

2024 September/October

# WTRC Newsletter



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**WEST TEXAS  
RUNNING CLUB**

LUBBOCK, TEXAS

# 2024 WTRC Board

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**Challenge Series:** *Rebecca Puckett*

**Outreach:** *Ron Lubowicz*

**Newsletter/Hydration:**

*Steve German*

*stevegerman5@gmail.com*

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

***Westtxrunning@gmail.com***



## Upcoming Races

### Buffalo Wallow

Annual, 2nd Saturday in November

9 am Start

2Mile | Quarter Marathon  
and Half Marathon

(USATF Cert#TX09107ETM)

T-shirts and Finisher Medals  
to ALL Halfers!!

There will be an early PACKET PICK UP  
at FootTech-19th and Quaker.  
(see website for times) OR  
on Race Day at the Lake.

**RACE LOCATION:**

Buffalo Springs Lake



Race Director: Tommy Johnson



### Thanksgiving Day...

Annual WTRC Turkey Trot

9 am Start | 2 Mile or 12K

USATF Certified #TX12147ETM

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

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

Race Director:  
Rebecca Puckett

### Toys For Tots

### Cross Country Run

Second Saturday in December

9:30 a.m. 1Mi Kids Cross Cntry Fun Run (ages 4-12)

10:00 a.m. 4Mi Cross Country Loop (ages 10 & up)

also a 2 Mi option (ages 7 & up)

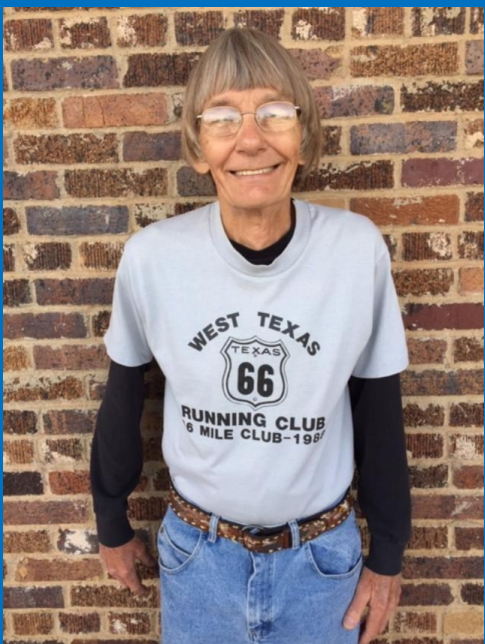
Bib pickup on Race Day – 8:30 to 9:15

**RACE LOCATION:** Mae Simmons Park, E 19th & MLK Jr Blvd



Race Director:  
Rick Lampe





Joe Post joined the WTRC in 1981 and remained a member into the 2000's. He was the inventor of our Loop The Lake Run and served as Race Director for Loop the Lake for several years and also founded the Prairie Dog Town and HOT Dam runs.

Joe was also a dedicated volunteer at many events, along with his wife Sally. Among many ways Joe positively influenced the WTRC is that he was the man behind the Challenge Series program that we enjoy so much.

Joe was a strong runner. His best marathon time was 3:08 at Cowtown before they took the hills out. He routinely ran sub-40 min 10Ks.

Joe passed away in February, 2019 and made a difference in the WTRC that is strongly felt today including leaving several great articles and poems like the one above that appeared in the October 1995 WTRC Newsletter.

*James Livermore, David Higgins, George Jury, Steve German*

## AUTUMNSONG

by Joe Post

Now that summer has grown older,  
all her warm days come and gone,  
every night the world is colder;  
autumn chills the break of dawn.

Branches beat against my window.  
They sound like winter wanting in.  
Cold winds blow them to crescendo,  
and the auburn leaves begin

to pile high around my doorways,  
their rustle soulful as a sigh  
echoed back from golden yesterdays,  
when they filled the summer sky.

So the leaves and I remember,  
in the chill of autumn's wind,  
and the sadness of September,  
that the heart must still pretend

to taste the wine of summer's sun,  
its sweet bouquet of seasons past;  
and though the carafe's almost done,  
by sipping slowly it will last

until late into the evening,  
when old memories start to bend  
from believing to deceiving,  
back to believing once again.

But even as the night expires,  
the longing heart still believes;  
for the first autumnal fires  
burn from summer's last sad leaves.

And in the crackle as they burn,  
summer whispers in the wind  
a sacred promise to return,  
and fill the restless heart again

with quiet calm in place of yearning,  
and offer life another start,  
constant as the seasons turning,  
or the ever hopeful heart.

# Shallowater Stampede Race Report

September 14, 2024

*By Dean Threadgill — Race Director*

I'm proud to say that the 2024 Shallowater Stampede was another success this year! We had

232 runners cross the finish line in both the 2 mile and 10k distances. The weather was just about perfect at 70 degrees and a slight breeze at the start.

**Amelia Anderson** led the ladies in the 2 mile race with a time of 13:03 and **Donald Docimo** was the fastest male with a time of 12:54. In the 10k, **Amanda Millard** clocked the fastest female time with 47:46 and **Brendan Curtis** was the fastest man with a blazing fast 37:14. Congratulation to all four of you!



As is the case with any race, none of it would happen without the help of many volunteers. WTRC members who helped out include Steve German, Suzan Caudle, David Higgins, Rebecca Pucket, PJ Sullivan, Ron Lubowicz, Kim Hovland, Larry Vigil, Tyler Schultz, Megan and Eliza Graham, and Heather Devore. Special thanks to all of you!

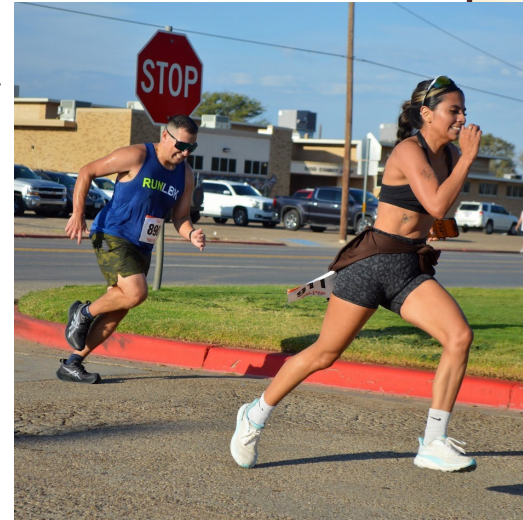


Not to be outdone, the community of Shallowater also showed up big! Volunteers included Gina Zapata, Robin Thompson, Amanda Venable, Jamie Reep, Heather Frazier, Christie Coleman, Christy Bernal and Travis Coleman.

Also, a big shout out is owed to Sarah Batson, Ginger Barret and Officer James Andrews for going above and beyond.



As the race director, I want to thank each and everyone who ran, volunteered or even showed up to cheer on their favorite runner!



*Dean*



## Four new Shallowater Stampede records:

### 2-Mile

55-59	Debbie Gelber	Lubbock	15:49	2024
	Old: Margaret Woodfin	Lubbock	16:59	2023
60-64	Margaret Woodfin	Lubbock	17:24	2024
	Old: PJ Sullivan	Lubbock	17:39	2008
75+	Yvonne Gilinsky	Lubbock	21:56	2024
	Old: Sheila West	Lubbock	29:51	2020

### 10K

65-69	Bob Jackson	Hobbs NM	49:34	2024
	Old: Ralph Wolf	Lubbock	50:24	2004

# My Story

by **WTRC Member Caleb Weston**

From the editor:

*Not too long ago I heard that one of the guys associated with RUN LBK had been on a fitness journey that has resulted in him being very active with not only RUN*

My story. It really isn't that unusual. It's not exceptional. It is based on a lot of paths that really didn't take me where I thought they were going to go. Roads that led to heartache, depression at times, uncertainty and not being happy with what or who I was.

My story, like so many others', is not where I thought it would be at this point in my life. When I was a child in Oregon sitting in the branches of the tree I had climbed envisioning a professional baseball career, probably playing with the Oakland A's as they were the big team at the time. I was always Jose Canseco in the neighborhood wiffle ball game and I knew I could hit that ball a long ways.

Over time, though, reality set in. I was not a monster at the plate of that magnitude, nor did I have the ability to craft a great pitch like Orel Hershiser. I wasn't aware of a path to get where I wanted to be in that childhood dream.

I did make it to college baseball where, after my freshman year as a redshirt, the coach pulled me aside as we were about to go on summer break and said, "I know about the college twenty" as we stood there in the basement gym of the small NAIA school where he had just taken over as a coach and I was by far one of the players on the bottom of the pecking order. "But this is a bit excessive..." finishing his thought. But I already knew -- I had put on a bit of weight in the school cafeteria.

Running was something that I did in 90-foot increments at that time. At most I am running 360 feet and that would have hopefully been a trot around the bases after hitting a ball out of the park. But it was apparent that things would need to change. Distance running had never really been a thing, and I hated every step. But over the next couple of months and then years, me and my old adidas basketball shoes started getting in some miles. Of course, this was a LONG time ago. There were no GPS watches that I had access to. I would run with a stopwatch if I wanted to time it and then I would go back with my truck and see the distance I had run.

During that time, I actually started to enjoy my runs. I would run all the time. We would have winter practice in a local swimming pool and even with snow on the road and temps below freezing, I would often run back to the dorm or gym or wherever I was going.

Baseball for me ended at the ripe age of 22. I was moved on to other things. I had a family that was starting. I had begun working in a field that where I found a path of growth and I poured myself into that career in pursuit of the life that I thought I was destined to live.

The weight roller coaster for sure went up and down over that time. I would gain some serious weight and lose it by running, then gain it back a year or two later. It was an endless cycle with the time in between losing weight getting longer and longer. At my highest weight I reached 285 pounds. I had lost track of the last time I actually recognized myself in the mirror. It had been forever since I had seen the guy that had dreams and aspirations beyond just doing a good job and taking the next step in the career path I had chosen.

*LBK but also with our WTRC — that person being Caleb Weston. Caleb volunteered for a recent WTRC race to pull the timing trailer and I was able to ask him if he would be willing to share his fitness journey with us via the Newsletter. Caleb has also shared some of his thinking and activity regarding fitness in Facebook posts — you might check this out. Caleb readily agreed to share his story with us via this article and it is a great read! Thank you for sharing, Caleb, and I know we are all encouraged when someone makes a decision to take better care of themselves along with reaching for, and achieving, running goals. Way to go, Caleb!*



Early March 2020 I decided it was time to take a leap and start a business that I had been envisioning for several years. I wrote my resignation letter to my current employer and saved it in my email drafts to be delivered soon. However, during March 2020, Covid shut down most everything in my world. Being in a healthcare adjacent field, we continued to work and it put a delay on my leaving until November of that year. During that time period, experiencing people getting sick with something that no one had any idea what it was, seeing people I knew getting deathly ill, some dying -- this had me thinking about my weight. I started some walking and running during those months, but never got too far. I was on the roller coaster again.

When I left to finally set out doing my own thing, the goals in some ways had changed. I set out to change everything in my life. I was working on building my own business based on my experience, but I also felt like I needed to change myself in that process. I did a lot of soul searching, reading books, listening to podcasts and trying to grow into the version of a successful man I had in my head. I created a list that I would review daily of the attributes that I believe takes to be "successful."

You and I might have different opinions on what a successful person might be, but at the top of my list was one word: Fit.

I had thought for long enough and it was time to act. On December 6th 2021, I started the process of changing myself into the person I believed I should be and getting off the roller coaster. For that first 4 weeks, all I did was walk. I don't know exactly where my weight was the day I started because I had for sure been avoiding the scale for years. But I do know when I finally weighed 8 days later, I was at 264 pounds. Not the highest I had ever been on my roller coaster adult life, but there was much room to improve.



My first run was short, not even a mile, and it took everything to move my body that far. Over the previous 10 years I had, at times, worked myself up to running longer distances, even running a couple WTRC races in 2015. But at point that was 6 years ago and, while my ego wanted to go faster and longer, I knew enough to know that wasn't going to happen yet. For the next 14 months, all I did was run. I didn't really look at my diet or go into any kind of weight training. By April 2023 I decided I had gone as far as I could with just running and not adding any food so that I stayed in a calorie deficit. I had been following people on Instagram and had learned of this challenge called the "75 Hard Challenge." I knew I wanted to go to that next step and start working on my diet/nutrition and weight training. I knew that most fad diets were just based on calorie deficits and I learned how to use a TDEE calculator to get a better look at what my intake needed to be in order to get my system to work its best. So, armed with a "cut diet" and a gym membership, I dove in.

When I finished the challenge in July I had dropped another 20 pounds and had built muscle. Because I took my time with all the changes I made, I did not suffer from an excess of skin or a lot of negative effects on my system. Since that point, I have just maintained my weight. I have been consistently in the gym for over a year and have been very happy with that progress and excited where that can take me.



Caleb with daughter  
Jacelyn

I joined the RUN LBK group runs for the first time in September of 2022. For the first year, I stayed in the background. Just being around the community was such an encouragement for me to keep going. I ran several of the WTRC races in 2023 but was not consistently there. In January 2024, after talking to Oscar Farias during our run together (after we had met in person in the parking lot getting ready for the 2024 GPS map run), I joined the West Texas Running Club and have been at every race in 2024. I also volunteered to help with the RUN LBK Wednesday night group run as the co-host.

Over the last several months I have been excited to meet so many runners and get to know their stories, talk about races and more. At this point I have been all over the place. I even started trail running with Kyle Van Zandt in February which led to my first trail race in the April 2024 Caprock Canyon 25k.



Caleb with daughter  
Jaina

Future plans for running are to keep building up the community and go to as many races as I can. I am currently training for both the Palo Duro Canyon 50k that happens October 19th and then following that up with the Lubbock Marathon on October 27th. By the time you read this I hope to have completed both!

For being a guy that could barely finish a mile in February 2022 to running 207 miles in August of this year, I can attest that anyone can get there. Time is the key. If you want to do it in 90 days, it's not going to work well. If you want to lose 20 pounds in 30 days, what it's going to take to do that will make you do things that you cannot sustain and you will put the weight back on -- good for the person who sold you that 30-day plan, you'll be a repeat customer.

Don't let your ego write them big checks. Take your time and start where you are, always working from where your feet are today. In the end, all of those paths I took led me to where I am today. So, while they may have led to so many other things, I am also grateful for each of them because they all were important to me becoming the best version of myself -- a version I have not reached yet.

And if any of you need any help along the way, I'm always in your corner.

**Caleb**



# Deb's Five Favorite Fueling Options

Hello and welcome to another edition of Deb's Favorite Five!

I thought for this issue, I would share my fueling go-to products with you.

Granted, everyone has different needs and responses to different products, but this is what works for me. So, let's get down to it:

**UCan** – I have been using UCan for years now. I started with the powdered drink mix and have moved towards the Edge Gels as of late. I also love their Chocolate Peanut Butter Bars! I often eat one of the bars before a long run and then fuel every 5 or 6 miles with an Edge Gel. These are so great because they provide a sustained release of energy rather than the spike of a regular gel.



Click here for a free sample pack of Edge Gel from Marathon Training Academy: [MTAUCAN](#)

**Honey Stinger Waffles** – I am the type of runner that can not run fasted. No way, no how. I have to have energy. So, during my weekly training runs I always eat a Honey Stinger waffle with a sip of coffee before heading out the door. They are just enough calories to keep me from bonking in the middle of a moderately long run.

Go to [Honeystinger.com](http://Honeystinger.com) and enter your email for 15% off your order. Or just go find some of these at your local Walmart, HEB or United.

**Honey Stinger Performance Chews** – When I don't feel like taking a gel, these caffeinated chews are perfect for the pick-me-up that I'm looking for in a speed workout or race. The performance chews come in Lima a rita or in Cherry Cola flavors. There

are other flavors out there, but they aren't the caffeinated version. I'm not a fan of the packaging change they made a couple of years ago, but I still get them!

It's hard to find these in the store, so head

on over to [Honeystinger.com](http://Honeystinger.com) to order yours!





**LMNT** – If you are a salty sweater or are constantly dehydrated on your runs, grab some LMNT drink powder. I first tried these at a FootTech Group Run and have been hooked ever since! With awesome flavors like Watermelon Salt, Chocolate Salt and Mango Chili, they are tasty and do the trick for electrolyte replacement.

Go get yours at FootTech or head to this link for a free Sample Pack with any purchase:

[Runners Connect LMNT](#)



**Infini Nutrition** – The other 4 faves may be well-known, but this last one was introduced to me through a Sports nutritionist. It is a small company that is based in Cincinnati, OH and I love their products. You can personalize your blends based on your personal needs. There is even a nutritionist on staff there who can help you develop your own mix. Try them out. You might find that last little bit of help you needed to get that PR or BQ.

Head on over to their website : <https://www.infininutrition.us/>

And put in the code: INFINITFAMILY for 15% off at checkout!

That wraps up this issue's Five Faves! Hope you try some of these products out on your next run. Be sure to let us know on FB what you tried and what your favorites are!

See ya next issue!!

*Debbie Gelber*



**From the editor:**  
**Ed Price recently sent me this report about several present and past WTRC members' achievements in the October 6, 2024 Ironman 70.3 Waco (see this site for next year's event -- <https://www.ironman.com/im703-waco>).**

Leesa Price won her age group and Marti Greer was second. Michael King did a great job in his age group as did Joseph Nate Wilson. But Lane Monroe, Mitchell Monroe's grandson, kicked butt and took names

placing 24th overall!

Marti and Leesa trained for this race as Marti had promised her husband, Mike Greer,

after his horrible motorcycle wreck 3 years ago that they would work hard on his rehab and do the Waco race together when he recovered. Unfortunately, Mike passed away but Marti decided to do this race in his honor and to keep her promise to him. Her training and this race were very emotional, but also cleansing and cathartic. Marti kept her promise but also rediscovered a part of herself she had thought was gone forever. Marti is back and she and Leesa are planning their next training scheme and



Marti Greer and Leesa Price



race schedule. If you see her, give her a hug and a big thumbs up!

Ed Price



Michael King, Lane Monroe, Leesa and Marti

# 43rd Annual Red Raider Road Race

October 12th, 2024 — Race Report by Jonathan Botros

Race Directors were Jonathan Botros and Emmanuel Ramirez

Although it heated up later that morning, we were fortunate again this year with beautiful

weather for running the 43rd annual Red Raider Road Race!

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

A total of 494 runners crossed the finish line — 319 5K runners and 175 10K runners. Finishing 1st overall in the 5K was **Josh Lewis** with a great time of 16:41. **Amelia Anderson** was the fastest female runner with time of 20:57. In the 10K, **Isaac Placencia** led all runners with a time of 35:21, and **Laura Pennington** eclipsed all female runners with a time of 44:14. Awesome runs by everyone.

Unique to this race is the opportunity to provide scholarships to assist multiple students in attending Texas Tech University. WTRC is thrilled to offer scholarships of \$2,000 per student. Funds for this scholarship program are generated by the proceeds from Red Raider Road Race.



Jonathan and Manny — great race!



Lastly, a HUGE THANKS to every volunteer who made this event successful! The RRRR is one of our largest races of the year and it can only be successful because of our volunteers — David Higgins, Suzan Caudle, Lydia Turner, Kyden and Saylor Corelis, Tiffany & David Walker, Gabby Saldana, Sheila, Grace, & Sophia Peralta, Les Kinman, Michael Akins, Emma, Dustan & Preston



Benham, Etta Mayer, Bill Felton, Jonathan Beltz, Alana Meggison, Justin, Shana, Jolina, & Jalynn Beaver, Mei Gill, Mikaela Trevino, Andrea Benz, Dennis McMillan, George Jury and race directors Jonathan Botros & Emmanuel Ramirez.

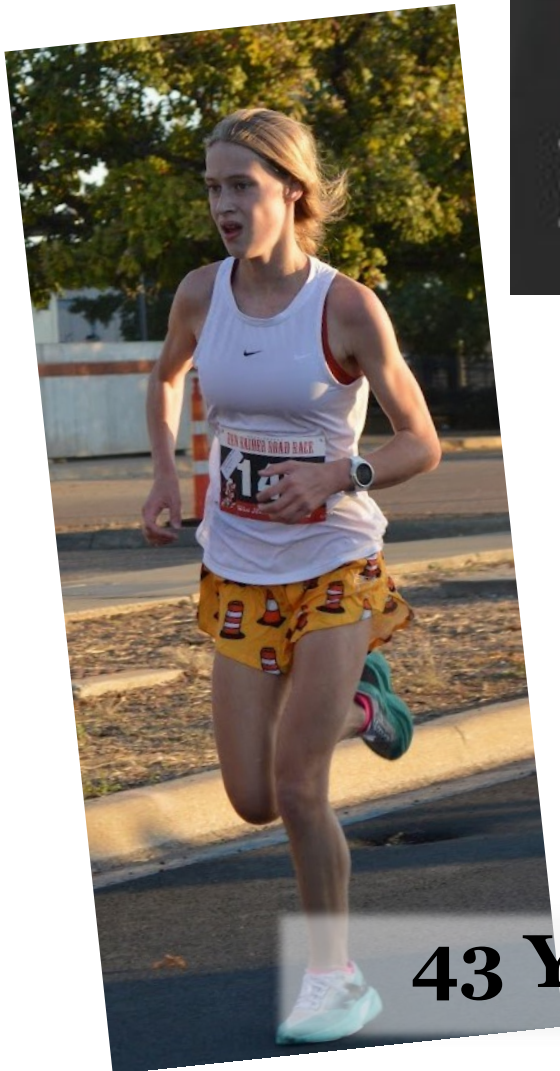
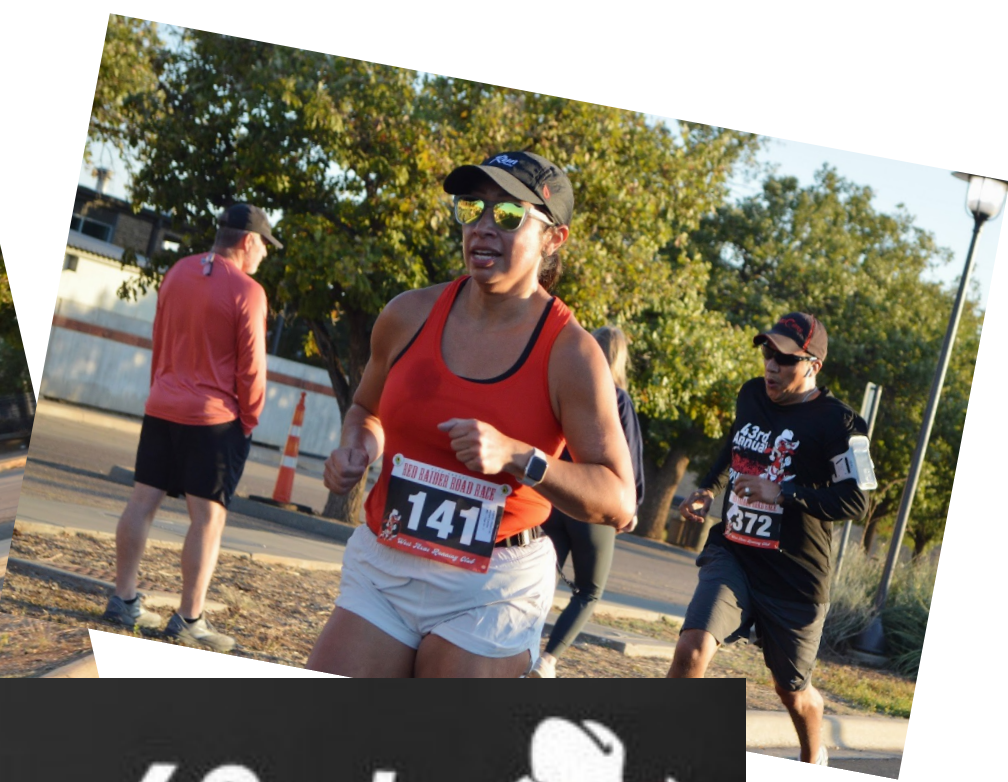
Hope to see everyone next month at the **Hardest Half in Texas – Buffalo Wallow** — followed by our annual Thanksgiving Day tradition, the **WTRC Turkey Trot**.

**3 records set at this year's Red Raider Road Race — all in the Women's 5K**

65-69	Marjory Stewart	Whitefish Bay WI	65	27:11	2024 new
	Old: Martha Martinez	Colorado City	65	29:51	2020
75+	PJ Sullivan	Lubbock	79	30:37	2024 new
	Old: Barbara Bowen	Lewisville TX	76	45:05	2020
Athena	Krissy Shipman	Lubbock	42	25:54	2024 new
	Old: Lee Handlin	Lubbock	38	26:50	2007

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





**43 Years and counting...!**

# When I Run, I Feel Closer to Bob

by WTRC Member Les Kinman

***Les Kinman has been a runner and a member of the West Texas Running Club since 2010. He began running as a mechanism to lose weight but soon fell in love with the human psychology of running and other forms of human physical achievement. He has since completed 19 marathons, a 50K, and innumerable half-marathons, 10Ks, and 5Ks. He sustained a degenerative knee injury a year ago, and has had to focus on cycling in order to continue testing his limits. Les is determined to run again.***

I think that's supposed to say God, instead of Bob, but in the interest of full disclosure, I don't actually feel much closer to God when I run. That doesn't sound very spiritual, and believe me, I would enjoy feeling closer to God like the runners I read about who have euphoric, "mountaintop" experiences while in the middle of a long run. However, in the midst of a hard effort, I usually feel tired and maybe a little grumpy, but not very spiritual.

It's not that He and I don't talk. Actually, I do most of the talking. OK, let's be honest...I complain a lot. While running for any length of time, I can be worried, tired, miffed, whiny, hot, cold, chafing, on the verge of a heart attack, or any combination thereof. I frequently make sure that the Almighty is aware of my discomfort. Much like sports teams that pray for a win, though, I'm not sure God is really all that interested that my self-imposed suffer-fest is making me a little uncomfortable.

So if God keeps a bit of distance between us when I'm grouchy and breathing hard and calling his name for no apparent reason, who do I feel closer to when running? The ladies in my readership are urging me to do the right thing and say that I feel closer my wife when I run. In a way, that is right. We used to do our long runs together on Saturdays, and in fact, the few feet between us were often a bit closer than we found ourselves most of the other 6 days of the week. I know, I know. That's way too literal an interpretation of "closer to" and a feeble attempt at redemption for what I'm about to say. I don't really feel closer to my wife when I run. As I stated above, I am a complainer and quite grumpy when on a long run. It took me a while to figure out that my wife was not changing songs on her playlist when she was fiddling with her earphones. She was turning the volume up to drown out my moaning.

So if not God or my wife, then who? I listen to lots of podcasts while running. During marathons, I used to listen to the likes of Radiolab, This American Life, RunRunLive, and Marathon Training Academy. I was often deeply engrossed in an episode of Freakonomics, and I found that it made the effort more tolerable and minimized my groaning somewhat. However, at some point in every long run or race, I grew tired of listening to storytelling or interviews with running "experts." That's when it was time to switch to my running playlist for some motivation.

I should take a second to acknowledge that many of you probably disapprove of the unsafe practice of running on roads with earphones. I always keep the volume low enough to hear my surroundings, unless I'm in a race and want to intentionally drown out those around me who are complaining more loudly than me. I can usually hear people, dogs, automobiles, and freight trains. I will admit that one time I was surprised by an uber-quiet Toyota Prius. It's electric, and it made virtually no sound as it approached me from behind. But, no worries. You see, the Toyota Prius' top speed is slightly less than my marathon pace, so I simply outran it.

I have a pretty eclectic taste in music, I'll admit. My playlist includes rock from Rush, Led Zeppelin, and Pink Floyd, jazz from Pat Metheny, folk from Johnny Cash and Alison Krauss, and classical from lots of dead guys. The majority of my music would be described as classic rock. There are tunes from the 60s and 70s, and even a few numbers from the 80s, the decade in which music died (or at least was on life support). Of all the classic bands from generations past, I especially hate Bob Seger. It doesn't matter if it's him and his Silver Bullet Band, or just plain old Bob Seger. I hate him. I guess I don't really hate him. Maybe I just hate his music or that growly sounding voice or the fact that I can't disassociate one of his songs from the image of a young Tom Cruise sliding across the living room floor in his socks and undies (thanks for that, Bob). It got really bad a few years ago when Chevy began to state in their ads that their trucks, one of which I own, were "Like A Rock." I believe those ads ran 57 times a day on the channels I watched. I get that the guy is apparently the epitome of American folksy, bluesy rock. But for whatever reason, I just don't like Bob Seger. And yet, somehow, I know every Bob Seger song by heart. It can't be that I've listened to them so much, because I always changed the radio station when his songs came on. All of which makes it even more strange that one of his songs keeps popping up in my running playlist. I don't remember ever choosing *Against the Wind*, but there it is, buried deep within a playlist of hundreds of classic favorites. Normally, I would root it out like some pesky insect and cleanse my playlist of this soft-rock, soundtrack-of-life psuedo-ballad, but for some reason, I can't bring myself to do it.

*Against The Wind* is somehow more acceptable to me than most Seger songs. Maybe it's because Glen Frey of the Eagles sang background vocals on it. Maybe it's because it was the title song of an album that came out when I was in high school. Or maybe it's because it's a running song. Yeah, I think that's it. First, I live in windy West Texas, which makes *Against the Wind* an anthem of sorts around here. Bob Seger actually said the idea for the song came from his days as a high school cross country runner. And how can you delete a song that says, "We were young and strong, we were runnin' against the wind?"

To demonstrate that *Against the Wind* is indeed a running song, I will break down the lyrics from the second verse for your consideration:

"The years rolled slowly past, and I found myself alone." This is a reference to the way that we older runners find ourselves getting dropped by younger runners, leaving us alone at the back of the pack.

"Surrounded by strangers I thought were my friends." We all look a bit alike in running kit. I can't be the only one who has struck up a conversation with a friend at a race only to find out the person I'm talking to is actually a total stranger and is suddenly turning up the volume on her music.

"I found myself further and further from my home." Weekend long run day...enough said.



“And I guess I lost my way. There were oh so many roads.” Obviously, Bob has also run in some of those smaller races where the course map and the little signs with arrows don’t seem to quite match up. I think we’ve all run a few accidental 6Ks and 13.5 mile half marathons.

“I was living to run and runnin’ to live.” Bob was obviously writing about the obsession we all have at some point in our running “career,” where we neglect secondary things, like family and sleep, in order to get our runs in.

“Never worried about paying or even how much I owed.” This is a startling admission that Bob Seger bandits races.

“Moving eight miles a minute for months at a time.” Apparently, a typo. With the brain’s blood supply diverted to the legs, it’s easy to confuse miles per minute with minutes per mile. In any event, eight-minute miles are respectable, especially for a middle-aged, bearded guitar player.

“Breaking all of the rules that would bend.” Taken together with the lines about getting off course and not paying for race entries, this admission of guilt goes without saying.

“I began to find myself searching, searching for shelter again and again.” I had the same experience once at the Houston Marathon. It was raining and cold before the start, so I hid out in a porta-potty until the gun sounded. With so many potties and people and the morning darkness, no one was the wiser.

“Against the wind, I’m still runnin’ against the wind.” Most of the time, I feel this way no matter which direction I’m running. I was riding my bike the other day, and I realized that into the wind, the best speed I could sustain was 12 miles/hr. Do you realize that’s slower than the elite runners in most major marathons? If those elites ran a race in West Texas, they would probably quit at the first water stop.

In addition to this iconic running song, Bob also penned *Night Moves*, about running after dark; *Turn the Page*, about moving on after a bad race; *Like a Rock*, which is about the pain of plantar fasciitis; and *Old Time Rock and Roll*, a treatise on middle-aged men’s classic rock running playlists.



We all know that running breaks down barriers and that runners know no enemies. Given that spirit of camaraderie, and seeing that Bob Seger clearly knows what it means to face the issues we runners face, I guess I should give the guy another chance. I feel a little closer to Bob already. I do hate Springsteen, though.

**Les**

		Age	Bib		Avg Pace	Total Time	Event
Liana	Garza	55	337	Lubbock	14:57	46:30:00	5K
Tess	Givens	13	467	Ralls	8:55	27:44:00	5K
Carl	Lingo	75	492	Lubbock	16:11	50:19:00	5K
Sheila	Price	59	405	New Deal	14:20	44:34:00	5K
Cynthia	Rose	52	480	Lubbock	11:56	37:08:00	5K
James	Ruiz	39	426	Lubbock	9:28	29:25:00	5K
Ronda	Russell	54	345	Lubbock	11:08	34:36:00	5K
Tyler	Schultz	30	389	Lubbock	5:37	17:28:00	5K
Edna	Vargas	60	479	Lubbock	11:57	37:09:00	5K
Sandi	Vargas	56	478	Lubbock	11:30	35:45:00	5K
Sheila	West	81	493	Lubbock	15:07	47:00:00	5K
Grant	Wilson	61	370	Shallowater	12:09	37:48:00	5K

**WTRC Members**  
**Who Ran**  
*The Willie McCool*  
*Memorial*  
*Half Marathon, 5K*  
*and 10K*  
**Sept. 7, 2024**

		Age	Bib		Avg Pace	Total Time	Event
Lora	Asmussen	72	376	Lubbock	13:38	1:24:38	10K
Christopher	Burns	60	243	Lubbock	9:49	1:00:56	10K
Jennifer	Burns	55	242	Lubbock	10:16	1:03:48	10K
Harley	Carter	28	385	Lubbock	7:46	48:15:00	10K
Jenny	Conner	36	577	Lubbock	8:38	53:34:00	10K
JimBob	Conner	47	578	Lubbock	8:02	49:55:00	10K
Steve	German	67	568	Lubbock	12:57	1:20:23	10K
Megan	Graham	40	263	Lubbock	11:46	1:13:04	10K
Breanna	Harris	41	428	Lubbock	10:26	1:04:46	10K
Jeleta	Lingo	62	491	Lubbock	13:15	1:22:15	10K
Andrew	Littlefield	42	427	Lubbock	10:26	1:04:46	10K
Edward	Quitevis	72	381	Lubbock	15:33	1:36:34	10K
Rudy	Soto	59	447	Lubbock	11:43	1:12:46	10K
Kristi	Van Allen	41	429	Lubbock	10:26	1:04:47	10K
Shawna	Wilson	57	369	Shallowater	13:02	1:20:59	10K
Ray	Young	55	441	Wilson	11:25	1:10:54	10K

		Age	Bib		Avg Pace	Total Time	Event
Chad	Beights	43	403	Lubbock	7:51	1:42:53	Half Marathon
Maribel	Castillo	43	445	Lubbock	10:20	2:15:21	Half Marathon
Nicole	Dines	42	590	Lubbock	11:20	2:28:22	Half Marathon
Shalee	Givens	38	468	Ralls	9:57	2:10:23	Half Marathon
Selena	Gutierrez	32	311	Lubbock	9:33	2:05:08	Half Marathon
Steven	Gutierrez	33	310	Lubbock	8:24	1:50:06	Half Marathon
Claudia	Hernandez	29	567	Lubbock	10:38	2:19:19	Half Marathon
David	Hill	45	446	Lubbock	10:20	2:15:21	Half Marathon
Michaela	Jansen	51	104	Lubbock	8:05	1:45:49	Half Marathon
Analissa	Jimenez	36	454	Lubbock	13:45	3:00:02	Half Marathon
Jeremiah	Jimenez	38	453	Lubbock	13:19	2:54:29	Half Marathon
Cameron	Jones	32	585	Lubbock	8:40	1:53:30	Half Marathon
Sudhir	Kshirsagar	40	356	Lubbock	12:16	2:40:40	Half Marathon
Jason	Mcdonough	38	110	Lubbock	7:43	1:41:06	Half Marathon
Frank	Mendoza	57	384	Earth	10:22	2:15:48	Half Marathon
Kathryn	Panasci	43	591	Lubbock	9:28	2:04:01	Half Marathon
Mihwa	Park	48	244	Lubbock	11:57	2:36:37	Half Marathon
Daniel	Perez	56	165	Lubbock	9:56	2:10:09	Half Marathon
Jake	Reid	32	339	Idalou	8:38	1:53:10	Half Marathon
Larry	Vigil	62	574	Lubbock	11:33	2:31:17	Half Marathon

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

A positive aspect of the Willie McCool Memorial (among many!) is that it offers a half marathon. The longer distances like marathons and half marathon are difficult to offer mainly because the longer distances require more area for the course as well as increased support like water stops and volunteers. The level of difficulty in organizing the longer races is significant.

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

Great job on the part of these WTRC members!

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

— the editor





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

**Sign Up for Text Alerts**



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



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



@WTRunning



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

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

# Come Run With Us!



**WTRC Members –**

We have 3 more races left:

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

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

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

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

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

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

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