The Optimist Club of Treynor, Treynor, IA
Iowa District, Zone 2 Club Number 40-109
Iowa District Governor: Marge Hopkins
Lt Governor: Don Dilts

NEWSLETTER

Treynor Optimist Club President:
Dale Willenborg

Nov. 30, 2024 Vol. 40, No.46

Chaley Hempel – Cross Country Coach



Chaley Hempel was excited to show us the 3rd place trophy from the State Cross Country meet which the Treynor girls won this fall. Last year was the first time in 10 years that the girls' team had qualified for state and this fall was the best finish in Treynor's history.

For five years Chaley has coached the Treynor boys' and girls' cross-country teams (high school and junior high). She is a 2013 Treynor graduate and played volleyball, basketball, and track. Chaley was a 4-time state track winner and went on to UNI where she was on the track team.

Chaley, daughter of Craig and Zoe Rath, is married to Ryan Hempel and they have a 3-year-old son and a 9-month-old daughter. Chaley's day job is being a scheduler for a dental office.

Chaley explained scoring and that a low score is desirable. Seven runners make varsity and run, but only five are scored. Her first and fifth place girls ran within 40 seconds. The spread was exceptional. First place got one point. If there is a tie, the scores of the 6th-7th runners are counted.

Hempel also stated there are displacement scores. At state 150 were running with half only running as individuals. One girl was 59th overall, but because she was part of a team, it put her in 29th place. Treynor girls were 3rd in the state winning by one point more than 4th place.

The future looks bright because all the girls except two who had been injured will return. There are upcoming freshmen that won the Jr. High cross-country meet.

The boys' cross-country team is building with five boys out this year and just one graduating. The top two girls run the same speed as the top boy. The 8th grade boys team this year was decent and will help.

Running can amount to 15-20 miles per week. One big change for the team is in their running preparation in the off season. Consistency is focused on - being fast in the first mile, then gutting out their pace, and sprinting to finish.

There are ten meets during the season plus district and state. Hempel stated Earlham, Glenwood, Lewis Central are good. Lily Denton, St. Albert standout often runs in practice with the Treynor team.

Chaley also talked about the various courses and Treynor is one of the hardest with its hills. The state meet was quite flat. Courses are 5K or 3.1 miles, but there are variances.

Seventeen teams participated in the Treynor meet. There are many volunteers involved with running a meet. Chaley praised Gail Hartigan for doing 90% of the work and for being her mentor. A timing company is hired which is a great aid. Blade Hartigan runs the start and the finish. People are placed along the course as well.

Technology was discussed as the runners each are given a GPS watch. The watches come back to the coach. Timer bibs with chips or cameras capture activity along the way. At the Atlantic meet there are chips put in the runners' shoes. The path is laid out with lines and the runners cannot go more than 2 ft outside of the lines.



In conclusion, Chaley stated all three top trophies looked similar, but the top team also gets crowns and the Treynor girls really want crowns next year!

Next week's Program:

Dr. Adam Magill,
Pastor Zion Congregational Church

FAMOUS QUOTE

"It does not matter how slowly you go as long as you do not stop,"

Confucius

Meeting Minutes

Dale Willenborg called the meeting to order. Fifteen members were present. Guests today: Barb Hempel, Chaley Hempel.

The group recited the pledge and Bill Vorthmann gave the prayer.

Jokes: Dale Willenborg, Gary Guttau, Keith Denton

50/50: Marsha Underwood

Attendance Award: Jon Jacobsen but he was not able to claim.

Football Poll: Ken Graham won.

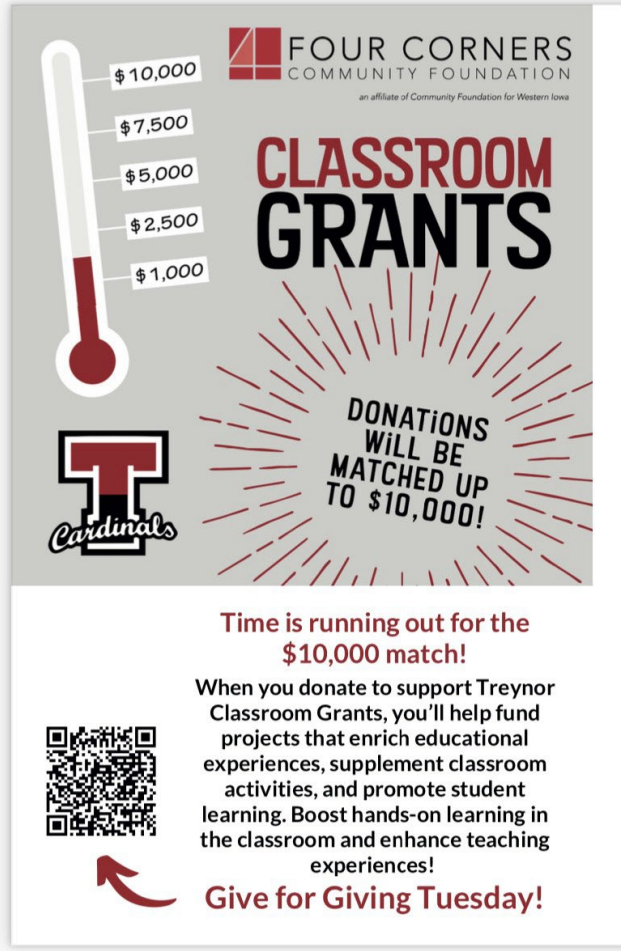
Birthdays/Anniversaries: We celebrated Kathy Luedke's Nov. 22 birthday. She brought donuts to celebrate. Thank you, Kathy.

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

- Ken Graham stated he is a member of the Iowa Mayflower Society. To join you must trace your ancestry to someone who came over on the Mayflower. Ken is in the 13th generation of Isaac Allerton who came over. Allerton also signed the Mayflower Compact.
- Jim Clausen, an Iowa fan, contributed to state they got beat except for the score!
- Judy Guttau updated about grandson Brock Fox's Augustana team playing but losing by one point in the first play-off game last Sat. He made 1st Team All-Conference. She also shared about Blake Fox's competition in the ISU Weight Club.
- Dale Willenborg shared that Treynor High School is ranked second in the state as a high performing school.

Community:

- Dale also talked with Supt. Beyenhof who supported the idea of having two garbage cans at the middle school and one at the high school for recycling soft drink cans. Dale will purchase the garbage cans.
- Kelsey Stupfell asked to remind all that the Treynor Community Schools Fund for Classroom Grants in partnership with the Four Corners Community Foundation has a matching grant goal of raising $10,000 by year end. To date, $2000 has been raised. For more information, contact Kelsey at kelsey.stupfell@tsbg.com or 712-487-0334.



Business:

- It was voted on to not have an Optimist meeting on Sat., Dec. 28.
- There will be a Board meeting after the regular meeting on Sat., Dec. 14.
- Next week, Sat., Dec. 7, breakfast will be provided to celebrate our club's 40th anniversary. Please bring any trivia about the club that you have to share.

- Judy Guttau shared ideas for speakers for the coming year and has a list available with names/contact information. A few months/weeks are left to be signed up for.

Community Events this week (In Treynor):

- Mon. Dec 2: JV/Varsity Boys BB vs Bishop Heelan
- Mon. Dec 2: 5th
- Tues. Dec 3: JV/Varsity Girls and Boys BB vs Logan-Magnolia
- Thurs. Dec 5: Varsity Girls Wrestling 4:30
- Sat. Dec. 7: Varsity Wrestling Tournament 10 AM – 6 PM
- Sun. Dec 8: Bingo at Treynor Community Building 6:30 PM
- 5th Annual Treynor Light-up Competition. Must enter to win at City Hall. Judging 6 PM, Dec. 20.

There being no further business, the pledge was stated and the meeting adjourned.

HUMOR-this one is so true!



CALENDAR

Events:

Dec. 7	Optimist Meeting 8 AM. Treynor Community Building Free Breakfast to celebrate our 40th Optimist Anniversary
Dec 7	Teammates Can Kennel Sorting after meeting – 9:15 AM
Dec 14	Board Meeting after Optimist meeting

Birthdays:

Dec. 16	Kevin Underwood
Dec. 23	Chuck Nielsen

Anniversaries:

Dec. 27	Gary and Dee Guttau

Programs:

Dec	Mick and Judy Guttau
Jan	Keith Denton
Feb	John Klein (first two Sat.) Steve Chambers (last two Sat.)

Speakers

Dec. 6	Adam Magill, Pastor Zion Congregational Church
Dec. 14	Tom Kallman, General Manager, Regional Water Assoc. (rural water pipes)
Dec. 21	Jeff Edgar, Chaplain Good News Global
Dec. 28	No Meeting

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