

Jeff City Road Runners

We Run This Town.

May 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

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.

Spring Fling 5K
Mokane Road, Jefferson City
April 21, 2018

Place Overall	Bib #	Name	Age	M/F	Division	Time	Age Group	Age Group Place
1.	146	Nicholas Wagner	37	M	5K	19:44	30-39	1st OA 5K M
2.	150	Mike Counts	46	M	5K	20:26	40-49	1 5K M 40-49
3.	136	Payton Kirchhoff	14	M	5K	21:16	13-16	1 5K M 13-16
4.	152	Mark Ragland	56	M	5K	23:11	50-59	1 5K M 50-59
5.	142	Jonathan Cannon	33	M	5K	23:29	30-39	1 5K M 30-39
6.	109	Brenda Morris	50	F	5K	23:58	50-59	1st OA 5K F
7.	141	Simon Grbec	38	M	5K	24:45	30-39	2 5K M 30-39
8.	126	Valerie Kalugin	58	M	5K	26:51	50-59	2 5K M 50-59
9.	114	Stuart Huddleston	63	M	5K	27:26	60+	1 5K M 60+
10.	151	Rose Ann Myers	63	F	5K	27:29	60+	1 5K F 60+
11.	132	Mason Voegeli	12	M	5K	27:34	01-12	1 5K M 01-12
12.	153	Courtney Kohler	32	F	5K	27:48	30-39	1 5K F 30-39
13.	154	Beth Raiithel	34	F	5K	27:48	30-39	2 5K F 30-39
14.	103	Rita Steiner	30	F	5K	27:54	30-39	3 5K F 30-39
15.	105	Bill Gerling	74	M	5K	28:21	60+	2 5K M 60+
16.	119	Leah Groene	14	F	5K	28:32	13-16	1 5K F 13-16
17.	149	Nolan Schulte	8	M	5K	29:03	01-12	2 5K M 01-12
18.	148	Brian Schulte	35	M	5K	29:04	30-39	3 5K M 30-39
19.	111	Roger Schmid	69	M	5K	29:30	60+	3 5K M 60+
20.	113	Barbara Huddleston	63	F	5K	30:09	60+	2 5K F 60+
21.	155	Brian Price	61	M	5K	30:21	60+	4 5K M 60+
22.	121	Richard Carlson	76	M	5K	30:25	60+	5 5K M 60+
23.	147	Adrian Heckman	29	F	5K	32:09	21-29	1 5K F 21-29
24.	110	Venny Groene	65	F	5K	32:19	60+	3 5K F 60+
25.	137	Elaine Foster	66	F	5K	32:33	60+	4 5K F 60+
26.	134	Sharon Shaefer	65	F	5K	33:38	60+	5 5K F 60+
27.	112	Gary Claunch	70	M	5K	34:31	60+	6 5K M 60+
28.	139	Laura Sigwerth	33	F	5K	34:32	30-39	4 5K F 30-39
29.	118	Nola Borgmeyer	11	F	5K	38:10	01-12	1 5K F 01-12
30.	130	Leasa Weghorst	51	F	5K	37:26	50-59	1 5K F 50-59
31.	127	Emily Anderson	26	F	5K	37:45	21-29	2 5K F 21-29
32.	131	Nichole Voegeli	36	F	5K	38:22	30-39	5 5K F 30-39
33.	122	Grayson Gerloff	8	M	5K	39:21	01-12	3 5K M 01-12
34.	123	Erin Gerloff	38	F	5K	39:22	30-39	6 5K F 30-39
35.	140	Kateryna Kalugina	52	F	5K	39:57	50-59	2 5K F 50-59
36.	120	Debbie Jungmeyer	60	F	Walk	40:21	60+	1 Walk F 60+
37.	117	Coleen Moses	58	F	Walk	42:33	50-59	1 Walk F 50-59
38.	116	Stephanie Borgmeyer	40	F	Walk	42:33	40-49	1 Walk F 40-49
39.	129	Laura Bittle	52	F	5K	43:37	50-59	3 5K F 50-59
40.	156	Stacey Hawkes	54	F	Walk	45:21	50-59	2 Walk F 50-59
41.	138	Rhonda Kuhlmann	67	F	Walk	45:31	60+	2 Walk F 60+
42.	128	Amber Smart	27	F	Walk	48:39	21-29	1 Walk F 21-29
43.	115	Shirley Schulte	59	F	Walk	48:39	50-59	3 Walk F 50-59
44.	102	Rowynn Steiner	4	F	Walk	55:21	01-12	1 Walk F 01-12
45.	104	Dottie Ruettgers	58	F	Walk	55:29	50-59	4 Walk F 50-59
46.	145	Shirley Fowler	46	F	Walk	55:29	40-49	2 Walk F 40-49
47.	144	Jane Beetem	58	F	Walk	57:54	50-59	5 Walk F 50-59
48.	143	Jon Beetem	58	M	Walk	57:54	50-59	1 Walk M 50-59

Cinco de Mayo Rock Run 5K Run Walk
 North Jefferson City Pavilion
 May 5, 2018

Place	Name	Age	M/F	Time	R/W
1.	Voss, Braden	14	M	19:46	R
2.	Kirchhoff, Payton	14	M	19:49	R
3.	Voss, Colin	12	M	22:14	R
4.	Ortiz, Christian	26	M	22:30	R
5.	Richardson, Doug	49	M	22:43	R
6.	Allee, Blake	14	M	23:16	R
7.	Howard, Taylor	22	F	23:23	R
8.	Graziano, Brett	34	M	23:45	R
9.	Ansley, Casey	13	F	23:46	R
10.	Busch, Isaac	11	M	25:04	R
11.	Wood, Chris	36	M	25:05	R
12.	Hoey, Brendan	30	M	25:18	R
13.	Neighbors, David	62	M	25:55	R
14.	Casey, Nathan	40	M	26:38	R
15.	Casey, Caiden	8	M	26:39	R
16.	Spence, Tyler	23	M	26:55	R
17.	Cook, Keitan	12	M	27:05	R
18.	Lamb, Nicole	23	F	27:14	R
19.	Rosslan, Debbie	50	F	27:41	R
20.	Myers, Rose	63	F	27:49	R
21.	Maynard, Jeff	61	M	27:50	R
22.	Moseley, Crystal	40	F	28:04	R
23.	Harden, Dennis	58	M	28:07	R
24.	Howard, Erin	47	F	28:27	R
25.	Moseley, John	41	M	29:13	R
26.	Lickenbrock, Matt	38	M	29:24	R
27.	Schmid, Roger	69	M	29:32	W
28.	Price, Brian	61	M	30:22	R
29.	Rickard, Sherry	44	F	30:38	R
30.	Rickard, Charles	48	M	30:39	R
31.	Maasen, Stacy	34	F	31:18	R
32.	Berry, Gabi	23	F	31:39	R
33.	Foster, Elaine	66	F	32:00	R
34.	York, Lyndsay	29	F	33:51	R
35.	Colvin, Blake	11	M	35:45	W
36.	Chinn, Gina	36	F	35:49	R
37.	Loethen, Beth	38	F	35:57	R
38.	Casey, Nate	10	M	36:17	R
39.	Colvin, Austin	11	M	36:28	W
40.	Lara, Greg	58	M	37:28	R
41.	Casey, Carie	41	F	38:37	R
42.	Fleenor, Lizzie	52	F	39:20	R
43.	Kliethermes, Jamie	37	F	39:23	R
44.	Unkown Participant			39:36	
45.	Leigh, Katie	43	F	40:00	W
46.	Autenrieth, Leigh Ann	50	F	40:12	W
47.	Kolb, Lindsey	21	F	40:13	W
48.	Maynard, Rebecca	58	F	40:29	R
49.	Busch, Christina	39	F	40:41	W
50.	Lara, Joyce	58	F	40:56	R
51.	Kendrick, Melissa	39	F	43:40	W
52.	Hart, Jennifer	56	F	44:10	R
53.	Prenger, Kim	51	F	45:04	W
54.	Fritz, Stephanie	33	F	45:04	W
55.	Morian, Christina	57	F	45:26	R

Cinco de Mayo Rock Run 5K Run Walk
 North Jefferson City Pavilion
 May 5, 2018

Place	Name	Age	M/F	Time	R/W
56.	Smart, Amber	27	F	46:14	W
57.	Schumer, Morgan	26	F	46:14	W
58.	Kempker, Rita	59	F	47:00	W
59.	Buhr, Theresa	58	F	48:57	W
60.	Neighbors, Jeanann	61	F	49:09	W
61.	Koetting, Eugene	60	M	49:10	W
62.	Schulte, Shirley	59	F	50:31	W
63.	Steen, Tiffany	37	F	51:31	W
64.	Campbell, Landry	9	F	52:26	W
65.	Campbell, Kristi	43	F	52:26	W
66.	Unknown Participant			52:32	
67.	Graziano, Shannon	28	M	52:32	W
68.	Fussner, Lorie	46	F	52:37	W
69.	Mertensmeyer, Carrie	49	F	52:37	W
70.	Beetem, Jon	59	M	54:04	W
71.	Holt, Anna	38	F	55:30	W
72.	Patterson, Rachel	39	F	55:30	W
73.	Richardson, Melle	50	F	56:37	W
74.	Cornejo, Lynda	40	F	57:34	W
75.	Cornejo, Dina	63	F	57:34	W
76.	Burkhart, Rylee	14	F	58:18	R
77.	Balzer, Ragan	42	F	58:22	W
78.	Crane, D'Arcy	43	F	58:25	W
79.	Crane, Stella	8	F	58:26	W
80.	Stenburg, Janet	58	F	63:01	W
81.	Craft, Peg	57	F	63:03	W
82.	Beetem, Jane	58	F	64:58	W
83.	Fletcher, Michele	48	F	64:59	W
84.	Bateman, Lynne	59	F	65:00	W

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
05/05	8:00	Cinco de Mayo 5K Rock & Run Distance	North Jefferson City Pavilion	thelanding.missouriarealtor.org
05/05	9:00	C. O. W. Computers on Wheels 5K and 1 Mile	614 S. Poplar Street, , Chamois, MO	https://runjeffcity.org/events/list/page/2/
05/12	9:00	Mother's Day 5K	North Jefferson City Pavilion	Mother's Day 5K
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
06/23	8:00	Tebbetts Picnic 1 st Annual Travel the Gravel 5K Fun Run / Walk	12039 Co Rd 485, Tebbetts, MO	https://www.tebbetts.org/5k
06/23	8:30	Fulton Street Fair 5K	5th & Court Street, Fulton, MO	http://fultonstreetfair.com/
07/04	8:00	Firecracker Mile	West Edgewood Drive NO SHIRTS! NO MEDALS! NO FEE! Lots of FUN!	FirecrackerMile
07/21	8:00	Kyle's Summer Classic	Greenway Parking Lot on West Edgewood Drive	Kyle'sSummerClassic5K
07/29	8:00	Show Me State Games Road Race 5K, 10K	Bethel Park, 4500 Bethel Street, Columbia, MO	https://smsg.org

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.