was largely his friendliness and encouragement that convinced me to try it. After the race when I stopped to thank him, he even remembered my call and took the time to congratulate me and urged me to keep coming out to the WTRC runs. Since I was a novice runner, this really meant a lot to me. I haven't missed a Lope since, and it was Bobby's positive attitude and encouragement that made me want to join the WTRC.

As I got to know Bobby by helping out at the Lope and by spending a few minutes with him at the other races, it did not take too long to gain great respect for him as a man with perspective. He would compete hard during a race, but the result never seemed as important to him as the good effort. He thrived on courses which featured tough weather and/or terrain conditions. Quoted in the Amarillo Globe-News after the 1984 Palo Duro Canyon Run in January, Bobby said, "There are fair-weather runners and then there are runners." To me, this seems to sum up Bobby's approach not only toward his running but also toward his personal commitments and life in general. He chose not to do things because they were easy, but because they were important. The runs won't ever be as good again without Bobby to visit with.

So I guess that as long as there's a June and a Levelland Lope and I've got 6.2 miles left in my legs, I'll make the trip over because it will be the best way to remember Bobby, standing there on those steps, making jokes as he hands out the awards. And I won't ever pull on a Levelland Lope T shirt or pack a Levelland Lope equipment bag without being reminded that I ought to be a better person.

We would all be fortunate to leave such a legacy.

The June West Texas Running Club
race will henceforth be known as

The Bobby Birdsong Memorial Levelland Lope

From the editor: Joe Post — long time WTRC member, WTRC Board member and runner who recently passed away — wrote this about Bobby Birdsong for whom the WTRC Bobby Birdsong Memorial Run is named.

June 2022 Bobby Birdsong Run New Records

2-Mile

Female

13-15	Averi Duncan	Lubbock	13:39.6
16-19	Emma Lopez	Lubbock	12:28.1
35-39	Melissa Doss	Lubbock	13:42.2
40-44	Jill Simpson	Lubbock	16:43.7
55-59	Pam Gaschen	Lubbock	19:07.2
60-64	Denise VanHoose	Lubbock	20:58.2
65-69	Lydia Turner	Levelland	26:48.3

Male

7-9	Noah Bermea	Lubbock	14:28.9
20-24	Cade Swinburn	San Angelo	13:59.9
35-39	Armando Perez	Lubbock	13:21.8
75-79	James Livermore	Lubbock	24:22.9

10K

Female

30-34	Laura Pennington	Lubbock	45:33.2
55-59	Mary Mailler	Lubbock	57:35.7

Male

13-15	Billy Bond	Lubbock	44:53.4
16-19	Xavier Sanchez	Lubbock	37:26.6
25-29	Jaime Gonzalez	Lubbock	40:05.5
30-34	Jacob Lozano	College Sta	33:48.4
35-39	Larry Lovato	Lubbock	40:56.4
50-54	Chard Berndt	Filet, ID	43:57.8

Go here for all records for this race:

<https://wtrunning.com/wp/wp-content/uploads/2022/06/BIRDSONG-RECORDS-2022.txt>



Running Boston

by WTRC Member Michaela Jansen

1. *Could you tell us some about yourself? Where did you grow up, what do you do with your time in the present (work, stay-at-home, something else?), who is in your immediate family -- just a few things to help us know who you are in addition to being a really great runner!*

I grew up in a small village in Germany of about 1,200. After finishing high school I moved to Mainz, a city about the size of Lubbock in Germany, to study Pharmacy. After obtaining a PharmD and PhD in Medicinal Chemistry I moved to New York City, and from there to Lubbock. I moved to Lubbock with my spouse Petar in 2008 to join the faculty of the School of Medicine at the TTU Health Sciences Center in 2008. We have two Lubbock-born sons, Paul and Karl.

2. *Tell us about your running history -- when did you begin running, have you had any "time-outs" (times you stopped running), what types of organized running events have you run and which are your favorites?*

My running history started when I moved out from my parents house in 1992. Since then I have run initially just for fun and company. While in New York City I tore my Achilles tendon. After a longish recovery period I decided to join the New York Road Runners and participate in their road races for some accountability and eventually getting into the New York City Marathon by running nine club races and volunteering.

3. *How long have you been a member of the WTRC? Who introduced you to the club/how did you get started?*

We moved to Lubbock at the beginning of December 2008. I had learned about the running club based on some internet search and participated in the December Red Line Race in 2008, on the second weekend in Lubbock.

4. *What WTRC races do you enjoy the most and which race or races do you consider to be the best you've done and why?*

I am not very fond of running in the summer or the heat, so my favorite races are those during the colder months. Over the years I would say I have enjoyed the Loop the Lake race in Lubbock the most. The weather can be perfect or too cold. I love that the course is curvy and not straight and with some hills but not too many.

From the Editor:

Although there are many "famous" marathons each year in the U.S. and abroad, it seems that the Boston Marathon is one that stands out. Even those who aren't runners know something about it. Most notably, it was in 1967 when Kathrine Switzer became the first woman to run the Boston Marathon as a numbered entrant.



During her run, race official Jock Semple attempted to stop Switzer and grab her official bib; however, he was shoved to the ground by Switzer's boyfriend, Thomas Miller, who was running with her, and she completed the race.



In the years since we have witnessed many great female runners, many of them accomplished marathoners. I "heard" (Facebook, of course) that our own Michaela Jansen ran Boston this year and asked her if she would allow an interview about her Boston experience as well as other topics. I hope you enjoy getting to know Michaela just a little better!

I hope you enjoy getting to know Michaela just a little better!

I hope you enjoy getting to know Michaela just a little better!



Getting close to the finish line!

5. *So, tell us about the Boston Marathon. Is this the first one for you or, if not, when else have you been a part of it? If multiple Bostons, what was your best time (or, if this was the first, what was your finishing time?)*

I have run the Boston Marathon in 2019, 2021 and 2022, and virtually here in Lubbock in 2020. The most recent Boston Marathon was a course PR for me, about 2 minutes faster than 2019 and 13 minutes faster than 2021.

6. *Could you tell us what it was like running this year's Boston? When did you leave for Boston, what did you do before the race, how did the race go for you? Tell us about the toughest part of the race for you -- what made it difficult? (Maybe it was all about the same -- let us know that if it was!)*

This year for travelling to and from Boston I had a really tight schedule related to family and work situations. I travelled to Boston on Saturday. That day I spent relaxing, buying some food for before the race and water to mix up my nutrition for before and during the race. On Sunday I went to the Expo to pick up my bib and walked around a bit. The week leading up to the race I had contemplated my goals for the race.

Based on the Houston Half Marathon in January where

I was a few minutes faster than in 2019 I thought I could, on a very good day, beat my Boston course PR from 2019. During the flight I looked over the elevation profile and pace for my prior Boston Marathons to imagine how an ideal pace profile might look for me. Lastly, I thought about what HR to shoot for. The early miles are all downhill

and the hills between miles 16 and 21 make Boston a course that is somewhat difficult to pace well. Definitely not negative. I honestly feel I could not have had a better day or squeezed out a much better time than I did. I went with a new nutrition product I had experimented with since Boston 2021 and I believe this was key to a really good performance. The hardest part was not losing focus during the later miles, and to keep pushing. The elevation profile somehow feels misleading at that point and it really does feel like the legs don't get a break even after the famous Heartbreak Hill.

7. *How did you feel after your Boston finish? What was the best memory of your Boston experience?*

I was super excited to finish the marathon feeling relatively good and the legs still somewhat under control. I was absolutely elated and still am that I managed a course PR (3:32). And really what I took home from this is that training consistently and pushing consistently during key workouts (but not on all runs) really makes a big difference. Clearly there is a lot of luck involved in having a good or even great day for a marathon. And for me on this day this year all the stars aligned. I hope that this will inspire me to attempt another big goal later this year.



May 2022
Horseshoe
Bend Run

8. *What other long distance races have you run -- marathons, maybe some type of ultras?, trail runs? What have been your best times for a half marathon and a 10K? Other notable times?*

I have run the New York City Marathon in 2007, 2008, 2017 and 2018. I am also signed up for this year. I love the New York City Marathon. I know the course very well since I have trained and run on it and the energy from the participants and spectators on and around that course is very close to Boston. Both are spectacular big marathons. I have run the Houston Half Marathon in January every year since 2015. 2016 was

my Half Marathon PR of 1:34:58. I think the half marathon distance is my favorite distance. My marathon PR was the NYC Marathon in 2017 with just below 3:28.

9. *Why do you run? What motivates you to run as well as you do?*

I really like to start the day with a run and in fact I have a streak going since April 4th 2020. I wake up early enough to be back home before the boys have to get up. It is a good time to reflect and organize all that is going on in my head. To me there is no better way starting the day than with some routine self-care. I love being motivated by goals. I feel like everything is better organized in my life during times when I follow a training plan. I get up, do whatever is on the plan, and it absolutely helps to have a good start to the day. Even if I just manage two really slow miles I have accomplished something already before breakfast.

10. *Do you have any friends (running friends or just friends) you want to give a "shout out" to and why is this person or these people important to you?*

The running community in Lubbock is just incredible. During our early years here I used to run with the Tech Terrace gang and that was really nice to meet more people and make connections. We have two groups of friends.

One is derived originally from work connections and the other from the running/triathlon community here in Lubbock, and obviously there are several people who fall into both groups. There are too many people to really list here without still forgetting someone in the end. To me the endurance sport communities in Lubbock have been a crucial part in making Lubbock home.

Michaela



January 2022
Loop the Lake



Buffman and Squeaky
Olympic Distance Triathlon
May 2022



Petar, Michaela, Paul and Karl



WTRC Members Who Ran One of the April 2022 Mayor's Marathon Events

From the editor:

It seems good to celebrate a running event in Lubbock in addition to those hosted by the WTRC. This past April, 2022 the 4th Mayor's Marathon was held. The course for this and the one before was primarily in-town, featuring terrain that is very familiar to WTRC runners — that is, portions of Mackenzie Park, Mae Simmons Park and the Canyon Lakes. Additionally the course featured Texas Tech University. The prior two Mayor's were run around Loop 289. Anyone wanting that course to make a comeback?

The WTRC was well represented in all three of the Mayor's events — those members and their times are listed on this and the following two pages. When searching the results for just the WTRC members I am constrained by your name being spelled the same on your Mayor's registration records as it is on the WTRC registration records. So, I apologize if I missed listing your race result.

One other set of missing results are the names of those who ran the Mayor's Relay. The race results only listed the names of the relay teams, not the individual members.

Additionally, I sent out a request for "First" articles — My First Marathon, or Half Marathon or 5K. I hope you can celebrate the accomplishments of those who submitted their "First" !

April 2022 Mayor's Marathon			Overall Place	Avg Pace	Total Time
		Gender Bib#			
Adam	Barron	M 59Bib 52	11	8:23	3:39
Jason	Besherse	M 43Bib 37	27	9:55	4:19
Larry	Lovato	M 35Bib 2	3	7:09	3:07
Shy	Mealem	M 57Bib 16	44	11:09	4:52
Kirk	Mitchell	M 27Bib 17	19	9:14	4:01
David	Mora Jr	M 44Bib 33	13	8:53	3:52
Kathryn	Panasci	F 41Bib 39	14	8:54	3:52
Jeremy	Pena	M 46Bib 6	23	9:29	4:08
Jessica	Philpot	F 37Bib 47	28	10:00	4:22
Angel	Ruelas	M 36Bib 32	33	10:20	4:30
Gary	Tayag	M 51Bib 12	38	10:30	4:34
Kevin	Wass	M 51Bib 5	16	8:56	3:53
Luke	Watson	M 24Bib 51	45	11:30	5:01

My first marathon was surreal experience. I apologize for the long-winded story! I chose to attempt the marathon after letting that dream escape me for 11 years. After running track in college, I always believed the marathon would be my next step in life but God had other plans.

Fast forward to October 2021. I went on an elk hunting trip with my friend Nathan Paden who is also a WTRC member. I was out of shape and a little over weight so I walked as much as I could to prepare for the hunt. After the hunt I decided to gauge my fitness the following month at the Turkey Trot hosted by the West Texas Running Club. It felt like the longest 5k in my life and I decided I didn't like getting beat so bad. So, that's when I started training for the Lubbock Mayor Marathon.

In the past I had a few half marathons under my belt but I dedicated my life this time to run 26.2 miles. I found my stride along the way and even lost some weight. I knew the Mayor's course like the back of my hand and I finished 3rd and missed Boston by 2 minutes. I assumed I would run that race solo like most races but I made a friend along the way. It was like a time of fellowship and God was with us!

Most importantly, my close friend Cathy Paden (Nathan Paden's wife), my high school track coach and now close friend, was there to root me on and watch me complete my first marathon! That made my first marathon experience an amazing one!

If you look at this picture closely, you can see Coach Paden!



Larry Lovato

My first half marathon was a whirlwind of emotions. Through happiness, gratefulness and even negative thoughts, I was able to finish those 13.1 miles. It wasn't pretty but I finished strong. I want to give a big shout out to the girls of **Healthy Celebrations at Texas Tech University** who encouraged me and supported me the first few miles. I especially want to thank my boyfriend who was there for me every few miles to cheer me on and support me.

I began my training process at the start of the new year and experienced many setbacks, like getting COVID, facing some injuries and, of course, being in graduate



April 2022 Mayor's Half Marathon

		Gender Bib#	Overall Place	Avg Pace	Total Time
Santino	Arteaga	M 40Bib 695	94	9:42	2:07
Amanda	Barnett	F 53Bib 776	117	10:04	2:11
Sam	Brackeen	M 33Bib 760	147	10:35	2:18
Aubrey	Calvert	F 42Bib 678	218	12:52	2:48
Jason	Calvert	M 43Bib 677	212	12:31	2:44
Maribel	Castillo	F 41Bib 745	160	10:56	2:23
Josh	Deleon	M 33Bib 623	90	9:34	2:05
Oscar	Farias	M 39Bib 604	15	7:59	1:44
Paul	Faulkner	M 68Bib 727	233	15:08	3:18
Taylor	Herrera	F 22Bib 672	204	12:14	2:40
David	Hill	M 43Bib 747	12	7:58	1:44
Jeremy	Jones	M 39Bib 696	26	8:16	1:48
Fernando	Lopez	M 40Bib 777	17	8:05	1:45
Sylvia	Miller	F 58Bib 691	202	12:10	2:39
Megan	Mills	F 25Bib 824	58	8:53	1:56
Jamie	Oliva	M 37Bib 617	7	7:39	1:40
Jason	Pena	M 46Bib 607	153	10:42	2:20
Mark	Porter	M 49Bib 611	44	8:37	1:52
Leesa	Price	F 65Bib 631	156	10:51	2:22
Sabrina	Reyna	F 34Bib 676	159	10:56	2:23
Marla	Schneider	F 59Bib 816	138	10:22	2:15
Librada	Sissell	F 58Bib 757	221	13:15	2:53
Rudy	Soto	M 56Bib 700	188	11:37	2:32
Stacey	Spradling	F 38Bib 738	203	12:13	2:40
Brady	Stoker	M 35Bib 717	102	9:51	2:09
Aaron	Stroman	M 35Bib 775	70	9:07	1:59
PJ	Sullivan	F 76Bib 661	193	11:46	2:34
Wayne	Sullivan	M 71Bib 662	141	10:29	2:17
Dean	Threadgill	M 43Bib 628	210	12:29	2:43
Pam	Titzell	F 64Bib 624	183	11:27	2:29
Kyle	Van Zandt	M 35Bib 857	132	10:16	2:14
Jon	Vorndran	M 36Bib 716	118	10:04	2:11
David	Walker	M 41Bib 755	190	11:42	2:33
Tiffany	Walker	F 40Bib 750	189	11:42	2:33

school. I decided I wanted to run a half marathon just to push myself and see what I was capable of. I made it a New Year's goal to run my first half marathon. The weeks of training felt long, similar to the miles during the actual race. However, I persevered and I am so glad I did. I am not sure when I will run my next half or if or when I will run a full. But, I am immensely proud of my body for carrying me especially when it got hard.

Taylor Herrera

I ran my first half marathon at the Mayor's Marathon race in April 2018. Up to that point, I had only been running for two years and just doing no more than 5k runs and races. My husband is the fitness buff and is actually the one who wanted to challenge himself to run a half marathon so I helped him with finding an online training guide. One winter night in 2017, he was running outside in what felt like the coldest night that season and I had gone with him because it was late out. I just remember watching him and felt like I was missing out so then is when I decided that I wanted in on this experience too and I committed to training with him. We did a 20-week training plan. Due to trips and kids' activities, we had actually only followed the plan to where we ran up to 9 miles in a single run. This made me nervous because I wasn't as adequately prepared but I was still determined to do the run.

I remember race day being a bit chilly. It was actually our luck that we encountered cold starts to every race we had entered thus far.

The race went more smoothly than expected but I think it's because of the energy you draw from the other people doing it with you. It was really awesome too to see so many people



there along the route cheering on their loved ones. I stayed with my husband during the whole race and mile 10 is where he hit a wall due to cramping. He couldn't go as much as he wanted to. We probably ended up walking much of those last three miles. Our finish time was a few minutes past the three-hour mark. Shortly after the race is when everything caught up to me and pain set in. I felt like I had fractured my foot. I got it checked out and everything was good but the pain lasted for two weeks and I had a hard time walking.

Overall, it was a great experience and helped me realize that I am way more capable of doing things that I thought I couldn't do. It turns out that a picture of us also made the front page of the Lubbock Avalanche journal the following day so that was neat too! I have been a dedicated runner since and I just ran my second half marathon at this year's Mayor's Marathon where I was able to improve on my time by about 40 minutes! I'm looking forward to runs with this group and doing more half marathons.

Sabrina Reyna

April 2022 Mayor's 5K		Gender Bib#	Overall Place	Avg Pace	Total Time
Lora	Asmussen	F 70Bib 1193	204	13:50	43:01:00
Roxi	Baker	F 58Bib 1158	244	16:37	51:42:00
Amme	Blair	F 49Bib 1307	71	9:37	29:56:00
Richard	Bray	M 78Bib 1166	220	14:48	46:03:00
Cory	Cornish	M 36Bib 1110	177	12:40	39:24:00
Averi	Duncan	F 14Bib 1317	13	7:31	23:22:00
Thomis	Duncan	M 11Bib 1318	10	7:28	23:12:00
Scott	Eberhard	M 34Bib 1221	3	6:24	19:53:00
Vicki	Faulkner	F 68Bib 1217	260	24:46	1:17:00
Liana	Garza	F 52Bib 1216	197	13:39	42:26:00
Chase	Helms	M 28Bib 1339	66	9:30	29:33:00
Thea	Helms	F 29Bib 1338	211	14:22	44:42:00
Catherine	Jones	F 39Bib 1176	125	11:07	34:33:00
Ryan	Jones	M 8Bib 1175	32	8:40	26:56:00
Jon	Lambert	M 36Bib 1271	11	7:28	23:14:00
Rick	Lampe	M 77Bib 1373	69	9:35	29:48:00
Emma	Lopez	F 17Bib 1305	9	7:21	22:51:00
Jaime	Lopez	M 50Bib 1306	19	8:12	25:29:00
Toni	Lowrance	F 61Bib 1289	171	12:24	38:33:00
Tobi	McMillan	F 48Bib 1334	149	11:46	36:35:00
Faith	Mora	F 25Bib 1210	75	9:41	30:06:00
Sheila	Price	F 57Bib 1247	176	12:39	39:19:00
Rachael	Rogers	F 41Bib 1177	51	9:07	28:20:00
James	Ruiz	M 37Bib 1165	31	8:36	26:46:00
Ronda	Russell	F 52Bib 1258	151	11:46	36:36:00
Rusty	Thoma	M 65Bib 1179	61	9:22	29:08:00
Denise	VanHoose	F 62Bib 1187	114	10:47	33:32:00

In the past, I always said that I would never put one of those 13.1 stickers on my car if I ever completed a half marathon. I suppose that I made a liar out of myself because it's there for the world to see on the back glass of my car. My mind changed almost instantly after crossing the finish line. Completing the Mayor's Half Marathon is definitely one my all-time personal highlights.

On May 1, 2021 my world changed due to a heart attack while running. I'll spare you the details as they were recalled in detail in a previous version of this newsletter. I'll just say that after researching my circumstances retroactively, things were not looking good for me that first day in the ICU.

My love of distance running came later in life. I was an offensive lineman in college, so as you can probably imagine I was not built for long distances. At age 38, I decided to see if I could run for one minute. I did (barely), and things kind of spiraled out of control from there. The miles added up and I found the West Texas Running Club. From there, running became a huge part of my life. It was this passion among other things (seeing my son speak at his high school graduation comes to mind) that drove me to work so hard at getting healthy again.

I'll be the first to admit that patience is a virtue that I've had to learn over the last year. Recovery has been a long, slow and arduous process. Looking back though, I wouldn't trade it for the world. It has made me a better runner and person. My cardiac rehab team told me to keep my heart rate under 161 beats per minute. Fifty yards was about as far as I could go before I had to walk or stop all together. The frustration was absolutely maddening. Medical professionals and even some coworkers all advised me to have patience, keep working and improvements would come. They were right. Fifty yards became one hundred, then a quarter mile. I felt like I was ten feet tall when I was able to tell my cardiac rehab team that I ran a mile non-stop, albeit very slowly.

I'd always heard that the Foot Tech group runs are a lot of fun but I had never tried them for myself. One Saturday last August, my parents were visiting from the Metroplex and I was forced to run very early so I ventured up to Foot Tech not knowing what to expect. When I arrived I saw a couple of friends from the WTRC and they asked me to join them. I thanked them but told them that I wouldn't be able to keep up. They graciously offered to go at my pace and I accepted. I doubt they know just how much that meant to me at the time. Since then, I've spent the majority of my Saturday mornings at Foot Tech. Shortly after that, David Higgins approached me about running together on Sundays. That's been great as well. No grand expectations, just working hard to get better.

During the first couple of months of my recovery I was in no shape to race, but I was happy to volunteer at the Bobby Birdsong and Firecracker Run. It was great to just be at the races and see friends from the WTRC. However, I set my sights on the two-mile Hot Dam run in August for my return to racing. I was touched when my daughter said that she would run it with me. Anyone who has ever run the Hot Dam race before knows just how tough that course can be with the combination of hills and elevated temperatures. However, fate smiled upon us that day. It rained all morning and it was unseasonably cool. During the run, I was smiling from ear to ear. Words cannot express the elation I felt that day on Canyon Lake Dr. I couldn't have cared less that we finished almost last that day.



As the consistent diet, exercise, and runs continued my health steadily got better. I decided to take on the Mayor's 5k in October. On that cold and windy morning I wound up exceeding my expectations and feeling great about my progress. Later that day I received an email inviting me to register for the next Mayor's race in April. Perhaps I was still riding a wave of endorphins because I signed up for the half marathon then and there.

I was excited when the new year rolled around because I started running the long races again. There is no shortage of good (or even great in some cases) runners in the WTRC. I also know that I'm not one of them, and I'm ok with that. There are a lot of factors that are beyond my control. But, I can control my effort and preparation. That's why I'm drawn to the long races because they benefit me the most both mentally and physically. The consistent work paid off and I was able to beat my time from the previous year at the February Freeze and knock eight minutes off of my previous time at the Prairie Dog Town run.

My strength, health, and confidence were rising like the spring time temperatures as I prepared for the Mayor's Half. I noticed that the race date was just one week shy of the anniversary of my heart attack. I was inspired by that as well. The half marathon would be a fitting culmination of a year of change, rebuilding, effort, training, sacrifice, healing etc.

Leading up to the race, I did my first carb load. I'm not going to lie, I kind of liked that part. I also focused on hydration, tapered, and read anything I could get my hands on just to keep my mind occupied. I laid out my clothes, knew where to park and planned every last detail.

Finally, race day arrived. Although the race started just after 7:00AM, I was up and moving shortly after 3:00AM. I suppose I had a lot to look forward to. At the starting line I asked PJ Sullivan for any last minute advice and she told me to run my race and don't go too fast. She knows her stuff and that advice paid off. In the early miles of the race, my heart

rate kept getting too high but fortunately it settled down after about three miles. I loved the fact that there were out and back portions of the course so I could see and wave to other runners that I knew. I was heartened to receive an encouraging text from my wife along the way.

After about eight miles, it dawned on me that this was real. It was no longer a dream, it was happening. At the last turn around on the Texas Tech campus I knew that I was going to finish. I can only describe that moment as surreal. My mind was racing way faster than my feet so the last couple of miles were a blur. I remember rounding the last turn and seeing the finish line. What a moment! Hundreds of emotions surfaced as I crossed the finish line, and I'm pretty sure I walked on air the rest of the day. The relief, pride and satisfaction were amazing!

As I reflect on the Mayor's Half, April 24th was a day that I'll always remember. For me, it was the crowning achievement of a personal comeback. I'll just say that the only way that 13.1 sticker is coming off is if it's replaced by a 26.2. Time will tell.

Dean Threadgill



2020 was supposed to be the year! I felt good about my 3 half marathons and was ready to take on my goal of running a full. I had a training plan and all was going well...until the world closed down. The April 2020 Mayors race was pushed to fall, then spring, then finally fall 2021 and the timing was just not right for me to train the way I needed to. Sadly, I knew I had to change my original registration and run the half in October 2021. Perhaps for some the motivation to complete what got unexpectedly cut off due to the Pandemic would have diminished, but I was more determined than ever to do what I had set out to do. Training commenced in January 2022 and I was able to stick with it, working around full time work; 2 young kids with MANY activities; some personal travel; and unexpected, somewhat debilitating, foot pain (runners gonna run anyway, aren't we!). April 24th was going to happen.

My 5-year-old son asked me the night before, "Mom, are you going to win your race tomorrow?" I told him no, I would not. There were going to be many people faster than I (to which he seemed to wonder why I was bothering to do all this). I let him know that 1st place was never my goal. Finishing 26.2 miles and conquering my personal challenge was the goal. While I wanted to walk several times during those last brutal 6 miles directly into the wind, I refused (mostly because I feared I wouldn't be able to start up again). I almost hugged the policeman manning traffic just before mile 26 when he cheered me on and reminded me just a few blocks left to go. I shed a few tears when that finish line came

into view. I accomplished my goal and I showed my 2 kids that you can do whatever you set your mind to. So, to my little 5-year-old buddy – yeah, Mom won the race 😊

Kate Panasci



This year was my first marathon. I started running as my 2021 New Years resolution to get in shape and couldn't run more than 1/2 mile at a time. Over time I grew to love running and decided I should try to do a marathon. I started seriously training only in February, a little more than a year after starting the journey. Though I wish I had trained more I still made my goal time of under 4 hours and learned a lot for my next one.

The only reason I was able to finish was due to my wife who supported me leading up to the race and then ran alongside me for the last few miles that just felt impossible at the time to me due to fatigue, leg cramps and dehydration.

I love being involved in the sport and also in a group of people that also love running and look forward to our future runs.

Kirk Mitchell



ROPES FAMILY AND COMMUNITY OUTREACH
8TH ANNUAL



RUNNING THE ROPES

08.06.22



- MILE** • GUN START: 8:10 AM
• \$25 REGISTRATION FEE
- 5K** • GUN START: 8:00AM
• \$25 REGISTRATION FEE
- 10K** • GUN START: 7:40 AM
• \$25 REGISTRATION FEE

Just an encouragement to make plans to run this event! Ropesville is just a few miles away from us toward Brownfield. The run is fun but the best part is the pancake breakfast afterwards. Quite a few WTRC members run this each year.

This race is the week before the WTRC HOT Dam Race so is a good opportunity to stretch your legs as you get ready for HOT Dam.

See you at Running the Ropes!

ROPESVILLE, TX

REGISTRATION AT WWW.ROPESFCO.COM/RUN

CONTESTANTS **MUST** REGISTER BEFORE AUGUST 1ST TO RECEIVE A T-SHIRT
ALL YOU CAN EAT PANCAKE BREAKFAST FROM 8 A.M. - 11 A.M. - NON-RUNNERS \$7.00



Names These Characters

(...and I do mean “characters”!)

Identify the person and his name (and year the pictures were taken) and send to stevegerman5@gmail.com

No prizes — sorry — too broke for that — but the winner will be recognized in the following WTRC Newsletter :-))







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

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



 @WTRunning

 West Texas Running Club



Come Run With Us!

WTRC races are found at www.wtrunning.com

WTRC Members —

We have 7 more races left:

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

May 2021 Horseshoe Bend Run

So... plenty of time to earn more points toward the series standings!

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series.

For the [rules of the Series](#) and for the [current Challenge Series Standings](#) go to:

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

Bottom line — run as many races as possible (3 qualifies but more is more fun!) and volunteer for at least one race (when you volunteer you are not running that particular race). For our club to work we need help during each of the 13 races — the “jobs” are not difficult and you will get to see the race from a whole new perspective! It’s fun to see the “guts” of the race :-)