

2023 September/October

WTRC Newsletter

photo by Riannon Rowley

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**WEST TEXAS
RUNNING CLUB**

LUBBOCK, TEXAS

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Lubbock TX 79407



Upcoming Races

Buffalo Wallow

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

T-shirts and Finisher Medals
to ALL Halfers!!

There will be an early PACKET PICK UP
at FootTech-19th and Quaker.



Race Director: Tommy Johnson

(see website for times) OR on
Race Day at the Lake.

RACE LOCATION:
Buffalo Springs Lake



Thanksgiving Day...

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

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

RACE LOCATION: *FiberMax Center for Discovery,*
1121 Canyon Lake Dr, Lubbock, TX 79403

Race Director:
Rebecca Puckett

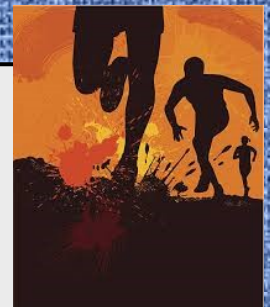
**Note 2 mile
option!**

Toys For Tots Cross Country Run

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

Bib pickup on Race Day – 8:30 to 9:15
RACE LOCATION: Mae Simmons Park, E 19th & MLK Jr Blvd

Race Director:
Rick Lampe





This past September, 2023, Ed and Leesa Price completed a 9 day hike up Mount Kilimanjaro. At a height of 5,895 metres (19,341 feet) above sea level it is the tallest mountain on the African continent and the highest free-standing mountain in the world with its three volcanic cones, Kibo which is dormant and could erupt again and Mawenzi and Shira which are extinct.

As can be seen in the photograph, they made it to the summit and recognized several groups with which they are connected, one of the groups being our West Texas Running Club (note the WTRC 66-Mile Club shirt!).

Leesa recorded their climb on her Facebook page along with many beautiful pictures that I encourage you to view.

Way to go, Leesa and Ed!! Thanks for being a part of the West Texas Running Club!



Shallowater Stampede Race Report

September 9, 2023

By Dean Threadgill – Race Director

We were fortunate to have clear skies and temperatures in the 70's for this year's Shallowater

Stampede. It was just warm enough to inspire participants to run fast before it got even warmer!

I'm proud to say that we had 264 runners cross the finish line in this year's race. We also had a strong youth contingent with many students from Shallowater, Slaton, Lubbock and elsewhere running today's race. 13 year old **Bode Criswell** led all men in the 2 mile race with a time of 12:38. **Amy Estrada** was the first ladies finisher coming in at 13:36. In the women's 10K, **Laura Pennington** came in first with a time of 40:20. **Isaac Placencia** led the way for the men with a blazing fast time of 34:40. Congratulations to all of our winners!

As a first-time race director I learned first-hand just how important volunteers are. Special thanks are owed to Melissa Medina and her Shallowater volunteers including Casey & Michael Swindell, Priscilla Cano, Lindsay Baldrige, Jessica Paggett, Jessica Blackmon, Gabby Cano and others. Our thanks to everyone from Shallowater who helped!

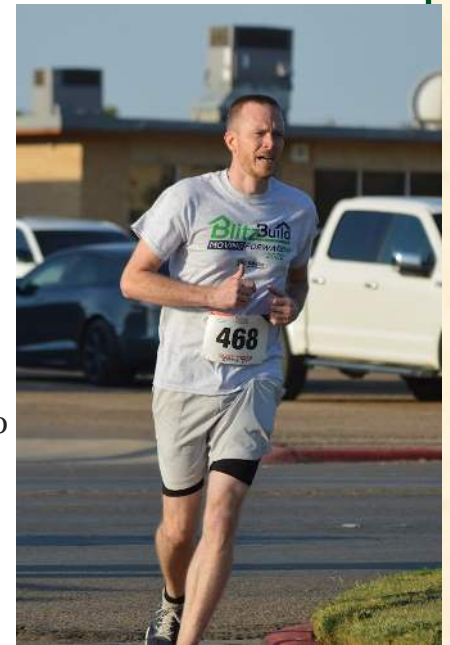
WTRC volunteers also showed up in force! Special thanks are owed to Adam and Rebecca Puckett, Ron Adams, Jessica Van Zandt, Emily, Everett & Adeline Newcome, Ed & Leesa Price, Larry Vigil, Megan Taylor, Jonothon Botros, Debby Roman, Jackie Montoya, Terry & Radley Dalton, Sylvia Miller, Aubrey Bridges, Steve German, Suzan Caudle, and David Higgins.

My sincere thanks to everyone who worked to make this event the success that it was!

Dean



Great race, Dean — thanks!



Four new Shallowater Stampede records:

2-Mile

30-34	Amy Estrada	Lubbock 34	13:37
55-59	Margaret Woodfin	Lubbock 59	16:59

10K

16-19	Matt Murray	Lubbock 19	36:23
80-99	Ron Lubowicz	Lubbock 80	1:21:02



Running the Habanero Hundred

...prayers and blessings needed!

by WTRC Members Maribel Castillo and David Hill

From the editor:

From time to time this newsletter has presented stories from WTRC members who have branched out from our usual "road running" to experiences

Maribel's story....

The Habanero Hundred -- where the beach meets the sand! Let me just say, this was by far the most physically and mentally grueling races I have ever done! This was my first "trail race" and man did I pick the worst one ever, lol. I know everyone is asking, why?? Believe me, I asked myself the same thing.

A couple of our good friends told my husband and I about this race back in March and my first thoughts were why? Why would we possibly want to run in the middle of the day in the Texas heat!! I didn't have a death wish. I really didn't give it much thought as my husband, and I recently picked up trail running and I thought there was no way I would ever be ready for something like this. However, our friends reassured us it really wouldn't be that bad. We could take our time and there would be multiple aid stations throughout the course. The aid stations would include foods

like grilled cheese, quesadillas, and ramen. Well, what can I say? They got me with the food. I figured I would stop at all the aid stations hydrate, eat, and just take my time. So, I said what the heck and signed up for the 20K.

As race day drew near my anxiety and fear increased. The Habanero Hundred was held at the beautiful 7IL ranch, which was just outside of Bellville, TX in mid-August. Start time was at high noon!! On race day we got to sleep in a bit, although we did wake up a few times as our VBRO was right next to railroad tracks. We started the day by having a light breakfast and some coffee. I didn't really have a strategy going into the race, but I figured I needed to fuel my body. There was an excessive heat warning for the day which heightened my anxiety.

We arrived at the ranch and as soon as you stepped out of the car you were hit by the heat and humidity. It felt like we were stepping into an oven. I immediately started sweating. I was thankful we set up our tent the night before because there was no way we could have done it before the race. Countdown to the race started. Despite the heat, the atmosphere was great and there were so many people. We attended a pre-race prayer service held by the pastor of Mission Church!! I knew I was going to need all the prayers and blessings to make it through this run.

We got to the start line and off we went down the gravel packed road which led to where the pasture trails started which eventually led to the sand. There were 3 aid stations throughout the course. The start and finish were full aid stations, a road crossing station which was unmanned for water and ice at miles 1 and 5, and the Hot Tamales halfway aid station which was a full aid station. Laps were 10 km.

with trail runs. As those of you who run trails can attest — trail running is a "different animal" from running roads. Every race is comprised of trails that differ from just about every other trail race's trails. The technical levels differ due to the differences in terrains. So, for sure, every trail race is unique!

I noticed on the ubiquitous Facebook that two of our WTRC members ran the recent Habanero Hundred — Maribel Castillo and David Hill. Maribel ran the 20K officially but finished the 30K with her friend. David ran the 50K. They both graciously provided us with a glimpse of their experiences running this challenging trail race

I thought you might like to hear their stories.....



My goal going into this was to finish and not die. I would say almost immediately after starting the race I regretted my decision. I was not prepared to run in the heat and sand. The high was 107F but felt like 114F, humidity was around 30% when we started and 94% towards the finish at night. I made it a point to check my heart rate, hydrate, fuel, and rest when needed which was at every station. I filled my water bladder at every station, I ate all the snacks, and drank as much pickle juice as I possibly could. I was just trying to stay alive and stay cool. The volunteers would take sponges and wring them out on your head. I would put ice in my bra and on my head -- I know it's not recommended, but I had to do something to stay cool.

I ran with my best friend for which I was so thankful for because I don't think I would have made it without her. We kept each other going. We got through our first loop, refueled at our tent, and went back out. I finished my second loop and thought to myself I'm done, but my friend signed up for the 30K and I could not let her finish alone. So once again, my crazy came out and I said what the heck I will run with you.

Again, I immediately regretted that decision. We took a break before we went out to finish the last loop which wasn't a good idea now that I am looking back at things. I will say I was not prepared for that 3rd loop. The unrelenting Texas heat was out in full force. Most of the course was not covered which made it unbearable. I was out of salt tabs and had clumps of sand in my shoes. The water that was poured over my head to keep me cool soaked my shoes causing the sand to cake at the bottom of my shoes. Again, I was not prepared. I should have brought another pair of shoes and socks.

Around the halfway point I started to slow down significantly. At this point I felt everything. The soaked shoes and socks, the sand, my feet! I knew I had to stop and shake the sand out, but I didn't want to stop. I feel like once you stop it's harder to get going again. We stopped at the halfway aid station, and I sat on a cooler to take my shoes off. I will say the volunteers at this race were amazing. One helped me take my shoes off and clear the sand from them. He laced me up and got me on my way again.

At around mile 4 or 5 I started to feel like someone was slicing the back of my heel. I could barely walk and going through the sand made it even worse. I managed to keep going by walking on the lateral side of my foot which was not a good idea, but I kept moving. By the power of God and adrenaline, I managed to jog down runners' row to the finish line. I made it!!!



I cannot tell you how happy I was to finally be done. The trifecta of heat, humidity, and sand made this race a beast. It's no joke. Anyone who goes into it with thoughts otherwise will get humbled very quickly as is evident by the extremely low 28% average finisher rate over the past 6 years. The race director mentioned going through 10,000 pounds of ice within the first 12 hours.

The Habanero Hundred was an experience for sure. My feet took a beating. The blisters and insect bites are finally healed. This is a race I will most likely never do again. I am amazed I was able to do this, and I am super proud of my husband who did his first ultra!! #HabaneroSucks



The Habanero 100 is a trail race that takes place in the Houston area in mid-August. It's called the Habanero 100 because it's typically 100 degrees when the race starts and it offers 100 mile and 100K runs as well as

David's story....

other distances. The race starts at noon and has a 30 hour cutoff time. From what I've read this is one of the more dangerous trail runs due to the heat and

humidity.

Our friends in San Antonio had invited us to go run this with them a few months prior to the run but we never gave it much thought until about a month before the run. With only a few local trail runs under our belt we decided to just do it -- we have 30 hours to finish how bad could it be?

I had signed up for the 50K and prepped for it by running 5-6 miles daily when the temps would reach about 90 plus degrees to get a little bit acclimated to the heat. Knowing that there was a 30 hour cut off time, I knew I had plenty of time to finish so I didn't need to train for distance or time. I knew going in that Lubbock heat is way different than Houston heat but it was more brutal than I expected.

The trail was a 6 1/2 mile loop with an aid station at the beginning, a water station at about a mile in and one at 3 miles. We also set up a canopy along the trail so we could have our own personal aid station. My run started at 12:30 and the temps were already in the 100's. I started off fresh and was able to get to the first aid station without any issues. The aid station at mile 3 was also a "tapping point" -- a point where runners that couldn't go on any longer could be picked up. At the first aid station on the first loop there were already runners tapping out. What made this course so difficult was not only the heat but also the elevation and all the sand. I think half the course was deep, thick sand trails that would fill your shoes. At the loop completion there was the main aid station as well as our canopy where we hung out a little to hydrate up and change out socks and shoes.

My second loop, the heat was reaching the race record temp of 107 degrees and I really questioned if I was going to be able to finish. We could hear ambulance sirens throughout the first few laps as runners were fainting due to the heat and one runner even had to be resuscitated by paramedics. Runners were dropping out left and right, I even saw runners jumping into the ponds to cool off. The aid station was full of people waiting to be picked up after tapping out.



I continued on with my friend that had invited us and we spent our time talking each other out of quitting. By the end of the second loop blisters were forming and beginning to bother me but luckily we stocked blister pads at our canopy which eased the pain a little. Half way through the third loop my bones were hurting (I've never had my bones hurt before, so that was new!), my feet were raw and I had a terrible headache but we continued on.



Fourth loop was more of the same stuff and the landmarks we got used to seeing felt like they'd never appear. By the fifth and final loop it was beginning to cool down a little and I was running with a small limp due to the blisters. Being so close to the finish as well as it cooling down, we were able to finish with our second fastest loop time. As I was finishing the last quarter mile of the run and passing our canopy I remember seeing my wife Maribel who went to our Airbnb to shower and came back after her 30K look at me and say, "you're still running?" The 50K had taken me 9 hours to finish.

The Habanero 100 was a fun experience and great accomplishment for me. Despite the heat, sand, blisters, achy bones and the terrible headaches, I enjoyed every mile of it. I was asked if I was doing the Habanero again next year and that is a definite HELL NO! I got to experience it and I don't want anything to do with that run again. I'll keep to the early morning and fall trail runs.

Deb's Favorite Five...

Steve graciously gave me a little corner of the newsletter to let me share a few of my favorite things. This month's favorites are running podcasts! Of course, I have way more than five that I listen to, but here are five of my go-to podcasts that I always look forward to new episodes dropping.

1. [Marathon Training Academy](#) – This is my all-time favorite running podcast. Angie and Trevor Spencer are a husband-and-wife team who bring on guests from elite to the average runner. Their podcast, as well as their website, are full of great advice on training, fueling, mindset, etc. If you want to hear yours truly, here is one of the few episodes I was actually on: [MTA Boston 2021](#)
2. [Run4PRs](#) – Husband and wife, Jason and Victoria Philippi, are run coaches who own one of the largest online run coaching companies. Their podcast is full of great tips on training and racing, and it dives into one or two chosen running topics and breaks them down for listeners to understand. Every month or so, they have an “ask the coaches” episode that answers listeners questions. If you follow them on Instagram, their posts are full of great info!
3. [The Planted Runner](#) – Host Claire Bartholic is a running coach and a sports nutrition specialist. She often has guests who are experts in running and fueling-related fields and well-known running names such as Des Linden, Lauren Fleshman, and Matt Fitzgerald. She is very knowledgeable and I really enjoy her speaking voice as well.
4. [Marathon Talk with Deena Kastor and Martin Yelling](#) – This is a revamped podcast that is now sponsored by the Abbott World Marathon Majors. A new episode comes out every two weeks and focuses on what is happening in the running world with an emphasis on the World Majors. Guest interviews include everyday people who have finished their 6-star journey as well as elites like Emily Sisson and Edna Kiplagat. The rapport between Deena and Martin is lovely and a joy to listen to.
5. [Nobody Asked Us with Des and Kara](#) – A fairly new podcast with the awesome Des Linden and Kara Goucher, who discuss anything from new puppies to the state of the sport to competing on the world stage. A delightful podcast that gives the listener a behind-the-scenes look into the lives of former Olympians.

It was difficult to pick just 5, but I wanted to keep it short and sweet.. Here are a few others to check out: The Strength Runner, The Rambling Runner, Ali on the Run, Run to the Top, Running for Real, Run Farther and Faster, Run Free Podcast, The Morning Shakeout, and Luke Humphrey Running.

Next issue... Deb's 5 Favorite Running Books

Debbie Gelber



42nd Annual Red Raider Road Race

October 7th, 2023 — Race Report by Jonathan Botros

Race Directors were Jonathan Botros and Emmanuel Ramirez

We were fortunate again this year with a beautiful morning perfect for running, for the 42nd annual

Red Raider Road Race! Very thankful to Texas Tech to allow **Raider Red** to join us once again help start both the 10K and 5K. **Todd Jordan ('DJ by TJ')** was back this year keeping the music going and getting the morning started with some energy.

A total of **413 runners** crossed the finish line — 270 5K runners and 143 10K runners. Finishing 1st overall in the 5K was **Alan Ramirez** with a blazing time of 16:54. **Rylee Jordan** was the fastest female runner with time of 22:47. In the 10K, **Josh Lewis-Sandy** led all runners with a time of 36:08, and **Laurel Zarnoth** eclipsed all female runners with a time of 43:48. Really impressive runs by everyone!

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is thrilled to offer scholarships of \$2,000 per student. This year's scholarship recipients were Kyden Corelis & Bianca Sanchez. Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.



Manny and Jonathan — great race!



Lastly, a HUGE THANKS to every volunteer who made this event successful! The RRRR is one of our largest races of the year and it can only be successful because of our volunteers — Hannah Byerly, Anthony Badke, Angela Jaco, Bianca Saenz, James Livermore, Ron Adams, David Higgins, Suzan Caudle, Kim Hovland, Jackie Montoya, Lydia Turner, Ella, Sebastian, Thiago, & Angela Rendon, JoAnn Phillips, Kyden &



Saylor Corelis, George Jury, PJ and Wayne Sullivan

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

- Jonathan & Manny

2 records set at this year's Red Raider Road Race:

5K

New 55-59 **Debbie Gelber Lubbock 55 24:58**

Old (2015) **Sissy Keeling Granbury 57 26:31**

10K

New 80+ **Ed Craighead Dalhart 80 53:42**

Old (2017) **Bill Felton Lubbock 82 1:25:44**

This race has been run for more than 40 years so records are hard to beat — way to go both of you!





42 Years and counting...!

WTRC Members Who Ran *The Willie McCool Memorial*

Half Marathon, 5K and 10K

Sept. 13, 2023

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

A positive aspect of the Willie McCool Memorial (among many!) is that it offers a half marathon. The longer distances

like marathons and half marathon are difficult to offer mainly because the longer distances require more area for the course as well as increased support like water stops and volunteers. The level of difficulty in organizing the longer races is significant.

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

Great job on the part of these WTRC members!

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

— the editor

			Age	Bib #		Avg Pace	Total Time	Distance
Logan	Estrada	M	9	227	Lubbock	7:26	23:06:00	5K
John	Martinez	M	54	288	Lubbock	9:09	28:28:00	5K
Elaine	Barnum	F	68	216	Lubbock	16:39	51:46:00	5K
Edna	Vargas	F	59	254	Lubbock	11:35	36:02:00	5K
Paul	Faulkner	M	69	7	Lubbock	12:38	39:17:00	5K
Grant	Wilson	M	60	163	Shallowater	12:56	40:14:00	5K
Jim	Barnum	M	67	217	Lubbock	13:45	42:46:00	5K
Rhett	Moore	M	6	66	Lubbock	12:03	37:28:00	5K
Jerri	Durham	F	59	65L	ubbock	13:24	41:40:00	5K
Sheila	West	F	80	68	Lubbock	15:20	47:42:00	5K
Maci	Sanders	F	29	114	Lubbock	9:41	30:07:00	5K
Ronda	Russell	F	53	72L	Lubbock	11:09	34:40:00	5K
Sandi	Vargas	F	55	253	Lubbock	10:41	33:13:00	5K
Sarah	Kline	F	41	270	Lubbock	12:36	39:12:00	5K
Sylvia	Miller	F	59	153	Lubbock	11:56	37:07:00	5K
Toni	McCasland	F	62	11	Lubbock	12:16	38:10:00	5K

I enjoyed the race! It was a lot of fun and very challenging to run while pushing a stroller with my daughter, Katy!

Sarah Kline

This was my 10th year to run the Willie McCool race (We missed one year due to Covid). It's such a great race for a great cause. It was my first time running the 5K distance. I really enjoyed that distance.

Sylvia Miller

It was the 1st time for me to run the Willie McCool race. I enjoyed running the race. I'll plan to run it again next year. It was a fun group of runners out having a fun run.

Rusty Thoma



Willie McCool cont'd.....

It was a beautiful morning for the 10th Willie McCool Memorial Race. This is always one of our favorite races because of the course and the location. We have participated in everyone of them. I am always grateful that Willie McCool's parents (and this year his kids and grandkids) attend the race. I always try to get a picture with

			Age	Bib #		Avg Pace	Total Time	Distance
Amy	Estrada	F	34	228	Lubbock	7:12	44:45:00	10K
Billy	Villarreal	M	49	133	Lubbock	11:19	1:10:14	10K
Jason	Bland	M	44	295	Lubbock	10:26	1:04:46	10K
Tiffany	Walker	F	41	290	Lubbock	9:53	1:01:20	10K
Crystal	Villarreal	F	43	132	Lubbock	11:18	1:10:13	10K
Edward	Quitevis	M	71	190	Lubbock	12:59	1:20:40	10K
Jeff	Ebert	M	63	97	Lubbock	10:25	1:04:43	10K
Jeleta	Lingo	F	61	69	Lubbock	12:55	1:20:13	10K
Kristi	Van Allen	F	40	204	Lubbock	9:18	57:47:00	10K
Lora	Asmussen	F	71	3	Lubbock	13:07	1:21:29	10K
Rusty	Thoma	M	66	112	Lubbock	9:13	57:15:00	10K
Matthew	Self	M	19	141	Lubbock	8:01	49:50:00	10K
Shawna	Wilson	F	56	162	Shallowater	12:51	1:19:47	10K

Willie's Dad. This year I ran the 5k distance and had a very good race because of the shorter distance than I normally run. I was able to focus on others and take in the full experience with WTRC friends, USA FIT Lubbock friends, and family. We are encouraging some of our younger family members and friends to get involved with running. Sometimes I think it is good to try a different distance than you normally run.

Paul Faulkner



The Willie McCool has been a long time tradition for many of us. It's not the prettiest course but love the atmosphere. I've gone from doing the 10k to the 5k. I love that it's been moved from April to September because the West Texas chilly spring wind is less likely to blow.!

Ronda Russell

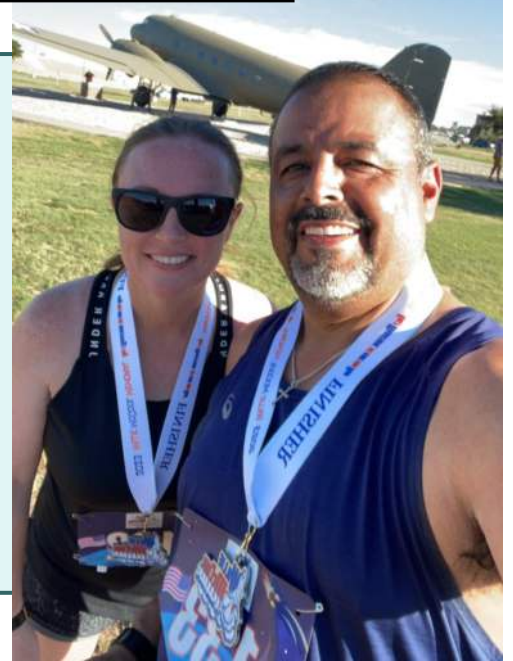


Willie McCool cont'd.....

			Age	Bib #		Avg Pace	Total Time	Distance
Derrek	Eldredge	M	33	120	Lubbock	9:00	1:57:59	13.1
Terrie	Ebert	F	55	95	Lubbock	9:04	1:58:43	13.1
Laura	Pennington	F	35	15	Lubbock	7:01	1:32:01	13.1
Rudy	Soto	M	58	79	Lubbock	10:50	2:21:52	13.1
Skyler	McKee	M	19	181	Friendswood	8:21	1:49:26	13.1
Steve	German	M	66	157	Lubbock	11:55	2:36:04	13.1
Sugan Raj	Thiyagarajan	M	26	100	Lubbock	9:43	2:07:16	13.1



This is my wife Crystal and I. This was our first time to run in this race. We actually just started training to run longer distances again, so we ran it a little differently than usual. We didn't worry about placing, we stuck to our interval training throughout. We enjoyed our run and look forward to running in it again next year.



Billy Villarreal

I had a great time with my second Willie McCool marathon, beating last year's time by 12 minutes! My pup ran with me too; she might have medaled if she wasn't tied to me the whole time!

Derrek Eldredge



I ran this year's race without any goal or expectation other than using it as long run for my Chicago Marathon training block and finished at 1:32. Starting temperature was perfect until it wasn't - lol - it definitely got a warmer than I wanted but managed to ignore that and finished strong. Love seeing the running community come together every year for this!

Laura Pennington





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

Sign Up for Text Alerts



WTRC races are found at wtrunning.com



[West Texas Running Club](https://www.facebook.com/WTRunning)



@WTRunning



www.instagram.com/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 3 more races left:

Buffalo Wallow, Turkey Trot, and Toys for Tots Cross Country Run.

So.... plenty of time to earn more points toward the series standings!

Be sure to plan ahead which race you will volunteer for so you will be a part of the Challenge Series. **For the rules of the Series and for the current Challenge Series Standings go to:**

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

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

Hey all!

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

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