

# Jeff City Road Runners

We Run This Town.

## March 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

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

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

### ANNUAL MEETING SUMMARY

The Jefferson City Road Runners annual meeting was held Saturday evening, February 17<sup>th</sup> at N. H. Scheppers Distributing Company on St. Mary's Boulevard.

### Mother's Day 5K

John announced that the Mother's Day 5K will now include men in the race series results. In the past this was a race for women only, so men were excluded from the results. However it is now open to everyone so men will be included this year.

### Volunteers Needed

A couple of volunteers may still be needed for the Spring Fling 5K and timing help is needed for the Kyle's Summer Classic on July 21<sup>st</sup>. If you can help out with either of these contact Karen at [karen@runjeffcity.org](mailto:karen@runjeffcity.org).

### Pie Run

Due to the lower number of participants and rising costs, the club lost money on the 2017 Pie Run. The 640 total number of participants was the smallest number we have had since the big increases in 2009 and 2010. Nevertheless, the club officers decided that the club needed to make a donation to the Samaritan Center. As such, the monetary donation to the Samaritan Center of \$250 was significantly smaller than last year's donation of \$4,000. Our donation of several hundred pounds of food was typical of past years, though may have been slightly less than the 529 pounds donated in 2016. We are taking some cost-cutting measures that will not affect the quality of the race in 2018 and will hopefully be able to contribute several thousand dollars (the normal amount) to the Samaritan Center in time for the upcoming 2018 Christmas holidays.

For the 2018 Pie Run John will be ordering 640 t-shirts, the number of participants from last year. To make sure you get a 2018 Pie Run t-shirt, register early. The theme for 2018 Pie Run will be based on the Lord of the Rings, "Run You Fools."

We are also considering various options for timing the 2018 Pie Run. Among the options are:

- (1) Hiring a new chip timing vendor. This is a very expensive option.
- (2) Buying a timing system and timing it ourselves. This is a labor intensive and costly option.
- (3) Timing it ourselves and calculating the results for the awards. A labor intensive, but inexpensive option.

We are working on this and will keep you posted. We may be testing a manual system at some of our races throughout the year.

#### **Race Clocks**

It was voted by the members at the meeting to raise money for the club by charging a fee for the use of the club race clocks. This is because the club needs operating capital to put on our races for food that is not donated, shirts, medals, postage for entry form mailings, and facility rentals, all of which have to be purchased prior to collecting race fees. Because we are a non-profit organization our profits from races are given out as donations. On races that lose money, we have to absorb the losses. The Spring Fling is a race that cycles between a small profit and small losses from year to year.

Any race that reserves a clock after February 17, 2018 will be charged \$100. An exception to this would be the local grade schools who may need a clock for the track or cross country meets. Events that have reserved a clock prior to February 17<sup>th</sup> will not be charged for this year.

#### **New Web Site**

Karen was congratulated for the outstanding work she did on the new website.

#### **Race Series Awards**

2017 Race Series Awards were distributed. Check out the picture of some of the winners at [www.runjeffcity.org](http://www.runjeffcity.org).

# 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**

Date	Time	Race	Place	Contact / More Info
<b>03/17</b>	<b>9:00</b>	<b>Luck of the Irish 5K</b>	<b>Downtown Jefferson City</b>	<b><a href="#">Luck of Irish</a></b>
03/17	11:00	Knights of Columbus 2nd Annual 5K Run / Walk	Linn, MO	
03/24	9:00	St. Joseph Color Run	Westphalia, MO	<a href="http://www.runjeffcity.org">http://www.runjeffcity.org</a>
03/24	9:00	Sedalia Half Marathon and 5K	Sedalia, MO	<a href="http://sedalia-half-marathon-5k-run-run/">sedalia-half-marathon-5k-run-run/</a>
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>
<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><a href="http://www.runjeffcity.org">http://www.runjeffcity.org</a></b>
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>	<b><a href="https://www.facebook.com/littleboxofsunshine">https://www.facebook.com/littleboxofsunshine</a></b>
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>	<b><a href="http://thelanding.missourirealtor.org">thelanding.missourirealtor.org</a></b>
05/05	9:00	C. O. W. Computers on Wheels 5K and 1 Mile	614 S. Poplar Street, , Chamois, MO	
<b>05/19</b>	<b>8:00</b>	<b>Happy Feet for Healthy Minds 5K / 1-Mile</b>	<b>North Jefferson City Pavilion</b>	<b><a href="http://www.runjeffcity.org">http://www.runjeffcity.org</a></b>
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://Run4Justice">Run 4 Justice</a>
06/02	7:30	ABC Run the Good Race 5K / 10K	Ashland Baptist Church	<a href="http://ABCRuntheGoodRace">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://EldonRockIslandRoadRace">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>	<b><a href="#">FirecrackerMile</a></b>
<b>07/21</b>	<b>8:00</b>	<b>Kyle's Summer Classic</b>	<b>Greenway Parking Lot on West Edgewood Drive</b>	<b><a href="#">Kyle'sSummerClassic5K</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.



## 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	
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.