

2014 STATISTICAL SUMMARY & REPORT FOR LAKE-AREA RUNNERS

Total miles raced (10K races & longer): 4,667 (up 11% from 4,194 in 2013)

Most miles raced (10K races & longer):

Men	Todd Raney	400.0
Women	Ashley Pryor	191.3

Fastest finishers:

Marathon:

Men	Nigher Alfaro	3:41:13
Women	Kellee Young	3:28:55*

Half Marathon:

Men	Shawn Wood	1:33:38
Women	Sondra Ellis	1:39:13

10K:

Men	Andy Goessmann	42:09
Women	Lizzy Handschy	38:25*

* Believed to be the fastest ever recorded by a Lake-area female

Number of races completed:

Marathon/Ultramarathon:

Men	31*
Women	<u>21</u> **
Total	52 (up from 48 in 2013)

Half marathon:

Men	82
Women	<u>101</u>
Total	183 (up from 177 in 2014)

* Todd Raney accounted for 12 of the total

** Ashley Pryor accounted for 5 of the total

First-time finishers:

Ultramarathon	Ashley Pryor
Ultramarathon relay	Todd Raney, Scott Page, Mark Kempf, Pete Leyva, Nigher Alfaro, Cody Fox, Pete Russo, Rob Kucsik
Marathon	Lacy Davis Nigher Alfaro Beth Coulter Denise Baker Erin Oswalt Tania Maschhoff Amy Harrell (not verified)
Half Marathon	Abigail Cunningham Aaron Koeppen April Boicourt Jennifer Newman Eric Newman (not verified) Carrie Case Amy Snelling Rachel Russell

Boston Marathon qualifiers (for 2016):

Kellee Young (3:28:55 finish at the MO' Cowbell Marathon)

Male/female 5K course records set in 2014:

	<u>Course</u>	<u>Time</u>
J.J. Ryan	Camdenton High School	16:53
Heather Oddo	Linn Creek City Park	19:50
Tessa Weber	Polar Bear Strut (current course)	21:08
Lizzy Handschy	Eldon Air Park	18:25

A record forty-eight 5Ks were held in the Lake-area in 2014:

Polar Bear Strut	Osage Beach
Eldon Takedown Team	Eldon
Eldon St. Pat's Day	Eldon
Shamrock 'n' Roll	Osage Beach
Impact Medical Missions	Linn Creek
Run for the Beach	Lake Ozark

Hope Ray Dunklee Memorial	Versailles
Tuscumbia Sr. Class Fun Run	Tuscumbia
Light Up the Laps 5K	Versailles
Run for the Children	Eldon
Lake Ozark PD 5K	Lake Ozark
5K Run in Awareness	Camdenton
Lake Regional 5K	Osage Beach
Eldon High School Color Run	Eldon
Rockin' Wellness	Versailles
Ta-Ta Trot	Eldon
Lady Laker Basketball Club	Linn Creek
Wiggle Waggle Walk	Eldon
Summer Night Glow	Camdenton
Forget-Me-Not Trot	Linn Creek
Independence Day 5K	Eldon
Alexandra & Brayden Memorial	Osage Beach
Dreams Come Tru 5K	Versailles
Run with the Cops	Eldon
Bagnell Dam Duck Drop	Lake Ozark
Lake Area Buddy Pack	Osage Beach
Rise 'n Shine 5K	Osage Beach
Chasing After the Big Apple	Eldon
STOMP! Out Epilepsy	Eldon
Pig & Pickle 5K	Tuscumbia
9/11 Freedom Run	Lake Ozark
Make the Break 5K	Linn Creek
Constitution 5K	Eldon
Eldon Turkey Trot 5K	Eldon
St. Anthony's Run for Hope	Linn Creek
Fall Into Awareness	Linn Creek
Miller County 4-H Clover 5K	Eldon
Old Tyme Apple Festival	Versailles
Zombie 5K Fun Run	Eldon
Tough Punkin 5K	Lake Ozark
Night Glow Costume Crawl	Camdenton
Give 'Em The Bird	Versailles
Eldon Health Fair 5K	Eldon
Freezin' 5K	Linn Creek
Project Graduation Color Splash	Versailles
Laker 5K Turkey Trot	Camdenton
Tan-Tar-A Turkey Trot	Osage Beach
Reindeer Run	Linn Creek

First-time 2014 events are shown in **bold**.

Miscellaneous 2014 highlights:

Forty Lake-area runners participated in the events at the 2014 Bass Pro Outdoor Fitness Festival, marking a new record for participation at an out-of-town race, surpassing the previous record of 39 set at the 2012 GO! St. Louis Family Fitness Weekend.

The Children's Learning Center's Night Glow 5K in June had 392 registered participants and 327 finishers, making it the second biggest (or possibly third biggest, since precise data isn't available) 5K ever held in the Lake area.

The Lake Area Runners team of Todd Raney, Scott Page, Mark Kempf, Pete Leyva, Nigher Alfaro, Cody Fox, Pete Russo, Rob Kucsik completed a 200-mile ultramarathon relay at the Outback in the Ozarks in May. This was the longest-ever relay race for Lake-area runners.

Todd Raney and Ashley Pryor finished the I-35 Challenge, consisting of back-to-back finishes at the Waddell & Reed Kansas City and Des Moines marathons on October

Denny Gillen completed the Dopey and Goofy Challenges at Walt Disney World by finishing the 5K, 10K, half marathon and marathon over the four days of the Walt Disney World marathon weekend. Later in the year, Denny finished the inaugural Ironman Boulder Triathlon in a personal best Ironman time.

Lizzy Handschy, a newcomer to the Lake area this year, ran (almost certainly) the fastest 5K ever recorded by a Lake-area woman by finishing Eldon's Turkey Trot 5K in 18:25. A former cross country runner at Washington University, Lizzy also took home age group and overall wins at races in St. Louis last fall.

January 3, 2015

Updated January 4, 2015