

# Jeff City Road Runners

We Run This Town.

## April 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)



### JCRR Race Series 2018

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
May 5, 2018	Cinco de Mayo 5K Rock & Run Distance	North Jefferson City Pavilion
May 12, 2018	Mother's Day 5K	North Jefferson City Pavilion
May 19, 2018	Happy Feet for Healthy Minds 5K / 1-Mile	North Jefferson City Pavilion

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

### AND NOW FOR SOMETHING COMPLETELY DIFFERENT!

At the NCAA Division I Indoor Track and Field Championships on March 10<sup>th</sup> the Texas A+M Aggies 4 x 400 meter relay team set a new world record – and came in second.

The Aggies 3:01.39 was good enough for a world record but they came in second to USC's 3:00.77. The Aggies came away with the record because all four runners are American, whereas Southern Cal had a runner from Antigua. To qualify for a world record in this relay all four runners must come from the same country. The University of Florida came in third with a time of 3:01.43 that was also better than the previous record set by Poland at the World Indoor Championships in Birmingham, England with a time of 3:01.77 on March 4<sup>th</sup>.

#### Results: Men 4x400 M Relay (Finals)

Pl	Ln	Team	Time	L1 ▲ ▼	L2 ▲ ▼	L3 ▲ ▼	L4 ▲ ▼
1	5	USC	3:00.77	46.24 [46.24]	1:30.59 [44.35]	2:16.25 [45.67]	3:00.77 [44.52]
2	4	TEXAS A&M	3:01.39	46.57 [46.57]	1:31.40 [44.84]	2:16.88 [45.48]	3:01.39 [44.52]
3	6	FLORIDA	3:01.43	46.42 [46.42]	1:31.33 [44.91]	2:16.69 [45.36]	3:01.43 [44.75]
4	3	HOUSTON	3:08.86	46.99 [46.99]	1:34.72 [47.73]	2:21.42 [46.71]	3:08.86 [47.44]

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
1	62	Christopher Barrigar	17:09	47	M	Run	40-49	1st M
2	241	Tony Hicks	18:24	38	M	Run	30-39	1
3	338	Doug Assenmachor	18:44	52	M	Run	50-59	1
4	55	Nicholas Wagner	19:41	37	M	Run	30-39	2
5	129	Dana Frese	19:57	55	M	Run	50-59	2
6	202	Amanda Schreiber	20:00	31	F	Run	30-39	1st F
7	58	John Reinkemeyer	20:47	59	M	Run	50-59	3
8	353	Aaron Klahr	21:02	14	M	Run	11-14	1
9	100	Jay Langton	21:12	39	M	Run	30-39	3
10	294	Garrett Scheulen	21:15	14	M	Run	11-14	2
11	351	Harrison Miller	22:02	14	F	Run	11-14	1
12	207	Christopher Will	22:02	35	M	Run	30-39	4
13	289	Connor Chinn	22:13	11	M	Run	11-14	3
14	230	Antoine Sprumont	22:41	18	M	Run	15-19	1
15	217	Mark Ragland	22:57	56	M	Run	50-59	4
16	354	Grant Glover	22:58	25	M	Run	20-29	1
17	37	Cristian Ortiz	23:10	26	M	Run	20-29	2
18	282	Quinn Walker	23:13	15	M	Run	15-19	2
19	295	Parker Noble	23:19	13	M	Run	11-14	4
20	342	Christopher Winters	23:25	49	M	Run	40-49	1
21	350	Julie Miller	23:33	52	F	Run	50-59	1
22	263	Dale Bax	23:52	45	M	Run	40-49	2
23	250	Brenda Morris	23:53	50	F	Run	50-59	2
24	137	Aaron Schmidt	23:53	47	M	Run	40-49	3
25	339	Carol Bullard	24:00	57	F	Run	50-59	3
26	292	Averial Williams	24:10	12	M	Run	11-14	5
27	337	Aaron Rackers	24:19	36	M	Run	30-39	5
28	128	Kathleen Frese	24:21	49	F	Run	40-49	1
29	186	Danny Brenneke	24:29	34	M	Run	30-39	6
30	280	Sarah Groene	24:32	12	F	Run	11-14	2
31	238	Tyler Spence	24:40	23	M	Walk	20-29	1
32	1	Brett Graziano	24:57	34	M	Run	30-39	7
33	281	Michael Groene	25:00	10	M	Run	01-10	1
34	34	Amy Groene	25:02	44	F	Run	40-49	2
35	262	Amanda Landrum	25:11	29	F	Run	20-29	1
36	166	Kevin Heislen	25:17	52	M	Run	50-59	5
37	277	Jameson Gerbes	25:39	9	M	Run	01-10	2
38	278	Jackson Gerbes	25:39	9	M	Run	01-10	3
39	9	Michelle Ebberts	25:40	30	F	Run	30-39	1
40	261	Zachary Davis	25:41	30	M	Run	30-39	8
41	210	Steven Bates	25:56	45	M	Run	40-49	4
42	322	Jaxon Sneller	25:59	10	M	Run	01-10	4
43	248	Shannon Kempf	26:01	42	M	Run	40-49	5
44	239	Nicole Lamb	26:03	23	F	Run	20-29	2
45	111	Aisha Williams	26:08	38	F	Run	30-39	2
46	138	James Klahr	26:08	50	M	Run	50-59	6
47	157	Jennifer Griffin	26:11	46	F	Run	40-49	3
48	74	David Neighbors	26:30	62	M	Run	60-69	1
49	56	Craig Hall	26:37	48	M	Run	40-49	6
50	27	McKenzie Keilholz	26:50	21	F	Run	20-29	3
51	81	Scott Englund	26:51	56	M	Run	50-59	7
52	160	Joshua Ferguson	26:53	29	M	Run	20-29	3
53	119	Todd Witt	26:54	29	M	Run	20-29	4
54	96	Dustin Haley	27:06	37	M	Run	30-39	9

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
55	328	Jolene Paden	27:12	51	F	Run	50-59	4
56	279	Leah Groene	27:28	14	F	Run	11-14	3
57	245	James Crawshaw	27:29	29	M	Run	20-29	5
58	329	Marcia Hahn	27:33	35	F	Run	30-39	3
59	18	Nicole Cassmeyer	27:35	38	F	Run	30-39	4
60	325	Susan Newbold	27:35	51	F	Run	50-59	5
61	316	Brad Oxenhandler	27:51	59	M	Run	50-59	8
62	67	Maura Browning	27:52	43	F	Run	40-49	4
63	158	Alicia Robinson	27:57	52	F	Run	50-59	6
64	139	Tom Noble	28:05	42	M	Run	40-49	7
65	130	Iris Desha	28:06	42	F	Run	40-49	5
66	149	Bradley Shimmens	28:07	29	M	Run	20-29	6
67	224	Jeff Maynard	28:14	61	M	Run	60-69	2
68	180	Stephanie Childress	28:19	41	F	Run	40-49	6
69	105	Morgan Werdehausen	28:21	29	F	Run	20-29	4
70	42	Cotton Walker	28:22	51	M	Run	50-59	9
71	113	Laura Moehlman	28:25	37	F	Run	30-39	5
72	178	Isaac Williams	28:25	35	M	Run	30-39	10
73	11	Kristin Estes	28:26	33	F	Run	30-39	6
74	103	Ashley Allan	28:27	33	F	Run	30-39	7
75	83	Jonathan Graham	28:43	47	M	Run	40-49	8
76	95	Jillian Moseley	28:46	40	F	Run	40-49	7
77	310	Sophie Wright	28:51	9	F	Run	01-10	1
78	144	Dennis Harden	28:59	58	M	Run	50-59	10
79	108	Aubrey Moss	29:11	29	F	Run	20-29	5
80	347	Ashley Green	29:18	33	F	Run	30-39	8
81	346	Matt Green	29:19	34	M	Run	30-39	11
82	133	Sarah Goldman	29:22	41	F	Run	40-49	8
83	179	Lyndsay York	29:36	29	F	Run	20-29	6
84	13	Desiree Vitale	29:38	35	F	Run	30-39	9
85	171	Karen Backes	29:38	59	F	Run	50-59	7
86	362	Alora Lepage	29:51	12	F	Walk	11-14	1
87	107	Nicole Porter	29:59	38	F	Run	30-39	10
88	84	Lori Graham	30:03	38	F	Run	30-39	11
89	156	Jared Lee	30:03	42	M	Run	40-49	9
90	122	Roger Schmid	30:05	69	M	Run	60-69	3
91	257	Nathan Kempf	30:10	42	M	Run	40-49	10
92	299	Grady Lee	30:11	7	M	Run	01-10	5
93	164	Christopher Leroux	30:12	47	M	Run	40-49	11
94	227	Erin Graham	30:17	30	F	Run	30-39	12
95	177	Daniel Hinds	30:23	48	M	Run	40-49	12
96	304	Peter Andersen	30:28	9	M	Run	01-10	6
97	358	Nicole Dudenhoeffer	30:37	29	F	Run	20-29	7
98	135	Theresa Scheulen	30:51	45	F	Run	40-49	9
99	189	Clinton Welch	30:54	49	M	Run	40-49	13
100	146	Agnes Boehm	30:59	53	F	Run	50-59	8
101	298	Kari Kemna	31:00	11	F	Run	11-14	4
102	305	Megan Dierking	31:00	11	F	Run	11-14	5
103	72	Becci (Rebecca) Taylor	31:02	58	F	Run	50-59	9
104	259	Ryan Boeckman	31:04	33	M	Run	30-39	12
105	143	Boni Wagers	31:16	67	F	Run	60-69	1
106	215	Rebecca Veit	31:28	54	F	Run	50-59	10
107	12	Leo Bellamy	31:32	41	M	Run	40-49	14
108	235	Toma Walton	31:37	26	M	Run	20-29	7
109	320	Jason Sneller	31:40	36	M	Run	30-39	13

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
110	87	Venny Groene	31:42	65	F	Run	60-69	2
111	168	Gabrielle Berry	31:50	23	F	Run	20-29	8
112	50	Richard Carlson	31:53	76	M	Run	70+	1
113	39	Christina Flanagan	32:06	45	F	Run	40-49	10
114	38	Jeremy Kintzel	32:07	45	M	Run	40-49	15
115	82	Gina Chinn	32:08	36	F	Run	30-39	13
116	246	Tricia Labenz	32:19	39	F	Run	30-39	14
117	359	Kristin Metzger	32:19	36	F	Run	30-39	15
118	242	Cathy Hollaway	32:19	50	F	Run	50-59	11
119	194	Ruth Winters	32:45	54	F	Run	50-59	12
120	7	Emma Boessen	32:48	18	F	Run	15-19	1
121	192	Jeremy Cobb	32:48	47	M	Run	40-49	16
122	306	Anna Lueckenotte	32:57	14	F	Run	11-14	6
123	188	Maggie Noble	32:57	18	F	Run	15-19	2
124	185	Curtis Stokes	33:20	38	M	Run	30-39	14
125	14	Christina Jenks	33:30	42	F	Run	40-49	11
126	205	Lessie Jenks	33:30	46	F	Run	40-49	12
127	216	Julia Bredenkoetter	33:37	39	F	Run	30-39	16
128	201	Dana Strobe	33:50	44	F	Run	40-49	13
129	348	Tim Sigmund	33:52	51	M	Run	50-59	11
130	22	Tommy Caudle	33:56	48	M	Run	40-49	17
131	197	Amanda Roth	34:01	25	F	Run	20-29	9
132	287	Rylee Irwin	34:02	10	F	Run	01-10	2
133	334	Kaitlyn Crouch	34:15	13	F	Run	11-14	7
134	333	Bill Dunn	34:16	40	M	Run	40-49	18
135	293	Mason Frank	34:35	14	M	Run	11-14	6
136	132	Shawn Goldman	34:40	42	M	Run	40-49	19
137	69	Erica Jaegers	34:44	34	F	Run	30-39	17
138	106	Katie Struempf	34:45	29	F	Run	20-29	10
139	357	jami kallenbach	34:46	29	F	Run	20-29	11
140	243	Daniel Couch	34:47	46	M	Run	40-49	20
141	77	Becky Allmeroth	34:49	45	F	Run	40-49	14
142	244	Carrie Couch	34:51	44	F	Run	40-49	15
143	219	Monica Dauderman	35:00	44	F	Run	40-49	16
144	126	Laura Naught	35:07	39	F	Run	30-39	18
145	326	Star Flores	35:16	34	F	Run	30-39	19
146	43	Heather Bisges	35:20	41	F	Run	40-49	17
147	159	Derek Lear	35:23	37	M	Run	30-39	15
148	93	Katelyn Rush	35:25	22	F	Run	20-29	12
149	170	Jenna Poire	35:26	24	F	Run	20-29	13
150	345	Evelyn Goodman	35:35	7	F	Run	01-10	3
151	33	Jenny Goodman	35:35	41	F	Run	40-49	18
152	32	Christopher Goodman	35:37	41	M	Run	40-49	21
153	317	Shelda Sternberg	35:39	43	F	Run	40-49	19
154	48	Tabatha Brightwell	36:01	36	F	Walk	30-39	1
155	228	Ashley Wright	36:10	28	F	Run	20-29	14
156	109	Gil Long	36:14	35	M	Run	30-39	16
157	291	Liam Long	36:15	8	M	Run	01-10	7
158	117	James Mayer	36:17	63	M	Run	60-69	4
159	363	Kate McKenna	36:29	34	F	Run	30-39	20
160	360	Grace Bailes	36:32	9	F	Run	01-10	4
161	92	Sharon Shaefer	36:44	65	F	Run	60-69	3
162	237	Brenda Gebhardt	36:46	56	F	Walk	50-59	1
163	125	William Naught	36:48	43	M	Run	40-49	22
164	209	Heather Berhorst	36:56	32	F	Run	30-39	21

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
165	274	Jeanne Blomberg	37:00	49	F	Run	40-49	20
166	86	Donna Mehrhoff	37:08	56	F	Run	50-59	13
167	321	Matt Fleming	37:18	38	M	Run	30-39	17
168	283	Nola Borgmeyer	37:26	11	F	Walk	11-14	2
169	267	Jennifer Degenhardt	37:31	29	F	Walk	20-29	1
170	79	Rachel Hays	37:34	27	F	Run	20-29	15
171	112	Averial Williams	37:37	33	M	Run	30-39	18
172	256	Rebecca McKinstry	37:46	37	F	Run	30-39	22
173	286	Margaux Browning	38:04	9	F	Run	01-10	5
174	68	Jonathan Browning	38:13	41	M	Run	40-49	23
175	49	Cynthia Hull	38:15	53	F	Run	50-59	14
176	163	Nola Tyree	38:36	63	F	Run	60-69	4
177	318	Janet Morgan	38:42	67	F	Run	60-69	5
178	16	Layla Garriott	39:00	16	F	Run	15-19	3
179	15	Katie Schierbecker	39:01	27	F	Run	20-29	16
180	174	Pamela Harlan	39:20	46	F	Run	40-49	21
181	240	Kathy Abernathy	39:20	54	F	Run	50-59	15
182	66	Liz Fleenor	39:36	52	F	Run	50-59	16
183	319	Ashley Sneller	39:49	35	F	Walk	30-39	2
184	323	Lanie Sneller	39:50	7	F	Walk	01-10	1
185	141	Michael Spillane	39:53	57	M	Run	50-59	12
186	154	Sondra Gonder	39:57	54	F	Run	50-59	17
187	290	Ben Gonder	39:58	9	M	Run	01-10	8
188	264	Christopher Bosch	40:05	63	M	Walk	60-69	1
189	25	Lindsey Kolb	40:14	20	F	Walk	20-29	2
190	24	Leigh Ann Autenrieth	40:14	49	F	Walk	40-49	1
191	332	Christie Kincannon	40:18	52	F	Walk	50-59	2
192	52	Stephanie Borgmeyer	40:20	40	F	Walk	40-49	2
193	51	Coleen Moses	40:21	58	F	Walk	50-59	3
194	361	Ashley LePage	40:28	32	F	Walk	30-39	3
195	265	Barbara Bosch	40:33	56	F	Walk	50-59	4
196	120	Pamela Mayfield	40:42	47	F	Walk	40-49	3
197	249	Bridget Berhorst	40:42	47	F	Walk	40-49	4
198	340	Emilee Sinnett	40:45	9	F	Run	01-10	6
199	341	Claire Sinnett	40:46	9	F	Run	01-10	7
200	229	Angela Hake	41:05	43	F	Walk	40-49	5
201	343	Kate Sinnett	41:10	42	F	Run	40-49	22
202	3	Carey Brooks	41:11	43	F	Run	40-49	23
203	181	Ashlee Jenkins	41:13	35	F	Walk	30-39	4
204	94	Chad Pond	41:13	43	M	Run	40-49	24
205	104	Michael Brock	41:26	60	M	Walk	60-69	2
206	223	Rebecca Maynard	41:33	58	F	Run	50-59	18
207	44	Steven Brenner	41:36	44	M	Run	40-49	25
208	206	Lindy Capps	41:49	30	F	Run	30-39	23
209	336	Olivia Busby	41:52	8	F	Run	01-10	8
210	134	Kateryna Kalugina	41:53	52	F	Walk	50-59	5
211	335	Brian Bushy	41:54	38	M	Run	30-39	19
212	258	Bruce McKinstry	42:06	68	M	Run	60-69	5
213	127	Dennis Figg	42:20	59	M	Walk	50-59	1
214	355	Brandon Johns	42:26	32	M	Walk	30-39	1
215	75	Jeanann Neighbors	42:28	61	F	Walk	60-69	1
216	57	Stacy Hall	42:43	40	F	Run	40-49	24
217	324	Rod Weaver	43:46	57	M	Run	50-59	13
218	307	Megan Lueckenotte	44:04	11	F	Run	11-14	8
219	271	Elizabeth Schanbacher	44:05	31	F	Walk	30-39	5

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
220	204	Kimberly Lueckenotte	44:12	40	F	Run	40-49	25
221	136	Connie Schmidt	44:13	45	F	Walk	40-49	6
222	145	Shelley Smith	44:13	51	F	Walk	50-59	6
223	284	Allie Brizendine	44:28	12	F	Run	11-14	9
224	61	Marti Brizendine	44:28	39	F	Walk	30-39	6
225	17	Jennifer Hart	44:28	56	F	Walk	50-59	7
226	270	Leigh Patterson	44:29	62	F	Run	60-69	6
227	313	John Farris	44:29	5	M	Run	01-10	9
228	184	Maria Stokes	44:44	38	F	Run	30-39	24
229	195	Aimee Andersen	44:46	47	F	Run	40-49	26
230	222	Brin Ballard-Rayl	44:57	36	F	Run	30-39	25
231	273	Jonathon Cannon	44:57	33	M	Run	30-39	20
232	115	Morgan Schumer	45:25	24	F	Walk	20-29	3
233	90	Amber Smart	45:27	26	F	Walk	20-29	4
234	40	Patrick Flanagan	45:36	54	M	Run	50-59	14
235	60	Esteban Bedolla	45:42	25	M	Run	20-29	8
236	59	Sonia Bedolla	45:43	23	F	Run	20-29	17
237	301	Brooklyn Wheat	46:07	8	F	Walk	01-10	2
238	30	Richard Berkley	46:08	52	M	Walk	50-59	2
239	101	Kristi Campbell	46:30	43	F	Walk	40-49	7
240	266	Blythe Harris	46:33	39	F	Walk	30-39	7
241	148	Stephanie Smith	46:33	54	F	Walk	50-59	8
242	331	Charmaeme Land	46:33	57	F	Walk	50-59	9
243	102	Theresa Buhr	46:36	58	F	Walk	50-59	10
244	176	Sara Wheat	46:37	41	F	Walk	40-49	8
245	311	Chloe Stafford	47:02	8	F	Walk	01-10	3
246	247	Becky Stafford	47:13	37	F	Walk	30-39	8
247	47	Nancy Reinkemeyer	47:13	58	F	Walk	50-59	11
248	173	Allison Muenks	47:16	22	F	Run	20-29	18
249	172	Rhonda Muenks	47:16	45	F	Run	40-49	27
250	231	Kelsey Koetting	47:35	23	F	Run	20-29	19
251	167	Chris Berry	47:51	50	F	Run	50-59	19
252	118	Curtis Burton	48:03	35	M	Walk	30-39	2
253	344	Ali Berhorst	48:12	32	F	Run	30-39	26
254	85	Amy Lindsey	48:12	39	F	Walk	30-39	9
255	31	Dottie Ruettgers	48:20	58	F	Run	50-59	20
256	302	Rowynn Steiner	48:21	4	F	Run	01-10	9
257	190	Rita Steiner	48:21	30	F	Run	30-39	27
258	312	Summerleigh Farris	48:23	7	F	Walk	01-10	4
259	260	Savannah Farris	48:23	32	F	Walk	30-39	10
260	303	Jonah Cobb	48:26	7	F	Run	01-10	10
261	191	Paula Cobb	48:26	46	F	Walk	40-49	9
262	193	Justin Cobb	48:26	18	M	Run	15-19	3
263	6	Belinda Volz	48:35	56	F	Walk	50-59	12
264	169	Susan Bolten Hilkemeyer	48:36	60	F	Walk	60-69	2
265	330	Lucinda Rumpt	48:37	33	F	Walk	30-39	11
266	98	Tracy Wallace	48:38	34	F	Walk	30-39	12
267	35	Nikki Veit	48:56	46	F	Run	40-49	28
268	88	Shirley Schulte	48:58	59	F	Walk	50-59	13
269	29	Shannan Sculte	48:59	20	F	Walk	20-29	5
270	233	John Picray	49:10	32	M	Run	30-39	21
271	236	Julie Gates	49:33	41	F	Walk	40-49	10
272	45	Sarah Mengwasser	49:34	34	F	Walk	30-39	13
273	8	Tommi Pogue	49:50	46	F	Walk	40-49	11
274	151	Jill Herigon	49:50	46	F	Walk	40-49	12

**Luck of the Irish 5K**  
Downtown Jefferson City  
March 17, 2018

Place	Bib #	Name	Time	Age	Gender	Division	Age Grp	Age Grp Place
275	252	Megan Hickman	50:00	27	F	Walk	20-29	6
276	255	Sarah Hickman	50:00	24	F	Walk	20-29	7
277	254	Jackie Hickman	50:00	55	F	Walk	50-59	14
278	253	Jim Hickman	50:00	58	M	Walk	50-59	3
279	211	Christy Bates	50:02	44	F	Walk	40-49	13
280	218	Tanya Lee	50:02	42	F	Walk	40-49	14
281	225	Sally Graham	50:14	64	F	Walk	60-69	3
282	226	Richard Graham	50:14	74	M	Walk	70+	1
283	285	Kinley Eveler	50:22	7	F	Walk	01-10	5
284	309	Lyssa Sportsman	50:36	12	F	Walk	11-14	3
285	220	Jessica Sportsman	50:37	28	F	Walk	20-29	8
286	64	Ashley Eveler	50:41	33	F	Walk	30-39	14
287	65	Matthew Eveler	50:42	33	M	Walk	30-39	3
288	123	Brenda Chick	50:57	71	F	Walk	70+	1
289	203	Kyla Asel	51:03	31	F	Run	30-39	28
290	97	Ellen Rutledge	51:04	44	F	Walk	40-49	15
291	155	Diane Kemna	51:07	44	F	Run	40-49	29
292	26	Jeana Pringer	52:20	36	F	Run	30-39	29
293	198	Jennifer Parker	52:29	41	F	Walk	40-49	16
294	121	Debbie Whitener	52:30	64	F	Walk	60-69	4
295	232	Maureen Thompson	52:38	65	F	Walk	60-69	5
296	356	Alycia Johns	53:00	30	F	Walk	30-39	15
297	63	Kristen Drews	53:02	37	F	Walk	30-39	16
298	131	Michelle Varcho	53:02	48	F	Walk	40-49	17
299	5	Jerry Roush	53:04	55	M	Walk	50-59	4
300	142	Russchell Weaver	53:31	52	F	Run	50-59	21
301	352	Sarah Aplin	53:32	35	F	Run	30-39	30
302	116	Amy Frank	53:41	43	F	Walk	40-49	18
303	124	Susan Lamb	53:43	47	F	Walk	40-49	19
304	53	Jon Beetem	53:48	59	M	Walk	50-59	5
305	272	Patty Verslues	53:55	63	F	Walk	60-69	6
306	89	Joan Philbert	53:55	71	F	Walk	70+	2
307	162	Lisa Garritano	53:58	48	F	Run	40-49	30
308	349	Garrick Aplin	54:11	35	M	Run	30-39	22
309	20	Art Sportsman	54:45	48	M	Walk	40-49	1
310	314	Patty Lawrence	54:46	62	F	Run	60-69	7
311	315	Sally Oxenhandler	54:51	58	F	Run	50-59	22
312	308	Stella Crane	55:32	7	F	Walk	01-10	6
313	208	D'Arcy Crane	55:32	42	F	Walk	40-49	20
314	161	Lorrie Campbell	56:16	45	F	Walk	40-49	21
315	147	Susan Petersen	57:29	65	F	Walk	60-69	7
316	114	Kathie Lauher	57:30	65	F	Walk	60-69	8
317	54	Jane Beetem	57:37	58	F	Walk	50-59	15
318	153	Sheri Spratt	58:23	41	F	Walk	40-49	22
319	140	Jennie Ames	58:41	71	F	Walk	70+	3
320	327	Buck Wilson	58:41	64	M	Walk	60-69	3
321	296	Lydia Spratt	58:43	7	F	Walk	01-10	7
322	297	Addison Spratt	58:44	11	F	Walk	11-14	4
323	73	Sarah Becker	58:54	36	F	Run	30-39	31
324	288	Alexis Becker	59:03	14	F	Run	11-14	10

## 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).

---

### 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
04/07	9:00	3rd Annual Callaway Co. 4-H 5K Run / Walk	New Bloomfield, MO, Dollar General Parking Lot	<a href="http://callawaycounty4h5k">callawaycounty4h5k</a>
04/14	8:00	Students for International Travel 5K Color Run/Walk	Blair Oaks Falcons Sports Complex in Wardsville	<a href="http://students-for-international-travel-5k-color-run-walk/">students-for-international-travel-5k-color-run-walk/</a>
04/14	10:00	Paint the People 5K	Binder Park, Jefferson City	<a href="https://runjeffcity.org/event/paint-the-people-5k/">https://runjeffcity.org/event/paint-the-people-5k/</a>
04/14	8:00	Students for International Travel 5K Color Run/Walk	Blair Oaks Sports Complex, Wardsville, MO	<a href="https://runjeffcity.org/events/list/">https://runjeffcity.org/events/list/</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>	<a href="http://www.runjeffcity.org">http://www.runjeffcity.org</a>
04/22	8:00	Earth Day 5K	Flat Branch Park, 300 S Providence Rd, Columbia, MO	<a href="http://renewmissouriearthday5k">renewmissouriearthday5k</a>
<b>04/28</b>	<b>9:00</b>	<b>2nd Annual Little Box of Sunshine Walk, Run &amp; Roll 5K</b>	<b>West Edgewood Drive</b>	<a href="https://www.facebook.com/littleboxofsunshine">https://www.facebook.com/littleboxofsunshine</a>
04/28	8:00	Lub Dub 5K/10K Run/Walk	Bothwell Regional Health Center 601 E. 14th Street Sedalia, MO	<a href="http://2018-lub-dub-5k-10k-run-walk/">2018-lub-dub-5k-10k-run-walk/</a>
<b>05/05</b>	<b>8:00</b>	<b>Cinco de Mayo 5K Rock &amp; Run Distance</b>	<b>North Jefferson City Pavilion</b>	<a href="http://thelanding.missourirealtor.org">thelanding.missourirealtor.org</a>
05/05	9:00	C. O. W. Computers on Wheels 5K and 1 Mile	614 S. Poplar Street, , Chamois, MO	<a href="https://runjeffcity.org/events/list/page/2/">https://runjeffcity.org/events/list/page/2/</a>
<b>05/12</b>	<b>9:00</b>	<b>Mother's Day 5K</b>	<b>North Jefferson City Pavilion</b>	<a href="http://Mother's Day 5K">Mother's Day 5K</a>
<b>05/19</b>	<b>8:00</b>	<b>Happy Feet for Healthy Minds 5K / 1-Mile</b>	<b>North Jefferson City Pavilion</b>	<a href="http://www.runjeffcity.org">http://www.runjeffcity.org</a>
06/02	9:00	Run 4 Justice – Break the Chains of Human Trafficking 5K	Linn, MO City Park behind baseball field near Highway 50	<a href="http://Run 4 Justice">Run 4 Justice</a>
06/02	7:30	ABC Run the Good Race 5K / 10K	Ashland Baptist Church	<a href="http://ABC Run the Good Race">ABC Run the Good Race</a>
06/09	7:00	Eldon Rock Island Road Race 10K and 15K	Rock Island Park in Eldon (E 8 <sup>th</sup> St)	<a href="http://Eldon Rock Island Road Race">Eldon Rock Island Road Race</a>
06/10	7:00	Jefferson City Triathlon, Duathlon & Team Relay: The Great Escape	Ellis Porter Riverside Park Jefferson City	<a href="https://www.jcmotri.com/home.html">https://www.jcmotri.com/home.html</a>
<b>07/04</b>	<b>8:00</b>	<b>Firecracker Mile</b>	<b>West Edgewood Drive NO SHIRTS! NO MEDALS! NO FEE! Lots of FUN!</b>	<a href="http://FirecrackerMile">FirecrackerMile</a>
<b>07/21</b>	<b>8:00</b>	<b>Kyle's Summer Classic</b>	<b>Greenway Parking Lot on West Edgewood Drive</b>	<a href="http://Kyle'sSummerClassic5K">Kyle'sSummerClassic5K</a>

**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.

## 2018 RACE SERIES (THROUGH THE LUCK OF THE IRISH 5K)

<b>Youth (&lt;19)</b>	<b>Total</b>	<b>1</b>	<b>2</b>
Rowynn Steiner	10	0	10
Harrison Miller	10	0	10
<b>Open (19-29)</b>	<b>Total</b>	<b>1</b>	<b>2</b>
Nicole Dudenhoeffer	10	0	10
<b>Thirty something (30-39)</b>	<b>Total</b>	<b>1</b>	<b>2</b>
Erin Graham	10	0	10
Rita Steiner	8	0	8
Nicholas Wagner	20	10	10
Brandon Johns	8	0	8
<b>Masters (40-49)</b>	<b>Total</b>	<b>1</b>	<b>2</b>
Kathy Frese	10	0	10
Stephanie Borgmeyer	8	0	8
<b>Experienced Masters (50-59)</b>	<b>Total</b>	<b>1</b>	<b>2</b>
Julie Miller	10	0	10
Brenda Morris	8	0	8
Karen Backes	6	0	6
Coleen Moses	5	0	5
Kateryna Kalugina	4	0	4
Dottie Ruettgers	3	0	3
Valerly Kalugin	10	10	0
Dana Frese	10	0	10
Mark Ragland	8	0	8
Dennis Harden	6	0	6

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

## 2018 Jefferson City Road Runners Race Series Races

Here are the races in the 2018 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	2018 Date
1	Ring in the New Year Mile	01/01
2	Luck of the Irish 5K	03/17
3	Spring Fling 5K	04/21
4	Little Box of Sunshine Walk, Run and Roll 5K	04/28
5	Rock n Roll 5K (formerly the Cinco de Mayo 5K)	05/05
6	Mother's Day 5K	05/12
7	Happy Feet for Health Minds 5K /1 mile Walk	05/19
8	Run 4 Justice Break the Chains of Human Trafficking 5K	06/02
9	Firecracker Mile	07/04
10	Kyle's Summer Classic 5K	07/21
11	Ozark Ham and Turkey 5K	09/15
12	Helias Homecoming 5K	
13	Zonta 5K	
14	Thanksgiving Day Pie Run 10K	11/22
15	Thanksgiving Day Pie Run 5K	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.