

DECEMBER 3RD, 2017

1 MILE RUN 5K RUN

DASH THROUGH THE TEXAS TECH CAMPUS AND THE JONES AT&T STADIUM!

WEST TEXAS ENDURANCE

CAROL
OF LIGHTS
Run 2017

Family Friendly Run
- Kids Welcome!

STARTS @ 6:45 PM AT THE TTU MEMORIAL CIRCLE

ATHLETE GUIDE

Presented By

CovenantHealth



WEST TEXAS
ENDURANCE

To Register Online: www.WestTexasEndurance.com

Urgent care when you need it.



1

NORTHWEST

611 N. Frankford Avenue
(806) 725-5480

Weekdays: 8 a.m. - 7 p.m.
Saturday: 9 a.m. - 5 p.m.
Sunday: Noon - 5 p.m.
Open holidays: 9 a.m. - 1 p.m.

3

SOUTHWEST MEDICAL PARK

9812 Slide Road
(806) 725-1000

Weekdays: 8 a.m. - 7 p.m.
Saturday: 9 a.m. - 5 p.m.
Sunday: Noon - 5 p.m.
Open holidays: 9 a.m. - 1 p.m.

2

URGENT CARE

1910 Quaker Avenue
(806) 725-4440

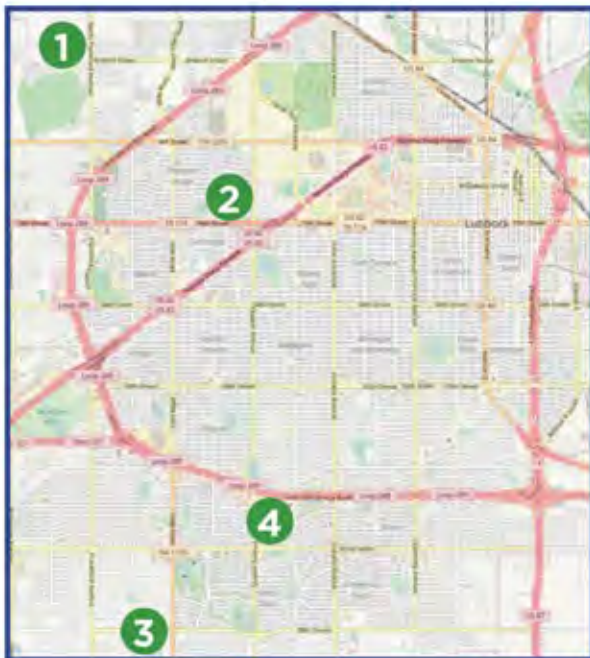
Weekdays: 9 a.m. - 9 p.m.
Weekends: 9 a.m. - 6 p.m.
Open holidays: 9 a.m. - 1 p.m.

4

COVENANT HEALTHPLUS

7601 Quaker Avenue
(806) 725-9444

Weekdays: 8 a.m. - 7 p.m.
Weekends: 9 a.m. - 5 p.m.
Open holidays: 9 a.m. - 2 p.m.




Treatment for:

- Cold & flu symptoms
- Ear infections
- Fever or rash
- Lab & x-ray services
- Mild allergic reactions
- Mild asthma
- Minor cuts & burns
- Sinus infections & sore throats
- Sprains & sports injuries
- Urinary tract infections

CovenantHealth 
Medical Group

Rather wait from home? Use "Check in Now"
Visit CovMedGroup.org/UrgentCare for more information.



The Ronald McDonald House and Ronald McDonald Family Rooms allow families to stay close to their hospitalized child when their love and support is most crucial.

Our services alleviate huge financial burdens for families- so they can focus on the well-being of their child.



**Ronald McDonald
House Charities®**
of the Southwest

Visit www.RMHCsouthwest.com
to Donate or Sign Up To Volunteer!

Keeping families close

Over 80% of our income is generated by donations that stay local and support families in our area.



Please consider bringing
an item from the wish list!

WISH LIST

The Ronald McDonald House can serve up to 17 families and so we need a lot of the same items you need at your house, only in large quantities!

Here is our Wish List of needs:

Kitchen: paper towels, plate & bowls, trash bags, plastic forks & spoons, foil, press-n-seal, Ziploc storage bags, storage containers with lids, disposable gloves for food handling.

Bathroom: toilet paper, facial tissue, white hand towels, and white bath towels.

Cleaning: Clorox disinfectant wipes, Lysol disinfectant spray, furniture polish, all-purpose cleaner, spray way cleaner, pine sol, and pledge.

Toiletries: toothbrushes, toothpaste, dental floss, q-tips, deodorant, travel size shampoo, conditioner, & body wash. Lotion, razors, hand sanitizer and combs.

Laundry Room: bleach, detergent- HE, fabric softener, washing machine cleaner

Snacks: individually packaged snacks such as: granola bars, crackers, peanut butter crackers, cookies, fruit roll ups, fruit cups, and pudding cups. Snack-size chip bags, peanuts, trail mix, easy mac individual servings, ramen noodles, beef jerky, hot pockets, canned tuna, canned meat, juice boxes, water etc.

Food: cookie dough and store-bought casseroles.

Other: Walmart & Target gift cards (to purchase above mentioned items).

To help maintain clinical integrity, please make sure that all items are new and in original packaging. Wish list donations can be brought to the Ronald McDonald House or Ronald McDonald Family Rooms.

Welcome to the 6th Annual



presented by



SUNDAY- December 3, 2017 at 6:45 pm
LOCATION: Texas Tech University Memorial Circle
DISTANCES: 1 mile or 5K (3.1 miles)

PACKET PICK UP

MANDATORY PICKUP

Saturday - December 2nd, from 1:00 pm - 3:00 pm at
Cardinal's Sports Center (6524 Slide Road)

There Will Be NO Packet Pickup On Race Day!

RACE DAY SCHEDULE

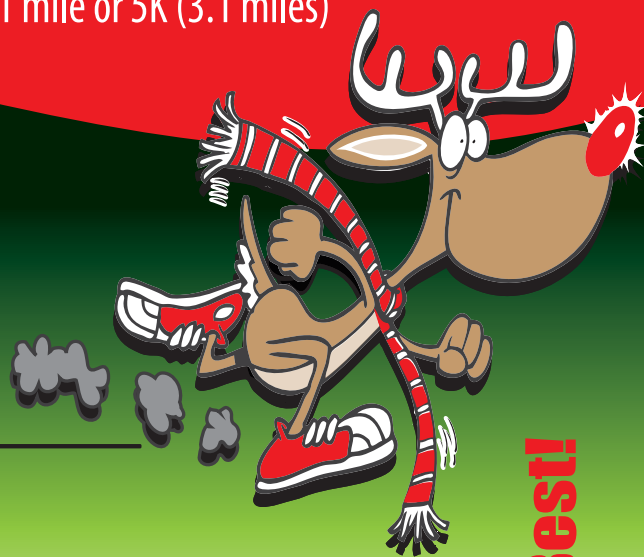
Sunday, December 3rd

5:00 pm - 6:30 pm: Race Day Registration

6:15 pm: Rock Your Jingle Bells - a warm-up hosted
by Cardinal's Fitness

6:45 pm: 5K Race Begins

6:50 pm: 1 Mile Race Begins



RACE RULES

- This is an open course. While TTU police will hold traffic at key intersections, some motor vehicles will be on the course.
- Runners must yield to motor vehicles as needed and are encouraged to run in the bike lanes adjacent to the curbs.
- For your own safety, runners should wear their glow bracelets
- Runners must follow your respective race route – GREEN bibs are 5K; RED bibs are 1 mile participants
- Walkers and strollers – please stay to the RIGHT of the street
- Follow the WTE directional arrows, especially when splitting the 5K runners from the 1 milers at Broadway and Akron.
- Follow the orange cones when they lay out a path way
- There will be a water stop approximately half way through the 5K race as you exit Jones AT&T Stadium
- Please try to toss your water cups in a trash recyclables.
- Remember to exercise caution at all times.
- A safe race is a fun race.

Dress in your Christmas Best!

www.westtexasendurance.com

Race Shirt

Guaranteed if you were
registered by November 20th



Dress in your Christmas Best!

BRING AN ITEM

from the

WISH LIST

will be collected and donated to
Ronald McDonald House Charities

AFTER CROSSING
THE FINISH LINE,
ALL RUNNERS WILL ENJOY

*Santa's
Treats*

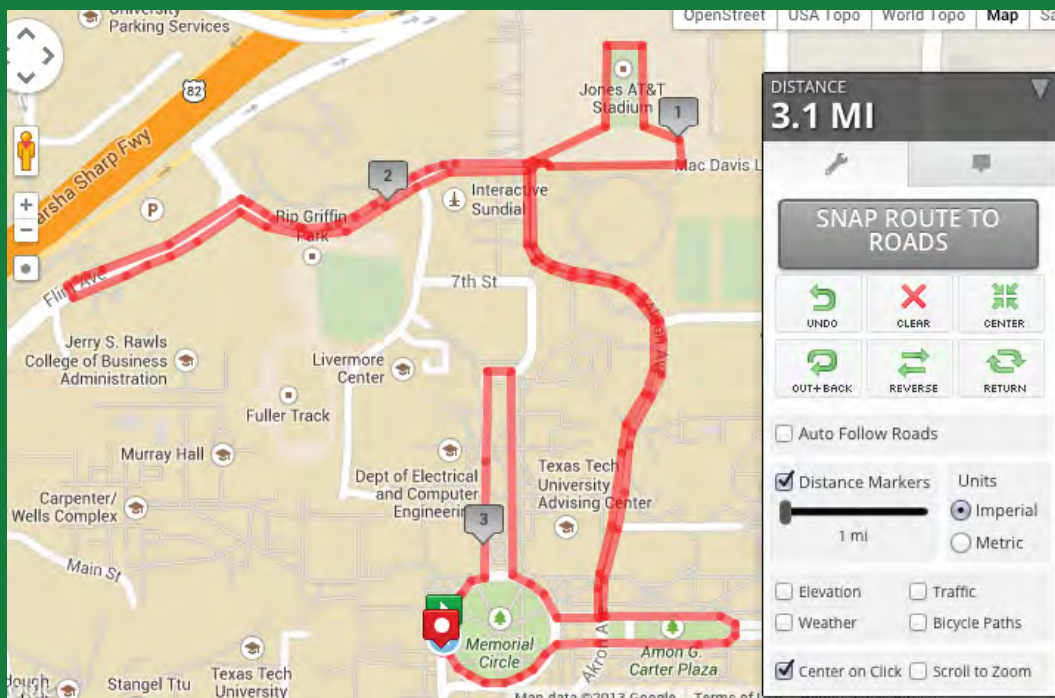
ON A COLD WINTER'S NIGHT.

www.westtexasendurance.com

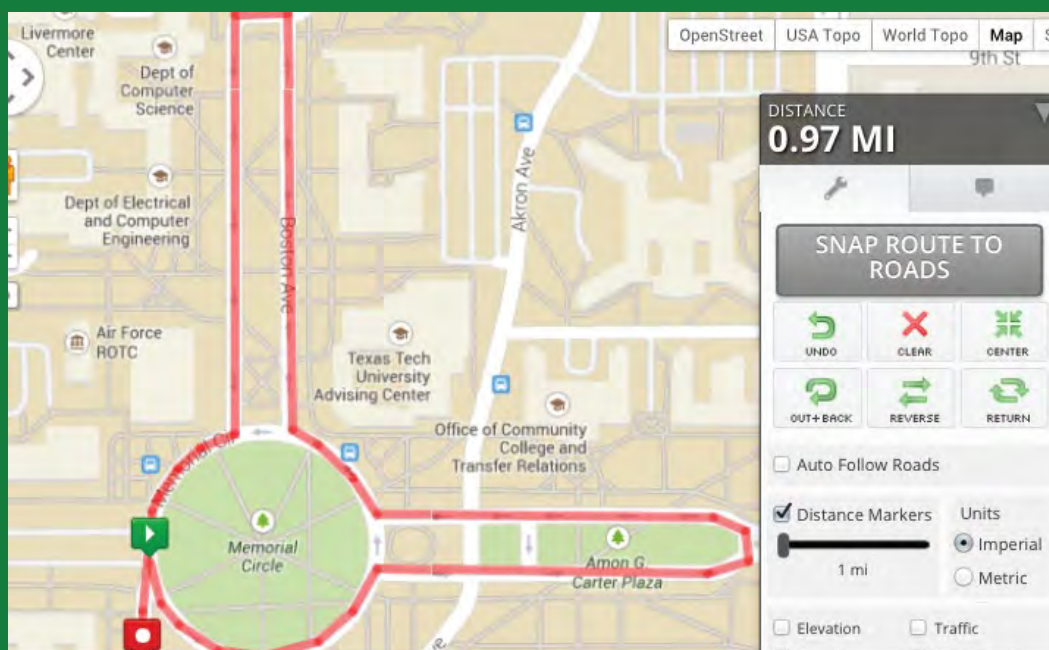


COURSE MAPS

5K COURSE

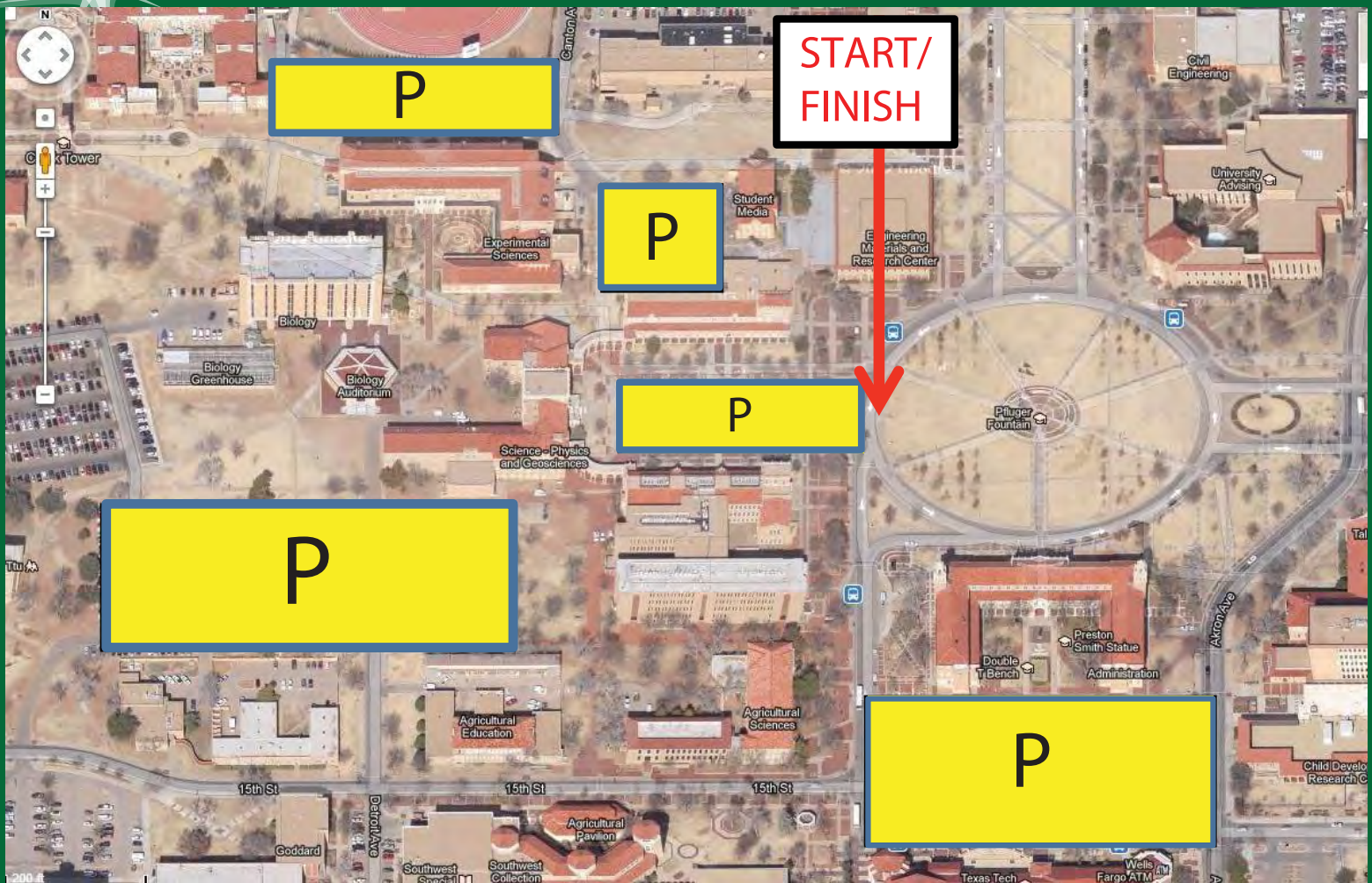


FAMILY FRIENDLY 1 MILE COURSE





EVENT PARKING





In Memory Of



THANKS TO OUR GENEROUS SPONSORS

Their love of our community will make this an event you will want to put on your calendar year after year.



Presented By

CovenantHealth



Nelson for CC #3 Judge

NELSON & NELSON
Attorneys

www.nelsonfirm.com

AFFORDABLE
SELF STORAGE

"Where we treat you like Royalty!"



Wilson's Holiday Lighting

Volunteers

WOMEN'S SERVICE ORGANIZATION



The Carol of Lights run features
Big Mouth Announcing

Logan was named best race announcer
by Austin Fit Magazine!



www.westtexasendurance.com

2018 EVENTS

You don't want to miss!

WILLIE McCOOL MEMORIAL HALF MARATHON and 5K/10K

• **Date: Saturday - April 7, 2018**

The Silent Wings Museum provides the perfect backdrop to “imagine” your run taking you out of this world. Willie McCool was the Pilot of the Space Shuttle Columbia (January – February 2003), a graduate of Lubbock’s Coronado High School (1979) and loved running. His legacy will inspire runners, both old and new and we are proud and honored to dedicate this race to his memory.

The half marathon course will have you traveling into outer space through the Lubbock Business Park, past the tree-lined Lubbock Country Club and re-entry through the Lubbock countryside west of the airport. Your mission on the 5K/10K course is to travel around the Galaxy and safely return to the Launch Pad/Finish Line at the Silent Wings Museum. As you run either course, you will discover the world according to Lubbock is, indeed, flat.



WHITE RIVER ROAD RALLY

• **Date: Saturday - June 9, 2018**

Are you in training for the IRONMAN 70.3 Buffalo Springs Lake, MS 150, Hotter N’ Hell Hundred or looking for a new place to enjoy a Saturday morning ride? Summertime will be blooming and butterflies are abundant along the beautiful scenery of Crosby County. As you travel approximately 1 hour from Lubbock, it is hard to miss the flat farmland that surrounds you. The last few miles before arriving at White River will have you amazed as the spectacular canyons come into view.

The course will take you through some rolling hills – Join us at this beautiful and challenging venue for a cycling event in West Texas – White River Lake. Distances of approximately 25, 50, 75 and 100 miles will be available.



Yankee Doodle Dash & Sparkler Sprint

• **Date: WEDNESDAY - July 4th, 2018**

The 4th on Broadway is a treasured tradition for families on the South Plains. Go back in time to the Spirit of 1776 with the Yankee Doodle Dash (5K or 1 Mile) that will take you along the parade route. The Sparkler Sprint (free for kids, ages 6 - 12) will have the children kicking up some fireworks between the crowds as they line the streets before the parade.

We know this will become a tradition for years to come in Lubbock as you celebrate with your family and friends during the 4th on Broadway festivities!



2018 EVENTS

You don't
want to miss!

HOWL-O-WEEN DOG RUN/WALK & HAUNTED HUSTLE 4 MILES

• **Date: Saturday - October 27, 2018**

Bring your 4-legged friends, monsters and goblins and join us for this family-friendly event. With 2 distance options (2K9 – 1.2 miles with your furry friends or 4 miles without a leash), there is an event for everyone. The “family-friendly” course of 2K9 (1.2 miles) will take you along the beautiful Canyon Lake 6. The more challenging 4-mile course will have you running through the City of Lubbock Cemetery and paying tribute to Lubbock’s most famous son, Buddy Holly. The course will conclude with a loop around Canyon Lake 6.



Dog supplies will be collected and donated to Morris Safe House.

CAROL OF LIGHTS RUN

• **Date: (TBA) - December 2018**

Enjoy the spirit of the season with an evening run on the campus of Texas Tech University. This family-friendly event will have you amazed at the more than 25,000 colored lights that illuminate many buildings on campus. The longer course (5K) will have runners enjoying a lap through Jones AT&T Stadium. Carolers will entertain the runners along the course. After crossing the finish line, all runners will enjoy hot chocolate that will provide a warm treat on a cold winter’s night.



Toys and games will be collected and donated to a children’s charity.



About Us

West Texas Endurance, a division of Southpaw Sports & Entertainment, Inc., is a full service event production company based in the hub of the South Plains - Lubbock, Texas. We promote community involvement by offering running events for the family (including man's best friend) and endurance races such as a half marathon and cycling event.

Our mission is to encourage active lifestyles and fitness in our surrounding communities by providing first-class events in a family-friendly and supportive environment. We challenge ourselves to create events that utilize the sprawling landscape of the South Plains while appreciating the unique heritage of Lubbock.

Lubbock offers the progressive dynamic of a growing city of 240,000 people, yet with a unique West Texas charm. Lubbock's official elevation is 3,256 feet. Texas Tech University, with an enrollment of over 33,000 students, offers an immediate population for events in Lubbock.

West Texas Endurance – The Hub of Events in West Texas!

www.westtexasendurance.com