

# Jeff City Road Runners

We Run This Town.

January 2018 Newsletter

**President** – John Weghorst

**Treasurer** – Stuart Huddleston

**Vice President** – Nicholas Wagner

**Newsletter** – Gary Fogelbach

**Website:** <http://www.runjeffcity.org> –

Karen Wisch – [karen@runjeffcity.org](mailto:karen@runjeffcity.org)

## Happy New Year!



### JCRR Race Series 2018

January 1, 2018  
10:00 a.m.

Ring In the New Year Mile  
(Results on Page 2)

West Edgewood Drive,  
Greenway Parking Lot

Please follow the links on the [JCRR Race Calendar](#) for more information on other races in the area.

### JCRR Annual Club Meeting and Banquet

Saturday, February 17, 2018 6:00-8:00 pm

NH Scheppers Distributing, 2300 St. Mary's Blvd., Jefferson City, MO

Guaranteed good time for the whole family. Bring a dish and enjoy some of the best chili in town, race series awards, socializing, and a little bit of club business.

Contact Karen for more info: [karen@runjeffcity.org](mailto:karen@runjeffcity.org)

## Ring In the New Year Mile 2018

West Edgewood Drive

Jefferson City, MO

January 1, 2018

-3°F. Again this year, a cold, uphill, against the wind mile.

Place	Name	Age	Time
1	Nic Wagner	36	7:09
2	Valeriy Kalugin	58	8:31
3	Brian Price	61	9:52
4	Venny Groene	65	10:48

Special thanks to the volunteers who braved the cold:

Caryn Giarratano

Kateryna Kalugina

Leasa Weghorst

Old St. Nic hung around for the mile this year!



**"THANK YOU" FROM THE SAMARITAN CENTER**



**Samaritan Center**  
Interfaith Agency

1310 East McCarty • P.O. Box 1687  
Jefferson City, MO 65102-1687  
(573) 634-7776

December 8, 2017

Jefferson City Road Runners Club  
5K and 10K Pie Run  
Ms. Julie Miller  
3807 Pin Oak Drive  
Jefferson City, MO 65109

Dear Friends of the Samaritan Center:

Thank you so much for sponsoring your annual Thanksgiving 5K and 10K Pie Run for the benefit of the Samaritan Center. The 287 pounds of food collected will help immensely to fill our pantry shelves during this holiday season. It was very kind and thoughtful of your club to make the Samaritan Center the recipient of this donation.

The food collected will enrich the meals of those in need and the leftovers will make wonderful follow-up meals during the holiday season. Each and every one of the children who needs a nourishing meal will have it thanks to you.

God bless you for your caring hearts and have a wonderful holiday season and a New Year full of Health, Laughter and Love!

For Him,

A handwritten signature in black ink, appearing to read "Marylyn DeFeo". The signature is fluid and cursive, written in a dark ink on a light-colored paper.

Marylyn DeFeo  
Volunteer Executive Director  
Samaritan Center

/kcf

## JCRRRC MEMBERSHIP

To join or renew, please complete the form below and send to Jefferson City Road Runners, P O Box 7042, Jefferson City, MO 65102, along with your check for \$15.00 made payable to the Jefferson City Road Runners. We'll see that you and your family are added to the member list, which can be found on the website. If you have any questions, contact [karen@runjeffcity.org](mailto:karen@runjeffcity.org).

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### Membership Form

Jefferson City Road Runners Club  
PO Box 7042, Jefferson City MO 65102

**Name:**

\_\_\_\_\_

(First)

\_\_\_\_\_

(Last)

**Family Members:**

\_\_\_\_\_  
\_\_\_\_\_

**Address:**

\_\_\_\_\_  
\_\_\_\_\_

**Phone:**

\_\_\_\_\_

(Home)

\_\_\_\_\_

(Cell) (Work)

**E-Mail Address:**

\_\_\_\_\_

**Annual Dues** \$15.00 (Newsletter via e-mail)

Dues: Membership dues of \$15.00 per year cover your entire family. We do not have on-line registration and payment.

Note:

Your contributions to the newsletter are always welcome. We love to hear about the running adventures of our members.

If you paid your dues for 2018 and do not see your name on the members web page, please let us know. Here is a link to the member's page: <http://www.runjeffcity.org/members/>

***Thank You!***

**2018 RACE CALENDAR**  
**LOCAL RACES IN AND AROUND JEFFERSON CITY**

<b>Date</b>	<b>Time</b>	<b>Race</b>	<b>Place</b>	<b>Contact / More Info</b>
<b>01/01</b>	<b>10:00</b>	<b>Ring In the New Year Mile. No Shirts No Medals No Fees</b>	<b>W. Edgewood Greenway Main Parking Lot</b>	<a href="mailto:johnweg@ktis.net"><b>johnweg@ktis.net</b></a>
02/17	10:00	Runnin' Against Multiple Sclerosis 5K	Stephens Lake Park 2001 E Broadway	<a href="#"><u>RunninAgainstMS5k</u></a>
02/24	7:30	Clinton Historic Half Marathon and 5K	Clinton, MO	<a href="#"><u>Clinton Historic Half Marathon and 5K</u></a>
03/17	11:00	Knights of Columbus 2nd Annual 5K Run / Walk	Linn, MO	
04/07	9:00	3rd Annual Callaway Co. 4-H 5K Run / Walk	New Bloomfield, MO, Dollar General Parking Lot	<a href="#"><u>callawaycounty4h5k</u></a>
<b>04/21</b>	<b>9:00</b>	<b>Spring Fling 2018 5K</b>	<b>Hwy 54 to Airport Exit, then East on Cedar City Road, then Left on Hibernia Road to Commuter Lot</b>	<b>See Calendar at <a href="http://www.runjeffcity.org"><u>http://www.runjeffcity.org</u></a></b>

**Bold blue type denotes JCRR point series race.**

All times are a.m. unless indicated.

Make sure to double-check race date, time and place!

For more races, please see the [JCRR Calendar](#) as events are added weekly.

## 2017 RACE SERIES FINAL (THROUGH THE PIE RUN 10K AND 5K)

<b>Youth (&lt;19)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Bailey Conrad	34	0	10	0	0	0	0	0	0	8	8	0	0	0	0	8
Josie Starr	20	0	0	0	0	0	0	0	0	0	10	0	0	0	0	10
Ellie Schulte	10	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sarah Groene	10	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0
Karen McCauley	10	0	0	0	0	0	0	0	0	10	0	0	0	0	0	0
Samantha Swinfard	10	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Leah Groene	8	0	0	8	0	0	0	0	0	0	0	0	0	0	0	0
Madeline Gerloff	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Mattie Rost	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Anna-Kate Rost	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Madison Connell	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Harrison Miller	20	0	10	0	0	0	*	0	0	0	0	0	10	0	0	0
Nolan Schulte	20	10	0	0	0	0	*	0	0	5	0	0	0	0	0	5
Jensen Starr	20	0	0	0	0	0	*	0	0	0	10	0	0	0	0	10
Adam McCauley	18	0	0	0	0	0	*	0	0	10	8	0	0	0	0	0
Benjamin Conrad	18	0	0	0	0	0	*	0	0	6	6	0	0	0	0	6
Michael Groene	10	0	0	10	0	0	*	0	0	0	0	0	0	0	0	0
Blake Conrad	10	0	0	0	0	0	*	0	0	0	0	0	0	0	10	0
Thomas McCauley	8	0	0	0	0	0	*	0	0	8	0	0	0	0	0	0
Brady Connell	8	0	0	0	0	0	*	0	0	0	0	0	0	0	0	8
<b>Open (19-29)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Erin Graham	18	0	0	8	0	0	0	0	10	0	0	0	0	0	0	0
Rita Steiner	10	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0
Kaitlyn Shea	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0
Molly Higgins	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Julie Wisch	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Kelly Higgins	8	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0
Emily Berendzen	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Nicole Dudenhoefter	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Madison Kliethermes	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
Sarah Berendzen	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Devin Jungmeyer	10	0	0	0	0	0	*	0	0	0	10	0	0	0	0	0
Nicholas Shea	10	0	0	0	0	0	*	0	0	0	0	0	0	0	10	0
Logan Shea	10	0	0	0	0	0	*	0	0	0	0	0	0	0	0	10
Cody Amos	8	0	0	0	0	0	*	0	0	0	0	0	0	0	8	0
Daniel Stock	8	0	0	0	0	0	*	0	0	0	0	0	0	0	0	8
Evan Kliethermes	6	0	0	0	0	0	*	0	0	0	0	0	0	0	0	6
<b>Thirty something (30-39)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Greta Hoerschgen	60	10	0	0	0	10	10	10	0	0	10	0	0	0	10	0
Stephanie Borgmeyer	26	0	10	10	0	0	0	0	0	0	0	0	0	0	0	6
Calli Rost	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Erin Gerloff	8	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0
Ellie Dimmett	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Erin Graham	6	0	0	0	0	0	0	0	0	0	0	0	0	0	6	0
Nicholas Wagner	40	0	10	10	10	0	*	0	0	0	0	0	0	0	10	0
Brian Schulte	28	10	0	0	0	0	*	0	0	10	0	0	0	0	0	8
Randy Dimmett	10	0	0	0	0	0	*	0	0	0	0	0	0	0	0	10

## 2017 RACE SERIES FINAL (THROUGH THE PIE RUN 10K AND 5K)

<b>Masters (40-49)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Kathy Frese	58	10	10	0	0	0	10	10	0	10	0	0	0	0	0	8
Sue Conrad	47	0	6	8	6	8	8	0	0	6	0	0	0	0	0	5
Lori Randolph	34	0	8	10	8	0	0	8	0	0	0	0	0	0	0	0
Katie Leigh	32	0	5	6	5	0	0	0	0	8	5	0	0	0	0	3
Brenda Morris	30	0	0	0	0	10	0	0	0	0	6	10	0	0	0	4
Sue Starr	30	0	0	0	10	0	0	0	0	0	10	0	0	0	0	10
Marya Amos	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	0
Charis Voss	8	0	0	0	0	0	0	0	0	0	8	0	0	0	0	0
Emily Kliethermes	8	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0
Jen Rost	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Susan Voss	4	0	4	0	0	0	0	0	0	0	0	0	0	0	0	0
Anne Rost	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Janna Ragland	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1
Tim Swinfard	30	10	0	10	0	0	*	10	0	0	0	0	0	0	0	0
Kenny Voss	10	0	10	0	0	0	*	0	0	0	0	0	0	0	0	0
Shawn McCauley	10	0	0	0	0	0	*	0	0	10	0	0	0	0	0	0
John Conrad	10	0	0	0	0	0	*	0	0	0	0	0	0	0	0	10
Scott Amos	10	0	0	0	0	0	*	0	0	0	0	0	0	0	10	0
Jason Groene	8	0	0	8	0	0	*	0	0	0	0	0	0	0	0	0
Aaron Shaefer	8	0	0	0	0	0	*	0	0	8	0	0	0	0	0	0
Ethan Ross	8	0	0	0	0	0	*	0	0	0	0	0	0	0	0	8
Eric Kliethermes	6	0	0	0	0	0	*	0	0	0	0	0	0	0	0	6

<b>Experienced Masters (50-59)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Dottie Ruettgers	46	10	8	10	0	0	0	0	0	8	0	0	0	0	0	10
Julie Miller	40	0	10	0	0	0	0	0	0	10	0	0	10	0	10	0
Debbie Jungmeyer	32	0	0	8	0	0	0	0	0	0	8	0	0	10	0	6
Coleen Moses	25	0	6	5	0	0	0	10	0	0	0	0	0	0	0	4
Kateryna Kalugina	22	0	5	6	0	0	0	0	0	6	5	0	0	0	0	0
Lisa Hennon	16	0	0	0	0	0	10	0	0	0	6	0	0	0	0	0
Karen Backes	10	0	0	0	0	0	0	0	0	0	10	0	0	0	0	0
Leasa Weghorst	10	0	0	0	0	0	0	0	0	5	0	0	0	0	0	5
Lynne Shea	8	0	0	0	0	0	0	0	0	0	0	0	0	0	8	0
Theresa Higgins	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Karen Wisch	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Lisa Berendzen	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
Kevin Stock	75	6	4	6	0	0	*	10	0	6	5	10	8	10	0	10
Valerly Kalugin	40	8	5	8	0	0	*	0	0	8	8	0	0	0	3	0
Mark Ragland	30	0	6	10	0	0	*	0	0	10	0	0	0	0	4	0
Dana Frese	30	0	10	0	0	0	*	0	0	0	0	0	10	0	10	0
Dennis Harden	24	0	0	0	0	10	*	0	0	0	6	0	0	0	0	8
Doug Hennon	18	0	8	0	0	0	*	0	0	0	10	0	0	0	0	0
John Steinmeyer	10	10	0	0	0	0	*	0	0	0	0	0	0	0	0	0
Mike Shea	8	0	0	0	0	0	*	0	0	0	0	0	0	0	8	0
Steve Hartman	6	0	0	0	0	0	*	0	0	0	0	0	0	0	6	0
Kevin Wisch	6	0	0	0	0	0	*	0	0	0	0	0	0	0	0	6
Lucas Chen	5	0	0	0	0	0	*	0	0	0	0	0	0	0	5	0
Kevin Jungmeyer	4	0	0	0	0	0	*	0	0	0	4	0	0	0	0	0
Dan Miller	3	0	3	0	0	0	*	0	0	0	0	0	0	0	0	0
Mike Berendzen	2	0	0	0	0	0	*	0	0	0	0	0	0	0	2	0
Colin Nichols	1	0	0	0	0	0	*	0	0	0	0	0	0	0	1	0

## 2017 RACE SERIES FINAL (THROUGH THE PIE RUN 10K AND 5K)

<b>Really Experienced Masters (60-69)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Sharon Shaefer	75	10	10	5	0	0	10	0	0	6	8	0	10	8	8	0
Barbara Huddleston	60	0	0	10	0	0	0	0	0	10	10	10	0	10	10	0
Elaine Foster	34	0	0	6	0	10	0	0	10	8	0	0	0	0	0	0
Venny Groene	16	0	8	8	0	0	0	0	0	0	0	0	0	0	0	0
Bonnie Wagers	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Sally Graham	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
David Neighbors	76	10	10	0	10	10	*	10	0	0	0	0	8	8	0	10
Stuart Huddleston	56	0	0	10	0	0	*	0	0	10	10	10	0	6	10	0
Brian Price	46	8	8	8	0	0	*	0	0	8	8	0	6	0	0	0
John Weghorst	20	0	0	0	0	0	*	0	0	0	0	0	10	10	0	0
Roger Schmid	8	0	0	0	0	0	*	0	0	0	0	0	0	0	0	8
Marvin Feldman	6	0	0	0	0	0	*	0	0	0	0	0	0	0	0	6
Bill LePage	0	0	0	0	0	0	*	0	0	0	0	0	0	0	0	0
<b>Been There, Done That (70+)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Bill Gerling	120	0	10	10	10	10	*	10	10	10	10	10	10	10	0	10
Richard Carlson	42	10	0	8	0	8	*	0	0	8	8	0	0	0	0	0

If you see any errors in the race series standings, please email [Karen@runjeffcity.org](mailto:Karen@runjeffcity.org).



## 2017 Jefferson City Road Runners Race Series Races

Here are the races in the 2017 Race Series. The race details will be posted on our website and in the newsletter as race directors confirm dates and times. The races in the race series may change based on the Commissioner's determination of the availability of results and other factors. We will fill in the dates below as series races are confirmed.

#	Race	Date	2018 Date
1	Ring in the New Year Mile	01/01	01/01
2	Luck of the Irish 5K	03/11	03/17
3	Spring Fling 5K	04/15	04/21
4	Little Box of Sunshine Walk, Run and Roll 5K	04/29	
5	Rock n Roll 5K (formerly the Cinco de Mayo 5K)	05/06	
6	Mother's Day 5K	05/13	
7	Happy Feet for Health Minds 5K /1 mile Walk	05/20	
8	Run/Walk to Victory Over Human Trafficking	06/03	
9	Firecracker Mile	07/04	07/04
10	Kyle's Summer Classic 5K	07/15	07/21
11	Ozark Ham and Turkey 5K	09/16	09/15
12	Helias Homecoming 5K	09/30	
13	Zonta 5K	10/28	
14	Thanksgiving Day Pie Run 10K	11/23	11/22
15	Thanksgiving Day Pie Run 5K	11/23	11/22

The Mother's Day 5K does not count as a race series event for men.