



# WEST TEXAS RUNNING CLUB

LUBBOCK, TEXAS



Hey all — this is Jeff Fisher, a multiple marathoner and one of our long-time WTRC members. Jeff and his wife, Leann, relate an inspiring story about a near-death health issue Jeff encountered a few years ago. If you get a chance, [go to this link](#) to hear Jeff and Leanne tell us about it!

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March 2024 WTRC Prairie Dog Town Run

## March/April 2024 WTRC News-



# Upcoming Races

# Run the Mosaics

Race Directors:  
Lydia Turner and Reeda York

**Honoring Bobby Birdsong**  
1 Mile Fun Run • 2 Mile • 10K

## **BOBBY BIRDSONG MEMORIAL MOSAIC RUN**

2nd Saturday in June (June 8th)

1M/2M/10K in Levelland —  
(Houston & Ave G).

Online signup expires Wednesday prior  
to race day, 12:00 Noon.

Purchase your Shirt by May 29th to  
guarantee your shirt size!

Bib pickup and Late registration:  
Thursday– TBA (check website)  
and Friday-11am to 6pm/ Lubbock  
footTech NORTH, 19th & Quaker.

Bib pickup on Race Day – 6:45am to  
7:15am at the town square, Houston &  
Ave G, Levelland TX.



Start times: 10K: 7:30am  
2Mi: 8:00am  
1M: 9:00am

This race is in partnership with the  
Levelland Downtown  
Mainstreet



## **Hugh Haynes Memorial HSB Canyon Runs**

2nd Saturday in May (May 11th)

11Mi (Loop) | 6Mi | 2Mi

2nd Saturday in May — 8:00am Start

Bib pickup on Race Day – 6:45am to 7:30am

See WTRC website for directions to the course





WTRC Officers, Board Members,  
Directors and other club volunteers

## Board Member Responsibility Changes

President: *Jonathan Botros*

President Pro-tempore: *Debbie Gelber*

**Social Media Presence and Challenge Series  
Awards Director**

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*

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

**Outreach:** *Ron Lubowicz*

**Trailer & Equipment:** *Tommy Johnson*

**Newsletter/Hydration:** *Steve German*  
[stevegerman5@gmail.com](mailto:stevegerman5@gmail.com)

*WTRC Address:*

WTRC

3401 Alcove Ave.

Lubbock TX 79407

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



**Debbie**

**Gelber** has

been appointed

as “**President**

**Pro tempore**” — meaning when

current president Jonathan Botros is

unable to attend a meeting or club

event Debbie will serve as president.

If you see Debbie give her your

encouragement for the work she does

on behalf of the WTRC!

Not only is **Rebecca Puckett** the Race Director for the WTRC Turkey Trott (approximately 1100 runners this past year!) she is also working with the Challenge Series. Rebecca is highly organized and takes her club responsibilities seriously. If you see Rebecca let her know you appreciate what she is doing for the WTRC!



# Deb's Five Favorite Running Movies

another installment of "Deb's Five Faves" by *Debbie Gelber*

This was a tough one! There are a lot of great running movies out there and to choose just five was so difficult. Here they are:

**Spirit of the Marathon (2007)** – This is a documentary that centers around six athletes training for the 2005 Chicago Marathon. I first watched this while training for my very first marathon in 2010. The stories about each runner are interesting and emotional. Deena Kastor is training to try and win the race, a husband and wife are training together and he is trying to BQ, others are first marathoners and veterans. I won't give away the results, you can watch it for yourself on Amazon Prime!

**The Barkley Marathons: The Race that Eats Its Young (2014)** – This was on my list even before this year's amazing results! If you want to watch a documentary about some really tough people competing in one of the most difficult ultra marathons, watch this movie. You'll learn about the quirky race director, Laz, the \$1.60 race fee (plus a license plate), the course inspired by James Earl Jones' prison escape, and so much more. This race is unbelievably difficult and usually doesn't have a winner. How is that possible? Watch and see! Available for rental on AppleTV or Amazon Prime.

**Without Limits (1998)** – This is a movie about legendary runner, Steve Prefontaine, played by Billy Crudup. It chronicles his rise to fame, his relationship with Bill Bowerman (played by Donald Sutherland), and his unfortunate premature death in a car accident. When I ran the Eugene marathon, I visited Pre's Rock and met his sister. The running world suffered a huge loss when he died. It's a sad story, but the running scenes are terrific. Find it on Amazon Prime or Apple TV.

**Ultramarathon Man: 50 Marathons, 50 States, 50 Days (2008)** – I included this documentary because I am a huge Dean Karnazes fan and because it is one of the first running films I watched when I got into running 15 years ago. Karnazes set the goal of running 50 marathons in 50 days in 50 states to raise awareness for youth obesity and to try to get America more active. It's a riveting and motivational film that affected me so much when I first watched it. You can watch it for free on YouTube <https://youtu.be/bpjRFkqTIkY?si=hdkjIPdZc8d6sW7U>.

**Saint Ralph (2004)** – Most of the other movies are all documentaries. I wanted to include a fun, fictional favorite as well and that's the Canadian Film, Saint Ralph. This is the story of a feisty 9<sup>th</sup> grader who trains for the 1954 Boston Marathon with the hopes of winning it so that his mother would wake from a coma. Of course it is an improbable story, but it's such a touching film and I'm a sap at heart. Watch it on Peacock for free or rent on Amazon Prime or Apple TV. Be sure to have the Kleenex box close by.

Now, I'm sure you were looking for Chariots of Fire here, but to tell you the truth, I'm not a huge fan of that film. Sorry! Some others that could have been in my top 5 were: Run for Your Life, Jericho Mile, Race, McFarland USA, 1 Mile to You, Unbroken, and I could go on...

Hope you enjoyed this edition of Deb's Favorite Five! Next time, Deb's Five Favorite Marathon Courses!





# Prairie Dog Town Run

March 2024 Race Report

by Race Director Sylvia Miller



This was my third year as race director. I can not begin to tell you how awesome our running community is. Our volunteers are the core of these runs. They show up and they work hard wherever they are needed. No questions asked. I'm not going to lie, I was sweating at the last minute wondering if I would have enough volunteers. You guys showed up and made me proud. We have a great running club and the very best board members. They show up month after month to make sure you have a great race experience. Next time you see one of our board members give them a handshake and let them know how much we appreciate them. Thanks again to everyone who volunteered and a huge thank you to all of you that showed up to run — especially the group from Hobbs, NM!

The morning started off really cold. But if you ran the 8 mile course it was perfect towards the end as the sun started coming out. Huge thanks to Reeda York for painting the motivational signs for the longer course. She always does a wonderful job! And as always a big thanks to my husband (Cliff!) who comes out to support me and helps where needed. Get ready for next year as we are gearing up for a fun race with a St. Patrick's Day theme!

There were 188 of you running in the race along with 27 volunteers. This year's volunteers were Shana & Justin Beaver, Suzan Caudle, Jackie Montoya, Rebecca Puckett, Teagan Young, Lauren Young, Lindsey Stewart, Tim Evans, Jessica Van Zandt, Monica Clay, Bill Felton, Paula Amaya, Reeda York, Christopher Robinson, Ron Adams, George Stern, Riannon Rowley, Anthony Badke, Ethan Moore, Larry Vigil, Maribel Castillo, David Hill, Lindy Lauderdale, Sylvia Miller, PJ Sullivan, Lily Van Zandt. Thank you again to all the volunteers who came out in support of Sylvia and the WTRC!

As mentioned, this year there were 188 runners who completed the two races — 112 who finished the 2-mile distance and another 76 who made it to the end of the 8-mile course -- way to go, all of you!! Larry Lovato won the 8-mile race (2nd year!), coming with a fast 47:30 finish (5:56 average pace!) and Gabrielle Arsiaga led all female runners with a 54:55 time – 6:51 average pace. Both impressive runs on a tough course! Kanyon Cantrell won the 2-mile race again this year with an 12:03 time and Taylor Dennis (2nd year!) was the lead female racer with a time of 14:12. Great runs, you two!

## New Age-Group Records!

For all Prairie Dog Town Run records go [here](#).

See you at next month's Buddy Holly Run!



### 8-Mile

20-24	Michael Dominguez	Hobbs NM	21	52:14	2024
	Old: Luke Watson	Abernathy	24	1:04:25	2022
35-39	Larry Lovato	Lubbock	37	47:30	2024
	Old: Larry Lovato	Lubbock	36	50:17	2023
55-59	John Corelis	Lubbock	58	54:47	2024
	Old: Adam Barron	Odessa Tx	59	1:01:13	2022
70-74	Wayne Sullivan	Lubbock	73	1:10:55?	2024
	Old: Wayne Sullivan	Lubbock	72	1:16:45	2023
25-29	Gabrielle Arsiaga	Hobbs NM	27	54:56	2024
	Old: Margaret Santucci	Lubbock	26	1:03:12	2019

### 2-Mile

50-54	Michaela Jansen	Lubbock	51	15:22	2024
	Old: Connie Waddell	Wolforth	51	15:36	2017
55-59	Debbie Gelber	Lubbock	55	16:14	2024
	Old: Dahlia Hood	Lubbock	59	18:00	2018



# Scenes from this year's Prairie Dog Town Run





# Running Saved My Life.....

by WTRC member *Melissa McCauley*

As a kid in the 90s I used to dread the President's Physical Fitness test run and never finished it. My family moved frequently when I was growing up so I never know which city to claim as

home. We were in the Midwest and Arizona and my final years at home were in the Detroit area. My parents emphasized a life of service and encouraged volunteer work which led me to start traveling as a teen.

In college my roommate started taking me with her to the park when she would run an out-and-back. I started meeting up with her on the back section to the car and eventually I was running 2 to 5 miles. While living in the Philippines I had the chance to run through amazing mountains, rice terraces, and beach paradise. My first chip-timed race happened years later and I first joined the WTRC in 2014.

I moved to Lubbock to attend nursing school at Covenant after spending a few years full-time on the mission field. Three weeks after I arrived my roommate and long-time friend moved to Africa so I was forced to find new community. My plan was to be here for 2 years... but here I am 16 years later. Since marrying into West Texas I've had 3 boys who have all participated in various WTRC events. My husband's grandfather, Bill McCauley, was a local pediatric dentist who has photos of himself in various WTRC races. The Cowtown half marathon has become my favorite out-of-town race. I completed one full marathon but prefer shorter races.

Running became much more important to me as I became a mom. When I left the mission field I was struggling and continued a path to improve my mental health. With each child I struggled with deeper and darker postpartum depression. After my second baby I started committing to races and the pressure to not get left in the dust by people 30-40 years my elder kept me training. The third baby attended many WTRC races in utero! At times when I have been overwhelmed, knowing I have a goal and opportunity to witness so much joy keeps me showing up. When my full marathon approached and I was temporarily without a car running friends stepped up to help me get there. Now that I'm getting older I'm spending a lot more time weight lifting to protect my bones and mobility. During the summer months I get creative to avoid overheating and will inevitably embrace some miles on the "dreadmill".



At the first race this year I overheard someone say things I thought were discouraging to new runners. This has not been my overall experience with the running community. I told this person that running saved my life because it kept me going and helped me get out of bed during the really hard times. I'm not fast and won't win a lot of awards. What I love is the ability to meet so many amazing people and try to be better. Helping someone finish their first 5K is almost as thrilling as some of the big races. The gift of seeing them do something they never imagined is awesome. I hope that we are always a place that cheers on newcomers and recognizes cool things happen in the back of the pack too. My husband and I opened Denovo Therapy in 2019 and I see how important community is for mental health. I want to thank the club for the gift they have given me.

*Melissa*



# My First Marathon

by WTRC member Taylor Herrera

in 2017, where I ran cross country and track and then attended college at Texas Tech where I earned a bachelor's degree in psychology. That wasn't enough, so I am now in graduate school obtaining my master's degree in school psychology to become a school psychologist. I have had wonderful opportunities while living in Lubbock and attending Texas Tech. A few organizations I have been a part of are Gamma Alpha Omega Sorority, Hispanic Student Society, School Psych Raiders, Healthy Celebrations, RUN LBK, and West Texas Running Club. While

in graduate school I received funding from the United Supermarkets Graduate Fellowship, where I even had the opportunity to speak at the 2023 fellowship banquet. **Riannon Rowley** took some wonderful headshots of me, so shoutout to her!

My running journey began when I wanted to join track in middle school. I was not very fast, but I enjoyed the

track meets and practices. However, when I got to high school, I fell in love with the competition. One of my sisters, who is just a few years older than me, was a senior when I became a freshman. I wanted to be just like her and make varsity my freshman year. From there, that sparked the desire to push

myself. I decided to join cross country my sophomore year which fueled my desire even more. I continued those sports until I graduated high school. I wish I could say I continued running, but I eventually fell off where it became more difficult to go back.

The quarantine of 2020 was the real push to get back into running, which eventually led me to join WTRC in 2021. My first race was the 2-mile Moonlight Musical Run. I was so happy to be a part of a running community again. I continued running 5Ks, 2 miles, and eventually 10Ks. I then decided I would sign up for the Mayor's Half-Marathon for April 2022. You can read all about it in the [May/June](#)

[2022 Newsletter](#). I eventually signed up for a second and third half-marathon in April 2023 (*Beat the Street for Little Feet* in Sweetwater, TX) and October 2023 (*Marathon 2 Marathon—M2M—in Marathon, TX.*) The Buddy Holly Run 15k has become one of my favorite races as it was a good last long run for two of my half marathons and the sentimental value it adds to the old race (Moonlight Musicals) being my first WTRC race. I would recommend M2M as it is a fairly well organized race and Marathon is such a cute town.

Running in dirt, wind, and heat is something I am used to as I grew up in Pecos, TX. As the youngest of 5, I aspired to be just like my older siblings, and of course trying to be better than them. I graduated from Pecos High School



My Family



*I have enjoyed seeing Taylor at the WTRC races and saw in Facebook that she had been training for the Cowtown Marathon along with others from WTRC and the RUN LBK running groups. Taylor is one of the younger generation that gives us "olders" a sense that the future is in good hands. She is bright, dedicated, has positive purpose in her life. If you get a chance to meet Taylor YOU would will be blessed! — the editor*



Pecos High School Cross Country



My first race coming back!  
WTRC Moonlight Musicals Run

continued next page...



I ran my first marathon this past February 25, 2024 at the [Cowtown Marathon](#) in Fort Worth, TX. I had been training for Cowtown beginning in early October, 2023 with **Rae Johnson**. We met through the running community where we attended group runs at Goodline, footTech, and Two Docs. We ran the M2M half marathon together and completed the majority of our longest runs with one another. I am so grateful for her and the impact she had on my marathon journey.

February was a hard month! I got sick a couple weeks before the race which led to me missing out on our longest run (22 miles). These circumstances and the weather I was anticipating really made me nervous for race day.

The three words I'd use to describe Cowtown are **hot, hilly, & hard**. Overall the race was tough and challenged me mentally as you can imagine a

marathon would. The atmosphere of the race was great the first 10/11 miles. However, once the half marathoners split off from the full marathoners... that's when the real race began. I was in such great spirits until the crowds became smaller and the sun was shining brighter. I couldn't believe I was running in 70-80 degree weather as majority of our training runs had been in 30 or below degree weather. I fought nausea for 6-8 miles and no amount of water or fuel helped soothe it. After mile 20, I'd like to say I was on "cruise control." My goal was just to finish—whether that was crawling, walking or running. Truthfully, I would have walked off that course if my fiancé and best friend had not been at the finish line waiting for me.

Afterwards, with the amount of pain I was in, I vowed I would not run another one. For now, I will stick with half-marathons as they seem to be the perfect sweet spot. I also would love to keep some toenails before my wedding in July!

However...as it has been a couple weeks now, I am now anticipating running another marathon in the future. For the present, though, I am enjoying running for "fun." A few things I learned throughout this training process was the amount of dedication needed to complete the journey.

There are plenty of sacrifices made such as having to decline weekend shenanigans to go to bed early and wake up for a long run. The race registration fees are expensive as is finding the right gear and buying fuel for me and for travel. I could not have done it without this wonderful community, my family's encouraging words, my fiancé, David's, continuous support, and Jesus Christ!!!

For those training for their first marathon — have fun and enjoy because the training is the marathon and the race is the celebration!!!!

*Taylor Herrera*



Me with my running buddy, Rae

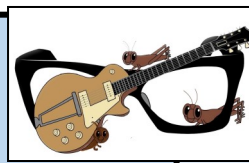


At Cowtown





# Buddy Holly Run



April 13, 2024 *Race Report by Suzan Caudle*

The second Buddy Holly Run turned out to be a great race! The Buddy Holly Run is gaining in popularity. The weather was clear and good. Everyone seemed to love the

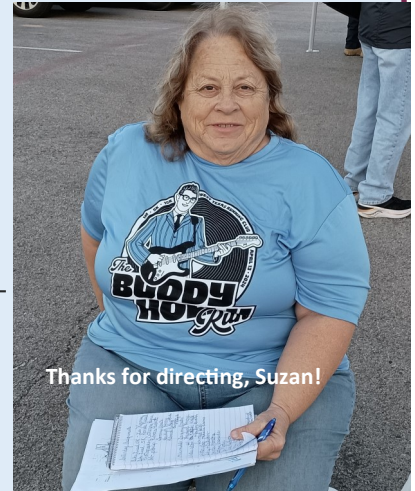
shirts and medals this year. We had **335 finishers!** Even though the 5K was reported by several runners as long this year, we had 11 age-group records broken in the 5K -- 8 females and 3 males set new records. This is just the second year since I changed the 2-mile course to a 5K. There were 8 age-groups records broken in the 15K -- 3 female and 5 male record setters.

Some other fun statistics from this year's Buddy Holly Run are:

- the oldest runner was 79 years old and the youngest was age 4,
- the largest age-group was Female 40-44 with 28 runners participating and the second largest age-group was Female 35-39 with 24 runners participating.

For the 15K race (105 participants), **Joshua Lewis-Sandy** won the race with a time of 54:45 (5:52 avg pace!). **Emily Newcome** led all female runners coming in at 1:10.25 – really strong performances Joshua and Emily! **Dax Mahan** won the 5K race finishing in 19:44 and **Laura Pennington** led all female runners with a time of 21:15 – really strong races both of you! There were 199 participants in the 5K.

We had 31 1-milers this year – a great turnout, kids! **Aydan Manicchia** smoked the course with a 6:13 finish and **Camryn Conner** was close behind, leading all female 1-milers with a time and pace of 7:47. All the kids ran really well – very great accomplishments by these young 'uns!



My Friday volunteer support for this year was amazing! They included Lydia Turner, Vanessa Limon, Ben Limon, David Higgins, Patti Emmering with Pj Sullivan working the WTRC store. Also, I had two wonderful helpers -- MaryAnn Schwertner and Sylvia Miller. We had a great turnout to pick up packets and 28 late registrations.

Volunteers on Saturday include Jonathan Botros, David Higgins, Haidyn Henry, Rebecca Puckett, Jalynn Beaver, Ronda Russell, Mei Gill, Ralph Wolf, Mikaela Trevino, Les Kinman, Christian Jantz, Ronnie Adams, Josie Aleman, Tony Aleman, Tammy Ureste and Esteban Araneda. Pj Sullivan and Kim Hovland ran the WTRC store. Steve German faithfully set out the water stations and picked up signs and mile markers.

We had great police and volunteer support this year — ***a special “shout-out” to our Lubbock Police Department!! There were 19 police officers stationed all over the course — what a wonderful group of Lubbock’s finest taking the time and effort to make this event as safe as possible..... thank you, LPD!!***

I really appreciate all these wonderful people coming together to put this race on. I wanted to let you know who you need to thank for your successful race. They were all essential parts of the Buddy Holly success story.

Suzan Caudle

Buddy Holly Race Director





**WTRC BUDDY HOLLY RUN**

Since 2023  
5K EVENT RECORDS

These are new or broken records —  
for all records [go to this site.](#)

**FEMALE 5K**

<b>Female 10-12</b>	<b>Lily Van Zandt</b>	<b>Lubbock</b>	<b>12</b>	<b>28:21</b>	<b>2024</b>	<b>new</b>
OLD REC:	Van Zandt, Lily	Lubbock	11	29:19	2023	
<b>Female 20-24</b>	<b>Caroline Phelps</b>	<b>Lubbock</b>	<b>21</b>	<b>24:21</b>	<b>2024</b>	<b>new</b>
OLD REC:	Corelis, Kyden	Lubbock	20	27:14	2023	
<b>Female 30-34</b>	<b>Sophia Martinez</b>	<b>Lubbock</b>	<b>31</b>	<b>21:52</b>	<b>2024</b>	<b>new</b>
OLD REC:	Estrada, Amy	Lubbock	34	22:04	2023	
<b>Female 35-39</b>	<b>Laura Pennington</b>	<b>Lubbock</b>	<b>35</b>	<b>21:16*</b>	<b>2024</b>	<b>new</b>
OLD REC:	Martin, Joli	Idalou	39	23:46	2023	
<b>Female 40-44</b>	<b>Christine Steen</b>	<b>Lubbock</b>	<b>44</b>	<b>23:56</b>	<b>2024</b>	<b>new</b>
OLD REC:	Gerwig, Cheri	Lubbock	42	26:05	2023	
<b>Female 45-49</b>	<b>Brooke Pittman</b>	<b>Lubbock</b>	<b>46</b>	<b>26:13</b>	<b>2024</b>	<b>new</b>
OLD REC:	Johnston, Crysty	Lubbock	45	27:43	2023	
<b>Female 50-54</b>	<b>Nancy McIntyre</b>	<b>Lubbock</b>	<b>54</b>	<b>31:06</b>	<b>2024</b>	<b>new</b>
OLD REC:	Burns, Jennifer	Lubbock	54	32:55	2023	
<b>Female 65-69</b>	<b>Pauline DeVos</b>	<b>Plainview</b>	<b>66</b>	<b>42:48</b>	<b>2024</b>	<b>new</b>
OLD REC:	Faulkner, Vicki	Lubbock	68	1:00:06	2023	

**MALE 5K**

<b>Male 35-39</b>	<b>Joe Sutton</b>	<b>Lubbock</b>	<b>35</b>	<b>20:46</b>	<b>2024</b>	<b>new</b>
OLD REC:	Walton, Brett	Lubbock	36	20:57	2023	
<b>Male 70-74</b>	<b>Jimmy Waechter</b>	<b>Hobbs NM</b>	<b>71</b>	<b>41:09</b>	<b>2024</b>	<b>new</b>
<b>Male 75-79</b>	<b>Darrel McMillen</b>	<b>Lubbock</b>	<b>77</b>	<b>38:49</b>	<b>2024</b>	<b>new</b>
OLD REC:	Livermore, James	Lubbock	75	51:07	2023	

**WTRC BUDDY HOLLY RUN 15K**

Since 2022  
15K EVENT RECORDS

<b>Female 16-19</b>	<b>Elisabeth Herring</b>	<b>Lubbock</b>	<b>19</b>	<b>1:40:19</b>	<b>2024</b>	<b>new</b>
OLD REC:	Hsieh, Melanie	Lubbock	18	1:53:42	2022	
<b>Female 55-59</b>	<b>Debbie Gelber</b>	<b>Lubbock</b>	<b>55</b>	<b>1:22:47</b>	<b>2024</b>	<b>new</b>
OLD REC:	Woodfin, Margaret	Lubbock	59	1:28:22	2023	
<b>Female 60-64</b>	<b>Reeda York</b>	<b>Levelland</b>	<b>61</b>	<b>1:36:05</b>	<b>2024</b>	<b>new</b>
OLD REC:	York, Reeda	Levelland	60	1:38:52	2023	

**MALE 15K**

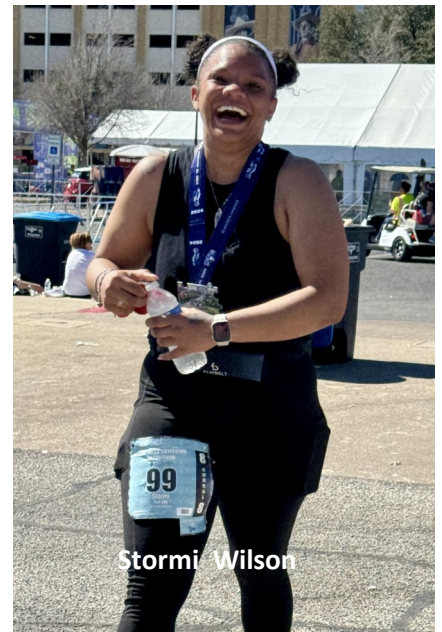
<b>Male 20-24</b>	<b>Joshua LewisSandy</b>	<b>Lubbock</b>	<b>22</b>	<b>54:45</b>	<b>2024</b>	<b>new</b>
OLD REC:	Cobb, Caleb	Lubbock	24	1:11:23	2022	
<b>Male 35-39</b>	<b>Bryan Principe</b>	<b>Lubbock</b>	<b>35</b>	<b>1:01:48</b>	<b>2024</b>	<b>new</b>
OLD REC:	Oliva, Jamie	Lubbock	38	1:07:41	2023	
<b>Male 45-49</b>	<b>Michael King</b>	<b>Lubbock</b>	<b>46</b>	<b>1:06:46</b>	<b>2024</b>	<b>new</b>
OLD REC:	Mora Jr, David	Lubbock	45	1:09:54	2023	
<b>Male 70-74</b>	<b>Wayne Sullivan</b>	<b>Lubbock</b>	<b>73</b>	<b>1:25:16</b>	<b>2024</b>	<b>new</b>
OLD REC:	Sullivan, Wayne	Lubbock	72	1:28:03	2023	
<b>Clydes</b>	<b>Oscar Farias</b>	<b>Lubbock</b>	<b>41</b>	<b>1:19:18</b>	<b>2024</b>	<b>new</b>
OLD REC:	Bland, Jason	Lubbock	44	1:28:41	2023	



Riannon Rowley, Rudy Soto,  
Tara Sims, Carol Middleton



Rachel Cox



Stormi Wilson



Jessica Philpot

**WTRC Members who ran the March,  
2024 Cowtown in Fort Worth, Texas  
Half-Marathon or Marathon**

		Bib	City	Division	Overall Place	Pace	Chip Time
Kyrsten	Bisceglia	3384	Lubbock	Half Marathon F 18-24	6149	15:16/M	3:19:54
Rachel	Cox	3390	Brownfield	Half Marathon F 40-44	1512	9:04/M	1:58:48
Amy	Estrada	3395	Lubbock	Half Marathon F 35-39	506	7:58/M	1:44:28
Debbie	Gelber	85	Lubbock	Marathon F 55-59	423	9:42/M	4:14:11
Hannah	Gustin	3396	Lubbock	Half Marathon F 18-24	4992	12:31/M	2:43:59
Taylor	Herrera	87	Lubbock	Marathon F 18-24	1124	13:13/M	5:46:19
Nathan	Jenkins	1704	Abilene	Marathon M 25-29	606	10:30/M	4:34:55
David	Johnson	1255	Odessa	Marathon M 70-74	862	11:37/M	5:04:21
Joshua	Lewis-Sand	3397	Lubbock	Half Marathon M 18-24	21	5:56/M	1:17:39
Ben	Limon	3398	Lubbock	Half Marathon M 40-44	2012	9:32/M	2:04:50
Vanessa	Limon	3399	Lubbock	Half Marathon F 45-49	3119	10:27/M	2:16:54
Frank	Mendoza	90	Earth	Marathon M 55-59	1136	13:17/M	5:48:09
Armando	Perez	3407	Lubbock	Half Marathon M 40-44	3044	10:24/M	2:16:09
Jessica	Philpot	3408	Lubbock	Half Marathon F 35-39	951	8:32/M	1:51:51
Edward	Quitevis	5591	Lubbock	Half Marathon M 70-74	5870	14:06/M	3:04:48
Alan	Ramirez	3411	Irving	Half Marathon M 18-24	68	6:30/M	1:25:08
Riannon	Rowley	3414	Lubbock	Half Marathon F 30-34	1797	9:19/M	2:01:58
Tara	Sims	3417	Lubbock	Half Marathon F 45-49	2517	9:57/M	2:10:27
Rudy	Soto	3418	Lubbock	Half Marathon M 55-59	3472	10:45/M	2:20:55
Joe	Sutton	3420	Lubbock	Half Marathon M 35-39	98	6:47/M	1:28:51
Lorena	Valdez	3421	Lubbock	Half Marathon F 40-44	3045	10:24/M	2:16:10
Shawna	Wilson	7985	Shallowter	Half Marathon F 55-59	5803	13:56/M	3:02:38



# Running Cowtown, contd....

*from the editor — Really great to see so many WTRC members who train over time to run significant race distances! If I missed your race record I apologize — my “seek and find” program (to find WTRC member among thousands of race participants) requires exact name matches. Sometimes our WTRC record for the member’s name differs a bit from how the person registered at another race. So, I may have missed someone. Bottom line — our members continue to excel in all kinds of races — way to go all of you!!*



Riannon Rowley



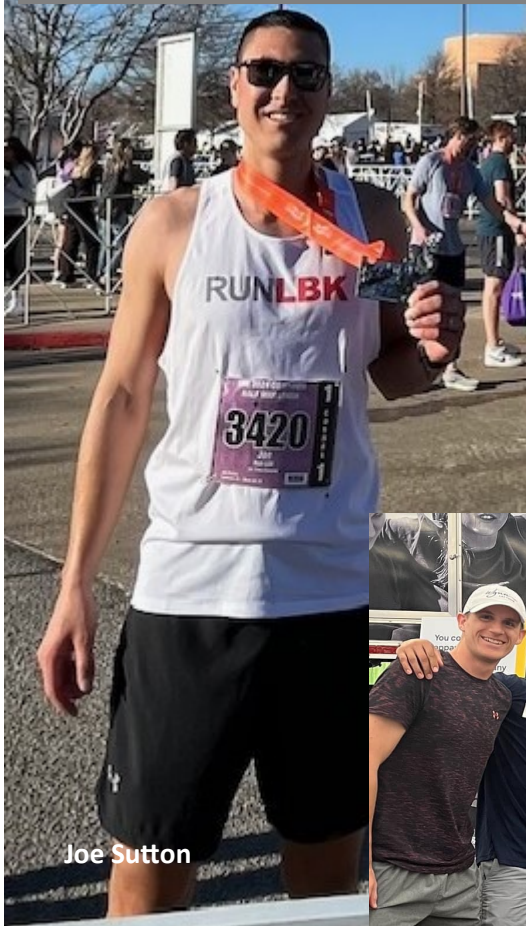
Sharla Kinman & Debbie Gelber



Debbie Gelber  
Frank Mendozze



Lorena Valdez



Joe Sutton



RUN LBK put together a large contingent for this year's Cowtown!



# Bataan Death March Marathon 2024

by long-time WTRC member Pj Sullivan

Our first Bataan Death March Marathon was in 2010. We had no idea what this marathon was going to be like. I have done many, but no other marathon is like this one.

Bataan attracts a wide variety of individuals — some who run, some who leisurely walk, but for everyone, including ourselves, it is an incredible test of will and courage, all while honoring those who have served — especially those who were involved during the actual Bataan March. To this day we still have our Bataan Memorial Death March finisher's dog tag hanging proudly in our home.

Every year that we have gone we camp out at the White Sands Missile Range. We enjoyed doing that. Some marchers take their RV's or stay in Las Cruces, which is very close to the base.

The first few years that we went, we got to meet some of the survivors of World War II — all in their late 90's. We were able to hear some of their stories while in making the actual march. They marched for 65 miles to prison camps with no food or water. The only survivor as of March 16th, 2024 was, or is, 105 years old living in New Mexico.

This year the weather was a bit windy and cold at the start. Who would have ever thought that anything with the words

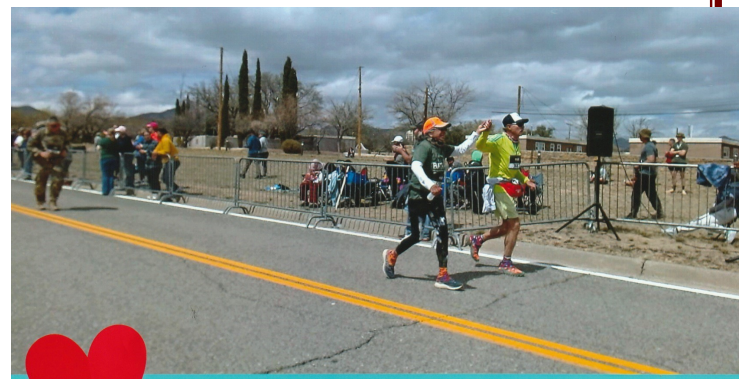
"Death March" could be so popular! After our early arrival to the start line, we are always impressed with the resources and effort these people go through to put on this event. After the National Anthem and a quick welcome it was time to begin the marathon. Everyone was itching to start moving as we had been standing in the cold for a while.

Wayne started having leg cramps between mile 11 & 12 but after a couple of stops and working on his leg he got better. We ran pretty well in the mountains — about 8 plus miles are run in mountains. After mile 19 my feet begin to hurt. We ran through the sand pit and got a second wind. Between miles 23 and 24 I started telling Wayne that I didn't think I was going to make it! Like we say "I hit the wall" at this point. My feet hurt so BAD due to blisters on both feet to the point that I was crying. I kept thinking of the men that suffered so much during the actual Bataan march. Unfortunately the worst terrain for me this year was the last 2 mile of the march.

I am grateful that at my age I can still run with no injuries. I thank God every day for my blessings.

Wayne finished strong — he had no problems. I'm so thankful and proud of him that he is able to run and do the things he does despite suffering a stroke six years ago (April 15th, 2018)!

For more about the actual Bataan Death March there are numerous sources but if you are interested in knowing more about this highly significant event that occurred in the early years of WWII, go to the Bataan Death March Marathon website: [Click here and go to "About Bataan."](#)



Pj & Wayne Sullivan  
Finishing the Bataan Death March Marathon  
March 16th, 2024



## Register for membership!

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

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

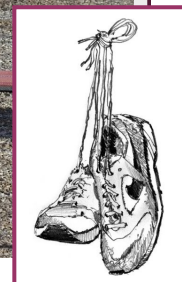
The following link goes to the official Challenge Series rules as well as to all of the Challenge Series Standings:

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

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

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

- Be a current WTRC member.
- Note: Runners placing membership before the March race will retroactively earn points back to January. Runners placing membership after the March race will retroactively earn points from the race one month prior.
- You must volunteer to serve as a non-running worker at one or more Challenge Series events to be eligible for a Challenge Series award.
- "Helpers" are workers at a club race who work and run, which does not count towards their volunteer requirement.
- Race-day volunteers must sign the volunteer sheet available from the Race Director or Jonathan Botros once the trailer is packed and everyone is ready to go home.
- **Packet pick-up:** Volunteers must work a minimum of 2 hrs at the packet pick-up and sign the volunteer sheet available from the race director. Any packet pick-up worker who still runs the race will be counted as a "helper."
- Run in at least 3 races of the 13 club races.
- Non-running members can still earn miles and be eligible for the 66 Mile Club but are not eligible for Challenge Series awards.







West Texas Running Club



@WTRunning



# Come Run With Us!

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



March 2024 Prairie Dog Town Run

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