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2022 July/August

WTRC Newsletter

July 2022

53rd Firecracker

2022 WTRC Board

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

Upcoming Races



Race Directors:
Cody & Autumn Lass

Shallowater Stampede

2nd Saturday in September
8:00AM Start 10K | 2Mii
Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)
USATF Certified #TX07091ETM(2Mi)

RACE LOCATION: Shallowater High School
FM1294, Shallowater



41st Annual

Red Raider Road Race

Note!! This year is 2nd Saturday in Oct. — October 8th.

8:00 am Start 10K | 5K

USATF Certified #TX13187ETM (10K) USATF Certified #TX13188ETM (5K)

RACE LOCATION: Texas Tech University — Robert H. Ewalt Student Rec Center,
Lubbock



Race Directors:
Jonathan Botros & Manny Ramirez

RED RAIDER ROAD RACE

WTRC Firecracker Run

July 4th, 2022 Race Report

Today's race was the 53rd annual — quite an impressive “run” for any event! Gabby Saldana once again directed the race — great job, Gabby! One of many things I enjoy about being a part of a running community like the WTRC is that there are so many positive, can-do, people with whom I can associate — whether it is running one of the 13 monthly races hosted by the club or meeting up with many of you at the Saturday/Thursday footTech runs or just getting together with just one or two of you for a run around town. Today (July 4th) was a great day just for that!



The weather to start out was cloudy — a great thing for July — mid-70s and breezy. For a Saturday in July the weather was as good as it could be!

The longest continuously running road race in Texas brought out 188 runners (a great turn-out — 60 more than last year!) — 117 for the 3-mile, 54 for the 10K and 16 for the kids' 1-mile fun run.

The overall 3-mile winner was **Quent Bearden** with a time of 17:36 (great to see you, Quent!). Leading all 3-mile female runners was the same as last year — **Emma Lopez** — with a time of



19:59.

The overall 10K winner was **David Mora, III** with a time of 34:21 — a 5:31 min/mi pace! **Michaela Jansen** paced the female 10K runners with a time of 49:19.

Thanks to the many volunteers that assisted with the race, what a **blazing, sparkling, dynamite** group of people :-)) Races do not run without you.

Volunteers for today's race were Gabby Saldana (Race Director), Suzan Caudle, David Higgins, Lance Ward, Jonathan Botros, Dean Threadgill, David Hill, Maribel Castillo, Garrett Czarnek, Haley Cooper, Shana, Jalynn, Justin, Jolina Beaver, Sonny Bevers, and Sylvia Miller. Thank you volunteers — great work!



All-in-all it was a good day — thanks to all who ran, volunteered, cheered and just came to see what the race is all about! See you next month!



July 4, 2022 Firecracker Run -- New Records

10K					
16-19	David	Mora III	Lubbock	17	34:22:00
70-74	Daniel	Brown	Abilene	72	56:50:00
75-79	Ron	Lubowicz	Lubbock	79	1:21:47
45-49	Michaela	Jansen	Lubbock	49	49:20:00
55-59	Mary	Mailler	Lubbock	55	58:48:00
65-69	Leesa	Price	Lubbock	65	1:01:04
3-Mile					
45-49	Quent	Bearden	Lubbock	47	17:37

Taking on the Boston to Big Sur Challenge

by WTRC Member Debbie Gelber

from the editor — It doesn't take long for someone new to the WTRC to notice this one particular runner who, when she walks into a room, everything is just a little brighter! Debbie is someone who is friendly to everyone, seems to really enjoy life, and runs and runs and runs.... which leads to the inevitable questions for her, "So how in the world do you run all of these races?" and "So where is your next big race?"

So — graciously at my request, Debbie provided some insight into her world of running. The WTRC community is a fun group to be a part of and Debbie just makes it even better!

in 2017. It was a remarkable experience. Some of you might ask, "What is the Boston to Big Sur Challenge?" Well, I'll tell you. You run the Boston Marathon on Patriot's Day on the East Coast and then travel to the West Coast to run the Big Sur Marathon along Highway 1 in California. In 2017, the races were two weeks apart. This year, they were only 6 days apart.

How does one get signed up to do this challenge?

There are several steps:

1. Get entry into the Boston Marathon. This can be done through qualifying, raising money for a charity, or getting a bib from a corporation. I happened to qualify.
2. Put your name in for the Big Sur International Marathon lottery and get selected.
3. After being selected, put your name in another lottery for one of the 400 entries to the B2BS challenge--although this year it was on a first come-first serve basis.

Hi friends! Steve asked me to write a little about my latest feat: The Boston to Big Sur Challenge. People often ask how I complete crazy endeavors such as this, so I agreed to share a bit. One thing I will say for sure is

that it's not easy. Every marathon I run is difficult, but there is something that gets me to the finish line, and I'll give you a glimpse into how I prepare. I truly believe that if I can do this, anyone can. You just need to have the right tools.

I first completed the Boston to Big Sur Challenge



Why would anyone want to do this?

- Well, Boston is an epic race. I don't need to say much more about that.
- Big Sur is easily one of the most beautiful marathons I have ever run.
- You get an extra medal and a special jacket.
- You get access to the VIP tent with all the free beer and delicious food you could ever want at the end of the Big Sur marathon.
- You are a little bit crazy

The road to this year's B2BS started with qualifying for Boston in 2019. Due to the events of 2020, my September BQ at Revel Big Cottonwood earned me not only a spot in the October 2021 Boston, but also in the April 2022 race. I decided to throw my hat in the ring and enter the Big Sur Lottery, and on September 7th, I got the email I was waiting for! I was running Big Sur again.



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After another entry and another wait, in December I got the email that I got into the Boston to Big Sur Challenge. So, the three steps were complete. It was now time to plan the logistics and more importantly to train!

I have an online coach through the Run4PRs company, and she is awesome! If you are at all interested in hiring a coach, I recommend taking advantage of their 7-day free trial.

<https://www.run4prs.com/>

My coach writes my workouts and uploads them into the Training Peaks app and checks in with me twice a week. I don't have to think, I just follow what she tells me to do. That's the way I like it!

Coach Mary started upping my mileage in January and I ran a couple of half marathons to practice my marathon pacing. Most of the mileage she has me run is easy (conversational pace) running. This is to build up the aerobic capacity. About 80% of the miles I run are easy runs and the other 20% are speed workouts (tempo runs, fartleks, progression runs, etc.). Running *truly* easy runs was probably the hardest thing for me to adjust to. I have always wanted to push myself and would run most of my mileage too fast. I wasn't training my aerobic capacity. When I slowed down, I was able to recover better and nail my workout paces. It's important to remember that every run should have a purpose.

My mileage for this event topped out at 55 miles during peak week and a total of 213 miles for the month of March. My longest run was 22 miles.

I tried to incorporate as many hills as possible in those long runs. The parking garage across from the TTU stadium became a good friend. Boston may be an overall net downhill course, but there are quite a few uphill, including the infamous Heartbreak Hill. Big Sur is NOTHING BUT HILLS, the worst of which is at mile 11 (the never ending 2-mile hill up to Hurricane Point).

Another component of my training was mental training. I am a big running podcast fan and often listen to episodes on my runs. I also read a lot about mental training for athletes. I have learned that it's so important to strengthen your mind along with your body. There are going to be times on the course when you want to give up. It will get difficult, your legs will hurt, your will to go on will weaken. This is where a strong mindset takes over. It is what enables me to complete challenges like this. Having a mantra or two is also important. Sometimes just repeating a phrase over and over again helps to get your mind off of the pain. I also dedicate each mile to different people who are important to me. (My husband Bill is mile 20, my dachshund Max is mile 24.)



Because of this strong preparation, I was able to have positive experiences at both races this year. I had a course PR at Boston of over 10 minutes and a course PR at Big Sur of 7 minutes. My combined time was over 17 minutes faster than 5 years ago, and the races were closer together. I credit this success to my coach, increased training mileage, incorporating hills, fueling practice, and working on my mental strength.

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I may not be the fastest runner or the one who qualifies for Boston every marathon, but I consider myself a *persistent* runner. I work hard to constantly challenge myself and see how far I can push myself. My next goal will be to finish a 100K next year to celebrate turning 55. I'll be out there running some pretty long runs and looking for company!

One more thing:

When I see marathon lotteries open, I often throw my name in the hat. Sometimes I'm lucky. Sometimes I don't ever get in (Tokyo, London). So far, I have been lucky enough to get into New York, Marine Corps, Chicago, Berlin and Big Sur. Oh, and I won a free entry to the inaugural Ruidoso Marathon in 2016, but I try to forget about that! Ha! If you are interested in entering lotteries, here is a list of some popular marathons and their entry periods.

(Note: some may have changed due to the pandemic):

NYC – Mid-January to February

Marine Corps - March

London – April

Big Sur – Late August

Tokyo – August

Berlin – Late October

Chicago – November

Best of luck to you and keep on running!

For more go to Debbie's blog page:

<https://debrunsto50.wordpress.com/about/>



Debbie

4:18:00



2017

Age 48

4:05:59



2022

Age 53

4:17:24



4:24:38



Boston 2
Big Sur
Challenge

PIC-COLLAGE

What some of our WTRC members are doing this summer related to training and running

by various WTRC members

From the editor — I am always interested in hearing from other runners about their running — *How often do you run? How do you train (if you train!)? Are you getting ready for some*

upcoming race? Of course, there are more questions! So, who better to ask these and other questions than members of the WTRC?

I sent the following email to several of them and received the responses printed in the following pages. As you read them I think you will see what I see and have learned over time — running is a very much an individual endeavor. As many runners there are, there are also many different ways to successfully develop an approach to running, training, just getting out there and be active. I think that's a big encouragement to me!

This is the email I sent:

Hello! I would like to develop a section of the upcoming WTRC Newsletter that highlights **what some of our WTRC members are doing this summer related to training and running**. Your response doesn't have to be long -- just a few lines, maybe a couple of paragraphs. And, of course, a ***favorite picture*** of you!

Here's a few questions for you. You can address these or you are welcome to go another direction!

1. During the summer months, about how much (distance) do you run each week? Where do you run most of the time?
2. Are you training for some upcoming race? If so, what race or races and where are they?
3. Do you run less (or more) during the summer than you do during the cooler/cold months?

I chose your name for several reasons, one of them being that you've run most, maybe all, of this year's WTRC monthly races. So --

4. What race (or races) went the best for you and why? ("the best" can be defined as maybe you ran faster, or you didn't tire as much, or you just had a good feeling about it!)
5. Do you have any long-term goals you are working toward? (like -- running a longer distance, or improving pace, or just working on a strong running base that you can maintain -- a lifestyle goal -- etc.)
6. What advice or encouragement do you have for the rest of us regarding running (or life in general!)?

When I run I try to run at least 3 miles if not more. If I am running outside on a very hot day then I will do 1-2 miles depending on my water intake. I recently started running at Stride and I love it. They have open gym so I can use their treadmills and AC.

Long term I am training for the Houston Half Marathon and 5K in January but I do like to make the most of my club races. I also participate in other community runs like Running the Ropes, Willie McCool Memorial, and The New Deal First Responders Run, to name a few.

Typically I run more in the warmer months because I like being outside.

I think the best race I've had this year was the February Freeze with my pace being under 14 minutes/mile. After looking on the website I also see the Depot District run was good too with a 12:51 pace.

My long term goals is to improve my pace with each run, to at least be consistently under 14:00. I just want to continue running and enjoy it. Sometimes I tend to set goals for myself and I lose sight of the fun. My running partners, Librada and Sheila, definitely keep me going.

Advice/Encouragement: Set realistic goals and if you feel like you are dreading a run then pull back and go slower or walk. I probably would not be still running if it weren't for my friends. ***I always joke that one day I am going to beat Sheila!***



Liana Garza

From Richard Lampe (Dr. Lampe!) —

Distance 8-10 miles per week decreasing each decade.

Always look forward to next WTRC race — a great motivator.

Seasons — I enjoy them all no preference. I live on a golf course and mornings, 6:30 a.m. or earlier, allows the sunrise to be appreciated early in the summer and later in the winter.

Best races are the ones that are finished and the memories of prior WTRC races with children and grand children and members of WTRC.

My goals are to continue because I enjoy the camaraderie and am impressed with the strong interest of younger runners, particularly children and families. WTRC provides an excellent venue. Running in places you may visit is always exciting — if there is a race there it has been interesting to participate, e.g. Austin State Hospital Easter Egg 5K.

When I moved to Lubbock in 1992 to work at Texas Tech's Medical school after an Army career I looked for races and the HOT Dam was my first WTRC race. I have benefitted by being a member since then.



2008 HOT Dam

Thanks! Rick

Thanks, Steve, for the opportunity to write a little bit about my running and training. I always tell people running is my Prozac - it keeps me sane. I typically run 3 times a week, a total of 20 - 25 miles. I used to run every day, but since I'm getting a bit older, I throw in cross training including biking, swimming and weights. Usually, late spring and summer is dedicated to training for Sprint, Olympic or 70.3 triathlons. It's a nice break from marathon training. Ed and I have to complete a marathon in South America and then we will have run on all 7 continents. We have run the 6 World Marathon Majors.

I think we have the best running club in the nation. WTRC has a great group of dedicated and hardworking volunteers. They make sure everyone has a great race experience. The race locations are varied and fun. I don't think I have a favorite; I love all of them!

The best start to my day begins with a run before sunrise with my hubby and running buddy, Pam Titzell. I love being with them and watching the sun come up. No matter what happens later in the day, my morning run has provided me with peace, joy, and spiritual time.

Leesa Price

Photo - Running in Antarctica

For more about the World Marathon Majors see <https://www.worldmarathonmajors.com/>





1. Mostly I run /walk everyday with my golden retriever, Sunshine. I will drop her off on Friday and Saturday to do a longer run. Basically I get in 25-40 miles per week counting my evening walks.

2. Currently I'm not training for any thing other than the WTRC runs.

3. I run about the same throughout the year since the weather here is pretty good for most days. I just dress for the weather. I don't get out in the rain however.

4. The recent Firecracker Run was one of my better runs. In 2019 I did the 10k in a 10:40 pace. This year I had a 9:40 pace and felt good from start to finish.

5. My long term goal is to keep running for a long time and possibly try for senior Olympics. I try to do things today that are helpful for my older self.

6. Training:

- I train by doing slow runs. I don't let my heart rate get above 123.
- I run 1 x week a little faster if I'm training for a specific running event.
- I try to sprint 1 time a month.
- I do a special yoga technique to release fascia restrictions.
- I do functional weights with a kettle ball.
- I eat real food. No sugar , no processed foods and I drink water with minerals and electrolytes added .

Margaret Woodfin

During the summer months, I usually run 2 or so times per week -- if I can, sometimes more -- and anywhere from 2 to 4 miles per run, depending on how hot it is while running. This is less than I do during cooler months as I don't want to overheat and my body doesn't always respond as well during the summer if pushed too hard.

I plan on running the rest of the monthly WTRC races -- nothing too crazy so far. I might run some shorter trail races here in Texas before the end of 2022, possibly through TROT (Trail Racing Over Texas). I have run with them for a few years, and have enjoyed the support their runners give one another.

My ultimate goal for every run to try to do a little better and a little longer while feeling better physically during and after my runs. For me, this will lead to feeling better and maintaining a healthy lifestyle.

Anthony (Tony) Badke



Hi Mr. Steve,

I was excited to receive your invite 😁 !

I'll jump right in! During the summer months I average 10 miles a week. I do record more miles during the summer vs. the winter. West Texas being West Texas (the heat) makes it challenging to run during summer. I enjoy a nice challenge though! I am a road runner and I usually run my neighborhood. If I'm feeling adventurous, I'll take on Buddy Holly Lake (my favorite lake to run/walk)!

My best race was in March of this year and it was the David Goggin's 4x4x48 Challenge. I took on the challenge solo and used that event as an opportunity to fundraise baby items for Parent Life Lubbock. I had a great community that backed my endeavor and, together, we were able to provide over \$350 worth of diapers & other baby items that supporters donated! It was a blessed and fulfilling time for me! I raced myself those two days and feel that those personal challenges can sometimes be some of the toughest ones.

I'm currently training to keep up with our *four kids*!! I strive to have a healthy heart for them. My Heavenly Father gave me this one vessel and I'm trying to display my gratitude by taking care of myself.

My advice/encouragement:

"DRINK YOUR WATER, YOU DEHYDRATED JELLYFISH!!"

Desirae Sifuentez



This summer is all about Billy's training for high school varsity cross country. I put together a weekly training plan working around his church camp, his family trip to Orlando and his trip to Michigan, etc. Billy will be a freshman at Roosevelt High School here in Lubbock this Fall. He runs about 16 to 20 miles per week and we have run at different locations all over Lubbock, Alabama and Michigan...

Our feature race this summer was the Tejas Trails "Muleshoe Bend" 20K Trail Race overnight in the dark in Spicewood, Texas near Austin in July. We started the race at 8pm and ran well into the night. 12.4

miles of technical trails with about 800 feet of vertical gain starting in 92 degree heat and around 45% humidity. We were dripping sweat from start to finish. Fifty-three runners started the race but only fifty completed it with three dropping out. Billy had a successful run coming third overall with a time of 1:58.59...Sub Two Hours. Incredible.

During the summer I enjoy the training piece of running more than the actual races. Training is all the fun and the races are just a way to celebrate what you have accomplished in the previous month or two. We do about 90% training and only about 10% racing. The highlight of my running journey this summer so far was watching Billy set a new course record with the WTRC in the "Bobby Birdsong" 10K for Males 13 - 15 in June. I look forward to seeing him set new course records for years to come.

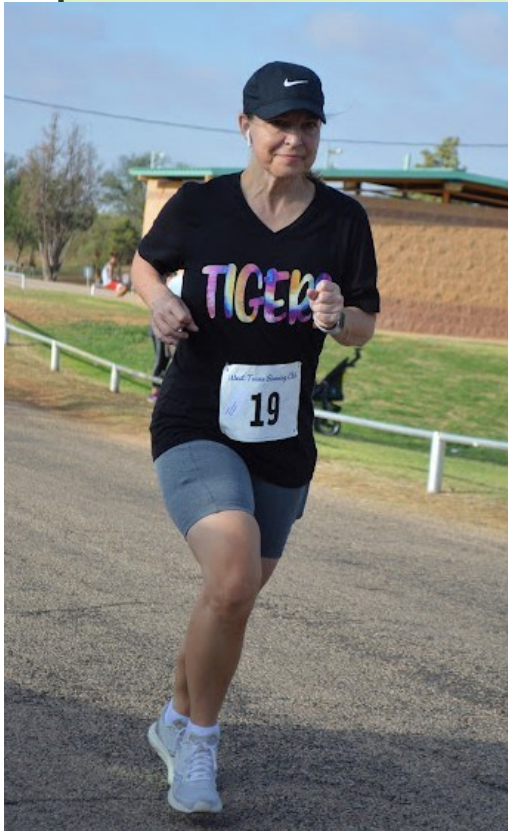
"If it does not challenge you it will never change you." "Remember, the pain is temporary but the race results will live on the internet forever!"

Happy Running!

Proud Dad! James Bond



I have been running for one year. I started running because I wanted to add more exercise into my routine. What I didn't expect was how much I would love it! I am a counselor and I have told clients about research connecting the benefits of exercise with mental health. Yet, it took awhile for me to take my own advice. Now, I run for my mental health as much as my physical health.



I try to run a minimum of 3 times a week. I usually run around my neighborhood but I have been meeting my friend, Tobi McMillan (who actually told me about WTRC), and we run around the Tech campus on Saturdays.

I run 3-4 miles each time. I don't have a specific race I'm training for, but want to stay consistent in running the WTRC races each month. I would like to improve my times as well as increase my distance. Ultimately, I'd like to run a Half...

I'm not sure I have a favorite race. All have been a great experience and I learn something each time I run. I'm certainly not very experienced but this new community has been so welcoming and I'm very thankful to be part of the WTRC! The encouragement and accountability has been exactly what I need!

Amy Smallwood

1. Summer months: I usually put in 3-5 miles late in the evenings on a track – not really a morning person!
2. Training: I'm currently training for a half-marathon in

July in Colorado.

3. I run less in the summer months due to my work schedule. The summer is our busiest time and due to the physical work of my job, I'm just too tired and worn out to put in the time.

4. Best races for me this year were the Depot District and Horseshoe Bend. Both times I was struggling to run and had to walk a little bit. Then in both races Terry Dalton encouraged me. He even sprinted 20 yards against me so that I wouldn't run past him. He finished before me in the Horseshoe Bend race.

5. Long term goals: find my pace again, run more/walk less, trying to run a Half Marathon in all 50 states. I just started this goal of running the Half in 2021.

6. Advice or encouragement: Don't let "them" win! "Them" is whatever keeps you from running. Family drama, work, too tired, or don't feel like it. If you let "them" win, then your routine will be get up, eat, work, eat, watch tv, go to bed, repeat.

Don't let "them" win!

Lance Ward



I mostly run around my neighborhood. I'm trying to stick to a 10k training plan since it's one of my goals to do a 10k race soon. I run or walk about 15 miles per week.

The race I really want to do is The Rock "N" Roll Half Marathon in Las Vegas next February. In the meantime, I'd like to try a couple 10k races. I'll be a little slow though.

I run about the same distance all year round. I grew up in Denver, so I like running in cooler weather better than hot. I was actually able to achieve 100 miles in January for an American Cancer Society fundraiser. There were some really cold days this year!

I don't know why, but the Buffalo Wallow 2-mile is always a good race for me. I really want to do the Half Marathon there someday! That hill though!

The February Freeze race makes me nervous because I hurt my knee there a couple of years ago. But, I'll get over it. Watch out for ice there, lol!

I'm just turning 60 and I was pretty out of shape a few years ago (I was eating way too much pizza - I own some Domino's Pizza stores around here). So now my goal is to stay healthy and burn off stress without hurting anything too bad so I can live longer.

I'd be happy with consistently doing 10k races in 70 minutes. PJ and Wayne are my running role models. They give me inspiration for staying active.

Advice/Encouragement -- I'd say keep your heart rate lower when training. I seem to progress faster than when I push too hard. And don't be afraid to try zero drop and minimal shoes if you have knee problems. I think minimal shoes fixed my knee problems. But then, I grew up running cross country wearing flimsy Pumas back in the 1970's. So, I think it is more natural for me.

I also do strength training three times a week with fellow running club member, James Ruiz. He is the best personal trainer I've found to help me get stronger for running. I feel like the strength training really helps me keep my arthritis issues in check.



Larry Vigil

Hi fellow WTRC members!!! First and foremost, I would like to say that I love being part of such an amazing group. I started my run journey in 2019. I was never a runner. I would struggle to run even 1 mile. Everything would hurt and I couldn't breathe.

Skip to present day, I have run 4 half marathons and countless other races. I split my time between Crossfit and running. So, I try to run about 2-3 times a week.

I've started a training plan to gradually increase my mileage each week. I am currently doing about 10-12 miles a week. The summer months have been a struggle for me due to the heat!! I definitely run more during the cooler/cold months. Most of my runs are on the "dreadmill" or around our neighborhood.

My next big race is the Run the Alamo Half in San Antonio late March. However, I'm thinking of doing the Buffalo Wallow Half. This will be a game-time decision as November is usually a busy running month with the Shiner Run and Turkey Trot on the schedule.

My best run thus far has been the February Freeze! Can you guess why??! It was cold and I wasn't melting. I still have a lot of work to do but my long-term goals are to improve endurance and run longer distances comfortably (if that's possible).

My advice to others like myself is to just finish!! Do your best and forget the rest!!!

This is a picture with my speedy "sole"-mate David! I don't think I would be running if it wasn't for him. He is always pushing me and is my biggest cheerleader!!! You know what they say, "Couples that run together stay together!!!"

Maribel Castillo





1. As of late, I was running at least 15 miles a week. I love to run around Texas Tech University through downtown Lubbock. I find Tech to be safer to run around and the views aren't bad at all.
2. My strategy is this: I'm always training for a race. Aside from the West Texas Running Club races, I also compete in Spartan races as well throughout the year and that requires a great amount of running and strength based functional exercises. Being a certified personal trainer here in Lubbock (Ruiz Mode Fitness), I draw from many fitness backgrounds to create an exercise regime that best suits my desire to run and compete, yet stay strong in the process.
3. I run more during the spring/summer months. During the winter, I will get my miles in via treadmills or short runs, but summer running (especially in the mornings) is more enjoyable than those long

bundled up runs during the cold winter months.

4. The winter/spring races have been some of my best races. Despite the cold, I have proven to myself to adapt to these conditions and run some of my best races despite freezing temperatures. They aren't the most enjoyable temperatures, but once your out there running, it warms up from there.
5. One of my goals is to place in the top three in my division (35-39 M) in the Texas Tech Red Raider Road Race. That was the first race I competed in for the WTRC back in 2019 and despite my two previous runs, I have yet to place in that race and I've increased my mileage rate to help reach that goal.
6. Unfortunately, I suffered an injury as I crossed the finish line at the Firecracker Run this past 4th of July. I rolled my ankle pretty good and tore some ligaments in my left foot. I was hoping to compete in the Hot Damn Run for the first time, but it appears my injured ankle will keep me out of that race and perhaps the rest of races of 2022. Despite this possibility, I'm doing everything I can to heal properly and try to compete in the Red Raider Road Race coming up in October. Injuries are bound to happen all of us, but don't let that stop you from trying to run again much less, stop you from doing anything you love.

James Ruiz

HOT Dam Run

August 2022 Race Report



Today the HOT Dam lived up to it's name! Although warm, low 70s, it was actually a beautiful day for this event — almost no wind. According to the official records, the HOT Dam 5-mile

event has been run since 1988 (although last year, 2021, the 5-mile out-and-back course was shortened to a 4-mile double loop course due to the dam area being flooded!). This year we sure would like to have some of last-year's rain!

Wendy Anderson did a great job directing the race, there were a good number of volunteers to staff the waterstops and turnarounds, and there was a strong turnout of runners! There were 120 runners in the 2-mile event and another 72 who finished the 5-mile option for a total of 192 participants. Of those running the 2-miler, quite a few were high school athletes gearing up for their Fall cross-country season. It was great to see them at today's race.

The 5-mile overall winner, Xavier Sanchez, finished in 27:54. Female 5-milers were paced once again by Laura Pennington who completed the race in 33:16.

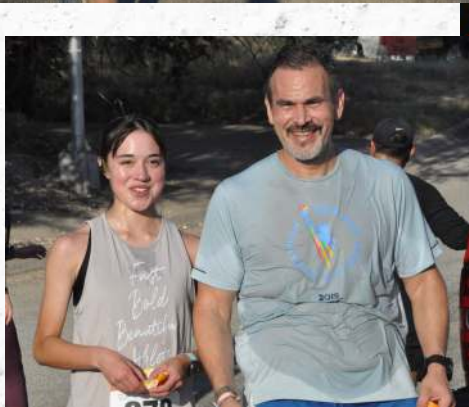
The overall winner for the 2-mile race was Jaime Gonzalez who finished in 11:22.7. Coming in fifth overall and leading all female runners was, once again!, Emma Lopez who finished in 12:28.9. Great runs all!



Wendy —Great job directing the race!



Thank you to all the volunteers: Terry and Radley Dalton, George Jury, Margaret and Mark Woodfin, Heather Riley, Jake Linton, Michaela Jansen, Bill Felton, Rebeca Smith, Lydia Turner, Christian Bland, PJ and Wayne Sullivan, Larry Lavato and representatives of RUNLBK — Christie Hodge, Ellie and Catherine. As always, a big thanks to WTRC Board members Jonathan Botros, David Higgins, and Suzan Caudle. **Of course, a special thanks to the HOT Dam Race Director — Wendy Anderson!**



No new records for the 5-Mile

New Age-Group Records for the 2-Mile event:

16-19 Emma Lopez Wolfforth 18 12:29

New Overall Course Record - way to go, Emma!

55-59 Pam Gaschen	Lubbock	57	19:29
70-74 Yvonne Gilinsky	Lubbock	72	21:51
75-79 Darrel McMillen	Lubbock	75	19:41



WRTC Members Who Ran the Ropes

August 6th 2022

Ran the 5K

			Bib	Time	Pace	Place
Paula	Amaya	Lubbock	276	42:13.5	13:35	25
Amme	Blair	Wolfforth	277	31:23.3	10:06	16
Christian	Carpenter	Lubbock	283	23:53.5	7:41	4
Mary	Carpenter	Lubbock	268	25:35.5	8:14	7
Valerie	Carpenter	Lubbock	274	25:38.9	8:15	8
Liana	Garza	Lubbock	279	51:26.7	16:33	27
David	Higgins	Lubbock	292	31:00.8	9:58	14
Rick	Lampe	Lubbock	293	53:01.7	17:04	28
Jaime	Lopez	Wolfforth	291	30:07.5	9:41	12
Armando	Perez	Wolfforth	294	23:42.8	7:37	3
Sheila	Price	New Deal	267	48:20.3	15:33	26
Maryann	Schwertner	Wilson	281	37:41.0	12:07	21
Pj	Sullivan	Lubbock	282	33:54.6	10:54	18



Next year, in addition to the WRTC monthly races, consider putting Running the Ropes on your race list.

The day was very nice, the Ropes community did a great job with the race, and, best of all was the pancakes and sausage breakfast after the races... yum!

How can you beat that for a fun Saturday morning?

See the WRTC members who ran the race —
 <<<<-----

Ran the 10K

Amanda	Barnett	Lubbock	359	0:58:12	9:22	13
Courtney	Brown	Lubbock	357	1:06:20	10:40	17
Maribel	Castillo	Lubbock	358	1:04:13	10:20	15
Tim	Evans	Lubbock	368	1:10:29	11:20	24
Oscar	Farias	Lubbock	364	0:44:51	7:13	1
Steve	German	Lubbock	371	1:09:54	11:14	21
David	Hill	Lubbock	354	0:46:38	7:30	5
Jon	Lambert	Lubbock	362	0:46:00	7:24	4
Emma	Lopez	Wolfforth	356	0:45:57	7:23	3
Frank	Mendoza	Earth	382	0:45:00	7:14	2
David	Reed	Lubbock	381	1:10:29	11:20	23
Jennifer	Salas	Lubbock	380	0:58:01	9:20	12
Librada	Sissell	Lubbock	355	1:11:31	11:30	25
Rudy	Soto	Lubbock	370	1:07:43	10:53	20
Wayne	Sullivan	Lubbock	375	1:00:17	9:42	14
Dean	Threadgill	Lubbock	366	1:09:54	11:15	22



Name These Characters — results!

I had several submissions — the following 3 named the most. All in the pictures were ID'd with the exception of the person 2nd from left in the bottom photo. Anyone know his name?

From James Livermore —

Top photo: Joe Post, James Livermore, Don Kephart, Hugh Haynes

Place — at LaLuz Trail Run in 1983 – start in foothills of Albuquerque, run 9 miles to mountain top, hey there's only one hill!

Bottom photo: Bobby Birdsong, unknown, Bernie Hartman, Mike Kelley, James Livermore, Jim Wilhelm.

Place — at finish of original Buffalo Wallow Half Marathon course in 1983.

From George Jury —

Top picture: Joe Post, James Livermore, Don Kephart, Mike Kelley

Bottom picture: Bobby Birdsong, ?, Bernie Hartman, Mike Kelley, James Livermore, Jim Wilhelm

From Mike Kelley —

Photo #1: L-R: Joe Post (originator and Dir. of Loop the Lake); James Livermore (unofficial club historian and still running); Don Kephart (Dir. of Buffalo Wallow Half-Marathon for years); Dr. Hugh Haynes (many marathons, bike tours, and ran across the Grand Canyon).

Photo #2: At the finish of the Buffalo Wallow

L-R: Bobby Birdsong (originator and Dir. of Levelland Lope); unknown; Dr. Bernie Hartman (TTU biology professor, first marathon Palo Duro 1981; Me (Dir. of Run For The Arts, Dir. Buffalo Wallow 10 yrs., originator and Dir. for 10 yrs. of Redline XC – now Toys for Tots XC; Livermore; Jim Wilhelm (completed a record 24 Buffalo Wallow Half-Marathons).

from the editor — Mike was WTRC President 1999-2001

Thanks for the submissions! All did a great job naming the “characters” - was good to get a little history about them as well!





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

WTRC races are found at wtrunning.com



West Texas Running Club



@WTRunning

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

Come Run With Us!

WTRC Members –

We have 5 more races left:

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

So.... plenty of time to earn more miles toward the 66 Mile or Trailblazers Clubs !

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 :-)



2007 HOT Dam

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