

January 2023 Snow Day in
Lubbock, Texas!



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS

**January/February 2023
WTRC Newsletter**

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WTRC Officers, Board Members,
Directors and other club volunteers

President: *Jonathan Botros*

Vice President/Operations/Media: *Emmanuel Ramirez*

Secretary: *Wendy Johnston*

Treasurer/Webmaster/Registration: *David Higgins*

Outreach: *Ron Lubowicz*

Trailer & Equipment: *Tommy Johnson*

Customer Service Director: *Suzan Caudle*

RRCA Representative/Course Marking: *Dean Threadgill*

Board Members:

Cody and Autumn Lass

Debbie Gelber

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



2nd Saturday in March — 9:00AM

8Mi | 2Mi

Bib pickup: 7:45 to 8:30

FiberMax Center for Discovery

1121 Canyon Lake Dr.

Lubbock, TX 79403

Race Directors: Sylvia Miller,

Tommie Gressett and

Paula Amaya

Race Director: Suzan Caudle



2nd Saturday in April — April 8

8:00 a.m. 1 Mile Kids Run

8:30 a.m. 5K | 15K

Check the website to learn how to guarantee your T-shirt!

Please be parked by 7:45 a.m. to clear streets for the 1 milers

Location: Buddy Holly Center, 1801 Crickets Ave



January 14, 2023

Loop the Lake Race Report

Race Director: Autumn Lass

The first WTRC race in 2023 was a chilly, but beautiful morning. A bit of a breeze but not a lot for West Texas. A total of 186 total runners participated which was 32 more than the year before — was a great turn-out!

There were 108 2-Milers and 78 5-Milers. Kudos to our runners!

Congrats to David Mora, III (10:20) for winning the 2-Mile race and to Averi Duncan (14:31) for leading all female 2-Milers! Also, congrats to Billy Bond (30:11) for winning the 5-Mile event and to Amy Estrada (39:16) for leading all of the female 5-Milers. We also have some new course records established with this year's race:

3 records were "smashed" in the 2 Mile:

- 16-19 David Mora III 17 10:20
- 70-74 Yvonne Gilinsky 73 21:29
- 75+ PJ Sullivan 78 21:08

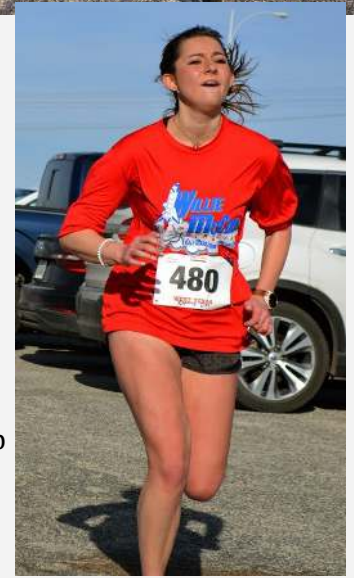
No records were set for the 5-Mile race.

Well done, David, Yvonne and PJ!

Thanks to all the volunteers for helping with directions, water spots, and setup/takedown. We couldn't put on such great races without our volunteers: Cody Lass, Martin Montalvo, Caleb Cahoon, Taylor Herrera, Jerry Morris, Christie Hodge, Lauren Finck, Mark Woodfin, Reese Pena, Mandi Duncan, George Jury, Suzan Caudle, David Higgins, Cliff Miller and Bill Felton



Great race, Autumn!



Thanks so much for all your hard work!

All in all, we had brisk weather, a great group of tough runners, and dedicated volunteers.

Such a great way to begin the racing year!



Our Journey

by WTRC Members Ed and Leesa Price

From the editor: Many of us know Ed and Leesa Price. They have been a part of the WTRC for many years and always are encouragers of other runners – always! A few years ago I wrote an article (see [here](#)) about Ed and Leesa's pursuit of the "[Abbot World Marathon Majors](#)" comprised of the Boston, Chicago, New York City, Berlin, Tokyo and London Marathons. They both earned the Six Star Finisher Medal that features a plaque from each race. Along the way they decided to join the Marathon Travel and Tours' Seven Continents Club (see [this link to the site](#) – I've marked the page that lists Ed and Leesa). The Seven Continents are Africa, Antarctica, Asia, Europe, North America, Oceania, and South America. These two have covered a lot of ground in their running history!



Ed recently compiled a narrative of their journey through the Abbot World Marathons leading into and through the Seven Continents Club. What I am hoping you see through this narrative are a couple of encouragements for all of us. One is that there are many, many venues for achieving running milestones. Some of you are pursuing PRs, some are reaching for mileage plateaus. Some are working on a running streak – daily running for an extended period of time. Locally there are those who strive to run all of the WTRC races during the calendar year – 13 of them. The list of possibilities is endless! And then, there are those like Ed and Leesa, who set as their goal to run a marathon in all 7 continents. Lots and lots of ways to make running not just an exercise but also a means of some kind of personal achievement.

By the way, take note of Ed's narrative concerning the last of the seven – Patagonia, Chile (South America). Was quite a challenge to get that one accomplished along with their friend and also WTRC member, Pam Titzell.

Way to go, Ed and Leesa!!

We have been together for 46 years and married for 44. Leesa has been a runner since the early 70's running track for [Hart High School](#) in the Texas panhandle. I was a high school football and baseball player at Monterey High School in Lubbock, Texas, who stopped exercising, got fat and struggled with high blood pressure after I began my career as an attorney. Leesa convinced me to start working out again. I lost 40 pounds by biking, swimming, and running with her.

Leesa started running marathons with friends in 2004 at the Arizona Rock and Roll Marathon.

Leesa has run Big Sur, [Marathon2Marathon](#) in Marathon, Texas, Tulsa Marathon, San Diego Rock and Roll Marathon, Dallas White Rock, Austin Marathon, and the Houston Marathon. In 2008, Leesa and I ran the [New York City Marathon](#) together. The idea of running the Abbot World Marathon Majors appealed to us so we started to plan to run the other 5 marathons in the series after notching the New York City Marathon.

Next up was Chicago in 2011. Leesa nailed the marathon but I had been ill

and only planned to run the half. At the halfway point I felt pretty good so I walked/ran the last half and finished.

Berlin was next in 2013 as part of a trip to Germany, then Italy. On the flight over "the pond", a passenger nearby had a horrible cough and sneezing fit - I ended up with the flu. Despite being ill, we completed the marathon, with me posting a personal best.

New York City Marathon



Chicago Marathon

continued next page...



Tokyo Marathon



In 2015, we were off to Tokyo to take on the Asian continent. This marathon was most interesting as it curled past ancient pagodas and modern skyscrapers, royal palaces and modern hotels. The next year, 2016, we chalked up another European marathon -- the Virgin London Marathon, complete with outlying trips to Dover, Stonehenge and Windsor Castle.

The crown jewel of the Marathon Majors, Boston, was completed in 2017, when we headed out of Hopkinton, past the Newton hills to the Citgo sign and Boylston to the finish for my Abbot World Marathon Majors medal. Leesa had run Boston already in 2011 and earned her Abbot World Marathon Major medal in London.

One of the serendipities stemming from earning the Abbot medal is that we had run marathons on three continents. So, we joined the [Marathon Travel and Tours' Seven Continents Club](#) and headed to Antarctica in 2019 to earn our marathon finish on a 4th continent. The tour

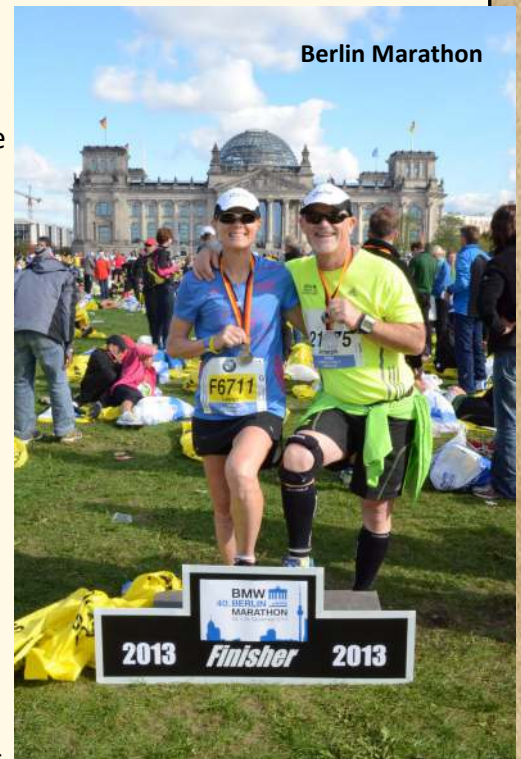
stopped in Buenos Aires then flew to [Ushuaia, Argentina](#) (a resort town in Argentina located on the Tierra del Fuego archipelago, the southernmost tip of South America, nicknamed the "End of the World." It's the gateway to Antarctica cruises and tours) where we boarded a Russian science vessel, the Ioffe, to sail through the Drake Passage to Antarctica. March 18, 2019, we boarded zodiac boats, drove to the shore of St. George's Island, and ran 26.2 miles in the snow, mud and cold! Continent #4 was checked off the list. We spent several more days sailing and hiking with penguins, orcas, leopard seals and whales – amazing!

We're not getting any younger so we decided to try for the 5th continent in 2019. So, off to Queenstown, New Zealand in November. After a very long flight across the Pacific Ocean we landed in Queenstown. The race was point-to-point and they bused us out 26.2 miles from Queenstown into the country (Arrowtown). As we waited for the start, it began to rain and it was a bit chilly. Within the first three miles, the rain stopped, the sun came out and it was beautiful! We ran past lakes, farms, and rivers. Everything was

lush and green and beautiful. Lots of climbing and descending. The finish was a welcome sight in Queenstown proper with a party atmosphere and lots of happy finishers. A local television station interviewed us after the finish.

5 down, 2 to go!

We scheduled Rio de Janeiro for 2020 but, as you might imagine, Covid made it a no-go. We tried Aruba soon afterwards but, again, it didn't work. Finally, a window opened for the [Sanlam, Cape Town Marathon](#), Cape Town, South Africa in October of 2021. Off we went through New York, Amsterdam and on to Cape Town. On October 17, 2021, we ran through the streets of Cape Town and completed the marathon. Following the marathon, we went to Zimbabwe and did camera safaris then back to Johannesburg for a tour of the city. Amazing trip – continent number 6 accomplished -- 1 continent to go!



Berlin Marathon



Capetown, South Africa Marathon

Again we tried for Aruba for the South American marathon we lacked. We flew to Dallas but storms socked in Miami and nothing could get out for three days preventing any possibility of getting to Aruba. Regrouping, we scheduled the [Patagonia Running Festival Marathon](#) in Chile on October 8, 2022, through our friends at Marathon Tours.

In October, 2022, off we flew to Santiago, Chile. After a few days in Atacama in Northern Chile, we then flew back through Santiago to Punta Arenas.

After a 5-hour bus ride we arrived at Rio Serrano

Hotel in Torres Del Paine National Park, Patagonia, Chile. On October 8, 2022, in 55 mile per hour sustained winds, we completed the marathon. There were gusts up to 90 mph! The wind was so severe it blew lenses out of sunglasses, bibs off of clothing, cell phones out of pockets and a 1,200 pound port-a-potty over a guardrail and into a lake. Our course was point-to-point and the mini-bus we were in ran up on a log guardrail next to a 40 foot drop off! We were about a mile from the start and the bus was disabled but were able to hitch rides to the start.

The race began into the howling wind (The first 11 1/2 miles were into the teeth of the wind - the last 15 miles were in dangerous crosswinds). I would get in the middle, grab onto Leesa's and Pam's hands, and we put our heads down to trudge forward into the wind. Several times we simply had to hunker down and cover our faces as best we could. It took us 3 hours and

20 minutes to get to the halfway point where the wind was to the side and behind us. Should be great, huh? Well, since you are leaning forward trying to run it would constantly try to blow us forward off our feet. Also, our legs were already fried from fighting the headwinds all morning.

Leesa and Pam finished in at 6:22 and I finished in about 7:05. Completing this marathon was the toughest race we had ever done, but we conquered our 7th continent! Later that night, Leesa and I were awarded the Seven Continents Club medal, joining a group of less than 1000 people worldwide who have done it. Of those, even fewer have also earned the Abbot World Marathon Majors medal.

God has truly blessed us to be able to travel the world, to be able to run into our sixties and to both be interested in this sport. We are also blessed to be part of the best running club on the planet, filled with good

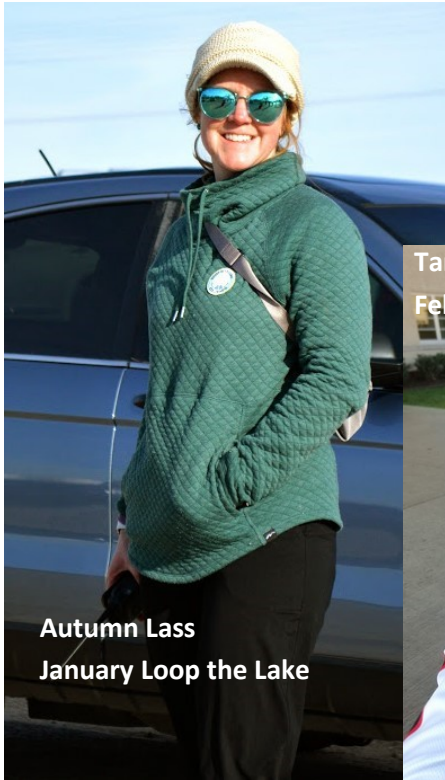
people from West Texas who support one another and run for the simple joy of running! By the way, this was Pam's first marathon ever... if she could do this one, she can handle anything!

Ed Price



2022 WTRC Race Directors

January through June



Autumn Lass
January Loop the Lake

Tammy Mosteller
February Freeze



Sylvia Miller, Tommie Gressett,
Paula Amaya
March Prairie Dog Run



Suzan Caudle
April Depot District Run
(will be The Buddy Holly run
in 2023) *West Texas Run*



Nathan and Cathy Paden
May Hugh Haynes Memorial
Horseshoe Bend Run



Steve German
June Bobby Birdsong
Memorial Run

2022 WTRC Race Directors

July through December



Gabby Saldana
July Firecracker Run



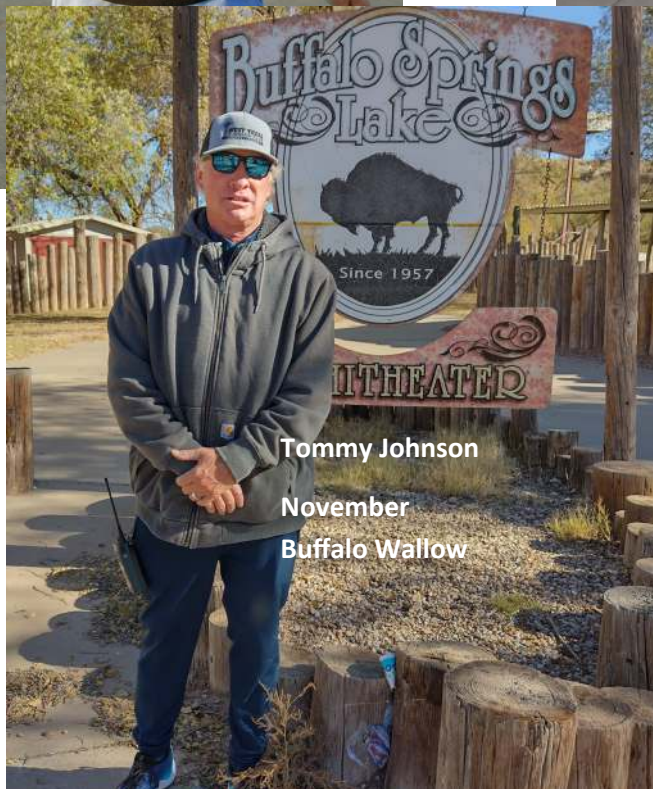
Wendy Johnston
August HOT Dam Run



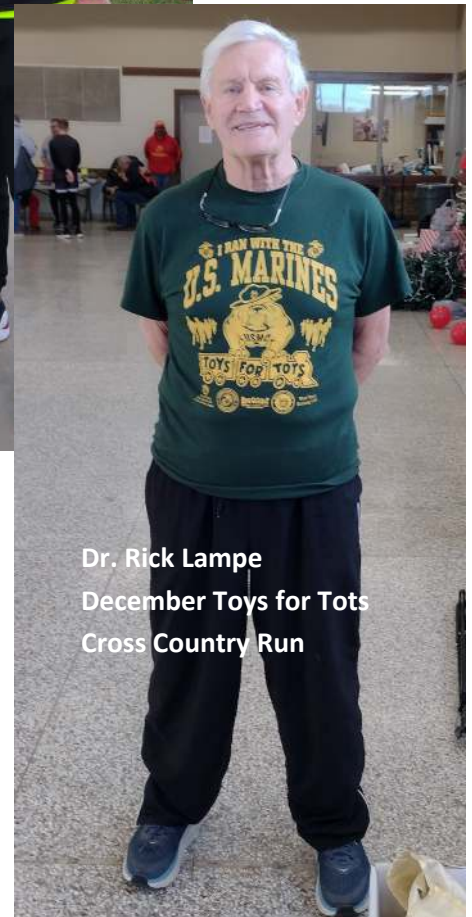
Cody Lass
September Shallowater Stampede



Jonathan Botros and
Emmanuel Ramirez
October Red Raider Road Race

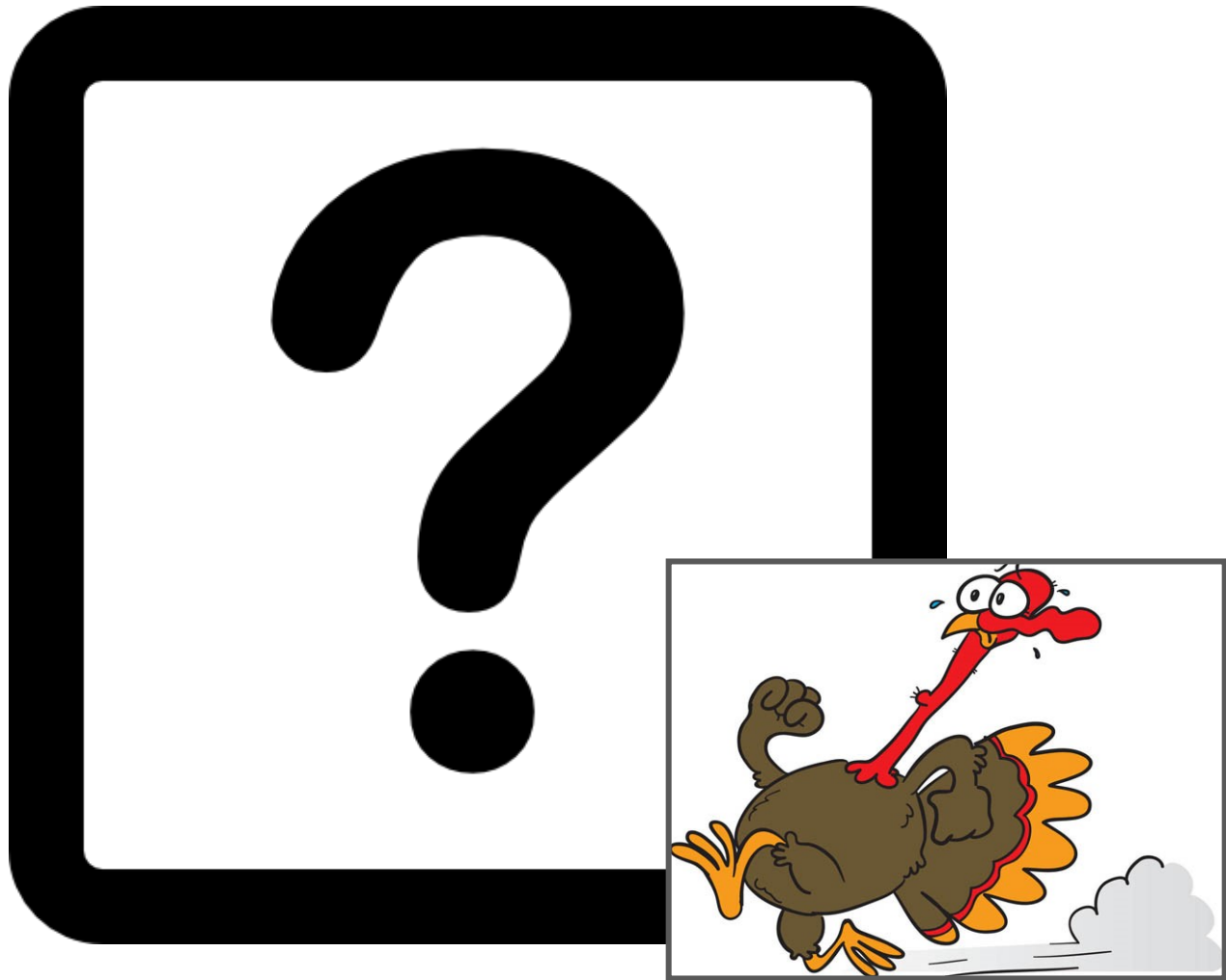


Tommy Johnson
November
Buffalo Wallow



Dr. Rick Lampe
December Toys for Tots
Cross Country Run

Race Director(s) needed!



Will one (or more) of you step in to direct the 2023 Turkey Trot?

If interested please contact any WTRC Board Member (names listed on page 2 of this newsletter) or email the WTRC Newsletter editor: stevegerman5@gmail.com. Your name(s) will be given to Jonathan and Manny who will contact you to relay further information.

W.T.R.C. 2022 CHALLENGE SERIES – Members Who Eamed An Age-Group Award

FEMALE

YTD TOTALS						35 - 39 FEMALE					55 - 59 FEMALE						
7 - 9 FEMALE	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
Abigail Aldrich	7	48	14	6	*	Lindsay Kennedy	40	122	39.2	13	*	Mary Mailer	56	115	83.4	12	*
						Jessica Philpot	38	51.5	34.4	6	*	Reeda York	60	113	92.7	13	*
						Valerie Carpenter	38	32.5	11	4	*	Maryann Schwertner	59	100	37.2	12	*
											Marquet Woodfin	58	96.5	80.3	11	*	
10 - 12 FEMALE						40 - 44 FEMALE					60 - 64 FEMALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL			
Lily Van Zandt	11	111	30.1	13	*	Kristyn Sorensen	41	98	26.1	11	*	Virginia Beyers	62	101	54	13	*
Teagan Young	11	60	20	9	*	Maribel Castillo	42	96	82.7	12	*	Pam Titzell	64	64	51.5	7	*
						Aubrey Calvert	42	80.5	70	11	*	Lindy Lauderdale	61	25.5	25.2	4	*
						Tiffany Walker	41	74.5	59.3	10	*						
13 - 15 FEMALE						45 - 49 FEMALE					65 - 69 FEMALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL			
Taylor Young	14	81	23.1	10	*	Michaela Jansen	49	109	64.8	11	*	Lydia Turner	69	79.5	72	13	*
Averi Duncan	15	46	15	6	*	Amme Blair	50	78.5	22.1	9	*	Leesa Price	66	65	47.7	7	*
Hagen Walker	15	45.5	22.3	7	*												
16 - 19 FEMALE						YTD TOTALS											
AGE	PTS	MILES	EVT	VOL	50 - 54 FEMALE					70 - 74 FEMALE							
Emma Lopez	18	66.5	20.5	7	*	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL		
Saylor Corelis	17	46	16.2	6	*	Debbie Gelber	54	115	74.1	12	*	Josie Aleman	71	107	30.1	13	*
						Rebecca Puckett	55	73	30.3	12	*	Yvonne Gilinsky	73	93	29.3	11	*
20 - 24 FEMALE						75 and up FEMALE											
AGE	PTS	MILES	EVT	VOL	AGE					PTS							
Kyden Corelis	20	31.5	15.2	4	*	Pj Sullivan					78	64.5	71.6	11	*		
Brylie Corelis	23	31	12.2	4	*	ATHENA					AGE	PTS	MILES	EVT	VOL		
						Sheila Price					58	94.5	48.9	13	*		
25 - 29 FEMALE						Liana Garza					53	81.5	58.5	13	*		
AGE	PTS	MILES	EVT	VOL	Tobi Mcmillan					49	80	32.3	10	*			
Megan Taylor	26	43	49.8	7	*	Taylor Herrera					23	74	46.8	8	*		
YTD TOTALS																	
30 - 34 FEMALE																	
AGE	PTS	MILES	EVT	VOL													
Desirae Sifuentez	30	86	45.2	11	*												
Autumn Aldrich	33	45	14	6	*												
Riannon Rowley	31	37.5	42.8	5	*												

MALE

YTD TOTALS						YTD TOTALS					YTD TOTALS						
7 - 9 MALE	AGE	PTS	MILES	EVT	VOL	35 - 39 MALE	AGE	PTS	MILES	EVT	VOL	55 - 59 MALE	AGE	PTS	MILES	EVT	VOL
Ethan Sorensen	9	67	19	9	*	Amando Perez	39	106	34.6	12	*	Frank Mendoza	55	112	85.2	12	*
Connor Van Zandt	9	64	21	10	*	Oscar Farias	40	93	80.3	11	*	Martin Montalvo	57	108	30	12	*
						Larry Lovato	36	72	70.1	9	*	Larry Vigi	60	75	25.2	10	*
						Anthony Badke	40	69	35.2	11	*						
YTD TOTALS						40 - 44 MALE					60 - 64 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL			
Thomas Duncan	12	60	17	7	*	Michael King	45	118	81.7	12	*	Arturo Reyes	61	106.5	33.6	13	*
Radley Dalton	11	49.5	20	8	*	David Hill	44	92.5	79.6	12	*	Mark Woodfin	60	101.5	27.1	11	*
Parkir Duncan	10	17	8	4	*	James Bond	44	80	36.6	10	*	David Doyle	64	63	20.2	8	*
Dylin Duncan	13	15	8	4	*												
13 - 15 MALE						45 - 49 MALE					65 - 69 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL			
Billy Bond	14	76	36.5	8	*	Ken Powell	48	91.5	24	10	*	Steve German	65	117	98.9	13	**
Eli Paden	15	58.5	34	7	**	Jeremy Pena	47	68.5	54.7	8	*	Terry Dalton	68	88.5	26	11	*
						Jeff Fisher	47	64	59.1	8	*	Ed Price	66	62	66	9	*
											Randy Mulso	66	50.5	21	6	*	
16 - 19 MALE						50 - 54 MALE					70 - 74 MALE						
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL			
Ethan Moore	20	47	40.7	7	*	Adam Puckett	51	114	32.3	13	*	Tony Aleman	73	102	30.1	13	*
						Gary Tayag	52	106	81.7	12	*	Wayne Sullivan	72	97	65.6	11	*
20 - 24 MALE																	
AGE	PTS	MILES	EVT	VOL													
						Lance Ward	55	79	25.3	10	*						
25 - 29 MALE						75 - 79 MALE											
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL								
Paul David Gaschen Jr	27	49	23.2	6	*	Gary Gressett	75	83.5	25.1	10	*						
Tyler Schultz	28	34.5	18.2	4	*	Rick Lampe	78	76	28.1	10	**						
						James Livemore	75	57	18.1	7	*						
30 - 34 MALE						80 and up MALE											
AGE	PTS	MILES	EVT	VOL	AGE	PTS	MILES	EVT	VOL								
						Bill Felton	88	50	38.6	8	*						
CLYDESDALE						AGE	PTS	MILES	EVT	VOL							
						Jaime Lopez	50	94	32.2	10	*						
						Dean Threadgill	43	88	92.7	13	*						
						Nathan Paden	54	72	66	8	**						



**2022 Challenge Series
Age-Group Award Recipients**

** = RACE DIRECTOR
* = VOLUNTEER

Members of the WTRC 2022 Challenge Series

66 Mile Club and Trailblazers



66 Milers

	Age Group	Number of Miles	Number of Races
Steve German	65-69	98.9	13
Reeda York	55-59	92.7	13
Dean Threadgill	Clydesdale	92.7	13
Suzan Caudle	65-69	91.8	11
Librada Sissell	55-59	85.2	12
Frank Mendoza	55-59	85.2	12
Mary Mailler	55-59	83.4	12
Maribel Castillo	40-44	82.7	12
Michael King	40-44	81.7	12
Gary Tayag	50-54	81.7	12
David Higgins	65-69	81.6	13
Margaret Woodfin	55-59	80.3	11
Oscar Farias	35-39	80.3	11
David Hill	40-44	79.6	12
Debbie Gelber	50-54	74.1	12
Tommie Gressett	55-59	73.1	11
Lydia Turner	65-69	72	13
PJ Sullivan	75-79	71.6	11
Larry Lovato	35-39	70.1	9
Aubrey Calvert	40-44	70	11
Jason Calvert	40-44	70	11
Sonny Bevers	Clydesdale	70	9
Nathan Paden	Clydesdale	66	8
Ed Price	65-69	66	9
Wayne Sullivan	70-74	66	11

Trailblazers

	Age Group	Number of Miles	Number of Races
15 or more miles			
Bryce Pena	07-09	22.2	3
Connor Van Zandt	07-09	21	10
Noah Bermea	07-09	19	10
Ethan Sorensen	07-09	19	9
22 or more miles			
Lily Van Zandt	10-12	30.1	13



Scenes from the 2022 WTRC Social

January 27, 2023

for all pictures go to: [2023 WTRC Social Pics](#)



*Great Food,
Fellowship,
Remembrances and
Accomplishments!!*



2022 WTRC Special Awards

**Presented at the
January, 2023
WTRC Social**

**2022 WTRC Distinguished
Service Award**

Wendy Johnston



**2022 Support
Organization of the Year**



**2022 Sponsor
of the Year
Larry Vigil**



**2022 Ron Lubowicz
Presidential
Humble Hero Award**

PJ Sullivan



**2022 Dr. George W. Jury
Volunteer of the Year**

Tiffany Walker



2023 February Freeze

Feb 11th — Race Report



Wow! What a beautiful day it was for running! Although cold, there was literally no wind — making for an ideal day to run the 2023 WTRC February Freeze.

Tammy Mosteller

did a great job directing today's race. Tammy — having someone like you shepherding the group from setting up the race, to running the race, to packing up the trailer was really valuable—thank you - well done!

We always have a great group of volunteers and today was more of the same. We were blessed by a group from the *Texas Tech Student Dietetic Association* who came out to help us — thank you students!! It's always encouraging to be with some of the up-and-coming younger generation who will be taking care of the rest of us :-)) Volunteers for the February Freeze were Janeane Torres, Madeline Hanly, Dharma Heaney, Maddy Lavery, Taylor and Teagan Young, Grant Gossett, Sara Phy, Kenneth Rogers, Molly Ramsey, Barbara Castillo, Amber Mauldin, Lauren Finck, Adam Salinas, Bill Felton, David Higgins, Suzan Caudle, Jonathan Botros, and Tommy Johnson— thank you volunteers!



There were **172 runners** who completed a race today — **95** completing 2 miles and **77** finishing the 5-miler. For the 2-mile race **Sophia Martinez** led all female runners coming in at 12:18. **Dax Mahan** led all of the 2-mile runners with a time of 10:57. Great times, both of you! **Adrian Sanchez** paced all 5-mile runners with a time of 27:20 (wow!) **Amy Estrada** led all female runners in the 5-mile race blazing in at 35:33 — really strong running you two!

There were several age-group records set at this year's race:

2-Mile

13-15 Billy Bond	Lubbock	14	29:34
60-64 Adam Barron	Odessa	60	39:15
20-24 Kayla Sisneros	Lubbock	23	35:59
50-54 Michaela Jansen	Lubbock	50	37:58

5-Mile

16-19 Dax Mahan	RnsmCyn	16	10:58
55-59 John Corelis	Lubbock	57	13:11
60-64 Mark Woodfin	Lubbock	60	15:21
30-34 Sophia Martinez	Lubbock	30	12:18 *
* overall course record			
55-59 Kimberly Boaz	Wolfforth	55	19:40
Athena Faith Mora	Lubbock	26	17:43

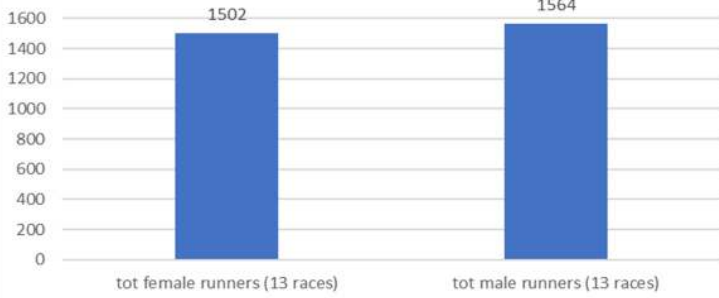


The Prairie Dog Town Run is coming up next month — March — with three fabulous WTRC members directing the race for their 2nd year — Sylvia Miller, Tommie Gressett and Paula Anaya. It will be a great event — see you all there!!

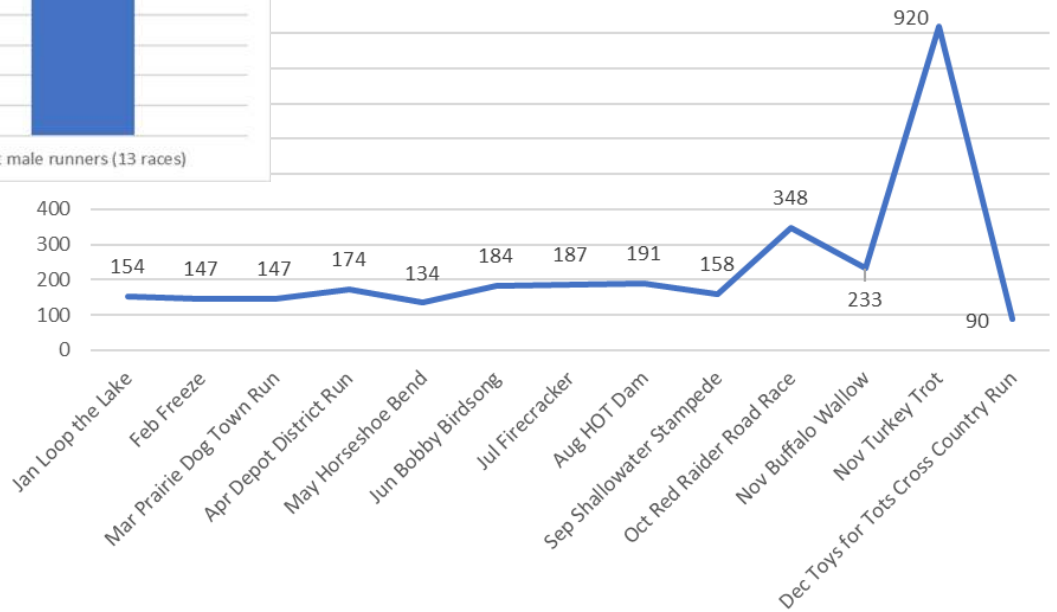


For the Record

2022 Total Female and Male WTRC Runners
(13 Races)



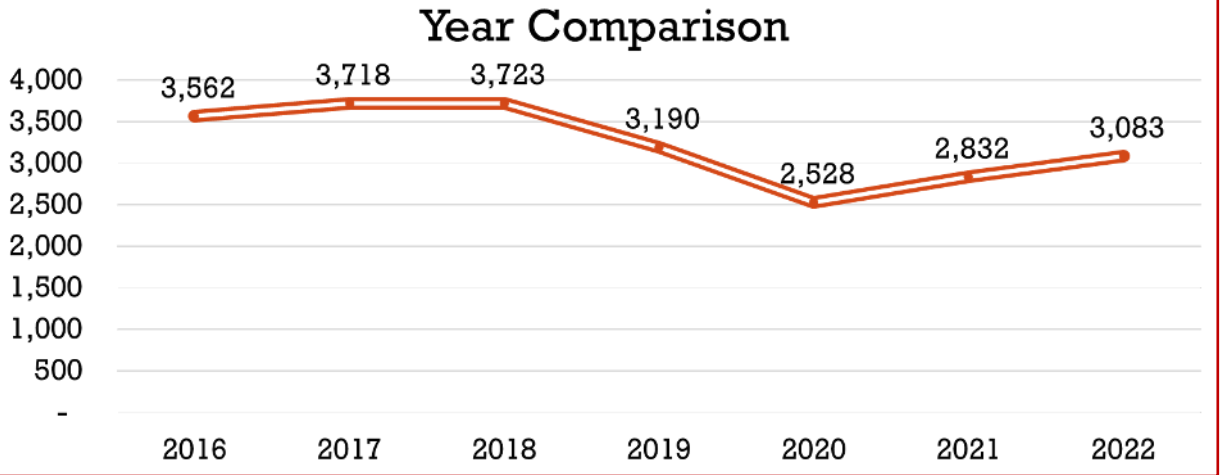
2022 WTRC Races



Just a few statistics to illustrate the level of participation that exists within the WTRC. You know from the various organizations with which you are involved — work, church, social groups, schools, etc. — Covid had a significant impact on them. There are less children attending public schools, fewer

in-person church attendees, even work places have been impacted with more employees working from home. Covid had an impact on the WTRC as well. 2020 was a year of several virtual races — not exactly the type of race that most of us enjoy!

But — the great news is, we began to emerge in 2021, albeit slowly, from our homes to re-engage with the groups of people and activities we love. This is happening with



the WTRC for sure. You see from the graph at the top that 154 of us ran the 2022 Loop the Lake and 147 ran the February Freeze. This year — 2023 — 186 ran Loop the Lake and 172 participated in the February Freeze — a combined 16% increase in participation — a positive trend! You can see in the graph (above) the impact Covid had on the WTRC in 2020..... But, runner participation is on a significant “uptick” with that trend continuing into 2023. Btw — women and men participate in WTRC races in almost an equal proportion — just another indicator of ways WTRC seeks to provide a place for fun competition and comradery among all of us.

So — if you have not been running for a time, consider coming out next month or the next and run with a group of folks who will encourage you. WTRC continues to live up to its mission of “...promot[ing] distance **running** as an aid to physical fitness and longevity and if need be, an alternative “Positive addiction”. We also wish to unite **runners** of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area **runners**” ([see the website homepage](#)).

It is time to renew your membership!

Go to 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:

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.



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West Texas Running Club



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Come Run With Us!

WTRC races are found at wtrunning.com



2023 WTRC February Freeze



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