

January/February 2024

WTRC

Newsletter



Adam Salinas and Paul Pare
Volunteering at the
January Loop the Lake

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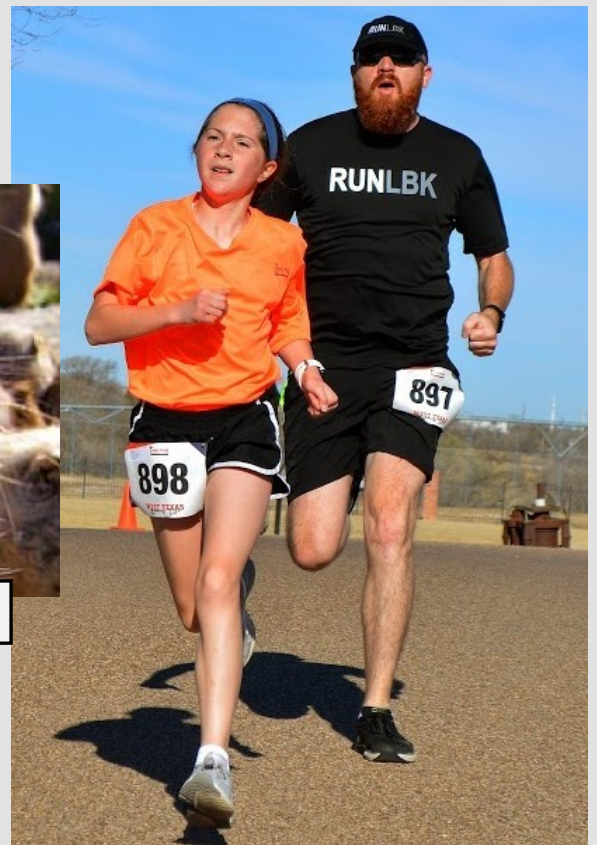
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UPCOMING RACES

PRAIRIE DOG TOWN RUN

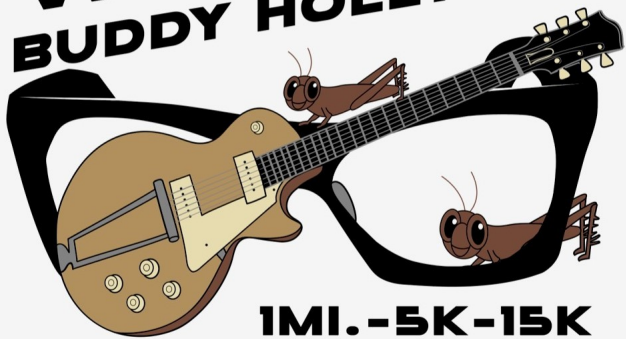
2nd Saturday in March — 9:00AM
8Mi | 2Mi
Bib pickup: 7:45 to 8:30
FiberMax Center for Discovery
1121 Canyon Lake Dr.
Lubbock, TX 79403

Race Director: Sylvia Miller



Race Director: Suzan Caudle

WTRC BUDDY HOLLY RUN



1MI.-5K-15K

A LEGEND IN THE MAKING

2nd Saturday in April — April 13

8:00 a.m. 1 Mile Kids Run

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

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

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

President: *Jonathan Botros*

Vice President/Operations/Media: *Emmanuel Ramirez*

Secretary: *Wendy Johnston*

Treasurer/Webmaster/Registration: *David Higgins*

Customer Service Director: *Suzan Caudle*

RRCA Representative/Course Marking: *Dean Threadgill*

Social Media Presence and Challenge Series

Awards Director: *Debbie Gelber*

Challenge Series: *Rebecca Puckett (new Board member!)*

Outreach: *Ron Lubowicz*

Trailer & Equipment: *Tommy Johnson*

Newsletter/Hydration: *Steve German*

stevegerman5@gmail.com

WTRC Address:

WTRC

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Lubbock TX 79407

WTRC Officers,
Board Members

WTRC Board Members can be

reached through this email address: westtxrunning@gmail.com



Deb's Five Favorite Running Workouts

As an endurance runner, about 80% of my running is at a very easy pace with a lower heartrate. However, that remaining 20% is crucial to improvement. Speed workouts are great to shake things up a bit in your training. The following are my 5 favorite Running Workouts. Try one on your next run!

Fartleks – Swedish for “Speed Play,” these are hands down my very favorite workout. They are just short enough to feel good but hard enough that you feel like you did a workout!

How to: Warm up 1-2 miles, randomly insert some short and speedy surges into the middle of your run (for example: run to the next intersection, telephone pole, light pole...) recover for a bit and repeat. Cool down 1 or 2 miles.

I like my Fartleks a bit more organized though.

Try this workout:

- 1.5-mile WU
- 8x1:00 @ quick pace but not a sprint w/2:00 jog recovery
- 2-mile CD

Progression – Progression runs are a great way to practice the common problem of starting your races too fast. The key to a good progression run is to start slow enough that you don't have to sprint by the time you get to your last mile!

Try it: Start at a slow pace, increase each mile by 10-15 seconds.

Combo Workouts – Any two types of workouts can be combined to form a combo workout. You can work more than one training zone at a time and they keep things fun and spicy!

One of my favorites is a hill repeat/tempo combo. But others can be Fartlek/Hill Repeat, Fartlek/Tempo... The possibilities are endless!

Try it: 1.5-mile WU, 8x30 second fast uphill w/jog down recovery, 3:00 easy, 6x1:00 fartleks w/90 sec. recovery, CD mile.

Ladder Workout – These are workouts where the interval starts short, gets longer and then shorter again. I like them a lot because they are a good workout.

Try it: 1.5-mile WU, 1:00 fast, 1:00 jog, 2:00 fast, 2:00 jog, 3:00 fast, 3:00 jog, 4:00 fast, 4:00 jog, then back down... 3:00, 2:00, 1:00. That last 1:00 feels so easy after the long 4:00 interval. It also teaches you how to pace yourself.

Alternating Paces – A workout that alternates between moderate/fast paces is really fun. By the time you get to the moderate pace after a few of the hard paces, they actually feel much easier.

Try it: 1.5-mile WU, 1 mile @ Marathon Pace, 1 mile @ 10k pace, 1 mile @ Marathon Pace, 1 Mile @ 10k Pace, CD mile.

Plus, one more:

Strides – Technically, not a workout, but a great way to put some speed into your training without the physical demands that come with longer speedwork. If done on a track, it's fun to do your strides on the straight parts and then recover on the curved parts.

Try it: At the end of your easy run, do 4 or 5x20 seconds fast (focus on form) w/90 second recovery.

Hope you enjoyed this edition of Deb's Favorite Five!

Next time, Deb's Five Favorite Running Movies!



Debbie Gelber

January 13, 2024

Loop the Lake Race Report

Race Director: Emmanuel Ramirez

Here we are at the first of the 2024 year and Loop the Lake race day — the first of 13 WTRC races throughout the year — turned out to be a very nice day! The temperature was chilly a bit of a breeze but not a lot for West Texas in January. A total of **188 runners participated — 102 2-Milers and 86 5-Milers.** Kudos to our runners!

Congrats to **John Corelis (12:40)** for winning the 2-Mile race and to **15 year-old Kate Hesse (14:18)** for leading all female 2-Milers! Also, congrats to **Tyler Schultz (29:54)** for winning the 5-Mile event and to **Emily Newcome (37:33)** for leading all of the female 5-Milers. We also have some new course records established with this year's race:

2 records were set this year:

5-mile: 70-74 Etta Mayer Lubbock 74 1:06:04

2-mile: 55-59 John Corelis Lubbock 58 12:40

Well done, Etta and John!

Thanks to all the volunteers for helping with directions, water spots, and setup/takedown. We couldn't put on such great races without our volunteers: Martin Montalvo, Suzan Caudle, David Higgins, Bill Felton, Kacia Cameron, Nancy Munos, Kevin Lipe, PJ Sullivan, Kim Hovland, Sylvia Miller, Julie Selleck, Ken Powell, Chad Beights, Paul Pare and Adam Salinas. We always need to thank our Lubbock Police Department for sending officers to manage traffic at the street crossings — always such a blessing to have these wonderful women and men not only maintain positive order in the Lubbock community but also as additional safety presence at our races — thank you LAPD!

Thanks so much for all your hard work!

A special thanks goes to the City of Lubbock. One of our long-time members noticed at the beginning of the week that the sidewalk that is a part of the course was blocked off with a fence used while they make park improvements. When contacted they graciously made adjustments for our Saturday race. Without their help we would have been running our first Steeplechase :-))

All in all such a great way to begin the racing year!



Running does not stop at 60

by WTRC Member Librada Sissell

*From the editor: Many of us know Librada Sissell. We've seen her running in many of the WTRC races and she hangs out with some very cool people — Liana Garza and Sheila Price — they call themselves “the sisters.” This group has gone to run the Houston Half Marathon and shorter distances several times but, for Librada, this year was **The Year** — it was the year to run her first marathon and she took on the Chevron Houston Marathon this past January 14th. I know that many of our WTRC members and friends have run a “first marathon” but, did they do this at 60 years of age? Librada did and we are all very proud of her for this great accomplishment Way To Go, Librada!!*

So let me tell you a little about myself. I am one of the nine sisters in my family plus four brothers. My



parents had their Baker's Dozen! We grew up in a small town of Peterburg, Texas. My family was always involved in sports and, as an athlete, running was the last on my athletic list. I ran track throughout high school but there was not cross country then...man, that sounds like history!

I am happily married to Bob Sissell. Bob is not a runner but he supports me with every run. Even through my training he would tell me to go run and even set my alarm for the early runs. Though I wish he could run along with me I'm glad he supports me. Even if he keeps reminding me that I have too many running shoes I'm glad he is supportive :-))

I have three daughters and eight grandkids who you might have seen a time or two. My grandsons are super athletic -- I don't think there's ever a time when we aren't going out to watch them play some kind of sport. So, if I'm not out running it's because this Momo loves supporting them. I do love that sometimes they join me in my runs. I love when they ask me, “Momo, when and where are you running this month?” Having run several times with them really makes me happy and hoping they continue to join me.

I started my love for running journey at age 50. It may have been the Lubbock Color Run or maybe the Susan G. Komen Race for the Cure that sparked my passion. I'm big on promoting runs and walks at my Johnson Control

job. I was able to form a team for several years when they had these runs in Lubbock. However, I think my love for running really began when my sisters and I got together to do a trail run in San Angelo. This was the year before we lost our older sister. I think that's what kick-started by running.

I'm not the fastest and I really admire those that are. I have enjoyed being part of over 71 runs --from 5 to 15ks as well as 20 half-marathons -- are in the books. This year was the time for my first full marathon!



The short of it is, my first marathon experience was awesome! I was, though, really hoping to make better time than I did. I had run the October 2023 Lubbock Marathon half-marathon and thought I could run the Houston Marathon with a little under 12-minute per mile pace. I have always loved Houston and from the time we first participated in that event I was eager to sign up for the Marathon. Although I believe that I worked hard for this run perhaps in retrospect my training could have been better. I fell short of my goal pace but....I finished it!



The Chevron Houston Marathon is great. The course is flat and may very competitive athletes participate in it. It was a great experience! I have run the half-marathon there for several years -- always doing a "double" - 5k on Saturday and the half-marathon on Sunday. When running the half-marathon I always looked at the turning point where the full marathon runners separate from those running the half. I told myself, "When I turn 60 I will be staying with the full marathon runners." This year was the year.

So, on Saturday I ran the usual 5k and finished with a great time -- really enjoyed it. Sunday morning's weather started out cold but it didn't take long after the start to warm up. Hitting that mark where the half and full separate was a bit emotional....I was finally going for the full! That was the most wonderful feeling.

I met a lot of interesting people along the way. Mile 19 was a little challenging but I knew that I could finish. I kept repeating to myself my favorite verse...I can do all things through Christ who strengthens me and I also kept the words of others who had told me to enjoy every mile. I think that was the best assurance I needed. Coming into Mile 22 with the sweeper running very close to me made me push a little harder. At that point I was off of my goal pace -- that's where I fell short. But -- I was not going to quit. At Mile 24 I told myself I was not going to walk it in, so I pulled myself together and crossed that finish line strong. I was very

proud that I finished and hope that maybe someday I can go back and complete the race within my time goal. Crossing that finish line will definitely be a moment to remember! Will there be others? Definitely!

I have been a member of the West Texas running club for several years. Being a Plus Member is so rewarding as is also running with the group runs from footTech. I look forward to the runs that WTRC has every month. Seeing all my running friends is always nice. I've started running some with the Run Lbk crew which really helped me build my pace and self-esteem. I have met some awesome friends and having those friends in my training is what really helped push me through on those days that I did not want to finish. My running buddies Sheila Price and Liana Garza were there to push me through as well. I wished they could have joined me in this first marathon experience but knowing their circumstances I understand. Maybe someday they will have the enthusiasm I have to run a full marathon.



We three ran the 5K together on Saturday and they finished the half marathon on Sunday. Our friendship has grown throughout the years. We have been through a lot together, from our girl trips to making memories with lots of laughter to battling cancer and losing loved ones. We will stay together until we can no longer tolerate each other ☹️. You can always spot us at the races with our matching shirts. We are all always hyped to compete



in the Challenge Series as well as completing the miles for the 66 Mile Club. I am looking forward to many more years of all of this! Running does not stop at 60. I plan to continue as long as the good Lord gives me the strength to keep on tapping on the pavement.

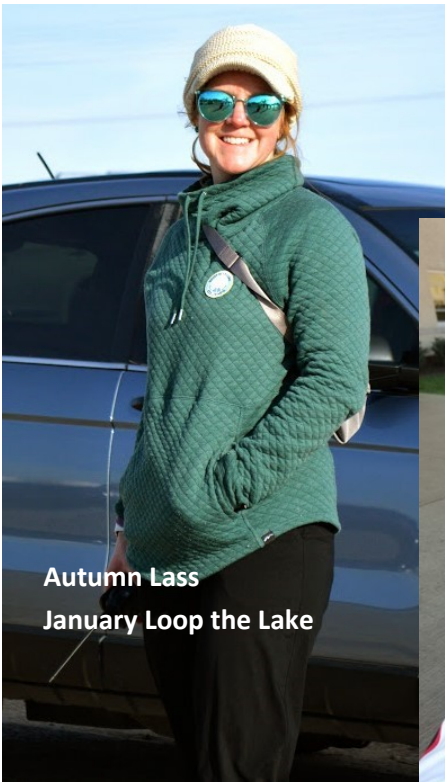
It feels good to say I am an official Marathoner!
Now let me go put that sticker on my car window — **26.2!!**

Librada



2023 WTRC Race Directors

January through June



Autumn Lass
January Loop the Lake



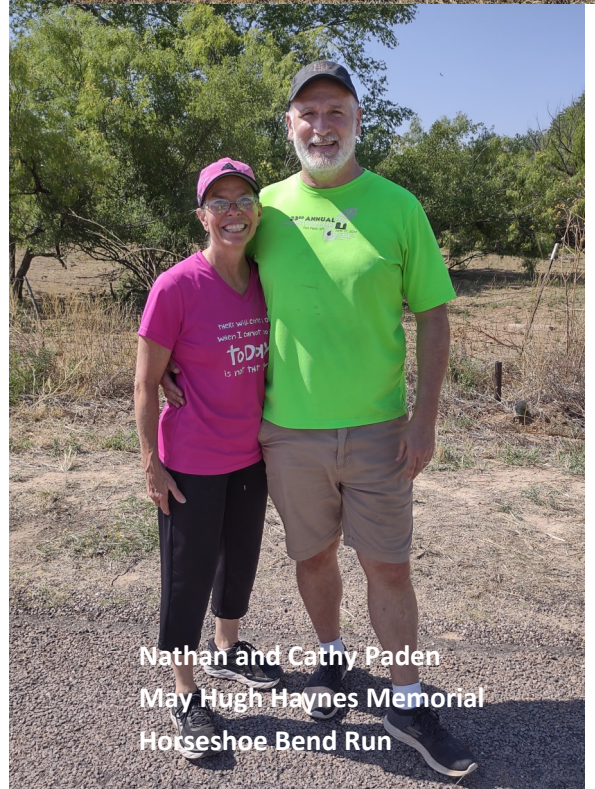
Tammy Mosteller
February Freeze



Sylvia Miller
March Prairie Dog Run



Suzan Caudle
April Buddy Holly Run



Nathan and Cathy Paden
May Hugh Haynes Memorial
Horseshoe Bend Run



Lydia Turner and Reeda York
Bobby Birdsong Memorial Mosaic Run

2023 WTRC Race Directors

July through December



Gabby Saldana
July Firecracker



Wendy Johnston
August HOT Dam Run



Rebecca Puckett
November Turkey Trot



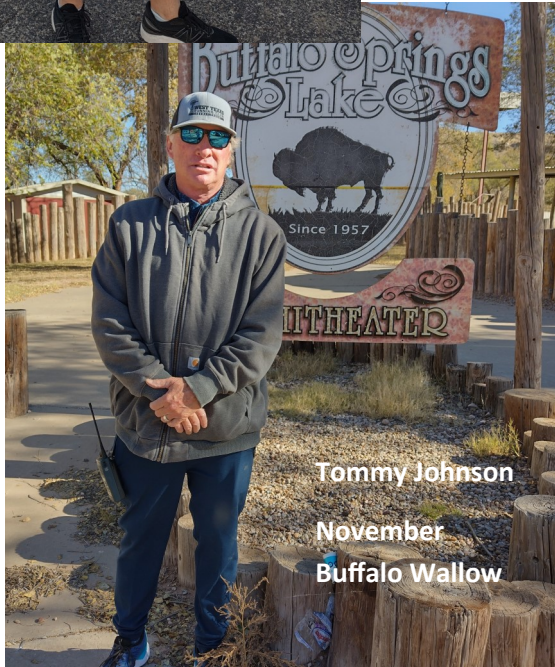
Dean Threadgill
September
Shallowater Stampede



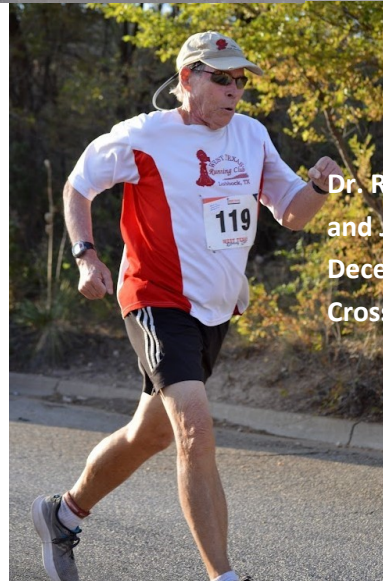
Jonathan Botros and
Emmanuel Ramirez
October Red Raider
Road Race



Dr. Rick Lampe
and James Livermore
December Toys for Tots
Cross Country Run



Tommy Johnson
November
Buffalo Wallow



Getting To Know WTRC Member Ronda Russell

My husband Jeff and I both grew up in Lubbock. We lived in North Carolina for a few years while my husband was in the Army. He has done commercial paving since, and is the Superintendent at Earth Works. We have 2 adult children (daughter and son) who are both in the Army along with a precious grandson whom we were blessed with when our son got married. I also have 4 grand doggies. Lol We have a house full of pets!

I teach fitness classes for a living -- mostly Bootcamps -- and absolutely love it! I love outdoor bike riding and running just for fun... not competitive. If you see me at the races, I'm just there for some cardio (lol). I also love to sit and do nothing with a cup of coffee.

For personal fitness and well-being I love my solo runs and bike rides -- just kind of "me time" -- to think and pray. But I also love my group fitness! My early morning Bootcamp is part of my personal fitness regimen -- love my early morning peeps.

I absolutely love our run club. WTRC has the best community and is so organized! I enjoy the Horseshoe Bend race mainly because of the scenery. All of our races are amazing.

I have run a few half-marathons in other cities. I liked the venues but, honestly, I just don't want to make time to train for those any more. I run the events put on by West Texas Endurance. The "Howl-O-Ween" run is a favorite because it benefits Morris Safe House.

Although fitness and exercise is a passion of mine, sensible eating comes right alongside that. BUT, I struggle with it often. If I could, I'd eat chips and salsa along with a beer and lime every day. I tend to be a stress eater, loving sweets. Being empty nesters, we tend to get carryout food too much. I just have to regroup and start over the next day making better food choices. I try to drink lots and lots of water.

In the grand scheme of things, what means the most to me is the 5 Fs: Faith, Family, Friends, Furbabies, and Fitness -- pretty much in that order because I can't do one without the other.

I think it's so important to be active and do purposeful exercise for mental and physical health. I encourage people to try group classes, group runs, or biking. You'll find what works for you.

It's hard to start but once you do, it's hard to stop.

"The hardest lift is your rear off the couch."

Take care of yourself so you can care for your loved ones. Love our running community! You all inspire me!

From the editor: Through the years running races with WTRC I have seen this vibrant, positive, always willing to help others and thought we should know more about her. So, Ronda graciously provided a bit of insight at my request — thank you Ronda! — and thank you for being an encourager to all you encounter!



Ronda

WTRC 2023 CHALLENGE SERIES -- Members Who Earned An Age-Group Award

FEMALE																	
YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 FEMALE						35 - 39 FEMALE						55 - 59 FEMALE					
Abigail Aldrich	8	16	9	4	*	Tammy Mosteller	39	104	37.2	13	**	Librada Sissell	60	96	76.7	12	*
						Jessica Van Zandt	38	72	31.4	12	*	Margaret Woodfin	59	94.5	49.4	10	*
						Sabrina Reyna	36	26.5	20.3	5	*	Mary Mailer	57	47	36.3	6	*
											Gabby Sadana	60	46	37.2	10	**	
10 - 12 FEMALE						40 - 44 FEMALE						60 - 64 FEMALE					
Lily Van Zandt	12	103	38.3	11	*	Lorena Valdez	41	106	83.5	12	*	Reeda York	61	106	66	12	**
Ella Rendon	13	39	16.2	6	*	Sheila Perata	42	105	40.3	12	*	Tommie Gressett	61	99.5	69	11	*
Teagan Young	12	35.5	18.1	7	*	Maribel Castillo	43	90	78.7	12	*	Maryann Schwertner	60	86.5	48.9	12	*
						Heather Devore	42	46.5	31.2	11	*						
13 - 15 FEMALE						45 - 49 FEMALE						65 - 69 FEMALE					
So fia Peralta	14	77	39.4	10	*							Leesa Price	67	96	60.4	10	*
Taylor Young	15	70.5	26	8	*							Lydia Tumer	70	67	66	11	**
												Debby Roman	68	31	12.2	4	*
16 - 19 FEMALE						50 - 54 FEMALE						70 - 74 FEMALE					
Grace Perata	18	99	48.7	11	*	Debbie Gelber	55	112	71	12	*	Yvonne Gilinsky	74	101	28.2	11	*
Saylor Corelis	18	32.5	19.7	5	*	Amme Blair	51	94	28.1	12	*	Josie Aleman	72	69.5	31.4	10	*
						Amy Smallwood	51	52	28.4	8	*	Suzan Caudle	70	33.5	102	13	**
20 - 24 FEMALE						55 - 59 FEMALE						75 - 79 FEMALE					
Kyden Corelis	21	71.5	29.8	9	*							Pj Sullivan	79	84.5	78.5	11	*
Rae Johnson	23	37.5	36.5	5	*												
Taylor Herrera	24	29.5	22.4	4	*												
25 - 29 FEMALE						60 - 64 FEMALE						75 - 79 FEMALE					
Megan Taylor	27	16.5	16.3	4	*												
30 - 34 FEMALE						65 - 69 FEMALE						75 - 79 FEMALE					
Emily Newcome	33	128	92.7	13	*												
Riannon Rowley	32	66	68.2	9	*												
Autumn Aldrich	34	18	9	4	*												

** = RACE DIRECTOR
* = VOLUNTEER



MALE																	
YTD TOTALS						YTD TOTALS						YTD TOTALS					
7 - 9 MALE						35 - 39 MALE						60 - 64 MALE					
Thiago Rendon	8	70.5	34.2	11	*	Adam Salinas	36	78	41.7	10	*	Arturo Reyes	62	104.5	34.7	13	*
Connor Van Zandt	10	59.5	27.4	10	*	David Rodriguez	38	73.5	25.3	9	*	Mark Woodfin	61	94.5	38.2	11	*
Maddux Weede	8	46.5	20.3	7	*	Kyle Van Zandt	36	52.5	32.6	9	*	Lawrence Vivil	61	78.5	44.5	11	*
												Paul Pare	61	70	69.7	9	*
10 - 12 MALE						40 - 44 MALE						65 - 69 MALE					
Sebastian Rendon	11	80.5	37.2	12	*	Amando Perez	40	119	70.1	13	*	Steve German	66	99.5	81.5	13	*
Radley Dalton	12	32	19.4	6	*	Russell Wheeler	41	113	50.7	13	*	Ed Price	67	78	51	10	*
						David Hill	45	106	82.7	12	*	Terry Dalton	69	77.5	34.4	10	*
						Anthony Badke	41	78	30.3	12	*						
13 - 15 MALE						45 - 49 MALE						70 - 74 MALE					
Billy Bond	15	99.5	58.7	10	*	James Bond	45	104	72.3	12	*	Wayne Sullivan	73	100.5	80.2	11	*
						Michael King	46	44.5	39.5	5	*	Tony Aleman	74	82.5	33.4	11	*
						Jeff Fisher	48	42.5	51	7	*	Mike Kelley	74	58	29.7	7	*
16 - 19 MALE						50 - 54 MALE						75 - 79 MALE					
						Adam Puckett	52	114	33.4	13	*	James Livemore	76	91.5	37.2	11	**
						Christopher Robinson	50	96.5	37.9	11	*	Rick Lampe	79	80	25.2	10	**
						Ray Young	55	48	34.5	6	*						
20 - 24 MALE						55 - 59 MALE						80 and up MALE					
Ethan Moore	21	44	31.7	6	*	Martin Montalvo	58	110	74.1	12	*	Bill Felton	89	21.5	40.3	6	*
						John Corelis	58	83	33.9	9	*						
						Frank Mendoza	56	79.5	64.7	9	*						
						Lance Ward	56	78	26.4	10	*						
25 - 29 MALE						60 - 64 MALE						CLYDESDALE					
Tyler Schultz	29	87	61.2	9	*							Jaime Lopez	51	111.5	47.4	12	*
Suqan RajThiyaqarajan	26	82.5	74	10	*							Rudy Soto	58	85.5	70.7	11	*
												Jason Bland	44	77	38.1	9	*
												Dean Threadqill	44	58	67.8	9	**
30 - 34 MALE						65 - 69 MALE						CLYDESDALE					



2023 Challenge Series Age-Group Award Recipients



Members of the WTRC 2023 Challenge Series

66 Mile Club and Trailblazers



		Age Group	Number of Miles	Number of Races
Suzan	Caudle	70-74	102	13
Emily	Newcome	30-34	92.7	13
David	Higgins	70-74	92.7	13
Lorena	Valdez	40-44	83.5	12
David	Hill	40-44	82.7	12
Steve	German	65-69	81.5	13
Wayne	Sullivan	70-74	80.2	11
Maribel	Castillo	40-44	78.7	12
Pj	Sullivan	75-79	78.5	11
Librada	Sissell	55-59	76.7	12
Martin	Montalvo	55-59	74.1	12
Sugan Raj	Thiyagarajan	25-29	74	10
James	Bond	45-49	72.3	12
Debbie	Gelber	50-54	71	12
Rudy	Soto	Clydesdale	70.7	11
Armando	Perez	40-44	70.1	13
Paul	Pare	60-64	69.7	9
Ron	Adams	45-49	69.3	10
Tommie	Gressett	60-64	69	11
Riannon	Rowley	30-34	68.2	9
Dean	Threadgill	Clydesdale	67.8	9
Amy	Estrada	30-34	66.3	12
Lydia	Turner	65-69	66	11
Frank	Mendoza	55-59	66	9
Reeda	York	60-64	66	12

		Age Group	Number of Miles	Number of Races
15 or more miles				
Maddux	Weede	07-09	20.3	7
Connor	Van Zandt	07-09	27.4	10
Thiago	Rendon	07-09	34.2	11
22 or more miles				
Sebastian	Rendon	10-12	37.2	12
Lily	Van Zandt	10-12	38.3	11
28 or more miles				
Taylor	Young	13-15	26	8
Sofia	Peralta	13-15	39.4	10
Billy	Bond	13-15	58.7	10



Scenes from the 2023 WTRC Social

January 26, 2024

for all pictures go to: [2024 WTRC Social Pics](#)



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



2023 WTRC Special Awards

Presented

at the

January, 2024

WTRC Social

2023 WTRC Distinguished Service Awards

Les Kinman and Rebecca Puckett



Schlitzsky's®

2023 Co-Sponsors of the Year



2023 Support
Organization of the Year



2023 Ron Lubowicz
Presidential
Humble Hero
Award

Tommy Johnson

2023 Dr. George W. Jury
Volunteer of the Year

Ron Adams



2024 February Freeze

Feb 10th — Race Report



It was a really nice day for running! The weather was not too cold with some breeze making for an ideal day to run the 2024 WTRC February Freeze. (Just for the record, we had significant snowfall just

the next day.... typical mercurial West Texas weather :-))

Tammy Mosteller did another great job directing today's race. Tammy — your calm spirit is encouraging throughout the race — lots to do in a short period of time — almost 200 runners, unpacking and packing the trailer, announcing age-group winners and many other jobs — well done!

We always have a great group of volunteers and today was more of the same. Volunteers for the February Freeze were Bill Felton, David Higgins, Suzan Caudle, Jonathan Botros, Jennifer Burns, Morgan Fortner, Paul Pare, Ron Adams Michelle Richardson, Steve German, Ernesto Villegas, Les Kinman, Patti Emmerling, Ronda Russell— thank you volunteers!

We are always thankful for the **Buffalo Springs Lake community** — they allow us through the gate for a much reduced fee and we really enjoy the park!



There were **194 runners** who completed a race today — **106** completing 2 miles and **88** finishing the 5-miler. For the 2-mile race **Mary Carpenter** led all female runners coming in at 13:41. **John Corelis** led all of the 2-mile runners with a time of 12:25. Great times, both of you! **Dax Mahan** paced all 5-mile runners with a time of 29:59.5, **Amy Estrada** led all female runners (same as last year!) in the 5-mile race blazing in at 36:35.5 — really strong running you two!

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

2-Mile

- 45-49 David Mora II Lubbock 46 13:44 2024 New
Old: Alex Bachicha El Paso 45 14:21 2015
- 55-59 John Corelis Lubbock 58 12:26 2024 New
Old: John Corelis Lubbock 57 13:11 2023
- 70-74 David Higgins Lubbock 71 18:16 2024 New
Old: Wayne Sullivan Lubbock 71 20:33 2022
- 25-29 Andrea Casey Lubbock 28 16:26 2024 New
Old: Katherine Albus Lubbock 25 16:35 2015



- 55-59 Tammy Ureste Lubbock 55 19:25 2024 New
Old: Kimberly Boaz Wolfforth 55 19:40 2023
 - 70-74 Yvonne Gilinsky Lubbock 74 22:45 2024 New
Old: Yvonne Gilinsky Lubbock 72 23:11 2022
- ### 5-Mile
- 35-39 Joe Sutton Lubbock 35 30:31 2024 New
Old: Joshua Leyva Lubbock 39 32:06 2019
 - Clydes Luke Hawkins Lubbock 30 36:42 2024 New
Old: Nathan Paden Slaton 49 37:01 2018

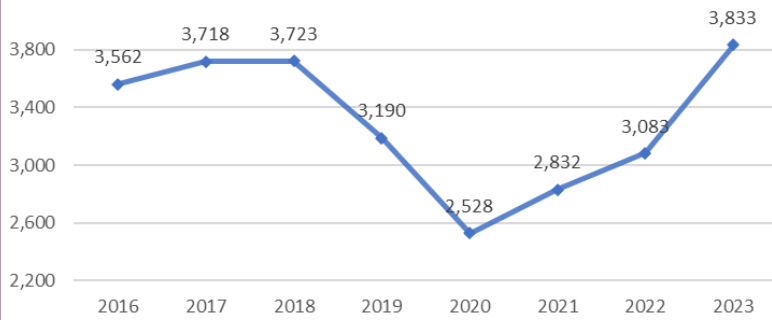


The Prairie Dog Town Run is coming up next month — March — with Sylvia Miller directing the race. It will be a great event — see you all there!!

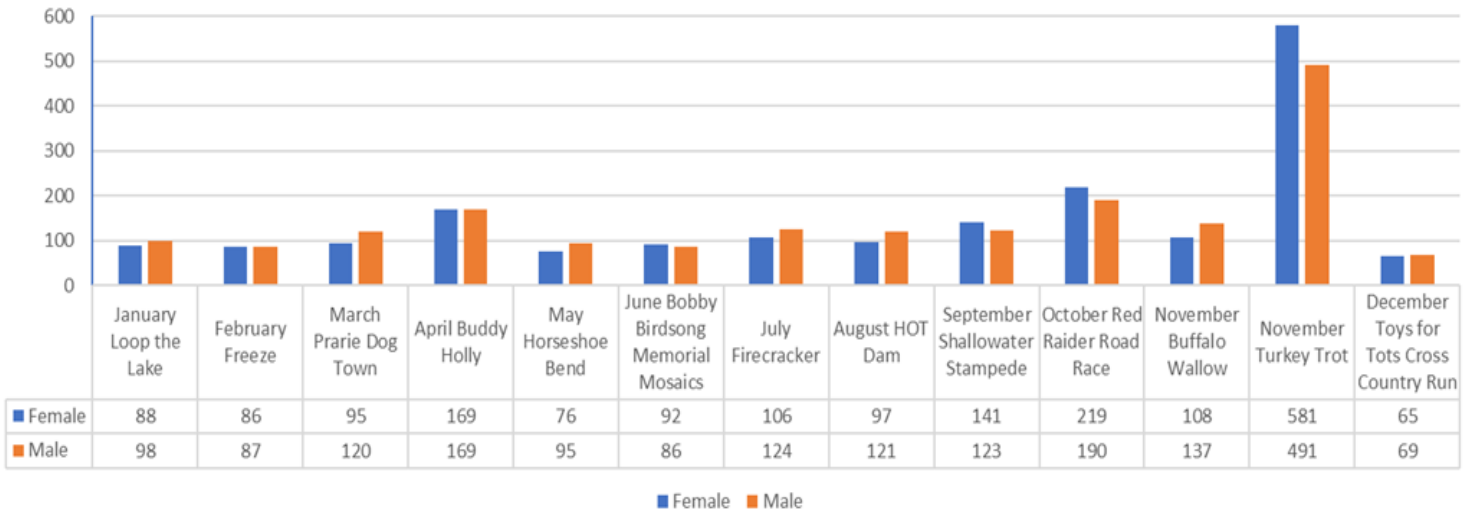
For the Record

2023 was a really good year for the WTRC! The level of runner participation has fully recovered (and then some!) from the drop in participation due to Covid not only experienced by the WTRC but also by many of the other organizations — work, church, social groups, schools, etc. — in which we are involved. This year's total of 3,833 runners is a 24% increase from 2022 and is a 3% increase over the highest prior year (2018). This year's Turkey Trot participation was almost overwhelming with a total of 1,072 participants.....

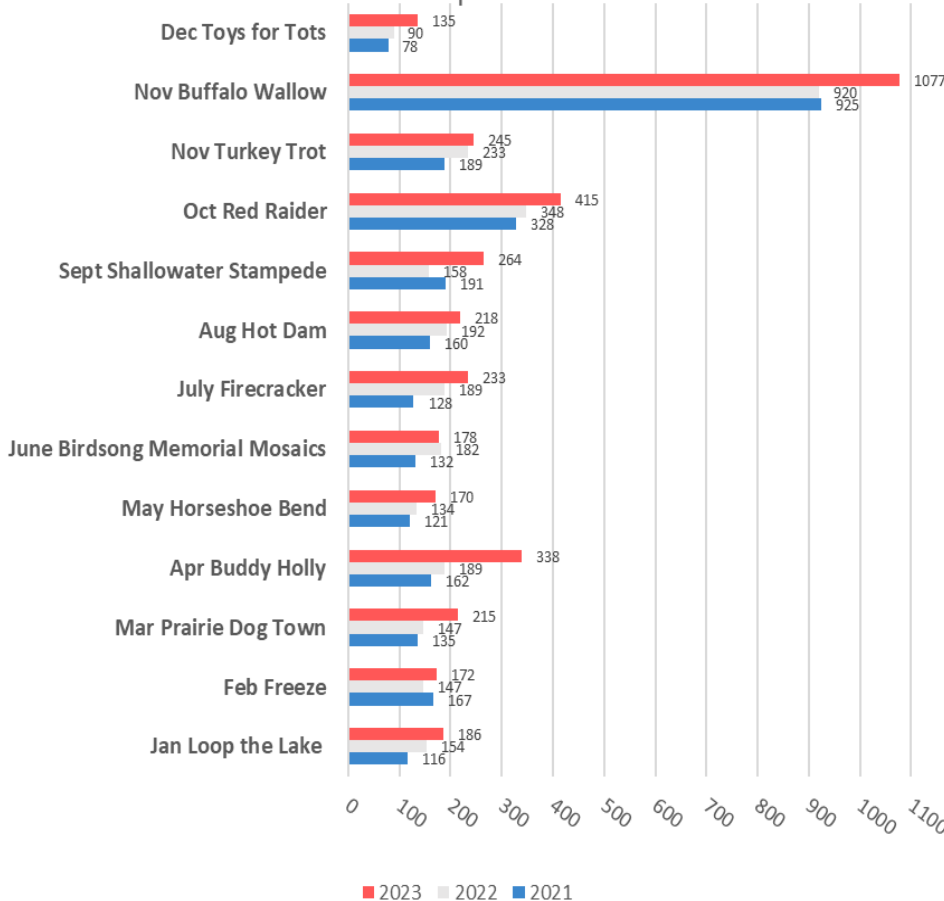
Total Runners 2016 - 2023



2023 WTRC Runner Participation



2021 - 2023 Total Participants In Each WTRC Race



Wow!

If you have not been running for a time, consider coming out next month or the next and run with a group of folks who will encourage you. When you come out you will see for yourself all types of runners — some faster, some not so fast, young to “seasoned,” about an equal split between women and men..... There’s a place for you no matter your level of running in the WTRC races. WTRC continues to live up to its mission of:

*“...promot[ing] distance **running** as an aid to physical fitness and longevity and if need be, an alternative “Positive addiction”. We also wish to unite **runners** of every level of ability and interest, to exchange good health and training ideas, to train together and participate in races, but most of all to promote friendship and camaraderie among all area **runners**”* ([see the website](#))

Renew your membership or register for membership!

Go to wtrunning.com/memberships/

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

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

wtrunning.com/challenge-series-standings-info/

The key to participating in the series is to volunteer in at least one race. Once you've volunteered you are automatically "enrolled" in the series!

If you don't know about the Challenge Series the following describes how you can be a participant:

- Be a current WTRC member.
- Note: Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- You must volunteer to serve as a non-running worker at one or more Challenge Series events to be eligible for a Challenge Series award.
- "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.
- **Packet pick-up:** Volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."

- Run in at least 3 races of the 13 club races.

- Non-running members can still earn miles and be eligible for the 66 Mile Club, but are not eligible for Challenge Series awards.



**Never Miss a Race
Registration Deadline Again!
Sign Up for Text Alerts.**



Find out about upcoming events and receive race registration reminders each month. (No more than two texts per month.)



West Texas Running Club



@WTRunning



Come Run With Us!

WTRC races are found at wtrunning.com



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