

2022 September/October

# WTRC Newsletter

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*Photo by  
Reeda York*



**WEST TEXAS  
RUNNING CLUB**

LUBBOCK, TEXAS

# 2022 WTRC Board

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3401 Alcove Ave.  
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## Upcoming Races

### Buffalo Wallow

Annual, 2nd Saturday in November  
9 am Start  
2Mile | Quarter Marathon  
and Half Marathon  
(USATF Cert#TX09107ETM)

T-shirts and Finisher Medals  
to ALL Halfers!!



Race Director: Tommy Johnson

There will be an early **PACKET PICK UP** at FootTech-19th and Quaker.  
(see website for times) **OR** on  
Race Day at the Lake.

**RACE LOCATION:**  
Buffalo Springs Lake



### Thanksgiving Day...

Annual WTRC Turkey Trot  
9 am Start | 2 Mile or 12K  
USATF Certified #TX12147ETM

There will be Packet Pickup/Late Registration: at  
FootTech, 19th & Quaker — check the WTRC website.  
You can register as a **TEAM** for: the 2 mile race,  
minimum of 4 Members each team member must  
register separately.

**RACE LOCATION:** Bayer Museum of Agriculture,  
East Broadway & Canyon Lake Drive



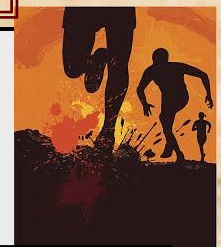
**Note new 2 mile option for Toys For Tots!!**

### Toys For Tots Cross Country Run

Second Saturday in December  
9:30 a.m. 1Mi Kids Cross Cntry Fun Run (ages 4-12)  
10:00 a.m. 4Mi Cross Country Loop (ages 10 & up)  
also a 2 Mi option — *new this year* (ages 7 & up)

Bib pickup on Race Day — 8:30 to 9:15

**RACE LOCATION:** Mae Simmons Park, E 19th & MLK Jr Blvd



Race Director:  
Rick Lampe

# Shallowater Stampede Race Report

September 10, 2022

By **Cody Lass** — Race Director

As I thought about how I wanted to start this year's race report, I found myself on Google searching for

“quotes about running community.” Eventually, I came across a quote from someone named Richard O'Brien that read, “Running is not, as it so often seems, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners, too.” To me, this is a perfect way to describe our club and this attitude definitely showed itself again at the 2022 Stampede.

Despite missing all of our Mustang runners, we still ended with 158 finishers! Leading all of the 2-milers was **Rich Burns** (age 67!) blazing in at 12:38. **Lindsay Kennedy** finished ahead of all female runners with a time of 15:32 — way to go, Rich and Lindsay! The 10K was won by **Lane Monroe** with a very fast time of 38:52 with **Laura Pennington** coming in 2nd overall, right behind Lane, logging a time of 39:54 — whew — close race! Even more encouraging was the fact that most of our finishers quickly returned to the finish line to cheer on others.

We also had a large number of people stay to congratulate each other at the awards ceremony! These two things are both characteristics that make our club the best in the state!

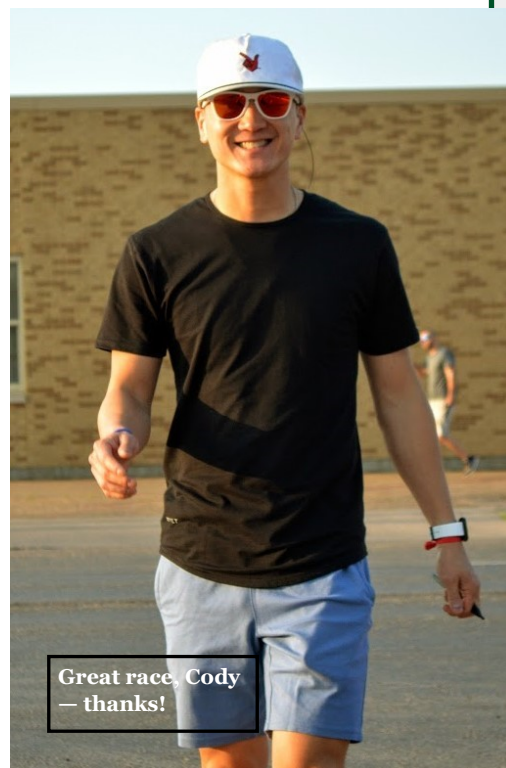
The other thing that makes our club exceptional is the number of people who are always willing to volunteer their time to make sure our races run smoothly. Led by Marchelle Moore, the Shallowater parents joined a handful of our club volunteers to provide the support necessary to ensure a safe race for our runners. In addition to saying “thank you” to Suzan Caudle, Tommy Johnson, Cathy Paden, David

Higgins, Oscar Farias, Gary Tayag, Steve German, Jonathan Botros, and Autumn Lass, I would like to give a special shoutout to Kaylen Barber for volunteering this year. In an effort

to earn volunteer hours for National Honor Society, Kaylen showed up while it was still dark and helped unload the trailer and she stayed until the very last cone was put away after the race! It would seriously be impossible to maintain our club without these types of volunteers each and every month!

Hope to see you all next year,

Cody



Great race, Cody — thanks!



## Three new Shallowater Stampede records:

### 10K

30-34 Laura Pennington Lubbock 34 39:54  
(broke her own record set in 2020 -- 42:11)

### 2-Mile

65-69 Rich Burns Amarillo 67 12:38  
70-74 Yvonne Gilinsky Lubbock 73 21:08  
(broke her own record set in 2021 -- 22:04)

# A Reason To Start

by WTRC Member Ray Young

driving. I am not sure why I thought of it this morning. I'm actually more surprised that I had not thought of this question earlier. "Who are you running with?"



The eventual answer (you know how teenagers can be) shocked me. Raegan ran alone. Others ran after school practice. Coach did not run with her. Coach did not drive by and check on her. Coach was not at the gym to make sure she made it back safely.

"Wait a second, I'll take you." I was out of bed before the words were out of my mouth. I thought to myself,

"there is no way my 16 year old is going to run around town by herself."

She ran. I drove. 4 miles.

The next morning I was up and ready for her. I dropped her off at the gym and then followed as she ran. About 1/2 mile into the run I had a brief, but life changing, conversation

"Bye. I'm going to cross country practice."

My 15 year old daughter woke us up a little before 6am. She had just turned 16. She had just started

*From the editor:*

*Its hard to say how long I've known Ray Young. I think I probably knew of Ray going back several years. However, it has just been over the last few years that I have had the opportunity to know more about who Ray is. For a long time I knew of the Ray Young who preached for the Seminole Church of Christ and also taught at the Sunset International Bible Institute here in Lubbock. As time has passed, it seems each time I hear about Ray or speak with Ray I find out about other areas of Ray's life.*

*Ray currently spends much of his time speaking at various churches and other group events and is involved in Executive Leadership Coaching and Training. Ray recently became owner of Splash Bros Xpress Car Wash in Wolfforth, he operates a Concrete Contracting Company and is a Real Estate Investor....whew!*

*Of course, somewhere among all of these activities, Ray is closely wrapped with family and is an avid runner — is a member of the WTRC — and I see his picture at many Run LBK group runs.*

*Clearly, Ray is a person who doesn't stand still for long :-)*

*During various conversations with Ray and others who know him I heard about Ray losing 100 pounds! That kind of story always catches my attention mainly because we all know that losing significant weight is very difficult to do — it takes effort, willpower, perseverance, prayer and encouragement from others.*

*Since the weight loss, Ray has maintained a healthy lifestyle that includes the activity that spurred him on — that is, running.*

*I thought you might like to hear his story.....*

with myself. "You have got to run WITH her." Pause. "No! I hate running." Pause. "I CANNOT run with her. I will be so slow. I cannot run that far." Pause. "I have to." The rest of that morning I made a plan. I had recently lost 20 pounds.



Ray with family — daughter Katelynn, Raegan, wife Sonya, daughter Reagan with son-in-law Christian.

continued next page...



The next morning I was up and ready. Or was I? I was ready to go. I was ready to run. Sort of. I dropped Raegan off at the gym and drove to the first corner. Got out and started “running” towards her. As soon as I could see her I turned around and ran back to my car. Next corner, same routine. Repeat. Repeat. I was slow. It hurt. I DID NOT QUIT.

It felt like forever until I was ready. Ready to get a head start and run the whole thing “with” her. At the turns I could look back and see her. Then she would pass me and I could keep her in view to the finish. I was hooked. I had a big enough WHY to start doing something that I was certain that I would not and even could not do.

That was 2011. The discipline of running helped me push through and lose another 80 pounds to hit the goal of losing 100 pounds. I love that every runner has a story. A reason to start. A challenge to overcome.



2012 I injured my back so severely that I was in a wheel chair. The neurosurgeon told me that I would never run

again. I took that as a personal challenge. April 4, 2013 I started over. Ran my first mile – again. Since then I have run 2 marathons, countless half marathons, 10ks and 5ks. I have had 3 run-streaks – the longest stretching over 4 years.

What I love most about running is that it has taught me what I am capable of. So many things that we think are impossible are just things that we have not worked for yet. When you make a decision, followed with commitment, action and consistency – incredible things can and WILL happen!

**Ray**



# 41st Annual Red Raider Road Race

October 8th, 2022 — Race Report by Jonathan Botros

Race Directors were Jonathan Botros and Emmanuel Ramirez

We were blessed again this year with nice cool morning perfect for running the 41st

annual Red Raider Road Race!

Very thankful to Texas Tech for allowing Raider Red to join us once again to provide an early morning 'shotgun start' for both the 10K and 5K. Todd Jordan ('DJ by TJ'), was also back this year keeping the music going and getting the morning started with some energy. I also appreciate Tamara Speer providing us with a beautiful rendition of our National Anthem, and Coach Alex Miller from STRIDE warming up and stretching out all our participants.

A total of 348 runners crossed the finish line — 219 5K runners and 129 10K runners. Finishing 1st overall in the 5K was **Joe Sutton** with a time of 19:14. 14-year old **Mollie Fellers** was the fastest female runner with time of 24:45. In the 10K, **Tyler Schultz** led all runners for the second year in a row with a time of 38:24, and **Sophia Martinez** eclipsed all female runners with a time of 40:09. Really impressive runs by everyone!

There were no new records this year.

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is thrilled to offer scholarships of \$2,000.00 per student. Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.

Lastly, a HUGE THANKS to every volunteer who made this event successful! The RRRR is one of our largest races of the year and it can only be successful because of our volunteers — Kaylen Barber, Sandra Melendrez, PJ and Wayne Sullivan, Kim & Larry Vigil, Megan Taylor, Melanie Perez, David Higgins, Manuel Soto, Sonny Bevers, Cody Lass, Jake Linton, Tommy Johnson, the Corelis girls (Saylor, Kyden, & Brylie), Haley Efurd, Sylvia Miller, Madeline Stromberg, Nathalie Nguyen, Bailey Robertory, David Doyle, and Samantha Lenker.

Hope to see everyone next month at the Hardest Half in Texas — Buffalo Wallows, followed by annual Thanksgiving Day tradition, the WTRC Turkey Trot.

- Manny & Jonathan




Manny and Jonathan — great race!



# RED RAIDER ROAD RACE

OCTOBER 8, 2022



**41 Years and counting...!**

# WTRC Members Who Ran *The Willie McCool Memorial Half Marathon, 5K and 10K*

Sept. 17, 2022

It is always great to see WTRC members running in other races provided by the Lubbock area running community!

A positive aspect of the Willie McCool Memorial (among many!) is that it offers a half marathon. The longer distances like marathons and half marathon are difficult to offer mainly because the longer distances require more area for the course as well as increased support like water stops and volunteers. The level of difficulty in organizing the longer races is significant.

So, we are thankful to have the opportunity to participate in these events!

Great job on the part of these WTRC members!

If I missed you it is because my search and match program has to have first and last names from the race match the exact spelling of your name that is in our WTRC registration records.

— *the editor*

		Bib #	Distance	Total Time	Overall Place
Rod	Markham	321	3.1	0:50:26	63
Francis	Ochoa	322	3.1	0:31:51	17
Ronda	Russell	342	3.1	0:37:17	32
Grant	Wilson	310	3.1	0:50:26	62
Lora	Asmussen	6	6.2	1:29:17	56
Amanda	Barnett	23	6.2	0:58:09	11
Virginia	Bevers	42	6.2	1:18:12	45
Jason	Bland	16	6.2	0:55:50	7
Aubrey	Calvert	20	6.2	1:11:56	36
Jason	Calvert	19	6.2	1:13:09	37
Paul	Faulkner	7	6.2	1:20:39	46
Liana	Garza	54	6.2	1:22:56	49
Hannah	Gustin	59	6.2	1:08:27	32
Taylor	Herrera	46	6.2	1:07:28	30
Jeleta	Lingo	17	6.2	1:16:18	42
Toni	Lowrance	9	6.2	1:20:53	47
Sheila	Price	10	6.2	1:24:36	50
Tiffany	Walker	11	6.2	0:56:52	8
Shawna	Wilson	4	6.2	1:15:56	41
Ray	Young	26	6.2	1:01:18	16
Adam	Barron	73	13.1	1:41:33	8
Jason	Besherse	209	13.1	1:48:42	16
Courtney	Brown	231	13.1	2:30:23	76
Maribel	Castillo	248	13.1	2:41:13	86
Kyden	Corelis	254	13.1	2:33:13	78
Bailey	Dorsett	253	13.1	2:16:42	56
Debbie	Gelber	232	13.1	2:02:33	38
Steve	German	252	13.1	2:47:17	93
Kimberly	Gonzalez	276	13.1	2:01:27	35
David	Hill	249	13.1	1:45:23	12
Michaela	Jansen	44	13.1	1:44:06	11
Ramon	Johnston	291	13.1	2:05:44	43
Frank	Mendoza	297	13.1	1:43:42	10
Jessica	Philpot	260	13.1	2:03:19	40
Librada	Sissell	274	13.1	2:54:07	100
Rudy	Soto	223	13.1	2:51:25	99
Kristi	Starr	263	13.1	2:12:58	51
Dean	Threadgill	236	13.1	2:47:19	94
Pam	Titzell	266	13.1	2:23:29	67
Kevin	Wass	237	13.1	1:51:00	18





I would bet that most, if not all, of you have heard statements (or laments....!) from some of your running buddies or even from yourself like these.... “I’m not running anymore because I just can’t get any faster no matter how hard I try!” Or, “Back in the day I could run fill-in-the-blank-minute miles .... I just can’t do that anymore so I’ve lost interest in running.”

# The Persistence High

by Steve German

Or, “I just don’t get that ‘runner’s high’ like I used to get when running a few years ago!” Or even, “I want to run....but life just keeps getting in the way...it’s hard to stay motivated.”

I imagine all reading this could add to the list – reasons you’ve heard from people who you thought of as “runners” but, for some reason, dropped out of the running community. Being an older runner who was never fast, didn’t begin running until age 50, and who seems to encounter injuries – mostly not running related – from time to time..... I totally understand why someone would choose to give up the running sport.

However.....just because I can understand the sentiment, that doesn’t mean I wouldn’t encourage that person or persons to break out his or her running shoes and give running another go. Sometimes all it takes is a little shift in perspective....

I read an article a few months ago by Danielle Friedman (*How I Learned to Love Finishing Last*. June 2, 2022. New York Times Well Newsletter) where Friedman describes something she termed “The Persistence High.” The Persistence High happens when we shift from pushing for goals like faster times to moving more at an easy to moderate pace. Here is what she says —

*“And yet, after hundreds of training miles and dozens of road races, I am learning to reconcile my tortoise-like pace with my desire to call myself an athlete. I am also discovering that there can be a special magic in taking off my watch and putting aside running times. It’s best summed up by what the Stanford University health psychologist Kelly McGonigal has coined the “persistence high” — a kind of physiological reward for not giving up.*

*The persistence high works like this: When we move at an easy to moderate pace — what Dr. McGonigal described to me as a “feels good” level of intensity — for at least 20 minutes, we often experience a flood of biochemicals called endocannabinoids that has long been identified as the “runner’s high.”*

*Interestingly, some researchers have found that we don’t experience this psychological effect if we run with maximum effort. Jogging at a manageable pace is what usually leads to that buzzy feeling that all is right in the world. “There’s no objective measure of performance you must achieve, no pace or distance you need to reach, that determines whether you experience an exercise-induced euphoria,” Dr. McGonigal wrote in her book “The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage.” The reward comes simply from staying the course.”*

Here's the question – what is your “feel good” pace? What might be your “feel good” distance? For some that pace might be 8 minutes per mile. For me.... well, my “feel good” pace is quite a bit north of 8 minutes! I live in the world of 11s and 12s these days. Yet, the shift I’ve experienced from desiring to be faster to figuring out what pace it is that prolongs my running life has been cathartic – liberating. Recently I ran the Willie McCool Half Marathon with my friend Dean Threadgill. Dean has been instrumental in encouraging this shift in perspective. Dean is one of our WTRC members who, you might recall, had a heart attack just a little more than

a year ago while on a neighborhood run. There's a story about that in the [May/June 2021 WTRC Newsletter](#) – inspiring to say the least! The point is, rather than give up running, Dean has developed running goals that focus on perseverance – finishing the race – and whatever pace it takes to do that this is what he does. So.... the “Persistence High” perspective enabled me to finish a half marathon that Saturday.

While coming off an injury I experienced a few years ago I also experienced this “high” but just didn't have a name for it then. I had been recovering for a few months and another running friend, David Reed, encouraged me to do a trail run that he was wanting to run down in south Texas. The beauty of trail runs is that one particular pace is pretty much a secondary goal if even that. Trail runs are as different as are the people who run them. Some have more hills than others, for some the terrain is rocky, others have more what you might think of as walking paths, while other paths are highly technical. Bottom line – it is really difficult to judge success by a pace or even a finishing time – and for sure judging success because one trail run took longer or shorter than another is just not a valid comparison. So.... what can be compared? Why, if the trail run was finished and did I persist until the end?

Friedman goes on to say,

*“Over the years I have learned that, like body acceptance, pace acceptance can come from shifting our focus from external metrics and others' perceived judgments to how we actually feel in our own skin. As Mr. Evans of the Slow AF Run Club put it: “Pace acceptance is body acceptance, and body acceptance is pace acceptance.” When we compare ourselves to others, said Dr. Justin Ross, a clinical psychologist in Denver who specializes in athlete mental health and performance, we set ourselves up to suffer. Instead, “the real psychological benefits come from enjoying what your body can do.”*

It might be that one of the most detrimental things to do as a runner is to compare oneself with others. If we can just take a step back and consider this from a high point it is easy to see just how impossible these comparisons are. Runners are unique – each one of us has a set of abilities that are influenced by many factors – age, body chemistry, level of desire to achieve, current state of health, levels and types of training....and many others. How is it possible to compare my running with any of the other several hundred WTRC members as well as other active running groups in our community?

Perhaps coming to peace with the knowledge that running is truly an individual sport will then lead to a greater enjoyment of whatever each of us can individually, personally achieve during training runs, fun runs, club races, special running events held around the world, and other running events, many of which are held within just a few hours of our homes.

While working on this article I reached out to several WTRC members with this message:

*I am writing an article for the next WTRC Newsletter that is centered around the theme of what motivates runners to run.*

*I am sending this request to several current WTRC members who have run most, sometimes all, of this year's club races. My theory is, this group must be motivated to run!*

*Would you be willing to send me just a few lines (however many is up to you but this could be just a few lines) that describe your motivation for running -- what gets you out the door to run around the neighborhood, or some favorite route, or on the treadmill? What is it within you that leads to this extraordinary thing we call "running"?*

*I don't need you to polish what you write or take a lot of time -- whatever is "top of mind" is what I'm looking for.*

Read through these responses and think about what the WTRC members are saying about what motivates them..... is it the “need for speed” or, maybe, desire to win..... or, “Can I beat my last PR?” Or.... might we see other motivations – motivations that many of us can identify with?



Aubrey Calvert writes, “My motivation for running is my husband. I like spending time running and working out with Jason. We Keep ourselves healthy, so that we can spend as much time on this earth together as possible.”

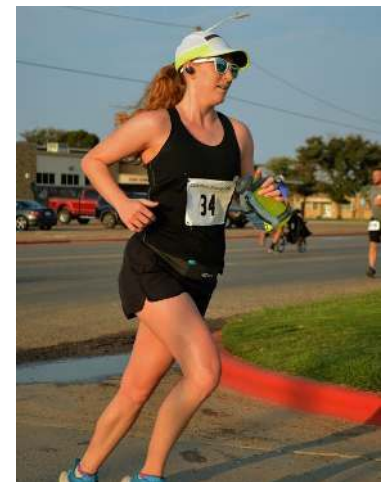
This was from Paul Gaschen – “I think my primary motivation for running is staying in shape. I feel good, both about my health and personal accomplishment, when I complete a challenging run. Running also lets me explore new places and meet new people. One of my favorite ways to get to know a new city is going for an early morning run before anyone else is up. Finally, I enjoy the camaraderie and competition associated with challenging my peers in training and races.”



My motivation is more mental than physical — “Runners’ High” if you will. Although I have run a few Halves and several 10ks (have never even entertained doing a Full — kudos to that population!!!), I enjoy the shorter distances. It only takes a couple of miles to completely change or uplift my mood. I guess this is why everyone is so nice in our run club — they’re happy!

Happy Running,  
Ronda Russell

From Hope Pacheco -- I see running as a privilege and a way to express gratitude for a body that can do it. I first started running in my early 20s as a step to make my physical health a priority. My mom passed away at 53 from cancer and I often think about her when I run. I run in honor of her and those who are not able to.



Good evening! How fun, thank you for reaching out!

To the point: my son! I have a 9 year old son who has developed a love for running and it is something we can do together. Originally, I was ignorant enough to think i could "teach" him all I have grown to love in the sport—including all the life skills it will teach him (and the grit he will need)...but, in my naivety --- he has taught me!! Taught me to run silly, to run to feel free, to run to laugh, to run not to be perfect but just to be exactly who I am in THAT moment, that during a run my outlook on the day can change in an instant, that I can be a "kid" again and let loose. THIS is why I run, to learn all the lessons he is waiting to teach me that we have not gotten to yet!

Thank you and see you at the next race!

Kristyn Sorensen



From Gretchen Bossio: Here you go! Thanks for reaching out! Love being part of the WTRC :)

I didn't start running until after my second child was a toddler - I was tired and worn out and desperately needed energy to be the mom I wanted to be. I knew exercise was key to achieving that goal and, thanks to my trusty double stroller, running fit the bill since I could take my kids with me. My main motivation as a mother runner is to set a good example for my kids (there are five of them now) while maintaining my own mental and physical wellbeing. I have never been athletically inclined so I love that through running I can prove to my kids that daily habits, effort, and determination mean more than any race time or medal.



This is what was in my head this morning: Exercise is my therapy. I am a criminal defense attorney by trade, which comes with a great deal of stress. I have found that pushing my body to the limit helps me reduce that stress better than anything else. I also believe there are so many lessons tied to racing. When I "toe the line," I know I am not likely to win. My goal is to be the best me that I can be. I want to cross the finish line and know that I gave it my all. I frequently tell my clients that there is always a point during a race where quitting crosses my mind. Racing teaches me I can persevere through the speed bumps and roadblocks of everyday life.



Sincerely,

Michael L. King

So – I “heard” from these runners motivations like “spending time with my spouse,” “set a good example for my kids,” “to change and uplift my mood,” “staying in shape, exploring new places, meeting new people,” “learning lessons my child is teaching me,” “to express gratitude for a body that can do it [run],” “my goal is to be the best I can be.”

I think all of these motivations feed into what we might experience as a “Persistence High” in addition to the other motivations more often associated with running. Those other motivations are worthy – don’t misunderstand me – but – the point is, what happens when the day comes and we can’t beat our PRs, we can’t run 7- or 8-minute miles, or we just can’t quite make it to the end of a half or a full marathon? When these times come, these are the times when the decision is often made to hang up the running shoes and either do some other activity or do nothing at all. There are lots of great activities – but why give up running when all that was needed was just a shift in perspective?

My encouragement for all of us is to remember – whatever the pace, whatever the distance, when people ask you, “Are still a runner?” – be ready to reply, “Why, yes I am!”

*Steve German*





**Never Miss a Race Registration Deadline Again!** Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)

**Sign Up for Text Alerts**



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

Run for the Arts

**WTRC Members –**

We have 3 more races left:

**Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country 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 :-)

Hey all!

Just a reminder to volunteer for at least one of these last 3 races!! A volunteer credit is a requirement for inclusion in the end-of-year Challenge Series Standings.

WTRC Newsletter Editor:  
Steve German  
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