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**WEST TEXAS  
RUNNING CLUB**

**LUBBOCK, TEXAS**



**2023 July/August**

**WTRC Newsletter**

July 2022

53rd Firecracker

# 2023 WTRC Board

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Vice President/Operations/Media: *Emmanuel Ramirez*

Secretary: *Wendy Johnston*

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Customer Service Director: *Suzan Caudle*

RRCA Representative/Course Marking: *Dean Threadgill*

Board Members:

*Debbie Gelber*

*Cody and Autumn Lass*

*WTRC Board Members can be reached through this email address: [westtxrunning@gmail.com](mailto:westtxrunning@gmail.com)*

Challenge Series/Newsletter: Steve German  
[stevegerman5@gmail.com](mailto:stevegerman5@gmail.com)

WTRC Address:  
WTRC  
3401 Alcove Ave.  
Lubbock TX 79407

## Upcoming Races



Race Director  
Dean Threadgill

### Shallowater Stampede

**2nd Saturday in September**

8:00AM Start 10K | 2Mii

Bib pickup on Race Day – 6:45 to 7:30

USATF Certified #TX07090ETM(10K)

USATF Certified #TX07091ETM(2Mi)

RACE LOCATION: Shallowater High School  
FM1294, Shallowater



### 42nd Annual

**Red Raider Road Race**

**Note the date — Saturday, Oct. 7th**

8:00 am Start 10K | 5K

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

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



Race Directors:  
Jonathan Botros & Manny Ramirez

# RED RAIDER ROAD RACE

# WTRC Firecracker Run

## July 4th, 2023 Race Report

Today's race was, 54 years ago, the beginning of the West Texas Running Club — quite an impressive “run” for any event! Gabby Saldana once again directed the race — great job, Gabby! It was, as is usual for July, a warm morning but 230 runners participated in one of the three races — a great turnout!

113 ran the 3-mile, 104 blew through the 10K and 13 kids smoked the 1-mile fun run.

The overall 3-mile winner was **Wiley Gaskins** from Knott, Texas with a time of 17:23. Leading all 3-mile female runners was **Blake Trevino** — with a time of 21:14.

The overall 10K winner was **Adam Burlison** from Amarillo, Texas with a time of 33:214 — a 5:20 min/mi pace! **Reese Pena** paced the female 10K runners with a time of 39:05 — a fabulous 6:17 pace (*all the best, Reese, for your upcoming Lubbock High Cross Country season!!*).

Thanks to the many volunteers that assisted with the race, what a **blazing, sparkling, dynamite** group of people :-)) Races do not run without you. Volunteers for today's race were Gabby Saldana (Race Director), Suzan Caudle, David Higgins, Lance Ward, Emmanuel Ramirez, Tobi McMillan, Lydia Turner, Gavina Lopez, and Amy Smallwood. Thank you volunteers — great work!

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



### WTRC's ANNUAL FIRECRACKER RUNS, Brownfield TX TEXAS' OLDEST CONTINUOUS ROAD RACE (3Mi Since 1970) JULY 4<sup>th</sup>, 2023

#### EVENT RECORDS (after 54 years)

2023 10K records (10K began 2018) \* Overall event record

DIV	NAME	TOWN	AGE	TIME	YEAR
<b>MEN</b>					
13-15	Billy Bond	Lubbock Tx	15	38:59	2023
16-19	Adam Burlison	Amarillo	17	33:14 *	2023
30-34	Isacc Placencia	Lubbock	32	35:30	2023
35-39	Larry Lovato	Lubbock	37	38:51	2023
40-44	Jerred Hurst	Lubbock	44	39:32	2023
45-49	Quent Bearden	Lubbock	48	39:05	2023
55-59	John Corelis	Lubbock	57	42:38	2023
60-64	Popcorn Leonard	Midland	62	47:05	2023
70-74	Daniel Brown	Abilene Tx	73	55:10	2023
<b>WOMEN</b>					
16-19	Reese Pena	Lubbock	16	39:06 *	2023
20-24	Taylor Limbaugh	Lubbock	20	40:40	2023
30-34	Emily Newcome	Lubbock	33	44:05	2023
40-44	Ashley Donaldson	Lubbock	41	47:55	2023
50-54	Michaela Jansen	Lubbock	50	49:06	2023
65-69	Leesa Price	Lubbock	66	1:00:28	2023

#### 3 MILE (Since 1970)

DIV	NAME	TOWN	AGE	TIME	YEAR
<b>WOMEN</b>					
75+	Sheila West	Lubbock	80	47:50	2023

# A Mid-life Crisis That Led to Positive Change

by WTRC Member Larry Vigil

from the editor — as is always the case, our WTRC members each have stories to tell that are encouraging, challenging and impactful. I notice Larry because I knew there was a club member who always sponsored our races under the Domino's franchise name. I finally met him and, over time, noticed that he was "getting smaller" (losing weight :-). I asked him about this recently and found that he has shed about 100 pounds — what a great accomplishment! I asked Larry if he would share some of his story with us and he kindly agreed — thank you, Larry!

1. Tell us about yourself, Larry. I know you have Domino's franchises -- tell us about these and any other type of work you do. Where did you grow up and how did you come to

live in Lubbock?

I grew up in Denver, Colorado and ended up working for corporate Domino's getting transferred around the country every few years. I ran across some Domino's stores for sale in Lubbock back in 1995 so we decided to make Lubbock our permanent home.

2. What about family, Larry? Who are they and where are they now?

My family here is just me and my lovely wife of 37 years, Kim Hovland. I also have my mom, a brother, two sisters, and four nieces that I frequently visit in Denver.

3. You have been on a weight-loss journey, haven't you? Way to go! Could you tell us about that? How much weight have you lost and what all did you do to achieve this?

I think I had a little midlife crisis five years ago and I started worrying about my mortality. I decided to turn things around health-wise by eating better and becoming a runner again. I was 280 pounds and couldn't even run fifty feet. That's how I started actually. I'd alternate shuffling and walking for about 150 feet until I got to a mile. Boy did everything hurt just doing that! Now I'm down to 180 and can do a 10k faster than I ever thought I would be able to do...and, as a bonus, not much hurts now either.

4. You have been a consistent runner at the WTRC races for some time and we also appreciate you through your Domino's franchises sponsoring much of what the club does -- thank you!!

What WTRC races do you enjoy the most? Which of them have been your best races?

I love sponsoring the WTRC because I'm a big believer in exercise now. I'm all for supporting anything that helps health. In fact, I'd campaign for any local politician who wants to make Lubbock a more pedestrian friendly city. I hate the lack of sidewalks here. And biking is nearly impossible without riding in a lane.

My favorite race lately was the Bobby Birdsong Memorial Mosaic Run. That was my first 10k and I really liked the course. Also, running 10K is a more peaceful vibe than running the 2 and 3 mile races I usually try.



before....



... after!

...continued next page



*5. Have you participated in any other races outside of the WTRC races, Larry? If so, what are some of them and which of them were the races you most enjoyed or at least felt the best about?*

I haven't done any races outside of the WTRC yet. I do want to try some though now that I can participate in half marathons.

*6. I see a lot of your running posted on Strava -- you have been putting on the miles, Larry! So, are you training for anything in particular and, if so, what might that be?*

My long-term goal was to run a 10K without being totally exhausted. Now that I've done that, I've signed up for the Lubbock Half Marathon in October. And I'll probably do the Buffalo Wallow half also if I can get some hills in. That's what my visits to Colorado are good for though. So that shouldn't be a problem.

*7. For the most part, do you run for fun or maybe for fitness, or.... what motivates you to run?*

I run for my mental health first. There is something about methodically moving through space and time on a run that makes me happy.

*8. So -- any advice for running longevity, Larry? I'm always interested in that :-))*

That's one of my interests as well because I really want to be able to be active for as long as I can. I've sworn off refined sugar or any alcohol. And I try to eat whole foods. Other than that, I say just keep moving.

One thing I want to mention here at the end is that I quit drinking five years ago. That's really what helped me the most. I quit because four friends that were about my age died from drinking in 2017. I also quit to support my sister who was quitting then too.

*Larry*



**June 2023 Bobby Birdsong  
Memorial Mosaic Run**

**10K PR!**

# Canyon Lakes Origin Story

by former Director of Lubbock City Planning, Jim Bertram

*From the editor: The following story was written by former Director of Lubbock City Planning, Jim Bertram, and was featured in a recent Caprock Chronicles edition. Jim graciously approved me to reprint his article in our WTRC Newsletter. I thought our club members would be interested in learning about how an area that hosts several of our monthly races — Turkey Trot, HOT Dam, Prairie Dog Town Run, Loop-the-Lake, Toys for Tots Cross Country Run and Buddy Holly Run — came to be. As you can see from the article, this area wasn't always such a beautiful place!*

*Thank you, Jim, for preserving this piece of Lubbock history and thank you for persevering to see this project through while serving as our City Planner!*



Present day portion of the Canyon Lakes system

topography that is so characteristic of West Texas. The Canyon, though small in size, was formed by the North Fork Double Mountain Fork of the Brazos River. Historically, the canyon was fed by spring water and was a gathering place for buffalo and other range wildlife.

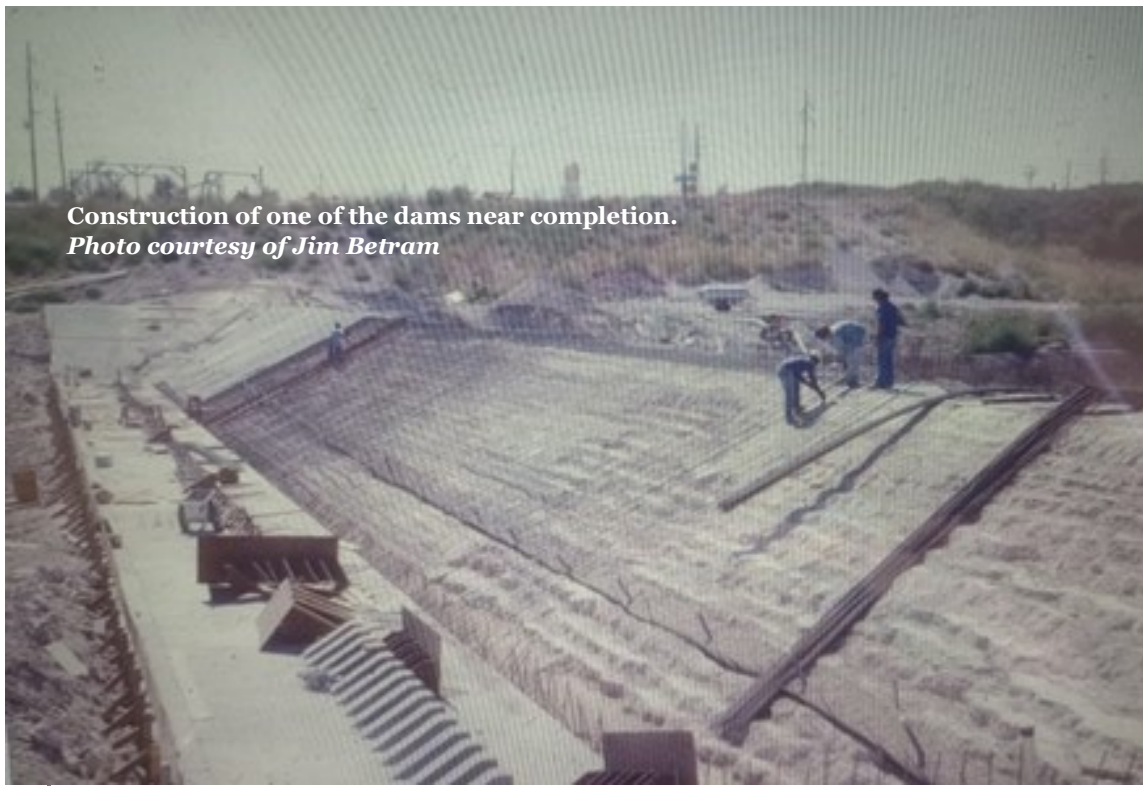
Lubbock was not incorporated until 1909, and with the exception of Mackenzie State Park, the natural beauty of the canyon was not widely appreciated. In fact, the City, for many years, used the southern end of the Canyon as its dumping ground. By the 1960's, the Canyon contained over 3,000 wrecked automobiles, numerous caliche mines, asphalt batch plants, concrete batch plants, and all kinds of business and residential debris.

In 1967 the City of Lubbock Planning Department updated the City's Comprehensive Land Use Plan, designating the entire Canyon as open-space and recommended using reclaimed water to create a series of six recreational lakes inside city limits, and two large lakes outside the City. This concept was presented to numerous civic clubs in a 35mm slide show and generated so much interest that the project was included in "Lubbock's Goals for the 70's".



One of the wrecking yards in the Canyon Lake area.  
Photo courtesy of Jim Bertram

Construction of one of the dams near completion.  
*Photo courtesy of Jim Betram*



The Lubbock City Council subsequently contracted with Freese, Nichols and Endress, an engineering firm from Ft. Worth, to complete a feasibility study. In 1968 They published their findings and said.... “...there is enough water available to support the proposed lakes, and that, with proper monitoring and control, they can be kept safe and attractive for public use.” The estimated cost of the

first six lakes was \$6.5 million and would be filled from rain water. The additional water would come from wells drilled on the City’s wastewater irrigation farms southeast of Lubbock. Dams for each lake would be located to avoid flooding upstream roads crossing the canyon.

On May 11, 1970, a devastating tornado hit Lubbock, killing 26 citizens and causing millions of dollars in damage. A subsequent tornado recovery bond issue, which included \$2.8 million for the Canyon Lakes project easily passed in a city wide election. Since the bond funds covered only about half of the estimated project costs, grant funds were secured from the Bureau of Outdoor Recreation (B.O.R.) (\$3.4 M) and H.U.D. (\$835,000).

At that time, no city had ever acquired and relocated automobile wrecking yards with open-space recreation grant funds, so special permission had to be granted from B.O.R. to acquire and remove over 3,000 wrecked cars. Another major roadblock was caused by enormous amounts of debris that had been dumped in the canyon by the Corps of Engineers during cleanup after the tornado.

The debris was compacted and covered under 3-4 feet of fill dirt taken from the lake to shape and deepen them. Clark Equipment Company donated the services of two 16-yard earth scrapers and the value of that work, combined with the City’s bond funds and matching Federal Grants, added over \$7 million to the project funds.

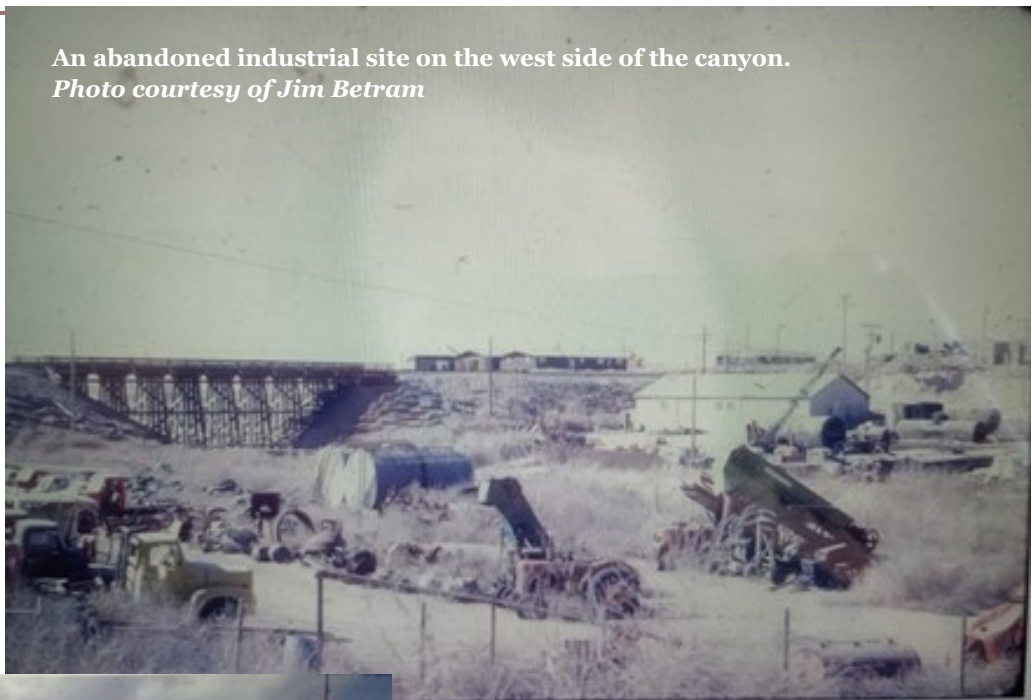
Lubbock citizens taking advantage of the recently completed Lake #1  
*Photo courtesy of Jim Betram*



Project boundaries extended from rim to rim of the canyon, so appraisals were made and land acquisition began about 1972. As parcels were acquired, cleanup and debris removal was begun by the Parks Department, with heavy equipment obtained through the City.

Initially, only dams for Lakes 1,2,3, and 6 were constructed, since a lake already existed in Mackenzie Park. This allowed funds to be used for the

An abandoned industrial site on the west side of the canyon.  
*Photo courtesy of Jim Bertram*

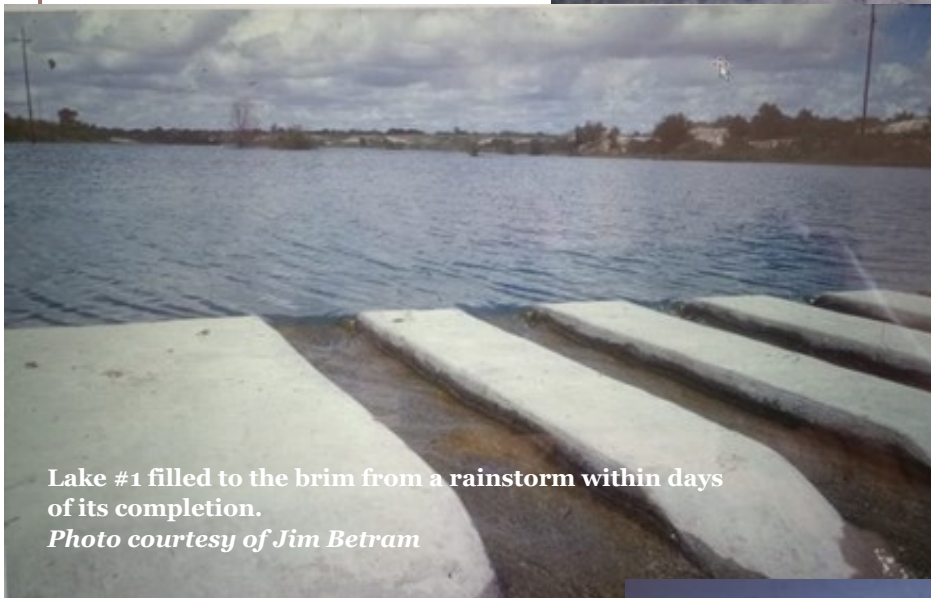


development of a road system, which joined all the lakes, for boat launches, jogging trails, picnic units and a water system of 26 wells and a pipeline to bring water from the city's waste water irrigation system to Lake 1.

By 1975, all property had been acquired, all debris had been removed, four dams had been built, a road system and parking lots constructed, and park amenities added. Within five years, after the May 11

Lake #1 filled to the brim from a rainstorm within days of its completion.

*Photo courtesy of Jim Bertram*

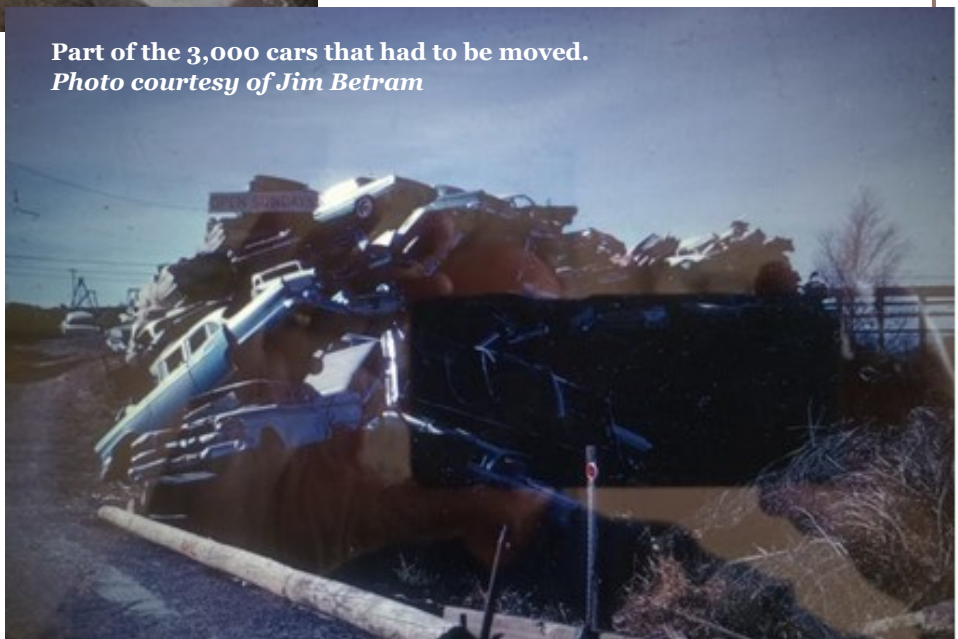


tornado, a dream had been realized to reclaim, clean and develop 6.5 miles of the Yellow House Canyon and use reclaimed water for a series of recreational lakes. Since then, a national Wind Power Center, the National Agricultural Museum, an outdoor amphitheater and bicycle trails have been added.

This innovative project, that uses the same water three times (domestic, agricultural, & recreational), still remains the largest urban water reclamation open space project in the United States.

***Jim Bertram***

Part of the 3,000 cars that had to be moved.  
*Photo courtesy of Jim Bertram*





# HOT Dam Run

August 2023



Today the HOT Dam Run was really hot! This summer our part of the world has been experiencing a large number of 100+ degree days. Although the race time was moved earlier to

7:30 a.m., it was still close to 80 degrees when the race started. But, as is true of the running community in general and WTRC member in particular, heat, cold, wind, rain — crazy weather — just seems to bring out the best in everyone. Running is about challenging oneself and a runner's pace is just one of a myriad of challenges to be met and overcome!

Wendy Johnston did a great job directing the race. There were a good number of volunteers to staff the waterstops and turnarounds, and there was a strong turnout of runners — 218! There were 105 runners in the 2-mile event and another 113 who finished the 5-mile option. Of those running the 2-miler, quite a few were high school athletes gearing up for their Fall cross-country season. It was great to see them at today's race.

The 5-mile overall winner, Isaac Placencia, finished in 29:04. Female 5-milers were paced by Laurel Zarnoth who completed the race in 36:14.

The overall winner for the 2-mile race was Gabriel Reese who finished in 11:19. Coming in seventh overall and leading all female runners was Lillian Morrissey who finished in 13:42. Great runs all!

Thank you to all the volunteers: Christopher Robinson, Mary Mailler, Ron Adams, JoAnn Phillips, Jake Montoya, Aubrey Bridges, Roxanne Mata, Elizabeth and Sawyer Staggs, Sabrina Reyna, Thalia Bostic, and Jamie Mendoza. As always, a big thanks to WTRC Board members David Higgins, and Suzan Caudle. A special thanks to **RUN LBK** for supporting the WTRC by staffing a waterstop. **Of course, an extra-special thanks to the HOT Dam Race Director — Wendy Johnston!**



Wendy — Great job directing the race!



THE "HOT dam RUN" - New Records				
WEST TEXAS RUNNING CLUB'S ANNUAL AUGUST RACE				
<b>5 Mile</b> (Since 1988) USATF CERTIFIED #TX13139ETM				
75+	PJ Sullivan	Lubbock	78	53:33
<b>2 MILE</b> (Added 2007)				
60-64	Mark Woodfin	Lubbock	61	14:56
55-59	Margaret Woodfin	Lubbock	59	17:41
Athlena	Alyni Navarrete	Plainview	14	15:59

# A Word of Caution!

by WTRC member PJ Sullivan

My name is PJ Sullivan and I'm a runner who particularly enjoys long distances. Having had Covid in late December 2019 and into early 2020, it was mid-September

2022 and I wanted to find something I could take to prevent the typical winter flu and colds. I mentioned this to a friend and she thought that using Zen Turmeric shots would help since it was an immune supporter and anti-inflammatory and it was a certified organic drink.

I started using Turmeric shots in November 2022, right after Thanksgiving. It comes in 2 oz bottle shots. I would just take 1/2 to 1 oz at a time – not every day but mainly when I was planning to go for a run or run a monthly WTRC race. I began noticing I wasn't feeling all that great but just contributed that to stress or my age.

The Zen Turmeric Shots information states this: "Anti-inflammatory, Pain, plus mood balancer and immune support, Raw Organic Buda Juice" and it was available at United Supermarkets on 19<sup>th</sup> and Quaker.

I started my marathon training on January 16<sup>th</sup>, 2023. My schedule starts with short-distance running and increases over time. On February 14<sup>th</sup> I was due to run 16 miles. That morning, early, I prepared a good breakfast for us (me and Wayne) since we were running long and starting our run at noon. About 10:30 that morning I took 1 oz of Turmeric, thinking it would be ok since I was running for a long amount of time. We began our run at 12:30 and

at mile 11 I started feeling tired and my legs felt heavy and weak. I continued drinking water and had a snack while sitting down and within a few minutes I was feeling very weak and was dizzy with chills. I got up and, as soon as I did, I vomited several times and had diarrhea. I didn't feel good at all but thought I just had a stomach virus so went to bed early. I had an appointment previously set with my cardiologist that was scheduled for the following day. The next morning I still didn't feel all that great. I told my cardiologist that I didn't feel well, attributing this to stress, and that I was also worried about my legs and if he thought I needed Doppler of my legs. He said he didn't think this would be a good approach, said everything looked good, good heart sounds, EKG was good as well as my lab work. His advice was for me to take 2-3 days off from running. That was on a Wednesday so I took off Thursday and Friday. I ran 5 miles on Saturday really slow and didn't run on Sunday.

On Monday, February 20<sup>th</sup>, we took one of our dogs to get a shot and at 1:00 pm I took a 2 oz shot of Turmeric thinking it would help me feel better. I worked all afternoon, was home by 5 pm, had pizza, salad and some ice cream for dinner and was in bed by 9:30 pm.

I woke up at 2:40 am feeling sick and needing to go to the bathroom, woke up again at 6 am feeling the same way, same thing – loose bowels – NOT FEELING WELL AT ALL!

I finally got up at 6:45 feeling the same way to get ready for work but still not feeling well, was weak, dizzy and could hardly talk or walk and had tingling in both arms – was feeling I was about to pass out!!



2023 WTRC  
Firecracker



I walked to the kitchen where Wayne was and told him there was something wrong with me and that I needed help. I took a trace of my EKG on my Apple watch and got 1 beat followed by a straight line. I then got my Pulse Oximeter, put it on my finger and it showed 29-30 BPM. Since Wayne wasn't able to speak due to his stroke 5 years ago I knew I had to call for help. I called the cardiologist's office and asked where I should go due to my condition. I was hoping I could speak with the doctor but the receptionist told me to go to the Heart Hospital. Wayne got my neighbor to take me to the hospital – he didn't hesitate at all – was quick and I am thankful for him!

Dr. Jose Lizarribar was the ER doctor and was very kind as was the whole staff. He started me on IV fluids and monitored my heart rhythm. My heart rate was improved by this point – in the upper 40s.

All of my tests were normal – chest X-ray, labs, urine and EKG. He said he couldn't keep me in the hospital because everything was normal but to follow up with my

cardiologist in 3-5 day.

By the afternoon I was feeling ok – just like nothing had happened!

I prayed to God to help me with the way I had been feeling – how could I be so sick and then was over it in such a short time?

The next day I started thinking over what I had to eat and drink...and then I remembered the Turmeric shots! Thanks to our Heavenly Father for bringing this to my mind!

Within a couple of days I continued my marathon training and ran the Bataan Death March Marathon at White Sands Missile Range, New Mexico on March 19, 2023.

In summary, I am saying to all athletes – be careful of what you use in your training like supplements, energy boosters, etc. ... especially something new!

**PJ**



2023 Bataan Memorial Death March Marathon

# WRTC Members Who Ran the Ropes

August 5th 2023

## Ran the 5K

			Bib #	Place	Time	Pace
Amanda	Barnett	Lubbock	228	27	30:22.6	9:46
Cecellia	Cantu	Lubbock	299	39	36:21.7	11:42
Tim	Evans	Lubbock	225	35	33:37.9	10:49
Andrew	Garza	Lubbock	207	15	26:56.2	8:40
Liana	Garza	Lubbock	222	48	42:48.3	13:46
Sandra	Garza	Lubbock	216	36	35:23.1	11:23
Breanna	Harris	Lubbock	217	43	38:18.1	12:19
David	Higgins	Lubbock	235	30	30:53.9	9:56
Benjamin	Hodge	Lubbock	211	4	20:17.5	6:31
Christie	Hodge	Lubbock	223	19	29:02.0	9:20
Will	Hodge	Lubbock	208	6	21:59.5	7:04
Andrew	Littlefield	Lubbock	218	44	38:18.3	12:19
Sofia	Peralta		262	17	27:35.8	8:52
Sheila	Price	New Deal	231	49	44:16.2	14:14
Adam	Puckett	Lubbock	226	13	26:07.5	8:24
Christopher	Robinson	Ropesville	227	12	25:40.6	8:15
Librada	Sissell	Lubbock	264	38	36:20.6	11:41
Pj	Sullivan	Lubbock	237	34	32:42.6	10:31
Wayne	Sullivan	Lubbock	236	18	28:28.2	9:09
Rocio	Torres	Lubbock	213	40	36:41.4	11:48



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

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

How can you beat that for a fun Saturday morning?

See the WRTC members who ran the race —

<<<<-----

## Ran the 10K

Andrea	Casey	Lubbock	304	6	55:34.0	8:56
Maribel	Castillo	Lubbock	307	8	59:49.6	9:37
Jaime	Elizardo	Brownfield	306	14	11:15.4	11:28
Steve	German	Lubbock	317	12	10:31.5	11:20
Taylor	Herrera	Lubbock	303	10	06:10.0	10:38
David	Hill	Lubbock	309	4	48:52.2	7:51
Daniel	Mauldin	Sundown	301	3	47:34.8	7:39
Tobi	Mcmillan	Lubbock	310	18	15:55.3	12:13
Gena	Mesquias	Levelland	311	16	15:16.6	12:06
Jennifer	Salas	Lubbock	308	7	58:35.3	9:25
Maryann	Schwertner	Wilson	316	15	14:29.4	11:59
Jaydith	Shelton		319	2	47:32.3	7:39
Amy	Smallwood	Wolfforth	312	17	15:32.1	12:09
Rudy	Soto	Lubbock	314	9	01:18.9	9:52





**Never Miss a Race Registration Deadline Again! 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!***

### **WTRC Members –**

*We have 5 more races left:*

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

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

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series.

**For the rules of the Series and for the current Challenge Series Standings go to:**

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

Bottom line – run as many races as possible (3 qualifies but more is more fun!) and volunteer for at least one race (when you volunteer you are not running that particular race). For our club to work we need help during each of the 13 races – the “jobs” are not difficult and you will get to see the race from a whole new perspective! It’s fun to see the “guts” of the race :-)



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