

November/ December 2022 WTRC Newsletter

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**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

30th Annual Nov 2022 WTRC Turkey Trot

WTRC Officers, Board Members,
Directors and other club volunteers



Board Members:
Cody and Autumn Lass
Debbie Gelber and
Jason & Aubrey Calvert
(new Board members!!)

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

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

WTRC Address:
WTRC
PO Box 2921
Lubbock TX 79408

President: *Jonathan Botros*
Vice President/Operations/Media: *Emmanuel Ramirez*
Secretary: *Wendy Anderson*
Treasurer/Webmaster/Registration: *David Higgins*
Outreach: *Ron Lubowicz*
Trailer & Equipment: *Tommy Johnson*
Customer Service Director: *Suzan Caudle*
RRCA Representative/Course Marking:
Dean Threadgill

WTRC
Board
Members
added
during
2022



Debbie Gelber



Aubrey Calvert



Jason Calvert



Dean Threadgill

Upcoming Races



Race Director: Autumn Lass

2nd Saturday in January — 10:00 a.m.
5Mi | 2Mi (Both are Loops)
5Mi: ages 13 & over
2Mi: ages 7 & over, and strollers

Location: Landwer House
Buddy Holly Rec Area
N.University, Lubbock



2nd Saturday in February

10 a.m. start
5 Mi & 2 Mi

Location:
Buffalo Springs
Lake
Amphitheater

Race Director:
Tammy Mosteller





**WEST TEXAS
RUNNING CLUB**
LUBBOCK, TEXAS

ANNUAL SOCIAL & AWARDS

Friday | January 27, 2023 | 6:30pm
Science Spectrum

2579 SOUTH LOOP 289

There is no better way to ring in the new year than celebrating everything you accomplished in 2022! That includes the medals, personal achievements, new (& old) friendships created (just to name a few) through the West Texas Running Club. This is also a special time for us to give out our annual Challenge Series awards, '66 Mile Club' and 'Trailblazers



Club' awards, as well as other awards for those who continue to give their time and effort to making this the best running club in Texas!

Mark your calendars!

Check our Facebook page and your e-mail for more information to come.



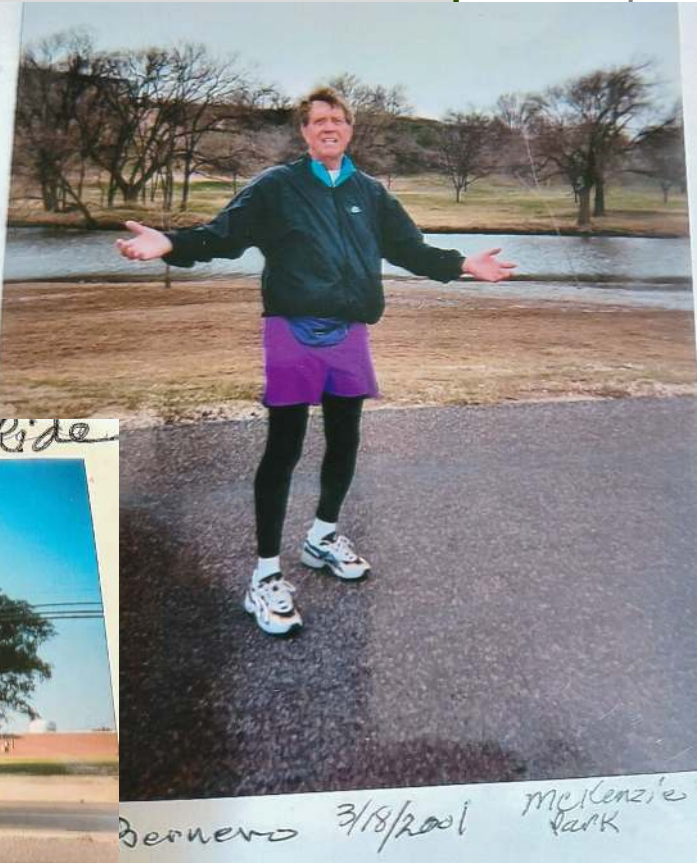
Scenes from the January 2022 WTRC Social



Remembering Bob ("Bullet Bob") Bernero

by PJ and Wayne Sullivan

One of my longtime running buddies passed away November 18th, 2022. His name was Bob Bernero, known as "Bullet Bob" to some of us. I think I can go back as far as 1989. We used to run 6 to 8 miles depending if we all were training for an event. We would run at Mackenzie Park at 5:00 a.m. on Saturdays and Sundays. There were always 5 to 10 of us.



Bernero 3/18/2001 Mackenzie Park

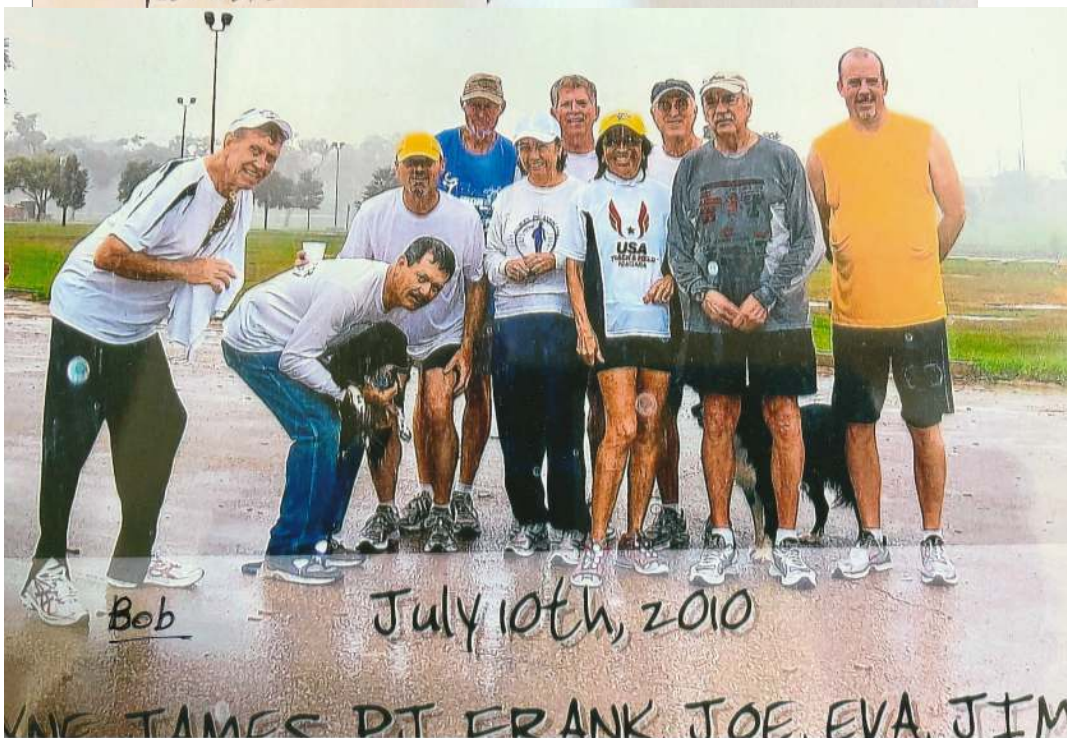


Summer 1996 Mudshoe Ride

Bob Bernero Richard Gray Ronnie Nugent

Bob used to run most, if not all, of the WTRC races. He was the race director for the Red Raider Road Race for a few years in the 90's.

One event I remember in 1993 was running the Austin marathon with Bob and Carlos Vigil. After the marathon, the three of us went to eat before we got on the road. While eating, Bob began to feel sick to the point that Carlos and I had to help him to the car. Plans were that Carlos was staying in Austin and Bob and I were going back to Lubbock and Bob was driving us back... well, guess what? I had to drive all the way back to Lubbock myself.....and Bob slept all the way home!



Bob July 10th, 2010 JAMES DIT FRANK JOE EVA JIM

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In 1996 in group of us went to run Pikes Peak Marathon. At this time Bob was really running well. He would always (almost) beat me in races. In this one I passed him at about mile 8 going up Pikes Peak -- he was sitting next to a rock and holding on to it. I don't think Bob ever forgot this.

Bob was a great and lovable guy. Friendly and caring, he always was concerned about his friends' welfare. He would do anything for you.

Bob volunteered several years helping me with the Buffalo Springs Lake Triathlon water station.

We did runs of all kinds -- short and long distances, marathons, ultra-marathons, Hotter N' Hell 100 biking events and Duathlons (which is a run/bike combination event).

On September 27th, 1992 a few of us from Lubbock went to run the Duke City Marathon in Albuquerque, New Mexico. This was Bob's first marathon and the second for me. Two of us were waiting for Bob to come in at the finish line and when he come in he said, "I will NEVER do this

AGAIN!!

Bob was a Vietnam Veteran. He shared with us some war stories at breakfast several times after we had run and/or walked.

I think his favorite marathon was White Sands Memorial Bataan Death March Marathon.

Bob used to work for LISD as a substitute teacher until he got sick.

He loved his job, used to tell stories of all kinds to the children, especially some war stories. He was known as Mr. B.

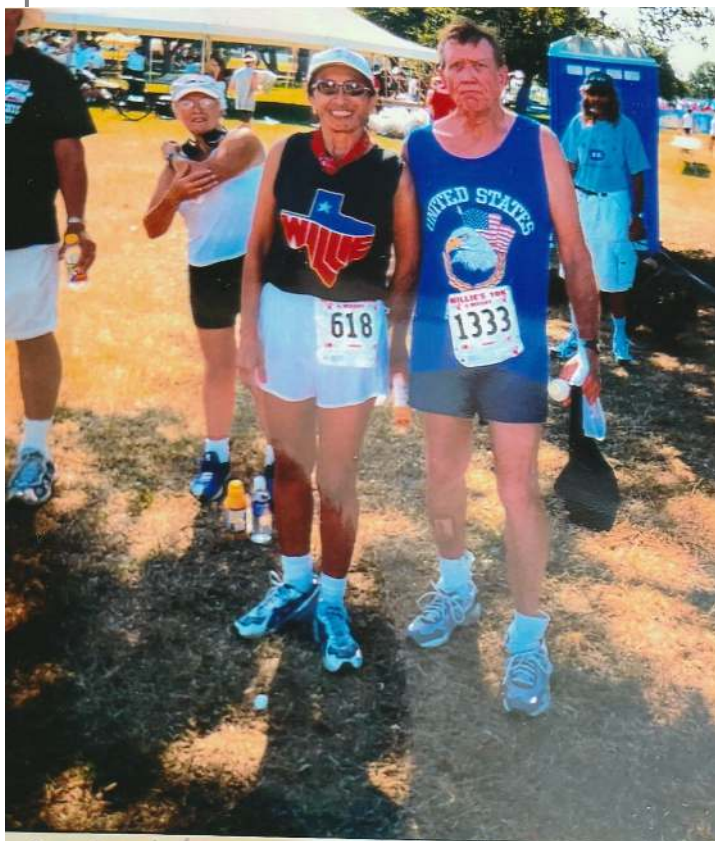
Bob's last work out was doing hill work at Mackenzie Park -- we call it Broadway Hill -- with Richard Bray, Jim Deaver, Jake Montoya, Wayne Sullivan and myself.

Rest In Peace, our friend -- "Bullet Bob."

Pj & Wayne Sullivan



Willie Nelson Pj, Harry, Bob Terri Frank



Pj Mitchell Bob Bernard
Willie Nelson LOK
8/25/02

Buffalo Wallow Race Report

November 12, 2022

Race Director: Tommy Johnson

This was one of the nicest days for running Buffalo Wallow in many



years! The morning temp was in the upper 20's but there was almost no wind.... A great combination for running the difficult course that is Buffalo Wallow! As is usual, the Buffalo Wallow was definitely a challenge — wind or no wind there are still really large hills — but, what a nice day! There were 82 who ran the 2-mile course, 40 finished the 2nd year Quarter Marathon distance and 111 persevered to cross the finish line for the Half Marathon. All together there were 233 participants — an increase of 44 over last year's 189 runners. The more, the merrier!

We want to continue our thanks to the Buffalo Springs Lake community for allowing us to enter the gates at a reduced fee and for allowing us to run this race for somewhere in the neighborhood of 50 years. Quite a legacy! Such a great place to hold the longest race in the WTRC race itinerary — very little traffic, varying scenery and multiple levels of challenge throughout the main course.

We had a fantastic volunteer turnout! A special thanks goes to Tommy Johnson for directing the race (has done this for several years), as well as to MaryAnn Schwertner, Lydia Turner, David Higgins, Anthony Badke, Lindsay Kennedy, Michael King, Ron Adams, Bill Felton, Amanda Barnett, Ronda Russell, Michelle Richardson, Jaime Lopez, Jon Lambert, Tiffany Walker, Suzan Caudle, Jonathan Botros, Sheila Martin, Sonny Bevers and members of RUN LBK -- Larry Lovato, Jake Linton, David Lopez-Cepero.

Dax Mahan won the 2-mile race with a time of 10:50. Marianne Fisher led all 2-mile female runners for the 2nd year in a row! coming in at 12:59 — faster than the year before. Great runs, the both of you!

Scott Eberhard won the Quarter Marathon — leading all of those participants with a time of 45:20 — while Lauren Murphree blazed the way for the female runners by finishing in 55:17.

For the Half Marathon — the “Toughest Half in Texas!” — David Mora III blew through the finish line in 1:13:35 (how can that be???) for his 2nd win in a row for this race, besting last year's 1:17.15 — whew!!

Jean Dai led the Half Marathon female runners by finishing in 1:49:07. Really great races David and Jean!!

A big thanks to our runners, their family and friends and our volunteers for coming out for today's races. Our new race, the Toughest Quarter in Texas, continues to be a positive addition to the 2-mile and half marathon distances.

2022 is winding down — it's been a good year for running!!



Great race, Tommy!!



BUFFALO WALLOW RACES -- SINCE 1982

WEST TEXAS RUNNING CLUB'S ANNUAL NOVEMBER RACE

EVENT RECORDS-NEW COURSE IN 2018 - Qtr Marathon since 2021

2 MILE

Male	60 to 64	Woodfin, Mark	Lubbock	60	13:35	2022
Old:		Thoma, Rusty	Lubbock	63	15:30	2020
Male	70 to 74	Higgins, David	Lubbock	70	17:18	2022
Old:		McMillen, Darrel	Lubbock	73	20:20	2020
Female	10 to 12	Fisher, Marianne	Lubbock	12	12:59	2022
Old:		Reese Pena	Lubbock	12	13:03	2018
Female	25 to 29	Casey, Andrea	Lubbock	26	15:46	2022
Old:		Ashley West	Lubbock	29	15:48	2018
Female	70 to 74	Gilinsky, Yvonne	Lubbock	73	20:57	2022
Old:		Gilinsky, Yvonne	Lubbock	71	21:26	2020

HALF MARATHON

Male	16 to 19	Mora III, David	Lubbock	17	1:13:35	2022
Old:		Mora III, David	Lubbock	16	1:17:16	2021

Quarter Marathon(Since 2021)

Female	20-24	1st	Delgado, Julie	Lubbock	24	1:00:59	2022
Old:			Cox, Kaitlan	Lubbock	21	1:03:47	2021
Female	30-34	1st	Murphree, Lauren	Lubbock	34	55:18	2022
Old:			Matias-Ryan, Gwendolyn	31	58:38	2021	
Female	35-39	1st	Harris, Breanna	Lubbock	39	1:02:24	2022
Old:			Cortez, Felicia	Lubbock	37	1:02:36	2021
Male	16-19		Dockery, Cray	Whitharral	19	49:02	2022
Old:			no one in this age-group ran in 2021				
Male	30-34	1st	Eberhard, Scott	Lubbock	34	45:21	2022
Old:			Early, Trent	Lubbock	33	49:07	2021
Male	35-39	1st	Perez, Armando	Lubbock	39	55:47	2022
Old:			Brazell, Josh	New Deal	37	59:10	2021
Male	55-59	1st	Hampton, Alan	N Rchld Hls	56	1:01:53	2022
Old:			Pare, Paul	Lubbock	59	1:04:48	2021
Athena			Kiesling, Brooke	Lubbock	22	1:14:59	2022
Old:			Spears, Jessica	Lubbock	29	1:17:04	2021



Highlighting WTRC Members:

“What are you thinking about regarding your running for 2023?”

Running in 2023 will be all about pushing the limits and being present in the moment. As a mother of three small children, there is not much time for long distance training runs or personal best records. However; there is plenty of time for teaching my three little girls, ages seven, four and one, that you can always do your best and strive to be better the next time.



I run the club races with my seven year old daughter, often while pushing the double stroller filled with her sisters. Along our routes, we talk about enjoying the moment and viewing our races as a chance to explore. We also talk about how we can always run just a little further up this hill or a little faster than we did the last time. We talk about how our running is good for our health and even better for our souls. We may not be the fastest, but we work hard to be present.

Ultimately, my goal for 2023 is to ensure that my daughters are able to experience the life-long benefits —

physically, mentally, emotionally and spiritually — of being a part of a running community.

Autumn Aldrich



Andrea Casey, Rocio Carrillo (me), Adriana Eubanks, Fabi Ruvalcaba, Carolina Hernandez

Rocio Carillo says, “Looking forward to paying money to run with all my friends, haha!”

My name is **Shana Beaver** and I moved my family here in January from being stationed in Virginia most of my 19 years in the Navy with plans of retirement here in the great state of Texas.

We found out about West Texas Running Club during the first weekend we were in Lubbock when we saw the January race taking place off University Ave. at Hodges Park. To say we were excited is an understatement.

The first event we signed up for was in February and the name of the race was very fitting because brrrr.... it was freezing! We had to leave immediately after finishing because our daughter, Jolina, had a basketball game with the New Deal Little Dribblers. The race was very well organized and we couldn't wait for the next event!

This year has been extremely challenging but we have tried to volunteer or participate in as many events as possible.

The staff and volunteers that make this organization work are incredible! We are extremely blessed and thankful to be part of the West Texas Running Club!

So what are we thinking about running for 2023? To be involved as much as possible either as

participants or volunteering to contribute to the success of WTRC! We run for improving our fitness, our health, and to be part of an amazing community! Thank you!

Wishing everyone blessed holidays and looking forward to seeing you in 2023!

Attached is a couple of my favorite photos: our before-the-run family photo at the Turkey Trot and an after-race photo from the September Shallowater Stampede.

Shana



I have enjoyed being part of this club. Friends (current

members) invited me to an event and I was hooked. The WTRC has been a great environment and always encourages everyone to reach new limits.

I have been blessed with the opportunity to include my daughter in multiple events this year. This is a great hobby we share and I continue to see how much we both continue to improve over the next year.

Thank you WTRC for everything.

**Santino
Arteaga**



30th Annual WTRC Turkey Trot Race Report

by Debbie Gelber

November 24th, 2022

Let's start this Race Recap with a fun poem...

So many people got up early to rise
Stuck a bird in the oven and warmed up some pies.
Then slipped on a pair of running shoes
Out the door we all went with no time to lose!

We trotted and trotted and trotted some more...
Braving winds and cold and hills galore.
People young and old and in between
From where they all came remains to be seen.

Runners were smiling from ear to ear.
Some may have even been shedding a tear.
Seeing the finish line, a beautiful sight
And crossing it with all our might.

Medals for all was an awesome new addition.
What a fun and healthy family tradition.
A club like WTRC is nowhere to be found

We are grateful to the people who keep it around!

And so I say to all of you...
Runners old and runners new...
Stay healthy, happy and injury free.
Thanks for spending a little of your Thanksgiving with me!

Debbie Gelber

It takes a village to put on the biggest race of the year and this year was no exception!

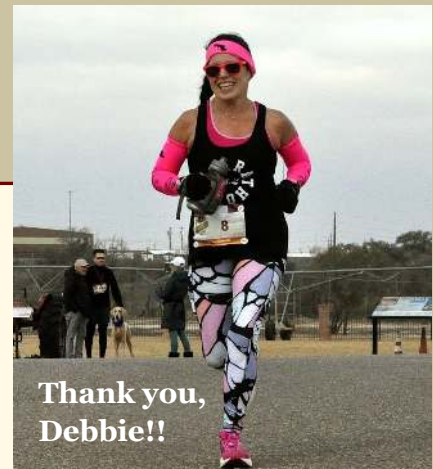
With no designated race director, the WTRC board pulled together and successfully organized the 30th Annual WTRC Turkey Trot. Thank you to all who lent a helping hand!

Volunteers included:

Leisa Goode and Trust Point employees, Lydia Turner, Jason and Aubrey Calvert, Paul Pare, Arturo Reyes, Lydia Turner, PJ and Wayne Sullivan, David Higgins, Tommy Johnson, Suzan Caudle, Jonathan Botros, Steve German, Dean Threadgill, Michael Redmond, Caleb Weston, Bill Felton, George Jury, Tiffany Walker, Ronda Russell, Jeff Fischer, Amy Gentry, Scout and Joley Braly, Mackenzie Farias, Maddox, Mason Farias, Ed Price, Emma Lopez, Wendy Anderson.

If you were omitted from this list please know that it was unintentional!

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Thank you,
Debbie!!



This year there were 707 runners in the 2-mile race and 213 in the 12K race for a total of **920 runners!** Holding gobbling rights for trotting their way to Overall Winners are **Aubrey Gibson** in the 2 Mile with a time of 11:22 and **Xavier Sanchez** in the 12K at 43:12. Also ready to talk turkey are the Overall Female Finishers: **Mary Jo Parker** in the 2 Mile with a time of 13:49 and **Reese Pena** in the 12K with a time of 49:45. Fabulous runs, all!!

Feast your eyes on some **new course records** that were set:

2 Mile

Male: 07-09 **Logan Estrada** Lubbock 8 14:39

Female: 45-49 **Michaela Jansen** Lubbock 49 14:25

65-69 **Debbie Maines** Lubbock 69 22:58

70-74 **Yvonne Gilinski** Lubbock 73 22:23

12K

Female: 16-19 **Reese Pena** Lubbock 16 49:45

60-64 **Trina Richey** Gypsum CO 60 1:06:52

Male: 80+ **Jerry Bell** Lubbock 80 1:28:54



A special "Thank You" to:

footTech for manning the Mackenzie Park water stop

RUN LBK for staffing the 12K route water stop

Ronda Birdwell-Russell for the bike lead

DJ with TJ, Todd Jordan, for music and announcements

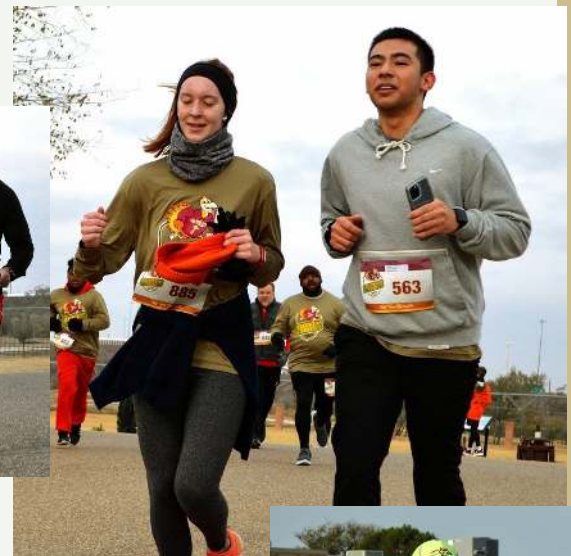
Boy Scout Troop #157 for directing traffic and parking vehicles

The **Lubbock Police Department** for making it safe to cross the busy intersections.

AgTexas for donating a lot of water bottles!

Our sponsors also made it work! Thank you:

- Schlotzsky's Deli
- FiberMax Center for Discovery
- footTech
- DahlMar Insurance
- Domino's Pizza
- The YWCA
- Stride
- Ag Texas Farm Credit
- Michael Postar's Affordable Storage



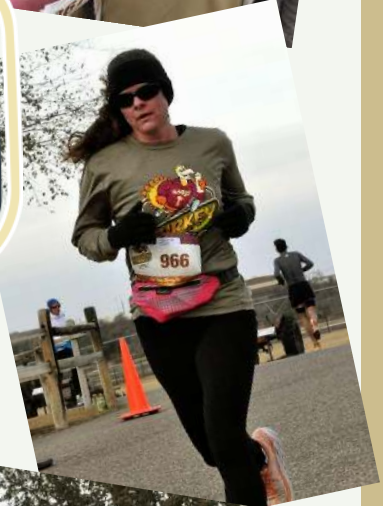
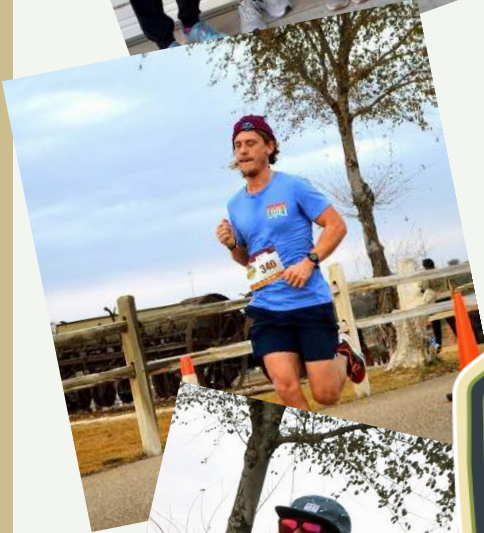
Josie and Tony

Whether you participated, volunteered, sponsored, or just came out to cheer on your favorite runner or walker, we appreciate your involvement in making this year's Turkey Trot a huge success!

And finally, kudos to **Tony and Josie Aleton** as well as **PJ Sullivan** who have participated in ALL 30 of the WTRC's Turkey Trots. That's quite an accomplishment!



PJ



RUN LBK

A Recent Addition to the Lubbock Running Community

by Larry Lovato

From the editor: The past several months I have noticed multiple Facebook posts about a running group called “RUN LBK.” I also noticed in the pictures posted in the RUN LBK Facebook site quite a few WTRC members. After asking a few questions I found that Larry Lovato had decided to organize

Larry, would you tell us some about yourself -- what you do for a living, who are your family, what do you enjoy doing in addition to running? Maybe a little about where you went to school?

I grew up all over Lubbock, most of the time in poverty. I share this detail of my life when I can because I feel incredibly fortunate in my position. Growing up, my mother moved every year, but it might have been a blessing in disguise. I've lived in areas like Overton (this area used to be called “Tech Ghetto”) just before the neighborhood demolition. Midway through my sophomore year I settled at Lubbock Cooper High School and ran track for Coach Cathy Paden. I went on to run at a small Division 3 university and studied Business. Currently I'm married to an amazing woman I met while in Chicago. I'm an entrepreneur, doing work in the service industry and property investment.

What motivated you to organize RUN LBK?

I had a great experience with run clubs in Chicago. They took me in like I was one of their own. When I moved back home to Lubbock I always believed we could do something similar at a smaller scale. It all started when I met our two other founders. One of them is Jake Linton, a navy veteran who recently moved to Lubbock and was seeking a new camaraderie outside of the military. Also Jon Lambert, a local finance guru who just discovered running and was ready to increase his running acumen. We started running last November at a brewery and then we would collect our thoughts with a pint of craft beer. I say “collect our thoughts” because we would think of world-saving ideas while running but forget most of them once finished. We made the decision to start the run club once there was a consensus of what our mission would be. We wanted to make a difference. We wanted to offer more opportunities for runners seeking others to run with while connecting the whole Lubbock running community.

several early morning and evening run groups originating from multiple locations around town. Sometimes just a few show up, sometimes a large number come together to run.

This has been something the Lubbock community has needed for a good while. We have always had a few groups like the 21st & Elgin group, footTech on Saturday mornings and Thursday afternoons to name a few, but RUN LBK seems to have met a need that hasn't been met by other groups.

I encourage you to check it out — their meeting times and places are listed at the WTRC website (<https://wtrunning.com/group-runs/>) and, of course, on the RUN LBK Facebook page: <https://www.facebook.com/groups/665683064463916>

I asked Larry to provide a little more information about RUN LBK as well as about himself. It is always interesting to know more about where people come from!



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Who are involved with you in organizing and promoting RUN LBK? How is RUN LBK organized, what is the group's purpose?

Run LBK is an official non-profit. We will help runners or interested runners continue a fit lifestyle through run groups and races. With sponsorships and donations, we will help the fitness community compete in local races such as WTRC events. All of our board members are local runners with the understanding that it's not about us — ego does not have residence in this organization of diversity and ideas. The goal of expanding the club is mostly organic. All participants are encouraged to spread the word about our run groups on social media or through word-of-mouth. When are asked about our group's purpose, the answer is this: we want people of all fitness levels and all backgrounds to feel welcomed and supported in their fitness goals.



I see on Facebook that RUN LBK groups run out of several locations around town. What are those locations and tell us a little about these business' partnerships with RUN LBK.

Currently, we have 3 locations and days for runners to attend. On Mondays, we are at the Goodline Brewery in the popular Tech terrace neighborhood at 6:30 p.m. This run is hosted by our very own Derik Malone, a PHD student at Texas Tech. Ask him about the evasive kangaroo rat that's vital to the Wilbarger County ecosystem! On Wednesdays we have a South Lubbock run group at the new footTech store behind the infamous HEB. This group starts at 5:30 a.m. and is hosted by RUN LBK member Chad Beights. On Wednesday evenings we have our biggest group run from Two Docs Brewery at 6:30 p.m. This run draws 45-110 runners each week. Runners come from as far as Plainview, Lorenzo, and Earth, Texas.

I remember from your visit with the WTRC Board that RUN LBK is partnering in some way with the Mayor's Marathon? Many of us have enjoyed the Mayor's for the past few years and hope that it continues. How is RUN LBK involved in planning for the future of this event?

RUN LBK is part of the newly titled **United Supermarkets Lubbock Marathon**. By invitation we attended the first meeting and have concluded they are in line with the vision we have for the community. For this 2023 October event, RUN LBK has a plan to reach every part of the Lubbock community through our connections with neighborhoods, city officials and schools.



Larry and wife, Teresa

6. I also have noticed that RUN LBK is partnering with not only WTRC by staffing water stations but you are also partnering with at least one other running-oriented organization. Could you tell us a little about that?

Partnering with other organizations is key. We are only one part of this fitness community and so we have reached out to many race directors to collaborate. Ideas are not always concrete but our objective to connect is clear. We also believe in the selfless act of volunteering. Races cannot be successful without the support of the community. We're fortunate to have members who understand these challenges and have answered the call to volunteer.

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7. What motivates you to run, Larry? Do you have any running advice for new runners as well as those who have been a part of the running community for a long time?

For me, running is everything. It saved my life. I'm motivated because running gives me purpose along with mental therapy.

If you have been part of the running community for a long time, I can only encourage you step out of your comfort zones by making yourself available to others who seek knowledge or inspiration in this sport, which I believe is the greatest in this world. In terms of actual running advice, I have a few thoughts. For competitive runners: In races, don't think too much, just stay dialed in and let the race unfold. In training, don't miss long runs, that's your bread and butter. Lastly, if you are a new runner or a seasoned runner who's taken a sabbatical like me, be patient. So many take up this crazy sport and think they've given it a try by running 5-7 months and a few races. I think it takes a minimum of 1 year for your body to understand running mechanics and diet. Then a second year to begin hitting your stride. Don't forget to have fun!

Larry

Running Opportunities — several sponsored by RUN LBK

**Mondays: 6:30 — Good Line Beer Company
27th & Boston — 2, 4 or 6 mile loops**

**Tuesdays: 5:30 run group — Guy Park at 5:30 a.m.,
88th and Nashville**

**Wednesdays: RUN LBK 6:30 p.m.
at Two Docs Brewery**

**Thursdays: footTech group run 6:00 p.m., 4202 19th St. and
5:30 run group — 5:30 a.m. at Evans Middle School, Norfolk Ave & 60th St.**

Saturdays; footTech 6:00 a.m. and 7:30 a.m.



Running For St. Jude Children's Research Hospital

by WTRC Member Virginia Bevers

Beginning in 2014 I began running as a St. Jude HERO to raise money for the kids and their families connected with the St. Jude Children's Research Hospital. The Memphis Marathon Weekend held in Memphis, Tennessee is always the first weekend of December.

In 2014 & 2015 I ran the Half Marathon and, beginning in 2016, I started running 10Ks. Unfortunately I missed the 2017 race due to a broken ankle and, like most other races during the pandemic, I ran a virtual 5K in 2020.

This year I decided to run a marathon there and trained with the plan provided by the race organizers. However, I was not able to get my long runs in so I dropped to the 10K.

In November I ran several Saturdays with the 6:30 a.m. footTech group and one of those Saturdays I ran with Dean Threadgill. We ran 6 miles. I realized that I had stayed on pace and didn't walk at all. The following Saturday I ran with Dean again as well as with Steve German — once again going 6 miles — on pace and no walking!

So, I ran the WTRC Buffalo Wallow Quarter Marathon and felt pretty good — which was a great lead-up to Dec. 3 — the ST JUDE MEMPHIS MARATHON WEEKEND RACE.

I ran this race in memory of 3 baby girls — **Nora Williams, Stella, and Sophi** — and for a little boy **Kal Luke** who is fighting cancer and also for **Artie Corelis**.

This was one of my best races there. The morning was perfect with some wind. When I was running up the hill I dreaded 3 things happened:

1. I kept thinking of keeping pace with Dean and Steve.
2. The wind was blowing behind us and I felt like those little girls were pushing me forward.
3. I knew the ladies at my church were praying for me.

My run was good and I finished 18th out of 174 in my age group.

I have raised about \$25,000 for St. Jude since I started.

I am not a fast runner, but I run for a reason.

I started running 10 years ago with the WEST TEXAS RUNNING CLUB because of a challenge. This is the first year that I was able to run 12 club races while volunteering for the 13th. This is something I wanted to accomplish. As mentioned earlier I am not a fast runner and I doubt that I will ever run a marathon, but that's ok. I admire and, yes, envy those that run marathons. I know they put a lot of work into it.

I hope that I can continue to run for St. Jude and raise money for them. If you would like to consider donating to St. Jude go to this site — [St. Jude Children's Research Hospital](#) — look for my name to donate under.

Danny Thomas dreamed of the day when no child will die in the dawn of life.

Virginia



December 2022

Race Director:
Dr. Richard Lampe

Toys for Tots Cross Country Run

For the second year in a row the final run of the WTRC 2022 year — Toys for Tots Cross Country Run — was held on a beautiful Saturday. The temperature started out in the 40s with little to no wind — a great combination for running! The Marine Corps League collected gifts donated to Toys for Tots.

Dr. Rick Lampe directed today's race and, as is his custom for quite a few years doing this, did a great job coordinating a large group of volunteers. Seven (7) kids began the day with a 1-mile fun run followed by 37 participants in the 4-mile cross-country run and 46 runners in the first-ever 2-mile option for a total of 90 runners in today's event.

Seventeen year-old **Dax Mahan** won the 4-mile race with a 25:09 finish. **Kayla Sisneros** led all female runners with a time of 30:38. Great runs the both of you!!

For the 2-mile run, **Jaime Gonzalez** blazed in with a time of 13:20 and **Nellie Hill** led the 2-mile female runners coming in at 18:37. Way to go all of you!!

*There was just one age-group record broken: **Michaela Jansen (45-49 age-group)** broke her 2021 record (32:19) with a **time of 32:16 in this year's 4-miler**. This race has been run continuously since 1986 — meaning it is difficult to set new records. Way to go, Michaela!*

As always, these races could not happen without volunteers. This year's volunteers were: Rick Lampe (Race Director), Suzan Caudle, Kyle Van Zandt and his kiddos — Connor & Lily, Autumn & daughter Abigail Aldrich, Sheila Price, The Duncans came out in force! — Mandy, Dylin, Thomas, and Parkir, Armando Perez, Bill Felton, Josie & Tony Aleman, Jessica Philpot, Yvonne Gilinsky, Sylvia Miller, Librada Sissell, Kristyn & son Ethan Sorenson, The Young Family — Taylor, Teagan & Lauren, PJ & Wayne Sullivan, Lydia Turner, Tommy Johnson, David Higgins, Jonathan Botros, James Livermore and Cathy Paden. What a great crew!

We look forward to the upcoming 2023 WTRC races — be sure to register!



Thank you, Rick
for another
great race!



Hey all! Become a 2023 member of the WTRC and also be involved in the 2023 WTRC Challenge Series!

It is time to renew your membership!

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

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

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

2019 Prairie Dog
Town Run

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

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

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

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



Nov 2022 Buffalo Wallow





Text
WTRC
to
806-243-6333

Race Reminders,
Updates, Etc!

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

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



West Texas Running Club

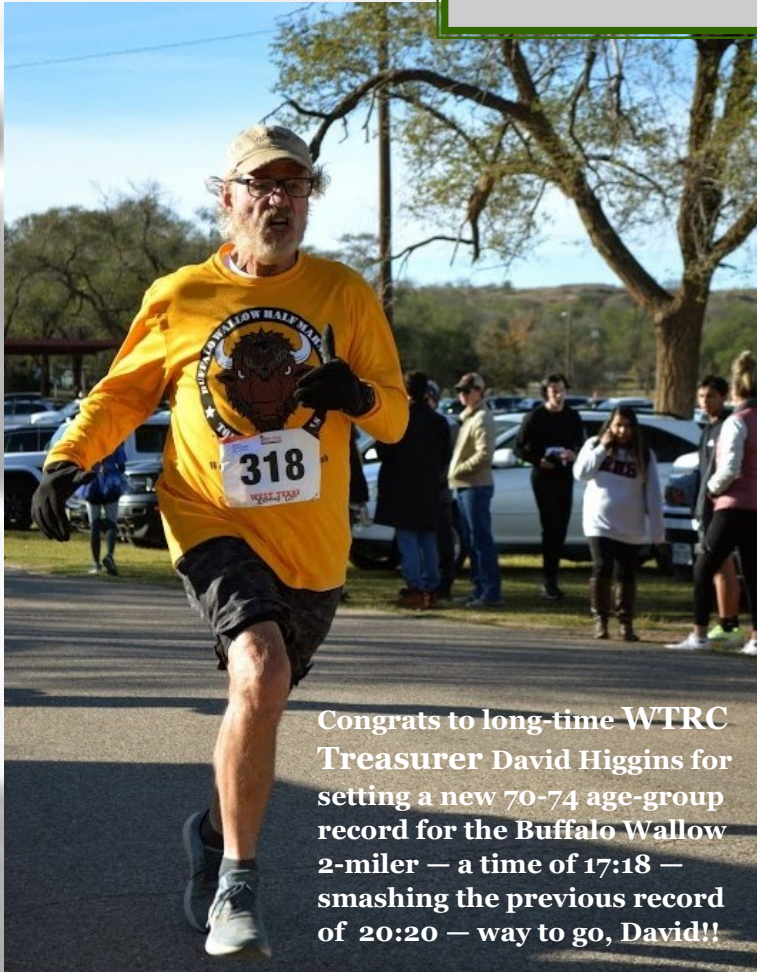


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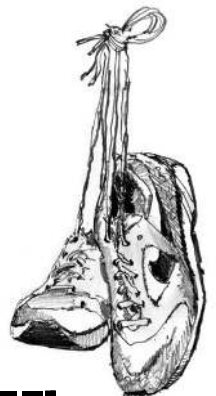
2020
Dam Run

Come Run With Us!

WTRC races are found at wtrunning.com



Congrats to long-time WTRC Treasurer David Higgins for setting a new 70-74 age-group record for the Buffalo Wallow 2-miler — a time of 17:18 — smashing the previous record of 20:20 — way to go, David!!



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