



WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



April 2023 WTRC Buddy Holly Run

photo by Riannon Rowley

In this issue:

- Prairie Dog Town Run Race Report
by Sylvia Miller
- My First Ultra—The Crazy Desert 50K
by WTRC member Jason Pena
- Who Would Have Gessed?
WTRC Member Yvonne Gilinsky Interview
- Buddy Holly Run Report
by Race Director Suzan Caudle
- WTRC Members who ran the Feb, 2023 Cowtown Half-Marathon, Marathon or Ultra Marathon
- Don't forget to renew your membership — be involved in the Challenge Series!

March/April 2023 WTRC Newsletter

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



Race Directors —
Nathan and Cathy Paden



Hugh Haynes Memorial HSB Canyon Runs

11Mi (Loop) | 6Mi | 2Mi

2nd Saturday in May — 8:00am Start

Bib pickup on Race Day — 6:45 to 7:30

See WTRC website for directions to the course

New Race Coming for June!

Date: TBA — details are coming soon!

Location: Downtown Levelland

Race Directors: Lydia Turner & Reeda York

More information to come!!



Prairie Dog Town Run

March 2023 Race Report

by Race Director Sylvia Miller

My second year as Race Director was so much fun! The day started out with a beautiful sunrise. My hope was the weather would cooperate until the end of the race. But, as we all know, that was not to be. These West Texas winds were

showing off. Just like my volunteers! They were all outstanding at jumping in and taking care of things from beginning to end. I am super proud of everyone that volunteered as we all know we cannot have these races without them. Congratulations to Barbara Castillo on winning our Mascot.

I also need to brag on our club. They put in so much work every month to make sure our races are successful. Thank you runners for showing up. We had over 215 of you running in the race along with more than 30 volunteers who came out and braved the wind! This year's volunteers were Madeline Hanley, Bill Felton, McKenzie Cameron, Jason and Christian Bland, Ethan Moore, Caleb Cohoon, David Higgins, Suzan Caudle, Angela Younglas, Barbara Castillo, Ray Young, Hannah Byerly, Jason Calvert, Stella Ferrer, Lydia Turner, Kristin Rider, Ron and Nicole Adams, Michael Redmond, Lindy Lauderdale, Mike Kelley, Frank Mendoza, Heather Devore, Reeda York, Amy Gentry, James Livermore, Jason Potter, John Humble, and Scout Braly.



As mentioned, this year there were 215 runners who braved the wind to complete the two races — a big increase from the 147 who ran this race in 2022. There were 163 who finished the 2-mile distance and another 52 who made it to the end of the 8-mile course -- way to go, all of you!

Larry Lovato won the 8-mile race, coming with a fast 50:17 finish (6:17 average pace!) and Emma Lopez, coming in on a college break from her studies at the University of Texas, led all female runners with a 58:15 time – 7:16 average pace.

Both impressive runs on a difficult day and tough course! Billy Bond won the 2-mile race again this year with an 11:02 time (5:31 average pace — besting his last year's time of 11:46 — way to go, Billy!) and Taylor Dennis was the lead female racer with a time of 14:40. Great runs, you two!



Thank you again to all the volunteers who came out and braved the cold wind.

Last but not least **a huge shout out to my husband Cliff** for pulling the WTRC Trailer and for helping set up and tear down. He is and always has been my #1 supporter!

"The strength of the team is each individual member. The strength of each member is the team."
— Phil Jackson

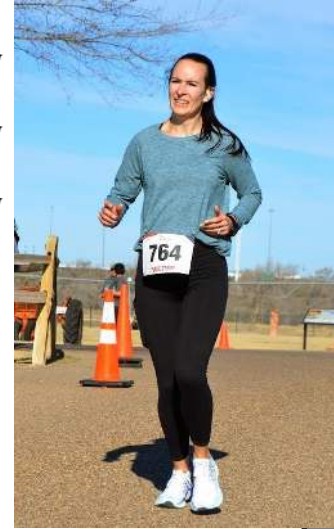


Prairie Dog Town Run

Records Set in the March 2023 Race

WTRC PRAIRIE DOG TOWN 8 MILE Since 2018 8 MILE EVENT RECORDS (Min age 16)

AGGRP		CITY	AGE	8M TIME	YEAR	
MALE						
35-39	Larry Lovato	Lubbock	36	50:17	2023	new
	Old: Larry Lovato	Lubbock	35	53:40	2022	
60-64	Adam Barron	Odessa	60	1:04:57	2023	new
	Old: Scott Cain	Lubbock	60	1:07:48	2022	
70-74	Wayne Sullivan	Lubbock	72	1:16:45	2023	new
	Old: Morris, Jerry	Lubbock	70	1:19:42	2021	
80+	Jerry Bell	Lubbock	80	1:37:38	2023	new
FEMALE						
16-19	Emma Lopez	Wolfforth	18	58:15	2023	new
	Old: Ashlyn Peralta	Sundown Tx	16	1:09:33	2018	
50-54	Michaela Jansen	Lubbock	50	1:05:15	2023	new
	Old: Gelber, Debbie	Lubbock	52	1:07:27	2021	
55-59	Mary Mailler	Lubbock	56	1:14:28	2023	new
	Old: Margaret Woodfin	Lubbock	57	1:20:10	2022	



WTRC-PRAIRIE DOG RUN 2 MILE TWO MILE EVENT RECORDS (Min age 7) (Since 2007)

AGE	NAME	TOWN	AGE	2M TIME	YEAR	
MALE						
13-15	Billy Bond	Lubbock	14	11:03	2023	new
	Old: Colby Sandoval	Lubbock	13	11:35	2017	
55-59	John Corelis	Lubbock	57	12:43	2023	new
	Old: Jackie Cannon	Amarillo	55	14:07	2010	

(no records set for Female runners in the 2-Mile event)



My First Ultra The Crazy Desert 50k

by WTRC Member Jason Pena

running the 50k -- this would be my first ultra – and of course I was told to go for it!

So it happened I registered, had no training regimen planned or anything of the sort. My brother and I don't really train, we just show up and run -- our philosophy being that if you run on a regular basis you are race ready, you don't have to be fast to run a race. My goal is always just to finish, placement is just the cherry on the banana split.

So, race day arrives and is a very chilly start -- about 30 degrees. Our take off time was at 7 a.m. and we came out of the start tunnel and poured over the course. I believe mile 4 was the first aid station, not much for fuel at the aid station and, as the race progressed, the aid stations got worse. Basically I felt it was becoming a self-supported race (something not as common among the many trail races being held in many places currently). Also the weather was really warming up – it is called “Crazy Desert” for a reason!

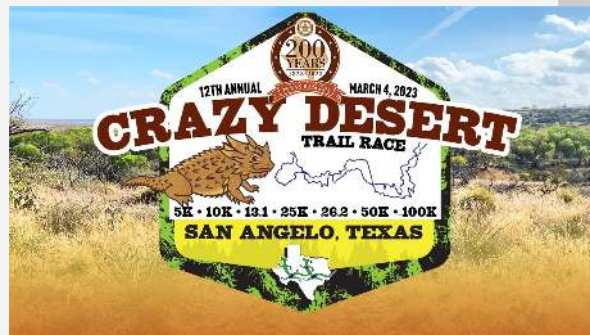
At this point during the race I have 15 miles completed (the first of two loops) and stop at my drop bag to load on fuel since the aid stations had very little. I loaded my pack and took off for lap 2. Everything was going OK until mile 23 when a wall came up and I hit it.

Additionally, for the last couple years I have been blessed with the gift of heel spurs (lol) and by mile 26 I was really feeling this gift. Mile 26 to the finish was a battle and I just had to grind it out. The heat was brutal by then and the lack of fuel and nutrients on the course made it a challenge. At mile 29 I was almost at a crawl or so it felt. I was in the

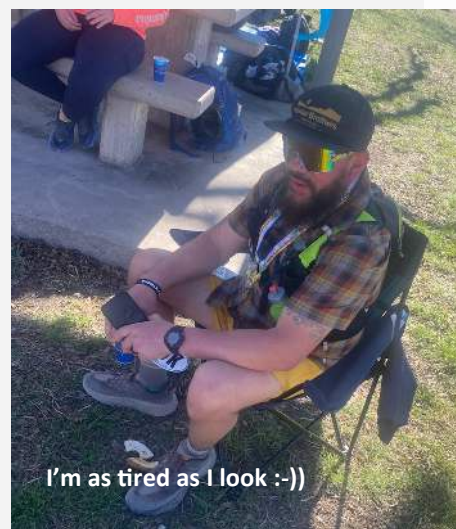
pain cave and battling to get out, the pain from the heel spurs was pretty intense. As I'm inching closer I can see the finish so I let her rip, tater chip, and put the tank on reserve and pushed to the finish. I finished 31st overall in 8:50. The feeling of finishing is a great feeling and I was very proud of myself for staying in the fight. Guess we will see what happens next!

Jason

Not sure where to start or how I talked myself into running the *Crazy Desert 50k* (this is just a bit over 31 miles). It was probably over some beer and pizza with my brother. Anyway, I have run this course several times, just never the 50k. I told my wife and brother that I was thinking about



Heather Riley, Jeremy & Jason



I'm as tired as I look :-))



Jason and Brandi Pena

Who Would Have Guessed?

WTRC member Yvonne Gilinsky Interview

Yvonne (E'-von) Gilinsky is a very active WTRC member who is the mom of Nicole Adams and mom-in-law of Ron Adams – both also

WTRC members – all who live in Buffalo Springs.

Yvonne, at 73 years young, is a long-time runner who began running at age 34. She was born, and grew up, in Johannesburg, South Africa – a place that Yvonne describes as “sports crazy.” She says there is a marathon held in that area of South Africa “every two weeks!” She began running when her husband, Joe, was invited to run in a relay and he encouraged her to run in the relay as well. She progressed in her running to the point that she has run marathons in New York (2 of them), Boston, 1 in Columbus, 2 in Toronto, 1 in Detroit. Yvonne’s personal best time was 3:18 (wow!) at a marathon in Stellenbosch, South Africa when she was 38. She was so into running that she began the Rocky Road Runners Club while living in Canada (more about Canada in a moment...)

All of our WTRC members have a story, right? I met Yvonne when she volunteered for the Bobby Birdsong Race I was directing a few years ago. I always wondered what her story was — she just seemed like an interesting person! So.... I asked!

— the editor

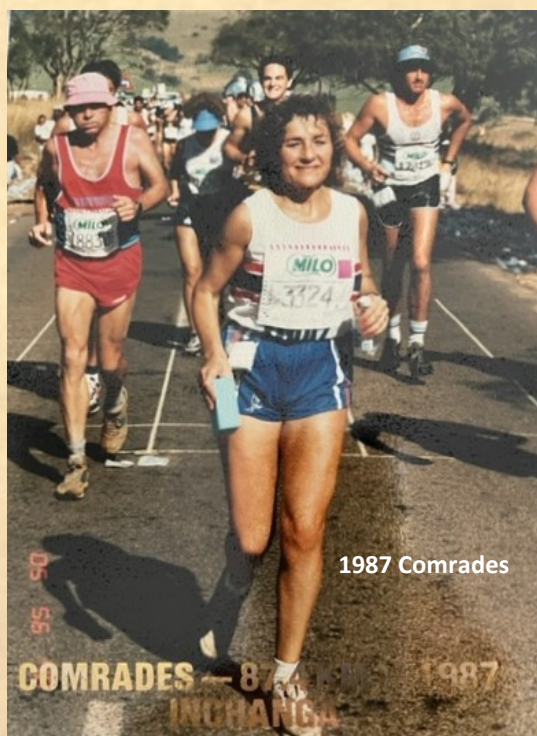
2023 Prairie Dog
Town Run



Among Yvonne’s running achievements she has completed 2 ultra-marathons.... and these were really “ultra”! She ran and completed – twice – the [Comrades](#) – “... an ultramarathon of approximately 89 kilometers (55 mi) which is run annually in the KwaZulu-Natal province of South Africa between the cities of Durban and Pietermaritzburg. It is the world's largest and oldest ultramarathon race. The direction of the race alternates each year between the “up” run (87 km) starting from Durban and the “down” run (now 90.184 km) starting from Pietermaritzburg.” (from [Wikipedia](#)). This is one of those races that often shows up on “[bucket-lists](#)” chosen from ultra races hosted all over the world.

Here's the cool thing about this – the Comrades organization keeps extensive records on its website and Yvonne’s two finishes – 1987 and 1988 along with Joe’s (her husband) 3 finishes 1986, '87, '88 – are there. Go to this site -- <https://comrades.com/race-info/historical-results> -- to see them – search “Gilinsky” and their records will appear. Yvonne completed one other ultra in preparation for Comrades – that ultra was also held in South Africa.

Yvonne moved from Johannesburg to Toronto, Canada in 1988 for a job opportunity Joe was offered. Yvonne was also offered a job there as a teacher – something she always wanted to be. She has taught both elementary and high school grades (no middle school in Canada) but she says the older kids are “easier” for her. She earned two undergraduate degrees in South Africa and a Master’s degree while in Canada. She and Joe were married for 47 years until he passed away in 2018 while they were living in Canada. Yvonne has 2 daughters – Terry who lives in the Dallas area with her husband, Ryan and grandchildren Samantha and Noah, and the other daughter, Nicole, who is married to Ron Adams – both who are WTRC members! After Joe’s passing Yvonne left Canada and came to live with Ron and Nicole in Buffalo Springs.



continued next page....

Yvonne came here from Canada in 2019 -- right before the Covid pandemic. The story goes that Yvonne had decided to attend a reunion held in Australia of former students who were, during Yvonne's high school years, involved in a foreign exchange program -- Yvonne was an exchange student from South Africa to Indiana "back in the day." Well... while in Australia Yvonne received a call that her residency interview had been scheduled for the following week (these things aren't easy to schedule -- you take what you get!) and, of course, the interview was held in Canada a long way from Australia. So, she spent a lot of time re-scheduling travel and made it to the interview. If she had not made that interview it would have been a long time before another opportunity due to Covid pandemic that was right around the corner.

Something not yet mentioned.... Yvonne and her daughters did not like the cold weather in Toronto! Remember that Yvonne was from South Africa -- much warmer climate there! Yvonne and her family lived there for 31 years and, during that time, one daughter attended Texas Tech University and the other attended the Schulich School of Business in Toronto and then worked in California where she met her future husband.

Would you be surprised that Yvonne has a personal trainer? One of several things Dawnya Beauchamp does with Yvonne is to help her focus on strengthening muscles as a means of combating the effects of osteoporosis -- something that, at age 73, Yvonne takes seriously. Back when Yvonne was running marathons she would get up at 5 a.m. on Saturday or Sundays for her long runs with the following day being a time for rest. She enjoyed training with a group of other runners.

I met Yvonne when she volunteered for a race I direct -- the June Bobby Birdsong Memorial Run. After that, when working on the Challenge Series, I noticed that there was this female runner who was setting records in her age-group time and time again:

Loop the Lake: 2022, 2023

February Freeze: 2022

Horseshoe Bend: 2021, 2022

HOT Dam: 2021, 2022

Shallowater Stampede: 2021, 2022

Buffalo Wallow: 2020, 2022

Really impressive performances over a relatively short period of time!

In my back-of-the-pack running these days I have the opportunity to observe many runners at the WTRC races and I have noticed several who are using various forms of running then walking intervals. Yvonne credits her longevity in running to reading and implementing Jeff Galloway's "Run/Walk" method which is just like it sounds -- is a running strategy that consists of a short warmup followed by set periods of alternating run-walk intervals. For a short course on this method go to this [site](#) and consider the benefits of this form of running. For awhile Yvonne used a timer that Jeff still sells on his website but she now runs with how she is feeling (a great strategy that might help many of us!).



Joe, daughter Nicole and Yvonne
Cabot Trail Relay, 2004



2022 Buffalo Wallow

Principles underlying Galloway's method:

- Continuous use of a muscle will result in quicker fatigue
- The longer the run segment, the more fatigue
- Run Walk Run is a form of interval training
- Conservation of resources
- Quicker recovery
- Less stress on the "weak links"
- Ability to enjoy endorphins
- Reduce core body temperature

Yvonne made that statement that the WTRC has

"saved her." She discontinued running for 2 years while ministering to Joe during the illness that eventually took his life. Joining the WTRC was the "best thing" as a new resident of the U.S.! She enjoys the goal of running a monthly race and noted how encouraging the "youngers" are to older runners. Yvonne likes to run on her own around the Buffalo Springs Lake area, has a Garmin to track her runs and runs 2 to 3 times a week while taking a 2 mile walk every day (with her dog :-)) – the goal being 10,000 steps or more if possible. Yvonne stated that she really enjoys living with Nicole and Ron – Yvonne cooks for them all – something she really enjoys – and is grateful for the great partnership she experiences with her daughter and son-in-law. Yvonne speaks highly of "Ronnie" – she joined the WTRC because of him.

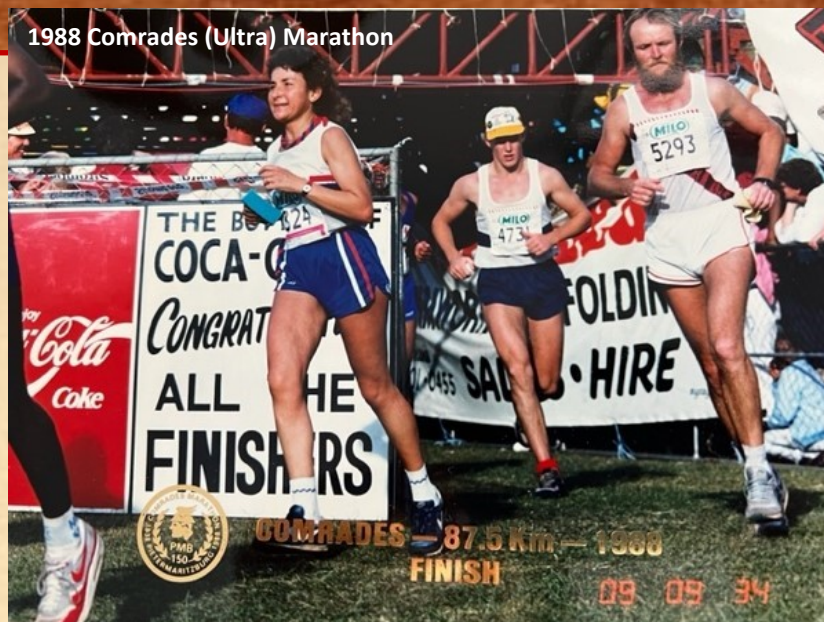
Yvonne's favorite WTRC races are the February Freeze and Buffalo Wallow perhaps because both are held in her "backyard" in Buffalo Springs. She enjoys the "atmosphere" of the Red Raider Road Race.

To keep her mind healthy and active Yvonne listens to webinars and takes short courses with subjects like Artificial Intelligence (A.I.) and Technology.

Although an avowed road runner (no trails!) she does enjoy hiking and loves to travel. Her extended family continue to live in South Africa – she had actually just returned from a visit there a few days before this interview.

A very compelling part of Yvonne's family history is that her mom (who began running in her 60s!) is from the former Czechoslovakia. Yvonne's mother was Jewish and, in 1939, the German Gestapo was expelling the Jews from that country (remember – Hitler's armies invaded Czechoslovakia in March of that year). Yvonne's father was a member of Field Marshal Bernard Law Montgomery's army. *"Montgomery was one of the most prominent and successful British commanders of the Second World War (1939-45). Affectionately known as 'Monty', he commanded the Allies in North Africa and in the subsequent invasions of Italy and Normandy."* (See this [site](#).) After leaving Czechoslovakia Yvonne's mother went to what was then called Rhodesia (is now Zimbabwe). Most of Yvonne's mother's family were killed in the German purge of the Jews – just one survived the Auschwitz death camp.

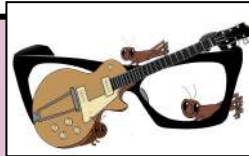
So.... when spending time with members of the WTRC I never know what very wonderful things I will learn about that person! We all have a story, don't we? The longer we live the more the story grows to encompass all kinds of experiences. Yvonne has had a life of victories, heartache, challenges and accomplishment. I just want to thank Yvonne for sharing her story with me and, now, with all of us in the WTRC.



Buddy Holly Run

April 8, 2023

Race Report by Suzan Caudle



Today we completed the first ever Buddy Holly Run! The weather was ideal for the runners and there were plenty of finishers to enjoy it. We had 49 1-Milers, 206 5K and 83

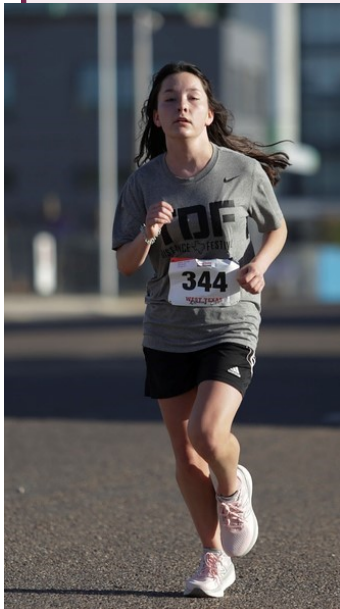
15K runners for a total of 338 finishers! This is 147 more than last year's Depot District Run on the same course with the exception of the 5K course replacing the 2-mile course. We appreciate the turnout.

Grayson Hastings led the 5K field with a time of 18.04 (5:48 pace!) and **Janay Hall** was the fastest female runner coming in at 21:32 (6:56 pace). **David Mora III** won the 15K race finishing in 51:31 (5:31 pace!) and **Emily Newcome** was the fastest female runner with a time of 1:09.30 (7:27 pace!). Really great performances by all 4 of you!!

It takes a bunch of volunteers to have a smooth successful race running from downtown Lubbock with lots of turns, traffic lights, brick roads, and an underpass to run through. **A special "shout-out" to our Lubbock Police Department!! There were 19 police officers stationed all over the course — what a wonderful group of Lubbock's finest taking the time and effort to make this event as safe as possible..... thank you, LPD!!**



Thanks for directing, Suzan!



West Texas Running Club is an amazing club that has a ton of people who will step up when needed. We had a volunteer -- Lydia Turner -- and two runners Ronda Russell and James Livermore — who helped at Friday late registration and then ran the race. I had an excellent volunteer photographer who has helped me out several years at my races...Riannon Rowley does a great job! The link to her pics are posted at the WTRC website.

Michael King and Amy Gentry are the marvelous bike leads and sweeps you saw on the road adding an additional level of safety for the race. Amy submitted some unique pictures taken from her bike. Mary Mailler, Bill Felton, Ronnie Adams, Lindsee Miller, Alexander and Racheal Duncan, Jeweljana Helm, George Jury, Tiffany Walker, Ethan, Hunter & Jaxon Bland, Josie & Tony Aleman, Dean Threadgill, Hannah King, David Rodriguez and Kyle & Connor Van Zandt did the corner monitors, turn around monitors and 5K aid/water stop. Robin Curry, Chad Beights and Larry Lovato from **RUN LBK** did an awesome job with the 15K aid/water stop. Jhan & Maddux Weede did the finish line water & fruit table.



Wendy Johnston did the bib pick up, shirts and awards. Many volunteers and runners filled in anywhere they saw something that needed help. I see you all and appreciate you. Tommy Johnson pulled the trailer as he often does without fanfare.

Jonathan Botros and David Higgins routinely went through their race day activities that makes timing our races possible. Steve German gathers and distributes the supplies for our water stops. Although we don't often say anything, gentlemen, we see you and appreciate you.

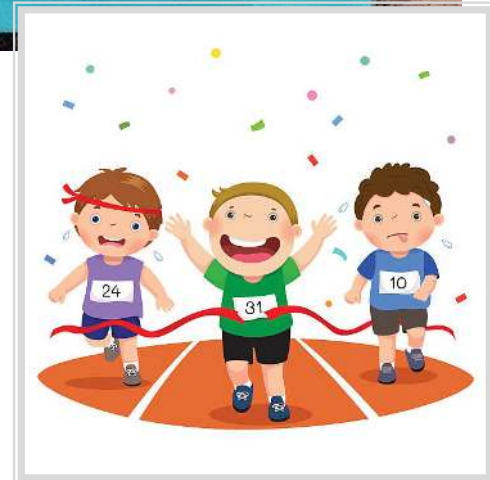
Last, but certainly not least Reeda York brought my vision of the Buddy Holly design we used for medals and shirts to look like I envisioned. Your talent is inspiring! From all the compliments we received I know I am not the only one who thinks so. Thank you all. Truly I could NOT do this race without you!

Suzan Caudle

Buddy Holly Race Director



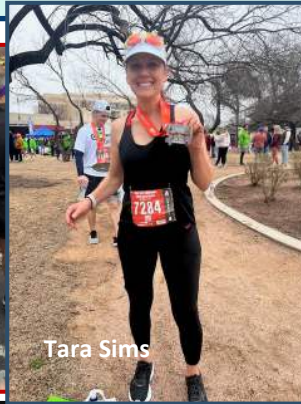
**Submitted by perennial loooooong-time WTRC member
and all-around good guy — James Livermore**



WTRC Members who ran the Feb, 2023 Cowtown Half-Marathon, Marathon or Ultra Marathon



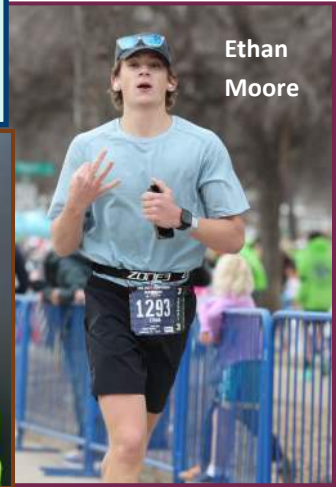
Christie Hodge, Amanda Barnett



Tara Sims



Tommie Gressett

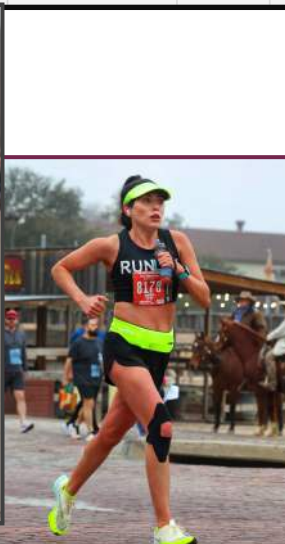


Ethan Moore

		Bib	City	Age	Division	Overall	Chip Time	Pace
Amanda	Barnett	5778	Lubbock	54	Half Marathon F 50-54	2374	2:11:00	10:00/M
Adam	Barron	1539	Odessa	60	Marathon M 60-64	591	4:31:26	10:22/M
Kyle	Bell	4205	Lubbock	32	Half Marathon M 30-34	834	1:51:00	8:28/M
Carol	Coleson	5477	Lamesa	30	Half Marathon F 30-34	2998	2:18:52	10:36/M
Andrew	Garza	8808	Crowley	26	Half Marathon M 25-29	1124	1:55:23	8:48/M
Debbie	Gelber	2640	Lubbock	54	Ultra F 50-54	48	4:56:21	9:34/M
Tommie	Gressett	5636	Lubbock	60	Half Marathon F 60-64	4572	2:47:37	12:48/M
Lindy	Lauderdale	5568	Lubbock	61	Half Marathon F 60-64	5502	3:29:39	16:00/M
Sophia	Martinez	8178	Lubbock	30	Half Marathon F 30-34	73	1:27:06	6:39/M
Oscar	Martinez	8763	Lubbock	30	Half Marathon M 30-34	132	1:31:42	7:00/M
Toni	McCasland	6817	Lubbock	62	Half Marathon F 60-64	4977	3:00:16	13:46/M
Frank	Mendoza	580	Earth	55	Marathon M 55-59	488	4:18:57	9:53/M
Ethan	Moore	1293	Lubbock	20	Marathon M 18-24	278	3:53:42	8:55/M
Armando	Perez	417	Pflugerville	36	Marathon M 35-39	311	3:56:30	9:02/M
Edward	Quitevis	8496	Lubbock	70	Half Marathon M 70-74	4787	2:53:59	13:17/M
Riannon	Rowley	587	Lubbock	31	Marathon F 30-34	747	4:50:10	11:04/M
Tara	Sims	7284	Lubbock	47	Half Marathon F 45-49	1955	2:06:05	9:37/M
Rudy	Soto	7161	Lubbock	57	Half Marathon M 55-59	4870	2:56:59	13:31/M



Lindy Lauderdale



Sophia Martinez



Rudy Soto



Toni McCasland



Ed Quitevis



Frank Mendoza

Register for 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:

<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.



**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



@WTRunning



Come Run With Us!

WTRC races are found at www.wtrunning.com

WTRC Newsletter Editor:
Steve German
stevegerman5@gmail.com



April 2023 Buddy Holly Run