

# November/December 2023 WTRC Newsletter



2023 Toys for Tots Cross Country Run

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**WEST TEXAS  
RUNNING CLUB**

LUBBOCK, TEXAS



# WTRC Officers, Board Members

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Awards Director: *Debbie Gelber*

Outreach: *Ron Lubowicz*

Trailer & Equipment: *Tommy Johnson*

Challenge Series/Newsletter: *Steve German*

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WTRC Address:

WTRC

3401 Alcove Ave.

Lubbock TX 79407

*WTRC Board Members can be reached through this email address:*

***westtxrunning@gmail.com***

## Upcoming Races



**2nd Saturday in January — 10:00 a.m.**

**5Mi | 2Mi (Both are Loops)**

**5Mi: ages 13 & over**

**2Mi: ages 7 & over, and strollers**

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

Register to Run or Volunteer at:

**wtrunning.com**



**2nd Saturday in February**

**10 a.m. start**

**5 Mi & 2 Mi**

**Location:** Buffalo Springs  
Lake Amphitheater

**FM835 Lubbock County**

**FEBRUARY**

**FREEZE**

Race Director:  
Tammy Mosteller







# WEST TEXAS RUNNING CLUB LUBBOCK, TEXAS

## ANNUAL SOCIAL & AWARDS

Friday | January 26, 2024 | 6:30 pm  
Science Spectrum

2579 SOUTH LOOP 289

There is no better way to ring in the new year than celebrating everything you accomplished in 2023! That includes the medals, personal achievements, new (& old) friendships created (just to name a few) through the West Texas Running Club. This is also a special time for us to give out our annual Challenge Series awards, '66 Mile Club' and

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

Mark your calendars!

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



*Scenes from the January 2023 WTRC Social*





# BE KIND TO YOURSELF... FORGIVE YOURSELF... TRY AGAIN TOMORROW

*an interview with WTRC Member Tammy Mosteller*

## **1. Tammy, tell us some about yourself -- who your family is, what you do for work and fun, what takes up your time?**

I have been in the social work field for 15 years and I am currently a victim advocate at the Lubbock County District Attorney's Office. My husband is also an investigator with the DA's office. I was recently elected the secretary for The Crime Victims Coalition. I have a daughter who is a senior who will be attending Lubbock Christian University this coming Fall 2024

where she will be majoring in pre-vet. I am extremely active in my church from being a board member, working

with children's Sunday school, Wednesday night kids church, and working in the sound booth. I love to listen to audiobooks. I love to spend time with my family and friends, and my dog Carson James.

of giving back through volunteering. That impressed me — was an encouragement to me for sure. Later on I saw several posts on Facebook from Tammy — there was some mention of her weight-loss journey (at least that's where I remember seeing this info!) and there were many posts about her father. I thought, "This person has a great story to tell" and I asked her to allow me to interview her for our newsletter. Thankfully she agreed and I think you'll be impressed with Tammy much as I was!



## **2. Tammy, not too long ago I saw a post from you on Facebook about your fitness journey. You have not only lost weight but have also become a really strong runner! Could you tell us about this journey? What prompted you to make changes, what changes did you make and what are your thoughts about your present health and fitness levels?**

In 2013 I began having a few health issues. I recognized that some of them were due to my weight. I was turning 30 in April 2014 and decided to give myself a goal of losing 30 pounds by my 30th birthday. At the time I had a treadmill that I honestly only used to hang my clothes on. So, on November 1, 2013 I made the decision to start my health journey by walking 10 minutes on a very slow setting daily. I slowly built up my walking time on the treadmill and eventually moved up the speed to a slow jog. Along with the daily treadmill time I made diet changes and on my 30th birthday I had exceeded my goal of 30 pounds and lost 41 pounds.

After surpassing my weight-loss goal I decided to set a new goal for myself and become a "runner." I sped up to a run on the treadmill, and I felt fairly confident, but I knew I eventually wanted to get off the treadmill and do road running. Boy was I in for a shock as to how much difference there is between the treadmill and road miles. Although, it was a tough transition for me I fell in love with running outdoors. On my one-year anniversary, November 1, 2014, I had lost a total of 90 pounds. This year on November 1st I hit my 10 year anniversary of beginning my fitness and health journey.

Over the last ten years I've learned that the journey never stops. to fitness. You fall off the wagon hard (like getting in bed with a bag of Oreos and polishing off more than half...guilty!!). Those struggle days are sometimes even more important than those days you do everything right. Those days remind you to BE KIND TO YOURSELF, to FORGIVE YOURSELF and to TRY AGAIN tomorrow. Balance is key. Guilt, shame, and sadness weigh a lot more than any weight you carry on your body. Mental health is just as important as physical on this journey.



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**3. As mentioned earlier, you have become quite a runner! Could you tell us about your running? It would be interesting to know how often you run, how many miles comprise your runs, do you work on pace or distance or do you just run for fun, fitness.... I think what I am asking is, what are your running goals, if any?**

I run 6 days a week and two of those days I run twice a day. That is road and treadmill running. I used to be a long-distance junkie, but these days I tend to keep my mileage on the shorter end. I try to get a 5k in daily. If time doesn't allow for me to do a 5k then I try to do at least 2 miles of speed work. I don't stick to any specific training plan and usually I just listen to my body as to what I'm going to do that day. I use my runs for health purposes: physical, mental, and spiritual. The only goal I have at the moment is enjoy my runs!

**4. I know you've run in many WTRC races, Tammy. Do you have a favorite WTRC race (and why)?**

My favorite race is The Firecracker Run. It has sentimental meaning to me because it's the first race I ever ran. That was in 2015. I remember I was so nervous to run with "real" runners. I was in awe at how friendly and supportive everyone was. It was such a welcoming environment. I met people that day that I am now close friends with. Don't get me wrong, it maybe my favorite race, but I still hold a deep dislike for the climb up the hill on the way to the finish line!



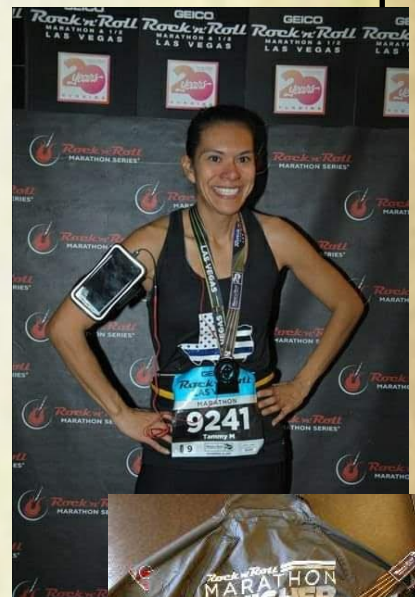
**5. You have directed the WTRC February Freeze for several years now. How did you get started doing this and what have you experienced as a race director?**

I've always loved volunteering in any capacity. I mentioned to Manny Ramirez that I wanted to become more active in the club, and a few months later he reached out to me to let me know that the race director for February Freeze has become available and asked if I was interested.

Although I was intimidated I knew I had a lot of great volunteering pros to help get me started. I quickly learned that volunteers are truly the ones that make the magic of races happen. The WTRC has some of the most selfless members who are willing to go out into the wind, rain, heat, and cold to set up, take down, man water stations, monitor the course, and just be an encouragement to our runners. Volunteers are truly the ones who deserve a medal at every race.

**6. Do you run in other races outside of the WTRC schedule? If so, what have some of them been and is there a favorite (or more)? What makes these positive experiences for you?**

I ran my first full marathon in 2017. It was The Rock N' Roll Marathon in Las Vegas. It was probably not the best race to pick as my first marathon because it was held at night and there were time requirements. If you didn't hit certain points on the course by a certain time they would divert you and you wouldn't be able to complete the whole 26.2 miles. I had trained too hard to let that happen! I hit every point and achieved those coveted 26.2 miles.



I think your first marathon, good or bad experience, always holds a special place in every runner's heart. My favorite race to date has been [Honor the Fallen Half Marathon](#). I attended this race in 2021. I live in Levelland, and a few months before this race we had an incident that resulted in the death of Lubbock County Sheriff's Office Sgt. Joshua Bartlett. This deeply impacted my community and me personally as I was married into a law enforcement family. I got to honor Sgt. Bartlett at that race by wearing the Lubbock County Sheriff's Office patch, Levelland Police Department Patch, and The Hockley County Sheriff's Office Patch on the shirt I raced in. I ended up placing 2nd in my age division for the half, but walked away knowing that Sgt. Bartlett was remembered with all the other heroes whose lives were lost.

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**7. Tammy, not too long ago your father passed away. Thoughts you have posted on your Facebook page clearly express your love for him. Could you tell us about your father and what he meant to you?**

My father passed away in January 2022. I was extremely close to my father. Not only am I an only child but I was a true definition of a "Daddy's Girl." My father was the definition of a hard worker and he's definitely who I always strive to be like professionally. He was a proud Vietnam veteran who loved his country. He never met a stranger, and he was always willing to help anyone in need whether it be by providing something monetary or a prayer.

My father and my mother were married for 50 years. He was my biggest fan and supporter in life. He had knee issues that affected his ability to walk and the last years of his life he had to use a walker. He and I had a routine that after a race I would go over and tell him all about the race. He said if he couldn't walk or run he would do it vicariously through me. He was definitely on my mind during races and still is at every race I run.

After I lost my father I did not run any races with WTRC in 2022. I was dealing with my grief and helping my mother navigate her new life. I knew I wanted to get back to those monthly races in 2023, but I was overwhelmed thinking of what it would be like to finish a race and not be able to share it with my father. I signed up for Loop-the-Lake and was welcomed back by everyone with open arms. I knew I was home.

I started the run extremely emotional and I decided that I would focus on being paced by the runner in front of me to keep me distracted. I kept up with this runner, who I did not recognize nor know, and I paced myself off of her until we hit the finish line. After the race I found the runner who unknowingly paced me, who turned out to be Gretchen Bossio, and I told her thank you. I let her know it had been my first race in a year. She asked me why I had not been racing and I told her I had lost my father and it was hard. I didn't even have to finish my sentence before she compassionately told me she understood because she had lost her father that week a few years ago. I hope she knows how much she helped me through that first race after losing my father. It helped me realize I wasn't alone, and that I literally had a whole club behind me!

**8. What all in your life is really important to you and why?**

My faith, family, and friends are extremely important to me. They are the cornerstone of what keeps me motivated to always keep moving forward and to do better for myself and those around me.

**9. How might you encourage others in getting started on their own journey to better health and fitness?**

The biggest lesson I've learned during this fitness journey is there are days you totally crush your workout, eat your veggies, drink your water, and get 10,000 steps in. There will also be days you stumble on the path to fitness. You fall off the wagon hard (like getting in bed with a bag of Oreos and polishing off more than half...guilty!). Those struggle days are sometimes even more important than those days you do everything right. Those days remind you to BE KIND TO YOURSELF, to FORGIVE YOURSELF and to TRY AGAIN tomorrow. Balance is key. Guilt, shame, and sadness weigh a lot more than any weight you carry on your body. Mental health is just as important as physical on this journey.





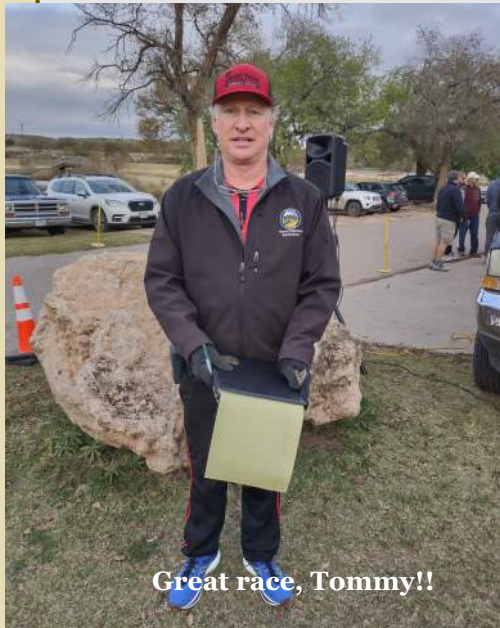
# Buffalo Wallow Race Report

November 11, 2023

**Race Director: Tommy Johnson**

What a beautiful day for the Buffalo Wallow!! The morning temp was in the 40's but there was almost no wind.... A great combination for running the

difficult course that is Buffalo Wallow! As is usual, the Buffalo Wallow was definitely a challenge — wind or no wind there are still really large hills — but, what a nice day! There were **81 who ran the 2-mile course, 57 finished the 2nd year Quarter Marathon distance and 108 persevered to cross the finish line for the Half Marathon.** All together there were 246 participants — an increase of 13 over last year's 233 runners. There has been a strong number of runners in this year's WTRC races — the Lubbock running community is strong, vibrant! The more, the merrier!



Great race, Tommy!!

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

We had a fantastic volunteer turnout! A special thanks goes to

Tommy Johnson for directing the race (has done this for several years), as well as to David Higgins, Suzan Caudle, PJ & Wayne Sullivan, Liana Garza, Tommie Gressett, Kim Hoveland, Librada Sissell, Sylvia Miller, Rae Johnson, Macie & Lily Van Zandt, Sheila, Grace & Sofia Peralta, Ron Adams, Russell Wheeler, Tyler Schultz, Chad Beights, Sukan Raj Thiyagarajan, Billy Bond, Michelle Richardson, Jaime Lopez, Aydan Manicchia, Margaret & Mark Woodfin and Les Kinman. Thanks also to Yvonne Gilinsky, MaryAnn Schwertner and Larry Vigil for helping at the Packet Pickup!

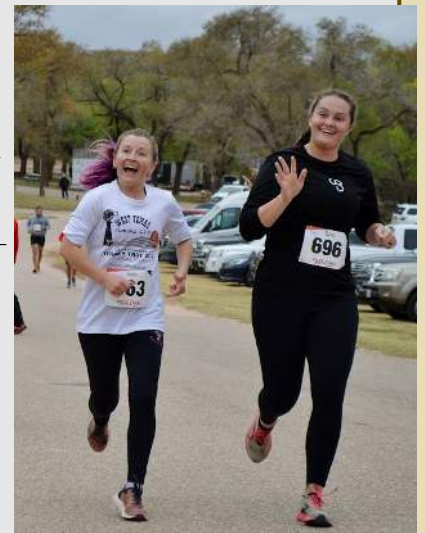


Jorden Anderson won the 2-mile race with a time of 11:01. Kate Hesse led all 2-mile female runners coming in at 13:23. Great runs, the both of you!

Adrian Gonzalez won the Quarter Marathon — leading all of those participants with a time of 42:43 — while Amy Estrada blazed the way for the female runners by finishing in 50:16.

For the Half Marathon — the “Toughest Half in Texas!” — Isacc Placencia blew through the finish line in 1:18:56. Nika Byrne led the Half Marathon female runners by finishing in 1:37:00. Really great races Isacc and Nika!!

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



**42nd Annual BUFFALO WALLOW RUNS -- SINCE 1982**  
**EVENT RECORDS - NEW COURSE IN 2018 29 New Records**  
**Quarter Marathon since 2021 (18 new records in QTR M)**

**2 MILE**

Male 25 to 29	Arroyo Ezequiel	Lubbock	27	14:58	2023	new
Old:	Martin, Cole	Ransom Canyon	29	17:44	2020	
Male 35 to 39	Joe Sutton	Lubbock	35	11:25	2023	new
Old:	Joshua Leyva	Lubbock	39	12:17	2018	
Male 75 to 79	Darrel McMillen	Lubbock	76	21:13	2023	new
Old:	James Pratt	Lubbock	76	26:10	2018	
Male 80 & up	Ron Lubowicz	Lubbock	80	23:37	2023	new
Old:	Bill Felton	Lubbock	85	27:30	2019	
Female 20 to 24	Ellie Reyna	Lubbock	24	15:28	2023	new
Old:	Gabby McNulty	Lubbock	20	16:23	2020	
Female 50 to 54	Michaela Jansen	Lubbock	50	14:39	2023	new
Old:	Connie Waddell	Wolfforth	53	15:41	2019	

**HALF MARATHON**

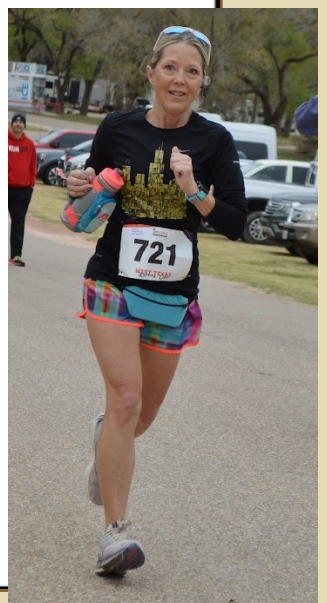
Male 30 to 34	Isacc Placencia	Lubbock	32	1:18:56	2023	new
Old:	Trent Early	Lubbock	33	1:32:37	2021	
Female 16 to 19	Keeney, Cherish	Lubbock	19	2:04:04	2023	new
Old:	Clark, McKenzie	Lubbock	19	2:06:30	2020	
Female 20 to 24	Nika Byrne	Lubbock	24	1:37:00	2023	new Course Rcrd!
Old:	Mallory Heinen	Lubbock	22	1:39:56	2020	
Female 55 to 59	Debbie Gelber	Lubbock	55	2:00:32	2023	new
Old:	Mary Mailler	Lubbock	55	2:04:12	2021	
CLYDES	Dominic Longoria	Levelland	24	1:46:22	2023	new
Old:	Nathan Paden	Slaton	50	1:48:13	2018	





**Quarter Marathon (since 2021)**

Male 16-19	Dylan Stone	Hale Center	16	46:42	2023	new
Old:	Cray Dockery	Whitharral	19	49:02	2022	
Male 25-29	Adrian Gonzalez	Petersburg	27	42:43	2023	new Course Rcrd!
Old:	Christopher Klix	Lubbock	26	56:39	2021	
Male 35-39	Adam Salinas	Lubbock	36	54:25	2023	new
Old:	Armando Perez	Lubbock	39	55:47	2022	
Male 40-44	Joshua Stone	Hale Center	41	54:29	2023	new
Old:	Levi Groomer	Lubbock	44	56:04	2022	
Male 45-49	David Mora Jr	Lubbock	46	50:45	2023	new
Old:	Shannon Spinks	Lubbock	45	1:05:58	2021	
Male 50-54	Christopher Robinson	Ropesville	50	56:21	2023	new
Old:	Sergey Kunkov	Lubbock	52	57:45	2021	
Male 55-59	Martin Montalvo	Plainview	58	53:50	2023	new
Old:	Martin Montalvo	Plainview	56	57:56	2021	
Male 60-64	Edson Pinto	Lubbock	62	1:01:25	2023	new
Old:	Steve German	Lubbock	64	1:13:31	2021	
Male 65-69	Cal Hoffman	Lubbock	69	1:26:27	2023	new
Male 70-74	Michael Rogers	Lubbock	70	1:26:26	2023	new
Old:	Mike Kelley	Buff Spgs Lake	72	1:34:19	2021	
Female 20-24	Michaela Graf	Lubbock	24	59:37	2023	new
Old:	Maygen Daniel	Lubbock	20	1:00:00	2021	
Female 30-34	Amy Estrada	Lubbock	34	50:16	2023	new Course Rcrd!
Old:	Lauren Murphree	Lubbock	34	55:18	2022	
Female 35-39	Murphree, Lauren	Lubbock	35	52:19	2023	new
Old:	Harris, Breanna	Lubbock	39	1:02:24	2022	
Female 40-44	Christine Steen	Lubbock	44	53:02	2023	new
Old:	Cheri Gerwig	Lubbock	41	57:30	2021	
Female 50-54	Nancy McIntyre	Lubbock	53	1:04:21	2023	new
Old:	Amanda Barnett	Lubbock	53	1:05:19	2021	
Female 55-59	Sharla Kinman	Lubbock	55	1:02:45	2023	new
Old:	Darla Porter	Lubbock	58	1:14:46	2021	
Female 60-64	Reeda York	Levelland	61	1:09:45	2023	new
Old:	Kelly Hill	Versailles KY	60	1:15:31	2022	
Athena	Jaida Rangel	Lubbock	22	59:25	2023	new
Old:	Natalee Brown	Lubbock	43	1:07:58	2021	





***Hello again! It's time for another edition of Deb's Favorite Five!***

***This month, I am listing my five favorite running books of all time.***

***Some are classics, some are new, all are full of information and motivation.***

***Let's go...***

1. ***Marathoning for Mortals*** by John "The Penguin" Bingham

This was one of the very first books I read as a runner. I was training for my first half marathon and wanted a training plan, so I looked for something on the shelf in Barnes and Noble and found this book. I had read Bingham's writings in Runner's World and loved them, so I went ahead and bought it. Now, I always recommend it to anyone who is training for their first marathon! It is packed full of inspirational stories of people going from couch to marathon and there are training plans for several distances in the back of the book.

2. ***Let Your Mind Run: A Memoir of Thinking My Way to Victory*** by Deena Kastor

This first book by Olympian Deena Kastor came out a few years ago. It chronicles her rise to elite athlete status and takes you on the journey of using mindset techniques to get through a race and more importantly, life. My own personal key takeaway from this book was the question, "What is this moment really about?" I often will try to use this technique in daily life and hard runs. It's an amazing strategy.

3. ***The Road to Sparta*** by Dean Karnazes

I love anything written by Dean, but the Road to Sparta was just a page turner. I was so intrigued by the history behind Pheidippides' 36-hour trek from Athens to Sparta to save Athens from the Persian invasion. Even more interesting was Dean's attempt to follow in Pheidippides' footsteps on the same journey. This book is a must for marathon history buffs.

4. ***The Runner's Brain: How to Think Smarter to Run Better*** by Jeff Brown and Liz Neporent

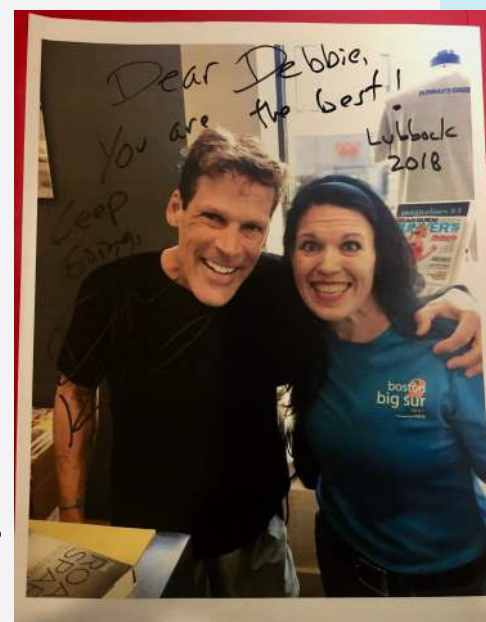
In 2016, I was trying to qualify for my first Boston Marathon. I missed it by 30 seconds at Napa Valley Marathon. After that, I did everything I could to BQ and one of the books I read was The Runner's Brain. It is no secret that endurance sports are mostly mental games between our brains and our bodies. I credit this book with giving me that extra edge to finally qualify for Boston after 14 marathons.

5. ***Choosing to Run*** by Des Linden

I just finished this book, and it quickly has become one of my top five favorite running books. Des writes about her road to elite running but also interspersed with her stories are detailed moments from her 2018 Boston Marathon win. Don't miss out on this great read.

Chime in on our Facebook Page about these and other books that you think should have made the list!

Next time, let's look at Deb's Five Favorite Running Workouts!



***Debbie Gelber***



# 31st Annual WTRC Turkey Trot Race Report

by Rebecca Puckett — 1st year Race Director!

November 23rd, 2023

all morning with upbeat tunes. Did anyone else get to see the girls in autumnal tutus doing the Footloose dance? It was fabulous. There were so many families, friends, and individuals starting their Thanksgiving Day traditions off with a nice run. Some even ran in costume. What a fun event!

I'm excited to announce that at our 31st annual Turkey Trot, we maxed out on registrations at 1300. There were 849 runners finishing the 2-mile -- 483 females and 366 males. We had 229 finishers for the 12K -- 101 females and 128 males. This gives us (drum roll please) a record-breaking 1078 finishers for the 2023 Turkey Trot putting the previous record of 995 in 2018 to shame.

Congratulations to our overall winners! **Emma Lopez** came home from Austin to crush the 12K with a chip time of 47:44:2 and

**David Mora III** came blazing in with a chip time of 40:29:3. **Kate Hesse** made Brownfield proud winning the 2-mile with a chip time of 13:30:8 and **Dax Mahan** strutted his stuff crossing the finish line in 11:12:4.

We were thrilled to welcome our best seasoned runner, **Sheila West** (80) as well as our most nascent participant, making his running debut at the age of 5, **Chris Burnam**. 23 runners traveled over one thousand miles and made the Turkey Trot part of their family tradition. **Jennifer Turner** traveled farthest, making the 1,787 mile trek from Lacey, WA.

During this race, we experienced some growing pains. There were some runners who did not receive a t-shirt so we will be placing another order

for shirts. If you did not receive your shirt, you can pick one up at the Loop the Lake race this coming January. You will likely see some changes in our processes to ensure that registration runs more smoothly in the future. We would love to see this race continue to grow, and we will be working diligently to make that growth comfortable.

We could not have asked for better weather for the 2023 Turkey Trot. With temperatures about 43 degrees at starting time, we enjoyed clear weather with sunny skies. Todd Jordan (DJ by TJ) kept us pumped up



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One of the challenges we faced this year was the construction at the FiberMax parking lot. With the help of the scouts of Troop 157, the parking situation was silky-smooth. I just cannot say enough about what a great job these young people did in directing traffic and bringing order to a potentially chaotic situation. We have heard reports from multiple people that, even though parking was a challenge, it was even easier than in years past. Thank you, Troop 157!

I am so grateful to our amazing volunteers whose help made this event a resounding success. Thank you to Ron Adams, Wendy Anderson, Jaycob Arsenal, James Bond, Suzan Caudle, Gina Collins, Kristen Doss, Mackenzie and Mason Farias, Jeff Fisher, David Higgins, Tommy Johnson, Les Kinman, Ella Martin, Sylvia Miller, Paul Pare, Armando Perez, Victor and Noah Portillo, Arturo Reyes, Mary Ann Schwertner, Katrina Smith, PJ Sullivan, Michelle Toliver, Lydia Turner, and Lorena Valdez. I'd also like to thank Foot Tech and RunLBK, and a special thank you to the Corelis family: Kyden, Saylor, John, Brylie and John. To all of our volunteers, as a first-time race director, I am just so grateful for all of your help and expertise.

**A special "Thank You" to:**

*~ Rebecca*

- footTech** for manning the Mackenzie Park water stop
- RUN LBK** for staffing the 12K route water stop
- Les Kinman** for the bike lead
- DJ with TJ**, Todd Jordan, for music and announcements
- Boy Scout Troop #157** for directing traffic and parking vehicles
- The **Lubbock Police Department** for making it safe to cross the busy intersections.
- AgTexas** for donating a lot of water bottles!



Our sponsors also made it work! Thank you:

- United Supermarkets**
- Troop 157**
- TRUSTPOINT Rehabilitation Hospital of Lubbock**
- Visit Lubbock**
- Sun 'n Fun Fitness at the J.L. & Margaret Talkington YWCA**
- Schlotzsky's Deli**
- FiberMax Center for Discovery**
- footTech**
- DahlMar Insurance Solutions, Inc.**
- Domino's Pizza**
- Stride**
- Ag Texas Farm Credit Services**
- Michael Postar's Affordable Storage**
- Kinesio CKTP (PJ Sullivan)**

31st ANNUAL THANKSGIVING DAY TURKEY TROT					
2023 new 12K and 2-mile EVENT RECORDS					
<b>12K</b>					
45-49	Billy Rodriguez	Snyder Tx	45	44:00	2023 new
	Old: Bob Jackson	Hobbs NM	48	44:06	2006
75-79	Timothy Minnix	Lubbock	75	1:16:42	2023 new
	Old: Gorden Jenkins	Amarillo	75	1:20:38	2015
16-19	Emma Lopez	Austin/Wolfth	19	47:45	2023 new
	Old: Reese Pena	Lubbock	16	49:45	2022
35-39	Laura Pennington	Lubbock	35	49:53	2023 new
	OLD: Leigh Daniel-Cordes	Lubbock	38	51:56	2016
<b>2-Mile</b>					
07-09	Logan Estrada	Lubbock	9	14:34	2023 new
	Old: Logan Estrada	Lubbock	8	14:39	2022
55-59	Jon Murray	Lubbock	55	12:04	2023 new
	Old: Ron Lubowicz	Lubbock	57	12:59	2000
65-69	Rosa Sales	Brownfield Tx	65	22:10	2023 new
	Old: Debbie Maines	Lubbock	69	22:58	2022





Troop 157



# WTRC Members Who Ran One of the Lubbock Marathon Distances

October 29, 2023

Half Marathon		Bib	Overall Place		Age	Pace	Total Time
Jennifer	Burns	1110	175	Lubbock	55	10:37	2:19:03
Maribel	Castillo	1076	160	Lubbock	43	10:11	2:13:23
Felicia	Cortez	1215	111	Shallowater	39	9:27	2:03:43
Jim	Deaver	1022	191	Lubbock	66	11:01	2:24:15
Nicole	Dines	1072	202	Martin	41	11:20	2:28:29
Amy	Estrada	1273	14	Lubbock	34	7:28	1:37:43
John	Farnsley	1044	108	Lubbock	56	9:22	2:02:48
Steve	German	1001	271	Lubbock	66	13:45	3:00:03
Sarahlinna	Guerrero	1313	210	Lubbock	29	11:28	2:30:15
Claudia	Hernandez	1345	150	Lubbock	28	10:01	2:11:19
Jared	Herrera	1258	122	Lubbock	43	9:40	2:06:44
Ramon	Johnston	1204	117	Lubbock	41	9:34	2:05:13
Abbs	Kortenhoeven	1272	81	Lubbock	24	9:00	1:57:55
Jeleta	Lingo	1038	275	Lubbock	61	13:59	3:03:05
Bernard	Lum ongsud	1139	33	Lubbock	54	8:14	1:47:46
oscar	martinez	1206	23	Lubbock	31	7:51	1:42:45
Dug	McAlpine	1077	134	Lubbock	64	9:50	2:08:52
Emily	Newcome	1092	15	Lubbock	33	7:28	1:37:45
Alexis	Ortiz	1043	161	Lubbock	28	10:16	2:14:25
Hope	Pacheco	1318	40	Lubbock	32	8:25	1:50:20
Sheila	Peralta	1289	67	Sundown	42	8:50	1:55:42
Mark	Porter	1144	37	Lubbock	51	8:21	1:49:25
Joseph (Ed)	Price	1108	223	Lubbock	67	11:41	2:33:01
Leesa	Price	1107	170	Lubbock	67	10:26	2:16:44
Edward	Quitevis	1171	268	Lubbock	71	13:38	2:58:30
Sam	Reynolds	1325	7	Lubbock	22	7:07	1:33:09
Xavier	Sanchez	1243	2	Lubbock	19	6:26	1:24:17
Tyler	Schultz	1187	1	Lubbock	29	6:04	1:19:25
Matthew	Self	1150	44	Lubbock	19	8:26	1:50:30
Tara	Sims	1049	101	Lubbock	48	9:18	2:01:46
Librada	Sissell	1191	237	Lubbock	60	12:03	2:37:46
Tyler	Smotherman	1127	110	Lubbock	31	9:26	2:03:38
Wayne	Sullivan	576	221	Lubbock	72	11:38	2:32:18
PJ	Sullivan	1256	225	Lubbock	78	11:47	2:34:20
Gary	Tayag	1004	89	Lubbock	53	9:06	1:59:18
SuganRaj	Thiyagarajan	1053	78	Lubbock	26	8:59	1:57:41
Rusty	Thoma	1082	168	Lubbock	66	10:24	2:16:13
Pam	Titzell	1081	169	Lubbock	65	10:26	2:16:42
Mikaela	Trevino	1347	201	Lubbock	21	11:17	2:27:46
Kristi	Van Allen	1219	128	Cincinnati, OH	40	9:48	2:08:17
Kevin	Wass	1029	47	Lubbock	52	8:28	1:51:00
Shawna	Wilson	1116	266	Shallowater	57	13:25	2:55:51

WTRC members can be found running in many events throughout the year in addition to our regular 13-race schedule. It is always great to see WTRC members running in other races provided by the Lubbock area running community!

The Lubbock Marathon grew out of the “Lubbock Mayor’s Marathon” that was held for several years (maybe 3-4?). We are all grateful for those who continued to work to provide this event after the mayor who initiated the event did not run again for mayor! I know Marti Greer has been instrumental in planning and conducting this event.... There are others.... Is there anyone who could provide us a history of this event? I would be glad to publish it!

A positive aspect of the Lubbock Marathon (among many!) is that it offers the only Full Marathon held in the Lubbock area. The longer distances like marathons and half marathons are difficult to offer mainly because the longer distances require more area for the course as well as increased support like water stops, volunteers and police presence. The level of difficulty in organizing the longer races is significant. We have to go to the Dallas/Fort Worth area to find other Full Marathon road races (the Amarillo Lone Star Runners Club offers several long distances at their annual Palo Duro Trail Runs).

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

Great job on the part of the WTRC members you see on this page and the one following.

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



<b>Marathon</b>		Bib	Overall Place		Age	Pace	Total Time
Frank	Anguiano	596	27	Lubbock	36	9:08	3:59:16
Sam	Brackeen	603	110	Lubbock	35	14:06	6:09:15
Morgan	Bruning	556	49	Georgetown	22	10:04	4:23:38
Derrek	Eldredge	573	106	Lubbock	33	13:50	6:02:37
Mei	Gill	533	39	Lubbock	20	9:44	4:14:53
David	Hill	527	36	Lubbock	45	9:41	4:13:34
David	Johnson	629	92	Odessa	69	12:03	5:15:44
Karlie	Kennon	507	72	Lubbock	25	10:59	4:47:57
Joshua	Lewis-Sandy	633	1	Lubbock	21	6:27	2:49:03
Skyler	McKee	529	19	Friendswood	19	8:52	3:52:30
Frank	Mendoza	542	80	Earth	56	11:33	5:02:46
FRANCIS	OCHOA	549	111	Lubbock	33	14:38	6:23:23
Jamie	Oliva	519	--	Lubbock	39	8:09	3:33:37
Jason	Pena	501	99	Lubbock	48	13:07	5:43:47
Jeremy	Pena	502	31	Lubbock	48	9:30	4:08:51
Jennifer	Salas	508	77	Lubbock	44	11:19	4:56:41
Joe	Schaunaman	553	51	Lubbock	46	10:10	4:26:10
Dylan	Stone	511	25	Hale Center	16	9:07	3:59:00
Joshua	Stone	510	66	Hale Center	41	10:50	4:43:56
Dean	Threadgill	520	101	Lubbock	44	13:12	5:45:46
Ray	Young	503	78	Lubbock	54	11:21	4:57:12

Go to this site for a full set of Lubbock Marathon race results:  
[United Supermarkets Lubbock Marathon \(lbkmarathon.com\)](http://UnitedSupermarketsLubbockMarathon(lbkmarathon.com))

<b>5K Race</b>		Bib	Overall Place		Age	Pace	Total Time
Lora	Asmussen	2055	121	Lubbock	71	12:42	39:29:00
Roxi	Baker	2142	163	Lubbock	60	18:05	56:13:00
John	Corelis	2270	30	Lubbock	58	8:53	27:38:00
Kendal	Franco	2016	9	Lubbock	16	7:37	23:40:00
Liana	Garza	2064	159	Lubbock	54	16:08	50:11:00
Breanna	Harris	2159	83	Lubbock	40	11:08	34:39:00
Michael	King	2196	4	Lubbock	45	7:11	22:20:00
Andrew	Littlefield	2160	83	Lubbock	41	11:08	34:39:00
Toni	McCasland	2143	120	Lubbock	62	12:34	39:05:00
Sylvia	Miller	2014	111	Lubbock	60	12:07	37:42:00
Kathryn	Moore	2178	122	Lubbock	27	13:01	40:28:00
Faith	Mora	2122	47	Lubbock	27	9:28	29:26:00
Kimberly	Mora	2123	24	Lubbock	26	8:39	26:54:00
Grace	Peralta	2106	8	Sundown	18	7:34	23:33:00
Sofia	Peralta	2099	11	Sundown	14	7:50	24:21:00
Angelita	Perez	2264	77	Lubbock	36	10:56	33:59:00
James	Ruiz	2015	43	Lubbock	39	9:20	29:02:00
Ronda	Russell	2127	93	Lubbock	53	11:37	36:07:00
MaryAnn	Schwertner	2003	92	Wilson	60	11:33	35:56:00
Joe	Sutton	2154	1	Lubbock	35	6:49	21:13:00
Lawrence	Vigil	2093	61	Lubbock	61	10:04	31:19:00



# Thoughts from WTRC Members Who Ran One of the October, 2023 Lubbock Marathon Events

Hello Steve,

Below is my experience from the Lubbock Marathon:

My name is Karlie Kennon, and I first started running long distance in March of 2023 after a long hard year of many family and friends' passing and some health scares of my own. Lubbock Marathon is my first marathon as well as my second ever race to have run. Since then, I've completed my first half-marathon and started training for my next half marathon in January and an Ultra-marathon in March.

Looking back on this experience, the most impactful parts, the memories that I have taken away from this marathon were not how poorly the weather turned out or how difficult things got and how I had to overcome, or even how the side of my eyelids tried to freeze on multiple occasions or how I got stopped by a train. The real takeaway, important parts, and memories that I will remember for the rest of my life,

were the people who showed up for me. It was those that spent their precious time on a Sunday morning to stand in the freezing cold away from their warm homes and friends and family to come and cheer and encourage me to the finish line.

As I continue to think how special that very cold and wet day was, it was the people who continually show up, not just on race day, but every day to lend support and encouragement along the way that really stands out! I'm beyond thankful to have had my family there, to being my crew at the half-way point for water and Gatorade and oranges, to driving by hanging out the car window yelling encouraging things and asking if I needed anything. Seeing my sister, brother-in-law, and nephew multiple times that race gave me that boost of energy I needed, and having my mom put on my finisher medal and my dad put on my 3rd place medal in my age group will be the memories I take with me for the rest of my life.

Words cannot express how thankful I am to have had the support I did from my friends and family. I am incredibly thankful to my running buddies who cheered us on from multiple locations and at the aid stations, and those who stayed after their race to see us to the finish line. I wouldn't be where I'm at today, running ridiculously long hours for a crazy amount of miles a week for fun and for training, if it wasn't for my core group of running buddies. I'm so grateful to have such incredible people in my life who I'm blessed to call some of my closest friends. These wonderful and inspiring individuals that I have the opportunity to run alongside with, not just on race day, but every day of life, are truly a blessing. From the jokes to the life coaching, from the venting to the laughing, from the crying to the deep conversations, we put in the miles together and that makes all the difference. There is no lack of encouragement, support, or inspiration to be had amongst this group of runners and friends.



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I will continue to run, I will continue to race, and I will continue to show up with a smile on my face because the good Lord has blessed me with another day, breath in my lungs, and the ability to keep moving. There will be many times in the future I'm sure where I'll forget my times, placing, or whatever metric I may think is important at that time, but having my friends and family in my life showing up to support me will never be something I forget. Thank you all tremendously for being such a blessing in my life and for always showing up!

***Karlie Kennon***

The Lubbock Marathon is a well organized race and this year there was more interaction on the course which makes your race easier. The weather was tough and the slick roads made it scary but this year's route was fantastic. My running buddy, Jeleta, and I loved the route and are excited to run it again next year.

Running the half-marathon was the ideal length for me in the cold. I am thankful for this race opportunity and getting to watch some of my running buddies conquer their goals.

***Shawna Wilson***



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Steve-

We're fairly recent transplants to Lubbock (3 years or so) and connected with the WTRC to hang out with a group of similarly fitness-minded people. Neither of us are "serious" runners, although Jennifer regularly puts in 3 to 5 miles at least 3 times a week and swims frequently as well. We did put in some long runs prior to both ½ marathons so we felt we were well prepared for the distance.

The conditions for the two runs couldn't have been more different. The Mayor's run was a cold, wet slog and the Buffalo Wallow was pretty much perfect running weather. My wife has run a ½ marathon in the Antarctic and was warmer there than at the Mayor's race. We dressed warmly for the Mayor's run with disposable (not stylish) trash bag ponchos

to keep us dry up until the start. Between the dark and the cold, the first few miles were a blur and the race seemed to start about mile 3 or so. The wind threatened to be an issue but we didn't end up benefiting from/ or fighting with it till about half way through. The course was well marked and vehicle traffic was never an issue. We enjoyed the long straight run down Indiana down to campus with a healthy tailwind but then had to push through some headwinds as we meandered around campus. The cheering crowds didn't materialize as we headed to the finish line but I'm pretty sure that the weather had a lot to do with that. I ran in a polar fleece that was wind resistant but not waterproof and it weighed at least 10 pounds at the end of the race. We ended up hanging around for a bit at the end of the race (mainly to change into drier clothes) and were pleasantly surprised to both finish 2<sup>nd</sup> in our age classes.

The Buffalo Wallow was a beautiful day for a run -- nice weather, minimal winds, and nice scenery. The only issue we had was with the hills — Lubbock doesn't provide much opportunity to work on hill running. We settled into a good pace (for us), walked up parts of the hills, and slowly made up ground on some runners who started out too aggressively. I'm not a huge fan of 2 lap races (or out-and-backs) because you are covering the same ground twice but the terrain around Buffalo Springs Lake is pleasant. Not a personal-best day (too much time spent walking up the hills) but we enjoyed the run. And, once again, both of us placed 2<sup>nd</sup> in our age classes.

We both realize that these races don't happen without a lot of work behind the scenes- thank you to the volunteers who work hard to make these events happen! We look forward to meeting more people at future races.



Nov 2023 Buffalo Wallow

**Chris and Jenn Burns**



December 9, 2023

Race Directors:  
**Dr. Richard Lampe**  
**James Livermore**

# Toys for Tots Cross Country Run

Another really nice day for the final run of the WTRC 2023 year — Toys for Tots Cross Country Run. The temperature started out in the 30s with some breeze but not a lot — a great combination for running. The Marine Corps League collected gifts donated to Toys for Tots by this year's race participants.



Thank you Rick and James for a great race!



Dr. Rick Lampe, who has directed this race for many years, worked during the days after the Turkey Trot to get the race organized and, right before the day of the race, was called to help his son with a sudden medical emergency. Thankfully, Rick's son is now ok but, Rick called James Livermore who quickly pick up the reigns of directing the race and James did a fantastic job organizing the volunteers, handing out age-group awards and just making sure all 3 races turned out well — and they did! Thank you, James!!

Fourteen (14) kids began the day with a 1-mile fun run followed by 54 participants in the 4-mile cross-country run and 67 runners in the 2-mile option for a total of 135 runners in today's event.



**Joshua Lewis-Sandy** won the 4-mile race with a 24:17 finish. **Emily Newcome** led all female runners with a time of 31:55. Great runs the both of you!!

For the 2-mile run, **Jaime Gonzalez** for the 2nd year, won that race a time of 14:19 and **Kate Hesse** led the 2-mile female runners coming in at 16:30. Way to go all of you!!

As always, these races could not happen without volunteers. This year's volunteers were: Rick Lampe and James Livermore (Race Directors), Suzan Caudle, Debbie Gelber, Paul Pare, David Hill & Maribel Castillo, Ron Adams, Amme Blair, Rudy Soto, Kim Hovland, Virginia Bevers, Autumn & Abigail Aldrich, Josie & Tony Aleman, Yvonne Gilinsky, Librada Sissell, PJ Sullivan, Lydia Turner, Tommy Johnson, David Higgins,



and Jonathan Botros. Thank you all!

We look forward to the upcoming 2024 WTRC races — be sure to renew your membership or, if not a member, become a member!





**No new records for the Toys for Tots Cross Country Run 4-Mile race**

**2 MILE RECORDS (Since 2022)**

AG	NAME	CITY	AGE	TIME	YEAR
<b>WOMEN</b>					
07-09	Pepper-Yowell, Edith	Lubbock TX	7	24:56	2022
<b>10-12</b>	<b>Claire Thoma</b>	<b>Lubbock</b>	<b>12</b>	<b>23:03</b>	<b>2023 new</b>
13-15	Kate Hesse	Brownfield Tx	15	16:30*	2023* CR
16-19	Vacant				
20-24	Cochran, Katherine	Lubbock	24	21:18	2022
<b>25-29</b>	<b>Andrea Casey</b>	<b>Lubbock</b>	<b>27</b>	<b>20:45</b>	<b>2023 new</b>
Old:	Torres, Rocio	Lubbock	28	26:34	2022
30-34	Hill, Nellie	Manhattan KS	32	18:38	2022
<b>35-39</b>	<b>Tammy Mosteller</b>	<b>Levelland Tx</b>	<b>39</b>	<b>23:16</b>	<b>2023 new</b>
40-44	Kennedy, Lindsay	Idalou Tx	40	19:04	2022
45-49	Sweet, Alisan	Lubbock	46	21:30	2022
50-54	Gelber, Debbie	Lubbock	54	19:16	2022
<b>55-59</b>	<b>Margaret Woodfin</b>	<b>Lubbock</b>	<b>59</b>	<b>21:08</b>	<b>2023 new</b>
Old:	Vargas, Edna	Lubbock	59	25:26	2022
<b>60-64</b>	<b>Tracy Baugh</b>	<b>Lubbock</b>	<b>61</b>	<b>22:49</b>	<b>2023 new</b>
65-69	Vacant				
70-74	Vacant				
<b>ATH</b>	<b>Tobi McMillan</b>	<b>Lubbock</b>	<b>50</b>	<b>27:26</b>	<b>2023 new</b>
Old:	McMillan, Tobi	Lubbock	49	27:35	2022
<b>MEN</b>					
<b>07-09</b>	<b>Rosser Newton</b>	<b>Slaton Tx</b>	<b>9</b>	<b>18:47</b>	<b>2023 new</b>
<b>10-12</b>	<b>Preston Benham</b>	<b>Lubbock</b>	<b>11</b>	<b>16:02</b>	<b>2023 new</b>
Old:	Sweet, Miles	Lubbock	12	17:01	2022
13-15	Paden, Eli	Slaton Tx	15	19:40	2022
<b>16-19</b>	<b>Dylan Stone</b>	<b>Hale Center Tx</b>	<b>16</b>	<b>15:33</b>	<b>2023 new</b>
<b>20-24</b>	<b>Bryce Gersbach</b>	<b>Anton Tx</b>	<b>23</b>	<b>19:20</b>	<b>2023 new</b>
Old:	Cochran, Mitchell	Lubbock	23	21:14	2022
25-29	Gonzalez, Jaime	Lubbock	26	13:20*	2022* CR
<b>30-34</b>	<b>Anthony Bratsch</b>	<b>Lubbock</b>	<b>30</b>	<b>17:42</b>	<b>2023 new</b>
Old:	Cruz, Brandon	Lubbock	30	27:02	2022
35-39	Garza, Andy	Lubbock	35	19:58	2022
40-44	Bond, James	Lubbock	44	16:19	2022
45-49	Sweet, Dustin	Lubbock	49	25:11	2022
<b>50-54</b>	<b>Adam Puckett</b>	<b>Lubbock</b>	<b>52</b>	<b>19:11</b>	<b>2023 new</b>
Old:	Puckett, Adam	Lubbock	51	23:33	2022
<b>55-59</b>	<b>Lance Ward</b>	<b>Lubbock</b>	<b>56</b>	<b>27:18</b>	<b>2023 new</b>
60-64	Woodfin, Mark	Lubbock	60	16:21	2022
65-69	Thoma, Rusty	Lubbock	66	21:30	2022
70-74	Vacant				
75-79	Vacant				
80+	Wolf, Ralph	Lubbock	85	32:27	2022
<b>CLY</b>	<b>Ventura Gonzalez</b>	<b>Sundown Tx</b>	<b>30</b>	<b>19:10</b>	<b>2023 new</b>
Old:	Lopez, Jaime	Wolfforth Tx	50	22:39	2022





# **Hey all! Become a 2024 member of the WTRC and also be involved in the 2024 WTRC Challenge Series!**

## ***It is time to renew your membership!***

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

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

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

<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.



November 2023 Turkey Trot





**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



[www.instagram.com/wtrunning/](http://www.instagram.com/wtrunning/)

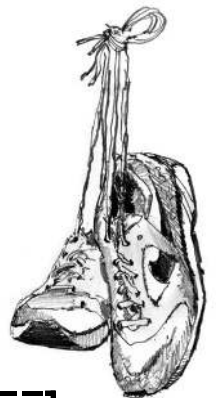
2020  
Dam Run

## Come Run With Us!

WTRC races are found at [wtrunning.com](http://wtrunning.com)



Nov 2023 Buffalo Wallow



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