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Boston Marathon Bombing



Kim Moore Peterson stated that as a young person she did not want to run. Encouraged by friends, running has now become part of her life. She expanded from a 5K (3.1 miles) to a half marathon (13.1 miles), where she placed first in her age group. She then trained for her first full marathon (26.2 miles) at New Orleans with martini and margarita stations

and crowds throwing leis at them. Everyone wants Boston and she qualified in 2011 and has run there ever since (except during COVID).

At the Boston Marathon, there are 30,000 runners – 25,000 enter and 5000 are charity runners. The race is always on a Monday in April and Boston becomes a party. The race begins in Hopkinstown, a little town, a one hour ride away. Upon arrival, you walk one mile to the start of the race. Kim says she buys layers of clothing from Good Will and then throws off. People pick them up and donate them back.

Elite Runners, who run full time, begin at 9 am. Big bucks can be made – up to \$200,000 if you break a record. Then the race for Kim and others begins at 9:20 am. After three miles you hit downtown Boston and it's insane. The crowds are amazing. At the finish line there are flags from every nation, nutrition set-ups and a wrap.

This was the 10th anniversary of the bombing. In 2013 she had finished, changed her clothes and walked to the finish line to wait for friends. Then the ground shook and she saw a cloud of smoke. Thinking it was fireworks, she walked toward it. Media was there. But people were running off the bleachers and blocking the finish line. It didn't seem real when she heard the screaming that it was a bomb. She froze. A National Guardsman picked her up from behind and moved her out of the way for emergency vehicles. Phones were cut off. She wandered

over to Boston Common, helped a young girl runner. Businesses were closed. Kim was waiting for friends and her phone then rang. It was her daughter Kayla calling because she had heard the news.

After finding her friends, they went to the hotel and were on lockdown. By Friday the perpetrators had been caught. She said it took six months to get it out of her head – she had dreams every night. But she went back the next year and it was an emotional race. You can see the finish line when you are .3 miles away and her heart started racing. She focused on the crowds.

Future goals are to qualify for London, Tokyo, and Berlin. Kim has also gone on Ultra Trail runs and did one in Leadville, CO that is 50K.

To qualify for marathons you have to qualify at an official qualifier race. The Wabash Run is on Sept. 9 and is an official race. The entry fee is \$200 to register for Boston. A trail run fee can be \$250-\$400.

Kristi Nielsen, former Treynorite, is her running coach. She is an Elite Runner. Training most days is running 10 miles, then two days of speed work. Kim does weight training five days a week. She qualifies every year for Boston, New York and Chicago and states Boston is the hardest. Qualifying times do allow for age.

Kim goes through shoes every 2-3 months. In the winter she bundles up and trains in all types of weather except ice; then she hits the treadmill. She dresses in layers and uses hand warmers. The morning of the race she always eats a banana, bagel, peanut butter and coffee. She wears a nutrition belt. It takes about two miles before you can get your pace because the crowd of runners is so insane. She takes salt pills and also drinks Gatorade. She typically loses 4-10 lbs. in a marathon.

Time is tracked through a chip on their bibs and recorded when they run over mats on the course. Her son Brett attended last year and had an app and knew where she was all the time.

Kim works full time remotely for the University Nebraska Medical Center as an IT analyst.

Next week's Speaker:

Linda Eitmann
St. Paul Lutheran Pre-School

Famous Quote

"Great minds have purposes, others have wishes."

Washington Irving

Meeting Minutes

Jordan Campbell, called the meeting to order. Seventeen members were present. Kim M. Peterson and Jim Moore were guests.

The group recited the pledge and Jordan Campbell offered the prayer.

Jordan shared that today in history in 1908 Henry Ford built the first Model T. In 1955 President Eisenhower raised the minimum wage of 75 cents to \$1.

Jokes: Jordan Campbell, Bill Vorthmann, Gary Gutttau and Dale Willenborg shared jokes.

50/50: Kirk Vorthmann won.

Attendance: Kathy Luedke won.

Birthdays: Chad Gutttau's birthday was Aug. 11. Thanks Dee for the cinnamon rolls to celebrate.

Celebrity Casey Affleck turned 47, George Hamilton turned 83.

Anniversaries: None

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Gary Gutttau shared a story about being in Maui when he was in the service and then going back in 1991 on their 25th anniversary.
- Jordan Campbell said his family went to Adventureland. New ownership has done a good job of replacement. Costs are high. A bottle of water was \$4.99. A large walking taco was \$17.99. His family of six had their lunch from a cooler they brought in the car.
- Dale Willenborg shared about the great Lego display at Durham Museum which is there

until Sept. 1. What is built by visitors stays for the whole day and sounds amazing.

- Kirk Vorthmann said Lynelle got a phone call about an old quilt at Herb Vorthmann's house. It has 12 different scenes that are Bible stories. It must be old because it includes stories before the church split. They would love to have it displayed so others can see it.

Community:

- Western Iowa Network is laying fiber optics in Treynor.

Business:

- Can Kennel sorting will be at 2:30 pm. Wednesday.
- Members were invited to stay after the meeting for the Optimist Board meeting to discuss further the can kennel situation.
- Board minutes are attached for Optimist members. However, we want the public to also know that the Board is inviting leaders of youth organizations who utilize the can kennel to meet this Saturday, Aug. 19 at 9 am to discuss the future of the Can Kennel. Dale Willenborg is emailing leaders. Here is the issue:
 - He Glenwood Resource Center is closing and will no longer pick up cans and bottles from the Can Kennel. We've narrowed down possible options for going forward:
 - 1) Close the can kennel and remove the cage.
OR
 - 2) Youth Group Ownership of delivery: The Optimists would continue with all that they have been doing except deliver/haul the cans to another Redemption Center (Atlantic is one close site that doesn't require brand sorting.)
 - a. We have one person who has expressed interest in temporarily hauling for a cost of \$300 every two weeks to Atlantic. The youth organization would pay the hauler from their proceeds.
 - b. Or each youth organization can load up the bags and glass and provide their own hauling service to the Redemption Center. Payment will be given to you directly.

- c. A youth organization could possibly take on the hauling service to the Redemption Center for other youth organizations.
- d. The Optimists are even open to someone else taking over the whole service, and they would step out of any ownership of the can kennel.
- Optimist members, please read the complete board minutes about the can kennel and other topics.

Auction:

Dick Fox donated a bag of tomatoes which was purchased by John Klein for a dollar.

There being no further business the meeting was adjourned with the saying of the Creed.

Calendar

Events

Aug 16 Can Kennel sorting at 2:30 pm

Birthdays

Aug 23 Judy Guttau

Anniversaries

Aug 25 Gary & Julia Funkhouser

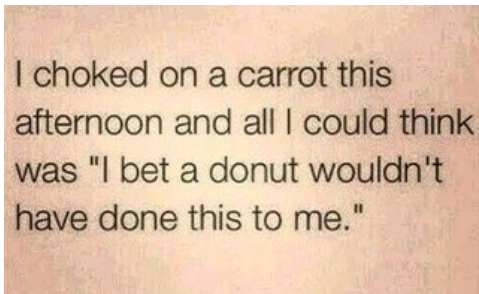
Programs:

Aug Bill Vorthmann (last 2)
 Sept Glenrose Meier (first 2)
 Steve Chambers (next 2)
 Judy Guttau (5th Sat.)
 Oct Gary Guttau

Speakers

Aug 19 Linda Eitmann – St. Paul Pre-School
 Aug 26 Bill Snyder - AARP – Fraud and Scams

HUMOR



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