

Jeff City Road Runners

We Run This Town.

February 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



JCRR Race Series 2018

March 17, 2018	Luck of the Irish 5K	Downtown Jefferson City
April 21, 2018	Spring Fling 5K	Commuter Parking Lot at Hwy 54 Airport Exit
April 28, 2018	2nd Annual Little Box of Sunshine Walk, Run & Roll 5K	West Edgewood Drive

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

NEW JCRR WEB SITE

Check out the new look of the Jefferson City Road Runners' web page, <https://runjeffcity.org/>.

Karen Wisch implemented the makeover in January. One change you will notice is the Race Calendar which now appears in a typical calendar layout by default. If you prefer the more traditional "List" view, under "View As" just click the word "Month" and then click "List" and voila, a list of races by month appears.

If you have any questions about the website please let Karen know.

As always if you have any suggestions for the web page, the club or the newsletter, please let us know by contacting [Karen@runjeffcity.org](mailto:karen@runjeffcity.org).

You are also welcome and encouraged to submit articles about your running adventures for the newsletter.

Have a great 2018 and hope to see you at the Annual Meeting on the 17th!

Race Series How It Works

Recently some questions have come up about the race series. It's been a while since we explained how it works, so here it is.

The calculation of points by race is a manual process. We do not have any kind of program to match club members to race results and calculate the standings.

Each club member in the race receives the number of points based on their order of finish within their age group. Each member in the race receives a minimum of one point, regardless of their order of finish. For the Pie Run, the 5K is scored separately from the 10K, meaning that there will be two in each age group awarded 10 points, 8 points, and so forth.

Place Overall by Age Group	Points
1 st	10
2 nd	8
3 rd	6
4 th	5
5 th	4
6 th	3
7 th	2
8 th	1
9 th	1
10 th etc.	1

The age group is determined by the racer's age for the first race they run for the year. So if someone is 39 in March when they run their first race, and turns 40 during the summer, they stay in the 30-39 age group for the year.

When the new year starts, members from the previous year are included in the series until around September. If someone is in the series who has not yet renewed for the year by then, they are removed from the series.

A person must be a member of the club to be able to score points for a race. For example, if a new member joins in July, we do not go back and review the prior races to determine if they ran it, their order of finish in their age group and the assignment of points.

There is somewhat of an exception to this, however. If a person joins in July and the race series results have not been updated since April, the person would be included in those race series points for races run before they joined, but for which the results have not been calculated.

This can get a bit tricky. This assumes the person who joined in July is identifiable in those race results that have not yet been updated in the series. Potentially, it could treat two people differently who ran the same races but joined at a different time.

These examples assume the race series is updated at the end of July:

- Alice joins the club near the end of July *before* the race series is updated with April, May and June races. Alice would get credit for those races since the race series was last updated in April.
- Becky joins the club at the beginning of August *after* the race series is updated with April May and June races. Becky would not get credit for those races since the race series was last updated at the end of July.

The race series awards distributed at the annual meeting go three deep in each age group. There are also awards for members who participated in all of the races in the series. A person could win both an age group award and an award for running all the races in a year.

The races in the series could change from year to year. This determination is made by the Commissioner as to whether or not a race is local, if it is established as an annual event and if accurate results that include age and gender are available.

Historically, the Mother's Day 5K was for women only. Since the race now welcomes men, beginning in 2018 this *will* be a race series event for men as well as women.

As always, please let us know if you see any race series results that may not be accurate or if you have any questions about the race series.

JCRRC 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.

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

Date	Time	Race	Place	Contact / More Info
02/17	10:00	Runnin' Against Multiple Sclerosis 5K	Stephens Lake Park 2001 E Broadway	RunninAgainstMS5k
02/24	7:30	Clinton Historic Half Marathon and 5K	Clinton, MO	Clinton Historic Half Marathon and 5K
03/17	9:00	Luck of the Irish 5K	Downtown Jefferson City	Luck of Irish
03/17	11:00	Knights of Columbus 2nd Annual 5K Run / Walk	Linn, MO	
03/24	8:00	Paint the Town	Westphalia, MO	http://www.runjeffcity.org
03/24	9:00	Sedalia Half Marathon and 5K	Sedalia, MO	sedalia-half-marathon-5k-run-run/
04/07	9:00	3rd Annual Callaway Co. 4-H 5K Run / Walk	New Bloomfield, MO, Dollar General Parking Lot	callawaycounty4h5k
04/21	9:00	Spring Fling 2018 5K	Hwy 54 to Airport Exit, then East on Cedar City Road, then Left on Hibernia Road to Commuter Lot	http://www.runjeffcity.org
04/28	9:00	2nd Annual Little Box of Sunshine Walk, Run & Roll 5K	West Edgewood Drive	https://www.facebook.com/littleboxofsunshine
05/19	8:00	Happy Feet for Healthy Minds 5K / 1-Mile	North Jefferson City Pavilion	http://www.runjeffcity.org
06/02	9:00	Run 4 Justice – Break the Chains of Human Trafficking 5K	Linn, MO City Park behind baseball field near Highway 50	Run 4 Justice
06/02	7:30	ABC Run the Good Race 5K / 10K	Ashland Baptist Church	ABC Run the Good Race
06/09	7:00	Eldon Rock Island Road Race 10K and 15K	Rock Island Park in Eldon (E 8 th St)	Eldon Rock Island Road Race
06/10	7:00	Jefferson City Triathlon, Duathlon & Team Relay: The Great Escape	Ellis Porter Riverside Park Jefferson City	https://www.jcmotri.com/home.html

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)

Youth (<19)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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
Open (19-29)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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
Thirty something (30-39)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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)

Masters (40-49)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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

Experienced Masters (50-59)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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)

Really Experienced Masters (60-69)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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
Been There, Done That (70+)	Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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.

2018 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	2017 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	04/28
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	05/19
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

Historically the Mother's Day Race was women only. Since that restriction has not been in effect for many years, we are going to change and starting in 2018 include men in the race series for this race.