

# Jeff City Road Runners

We Run This Town.

## September 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

Sept 15, 2018	Ozark Ham and Turkey Festival 5K	California, MO
Nov 22, 2018	Thanksgiving Day Pie Run 5K, 10K and 5K Walk	North Jefferson City

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

### Missouri State Running Records

Kevin Stock suggested that we post a link to the Missouri State Running Records. This data is compiled by Mike Lundgren. To qualify for an age group record, times must be run on a certified course. Mike peruses our results after they are published on the web site and adds any Missourians who run a qualifying time for their age group. Considering he maintains this data for runners across the state is quite an achievement.

Thanks for the info, Kevin!

<https://www.mararunning.org/StateRecords.html>

### Columbia Track Club

Here is a link to the Columbia Track Club's site. Good info. The CTC has an interesting newsletter archive going back to 1968 that includes a lot of familiar JCRR members and former members: Steve Engelbrecht, John Howland, Bobby Hull, Marc Romine, Craig Christians and Jim Marshall, to name a few. Check out November 1989, for example. They also have a link to the state records mentioned above and other interesting sites.

<http://columbiatrackclub.com/>

## ATTENTION YOUNG RUNNERS!

You are invited to run in a series of your cross country meets in Central Missouri for 6 – 14 year olds this fall. All skill levels are welcomed.

The Central Missouri Athletics Circuit (CMAC) launched youth cross country in August 2014; and hopes to continue helping young athletes discover their love & passion for running at an early age. We are welcoming all skill & experience levels to participate in our 2018 meet season!

This race circuit is for boys and girls ages 6-14 years old. Based on age, young athletes will compete in 2K, 3K & 4K cross country races throughout Mid-Missouri. The regular season runs from Labor Day Weekend through late October. Please see the schedule below for specific dates and locations.

Interested persons please contact CMAC at [COMOCMAC@gmail.com](mailto:COMOCMAC@gmail.com).

You may also visit our website at [www.leaguelineup.com/cmhc](http://www.leaguelineup.com/cmhc) or find us on Facebook by searching for Central Missouri Athletics Circuit for more information.

CONTACT: Camren Cross, Central Missouri Athletics Circuit  
312 W. Sneed, Centralia, MO 65240  
573-999-3106  
[COMOCMAC@gmail.com](mailto:COMOCMAC@gmail.com)  
[www.LeagueLineUp.com/CMAC](http://www.LeagueLineUp.com/CMAC)



**All 6 -14 Year Olds are Invited to Participate in our 5th Season!!!**

### 2018 CROSS COUNTRY SCHEDULE

Saturday September 1 10:00 am Alpha Hart Lewis Elementary Columbia	Developmental Youth XC Meet \$3.00 / \$2.00 for CMAC Members
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Sunday September 16 2:00 pm Fulton High School Fulton	Flash Youth XC Classic \$5.00 / \$3.00 for CMAC Members
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Saturday September 22 10:00 am Paris Fairgrounds Paris	Paris Coyotes Youth XC Classic \$5.00 / \$3.00 for CMAC Members
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Saturday October 6 10:00 am Kemper Park Boonville	Boonville Youth XC Classic \$5.00 / \$3.00 for CMAC Members
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Sunday October 21 2:00 pm Westphalia Knights of Columbus	Westphalia Youth XC Classic \$5.00 / \$3.00 for CMAC Members
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Sunday October 28 1:00 pm Green Estate Park Mexico	CMAC Youth XC Championships \$10.00 / \$8.00 for CMAC Members
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Sunday November 4 1:00 pm Country Club Garnett KS	CCCNKY National Qualifier Meet \$15.00 Only YES Members
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Saturday November 17 8:00 am E.P. Tom Sawyer Park Louisville KY	CCCNKY National Championships Only YES Members
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Meets highlighted in lime will begin with an adult 2K race as a fundraiser for the CMAC All Starts National Team Trip. Any monetary donation accepted to participate.

Please do your best to bring exact cash to pay for each meet. For any information, please contact Stephanie King at (316) 737-0801 or [COMOCMAC@gmail.com](mailto:COMOCMAC@gmail.com).

Visit us at [www.leaguelineup.com/cmhc](http://www.leaguelineup.com/cmhc) and find Central Missouri Athletics Circuit on Facebook.

## 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
09/08	8:00	Red Dress River Run 5K / 10K	North Jefferson City Pavilion	<a href="#">Red Dress River Run</a>
<b>09/15</b>	<b>7:30</b>	<b>Ozark Ham and Turkey Festival 5K</b>	<b>California, MO</b>	<a href="http://calmo.com/5k-walk-run-2/">http://calmo.com/5k-walk-run-2/</a>
09/15	9:00	3 <sup>rd</sup> Annual Stephen Siller Tunnel to Towers 5K Run/Walk	Missouri Governor's Garden, 101 Jefferson Street	<a href="#">Tunnel to Towers</a>
09/15	8:00p	Fast and Furry Glow 5K	2308 Hyde Park Rd, Jefferson City	<a href="#">Friends of Animal Shelter 5K</a>
09/29	8:00	State Employee 5K	North Jefferson City Pavilion	<a href="mailto:chris.lindsey@mchcp.org">chris.lindsey@mchcp.org</a> . Contact Phone: (575) 522-1981
10/06	8:00	Catch Me If You Can, Jefferson City Renegades 5K and 1 Mile Run / Walk	Vivion Field, Washington Park, Jefferson City	<a href="#">jeffcityrenegades 5k-run</a>
10/07	2:00p	11 <sup>th</sup> Annual Pink Up the Pace 5K	North Jefferson City Pavilion	<a href="#">pink-up-the-pace-5k-runwalk</a>
10/13	8:00	Adventuremax Run Half Marathon and 10K Trail Race	Springfield, MO	<a href="http://ultramaxsports.com/races/adventuremax/">http://ultramaxsports.com/races/adventuremax/</a>
10/14	8:00	7 <sup>th</sup> Annual Frankenstein 5K Run / Walk	Frankenstein, MO	<a href="mailto:rankins.b@sms18.org">rankins.b@sms18.org</a> . Contact Phone: (573) 897-2567
11/03	9:00	Run With the Angels 5K	Jefferson City, MO	<a href="mailto:kennyandsusan@gmail.com">kennyandsusan@gmail.com</a>
<b>11/22</b>	<b>8:30</b>	<b>Thanksgiving Day Pie Run 5K, 10K Runs and 5K Walk</b>	<b>810 Sandstone, North Jefferson City, MO</b>	<a href="#">Pie Run 2018</a>
11/22	8:30	Turkey Trax 5K	7 <sup>th</sup> and Cherry Streets, Columbia, MO	<a href="http://ultramaxsports.com/races/turkeytraxrun/">http://ultramaxsports.com/races/turkeytraxrun/</a>
12/08	8:00	Jingle Bell Run 1 Mile and 5K	141 Dorsey Street, Columbia, MO	<a href="http://www.jbr.org/columbia">http://www.jbr.org/columbia</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 KYLE'S SUMMER CLASSIC 5K**  
(Excluding Happy Feet for Healthy Minds 5K)

<b>Youth (&lt;19)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Nola Borgmeyer	28	0	10	10	8	0	0		0	0	0
Rowynn Steiner	16	0	8	8	0	0	0		0	0	0
Sarah Groene	10	0	0	0	10	0	0		0	0	0
Nolan Schulte	18	0	0	10	0	0	0		0	8	0
Harrison Miller	10	0	10	0	0	0	0		0	0	0
Adam McCauley	10	0	0	0	0	0	0		0	10	0
Grayson Gerloff	8	0	0	8	0	0	0		0	0	0
Benjamin Conrad	6	0	0	0	0	0	0		0	6	0
<b>Open (19-29)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Nicole Dudenhoeffer	10	0	10	0	0	0	0		0	0	0
Leah Stock	10	0	0	0	0	0	0		0	10	0
Marie Kiekhaefer	10	0	0	0	0	0	0		0	0	10
Julie Wisch	8	0	0	0	0	0	0		0	0	8
Julia Frese	8	0	0	0	0	0	0		0	8	0
Brendan Bena	10	0	0	0	0	0	0		0	0	10
Samuel Kiekhaefer	8	0	0	0	0	0	0		0	0	8
Devin Jungmeyer	6	0	0	0	0	0	0		0	0	6
<b>Thirty something (30-39)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Rita Steiner	18	0	8	10	0	0	0		0	0	0
Erin Graham	10	0	10	0	0	0	0		0	0	0
Katie Wisch	10	0	0	0	0	0	0		0	0	10
Laura Sigwerth	8	0	0	8	0	0	0		0	0	0
Erin Gerloff	6	0	0	6	0	0	0		0	0	0
Nicholas Wagner	40	10	10	10	0	0	0		0	0	10
Brandon Johns	8	0	8	0	0	0	0		0	0	0
Simon Grbec	8	0	0	8	0	0	0		0	0	0
Brian Schulte	16	0	0	6	0	0	0		0	10	0
<b>Masters (40-49)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Kathy Frese	40	0	10	0	0	0	10		0	10	10
Stephanie Borgmeyer	28	0	8	10	10	0	0		0	0	0
Katie Leigh	16	0	0	0	0	10	0		0	6	0
Sue Conrad	8	0	0	0	0	0	0		0	8	0
John Conrad	10	0	0	0	0	0	0		0	10	0
<b>Experienced Masters (50-59)</b>	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Brenda Morris	46	0	8	10	0	0	10		0	8	10
Kateryna Kalugina	21	0	4	6	0	0	0		0	5	6
Dottie Ruetters	21	0	3	4	0	0	0		0	6	8
Julie Miller	20	0	10	0	0	0	0		0	10	0
Coleen Moses	20	0	5	5	10	0	0		0	0	0
Leasa Weghorst	12	0	0	8	0	0	0		0	4	0
Karen Backes	6	0	6	0	0	0	0		0	0	0
Nina Kiekhaefer	5	0	0	0	0	0	0		0	0	5
Karen Wisch	4	0	0	0	0	0	0		0	0	4
Valerly Kalugin	38	10	0	8	0	0	0		0	10	10
Dennis Harden	24	0	6	0	0	10	0		0	0	8
Mark Ragland	18	0	8	10	0	0	0		0	0	0
Dana Frese	10	0	10	0	0	0	0		0	0	0
Kevin Stock	8	0	0	0	0	0	0		0	8	0
John Steinmeyer	6	0	0	0	0	0	0		0	0	6

**2018 RACE SERIES**  
**THROUGH THE KYLE'S SUMMER CLASSIC 5K**  
(Excluding Happy Feet for Healthy Minds 5K)

<b>Really Experienced Masters (60-69)</b>											
	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Venny Groene	66	10	8	8	10	0	8		10	6	6
Elaine Foster	50	0	0	6	8	10	10		0	8	8
Barbara Huddleston	30	0	0	10	0	0	0		0	10	10
Sharon Shaefer	22	0	6	5	0	0	6		0	0	5
Jeanann Neighbors	19	0	5	0	6	8	0		0	0	0
Bonnie Wagers	10	0	10	0	0	0	0		0	0	0
Debbie Jungmeyer	8	0	0	4	0	0	0		0	0	4
Sally Graham	4	0	4	0	0	0	0		0	0	0
Brian Price	36	10	0	6	8	6	0		0	0	6
David Neighbors	30	0	10	0	10	10	0		0	0	0
Stuart Huddleston	28	0	0	10	0	0	0		0	10	8
Roger Schmid	24	0	8	8	0	8	0		0	0	0
Mark Kiekhaefer	10	0	0	0	0	0	0		0	0	10
Kevin Jungmeyer	5	0	0	0	0	0	0		0	0	5
Bill LePage	4	0	0	0	0	0	0		0	0	4
<b>Been There, Done That (70+)</b>											
	<b>Total</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Bill Gerling	40	0	0	10	10	0	0		10	0	10
Richard Carlson	36	0	10	8	0	0	0		0	10	8
Richard Graham	8	0	8	0	0	0	0		0	0	0

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.