

Jeff City Road Runners

We Run This Town.

July 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

July 4, 2018	Firecracker Mile	West Edgewood Drive
July 21, 2018	Kyle's Summer Classic	West Edgewood Drive
Sept 15, 2018	Ozark Ham and Turkey Festival 5K	California, MO

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

Tunnel to Towers 5K Update

Since you have supported the JCMO Tunnel to Towers 5K in the past, I wanted to share a few notes from our Stephen's Squad meeting on Saturday.

1. We will be running a 25% sale on registration fees for July 4th. The sale will run from June 30th - July 4th. Please share this with your friends and family.
2. We are approved to have a table at the Our Heroes Exhibit during the JCMO July 4th celebration. It is July 4th, on Capitol Avenue, from 11am - 7pm, with set up around 10 am. If anyone is interested in volunteering, please let me know. We will do 2 hour time slots, but you can stay longer if you'd like. Please respond by Saturday, July 30th if you can help and include your phone number. I will be in touch over the weekend.
3. We will also have a table again at the State Fair on August 12th, as part of Military Appreciation Day, if you would like to help out that day, again, please respond with your telephone number. This event is 9 to 4.
4. Our next meeting is August 4th and will be at the Governor's Garden at 9AM. That way we can do a "walk through" of event set up.
5. If you would like to volunteer this year with our preparation activities or on event day, please let me know by responding to this email and include your phone number.

I've attached some documents related to sponsorships and also the Follow the Footsteps Award. This year we are using an "alternate" sponsorship option (see attachment). We still need nominations for the Follow the Footsteps Award and appreciate you spreading the word about this new award. If you have any questions please call or email me.

Follow us on Facebook, Instagram and Twitter @t2tjeffcity.

Regards,
Roxy Van Pool



NATIONAL FOLLOW THE FOOTSTEPS AWARD

- Given annually to one recipient from each event nationwide.
- Nominees should exemplify the bravery and heroism of Stephen Siller and the work of the Siller Family to do good.
- The Jefferson City Tunnel to Towers Stephen's Squad will select recipient from submitted nominations.
- All recipients will receive a congratulatory letter post event from the foundation.
- The award will be presented at the Jefferson City Tunnel to Towers 5K event on September 15, 2018.
- The recipient should be engaged in the goals of our foundation: Honoring first responders and military, Remembering 9/11 and/or raising funds to build smart homes for catastrophically injured service members.

Some ideas for nominations are:

- In remembrance of a family or individual in your community who lost a loved one on 9/11 and has made a positive impact in the community.
- A local first responder who has performed a rescue, saved lives, or made a positive impact in the community.
- A military hero in your community. Could be a veteran who helps others in the community in some way.

Submit your nominations to jeffersoncity@tunnel2towers.org

Nominations are due by August 1, 2018.

Any questions, please call 573-690-3078 or email the address above.

SPRINGFIELD ADVENTURE MAX RUN
October 13, 2018

This is Hope with Ultramax Sports. We have a half marathon race and a 10k race coming up in Springfield, Missouri on October 13 called Adventuremax Trail Race and would like to offer you and your club members a 15% registration discount. I hope you will join us on the trail!

All participants get a delicious post-race food spread and beer (21+) courtesy of Springfield Brewing Company, Participant Hoody, Finisher Pint Glass, Finisher Medal (Half Marathon Only) and more.

Website: <http://ultramaxsports.com/races/adventuremax/>

Discount code: club15

If you have any questions feel free to email me!

Thanks,

Hope Wright hope@ultramaxsports.com

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.

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
07/04	8:00	Firecracker Mile	West Edgewood Drive NO SHIRTS! NO MEDALS! NO FEE! Lots of FUN!	<u>FirecrackerMile</u>
07/13	7:30p	Red, White & Green Estates 5K & Fun Run	Mexico, MO	<u>Red White and Green</u>
07/21	8:00	Kyle's Summer Classic	Greenway Parking Lot on West Edgewood Drive	<u>Kyle'sSummerClassic5K</u>
07/29	8:00	Show Me State Games Road Race 5K, 10K	Bethel Park, 4500 Bethel Street, Columbia, MO	<u>https://smg.org</u>
09/08	8:00	Red Dress River Run 5k/10k	North Jefferson City Pavilion	<u>Red Dress River Run</u>
09/15	7:30	Ozark Ham and Turkey Festival 5K	California, MO	<u>http://calmo.com/5k-walk-run-2/</u>
09/15	9:00	3 rd Annual Stephen Siller Tunnel to Towers 5K Run/Walk	Missouri Governor's Garden, 101 Jefferson Street	<u>Tunnel to Towers</u>
10/13	8:00	Adventuremax Run Half Marathon and 10K Trail Race	Springfield, MO	<u>http://ultramaxsports.com/races/adventuremax/</u>
11/03	9:00	Run With the Angels 5K	Jefferson City, MO	<u>kennyandsusan@gmail.com</u>
11/22	8:30	Thanksgiving Day Pie Run 5K, 10K Runs and 5K Walk	810 Sandstone, , North Jefferson City, Missouri	<u>Pie Run 2018</u>

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)

Youth (<19)	Total	1	2
Rowynn Steiner	10	0	10
Harrison Miller	10	0	10
Open (19-29)	Total	1	2
Nicole Dudenhoeffer	10	0	10
Thirty something (30-39)	Total	1	2
Erin Graham	10	0	10
Rita Steiner	8	0	8
Nicholas Wagner	20	10	10
Brandon Johns	8	0	8
Masters (40-49)	Total	1	2
Kathy Frese	10	0	10
Stephanie Borgmeyer	8	0	8
Experienced Masters (50-59)	Total	1	2
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.

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.