



The Optimist Club of Treynor, Treynor, IA
Iowa District, Zone 2 Club Number 40-109
Iowa District Governor: Jane Schmidt
Lt Governor: George Volz

NEWSLETTER

Treynor Optimist Club President:
Dale Willenborg



Nov 2, 2025

Vol. 41, No.43

Chaley Hempel, Cross Country and Track Coach



Chaley Hempel talked about the cross country girls' team and the State meet they won yesterday at Fort Dodge. She said no one from the team ran their personal best.

When the girls got back to town, they rode a fire truck around town at 5:00 p.m. and were recognized at the football game.

Chaley said she loves coaching at Treynor because the people in town really care.

They have 9 girls on the team. They can all run in most meets, but in the state meets only 7 can compete. Scoring is based on the top 5 runners from each team, but the 6th and 7th place runners for the team can affect team scoring for other teams.

From the internet "Cross Country team scoring is interesting because they use displacement scoring. In Iowa cross country, displacement scoring allows the sixth and seventh runners from a team to affect the overall score by finishing ahead of scoring runners from opposing teams. While only the top five finishers contribute to the team's score, these additional runners can push the scores of the other teams higher, impacting the final outcome of the meet."

At the state meet, there are 5 districts and each district can send 3 teams. Other girls can run based on their individual scores, so 136 girls competed in the state contest.

Chaley coaches both the girls and boys' cross country. They practice at the Treynor golf course,

starting in June. For practice, they run about 5 miles, but competitions are 5K which is 3.1 miles. They also do some sprints for practice. Meets are their training tool. The Fort Dodge course is flat while the golf course is hilly, so that probably makes a difference in the State competition.

No special shoes are needed for cross country, but some youth wear spiked shoes.

Cross country is a funny sport because you ride in the car for 3 hours to watch about two minutes of running.

Last year the Treynor girls got 3rd place in 1A. This year they competed in 2A. Six girls will be back next year.

Chaley also coaches boys' cross country. She has a male assistant coach. She said it is hard getting boys out for cross country.

In High School, Chaley ran track and played basketball and volleyball. She went to the University of Northern Iowa on a full track scholarship. She won 4 state championships in track in High School and still holds the high jump record at UNI.

Chaley's husband Ryan is a Mechanical Engineer. She is a scheduler for a mobile dentist office that services nursing homes and other places. She is working on getting a Dental Hygienist license. Their son Isaac will be 4 in December. Their daughter Autry is 18 months old.

From KMAland.com "The Cardinals scored 121 points to win a tight race in 2A, led by 14th-place finisher and freshman Lilly Miller. Madalyn Kerkmann finished in 25th, Lilly Yochum was 50th, Madeline Knispel was 51st and Anne Miller came in 52nd with all five Cardinals scoring within the top 33 to win."



The cross country trophy, head coach trophy, and ticket recognizing that they went to the state tournament.

Next Week's Program
Jeff Casey
Treynor Football Coach

Famous Quote:

Meeting Minutes

President Dale Willenborg called the meeting to order. 13 members were present. Guests: Tom Trede, Barb Hempel, Chaley Hempel

Prayer: Dale Willenborg

Jokes: Dale Willenborg, Jeff Jorgensen

50/50: Chaley Hempel – donated back to club

Attendance: Gary Gutttau

Football Pool: Marsha Underwood won.

Birthdays/Anniversaries: We celebrated Kirk and Lynell Vorthmann's anniversary. They met at a 4-H awards ceremony.

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

- Kevin Underwood because Marsha got a new pacemaker and it is working well.
- Dick Fox contribution for 4" rain in October and for his Swan sweet potato
- Dale Willenborg, Jim Clausen, Kevin & Marsha Underwood, and Gary Gutttau

contributed for the Cross Country and Football wins Friday night.

- Kirk Vorthmann bragged about the number of pears his trees have this year

Business:

- Can kennel sorting for St. Paul preschool is next Saturday. They will start before 9:00 a.m.
- Dues are now due: \$75. The actual amount that we pay Optimist International is more, but our bragging dollars help cover the extra cost.
- Jeff Jorgensen talked about other counties in Iowa and Nebraska transporting various people to Council Bluffs. He also said the county 911 system needs to be replaced by 2030 and will cost approximately \$16M.
- We received a Thank You from Wendy, Bob, Dexter, Phoebe, and BrexLee. "Thank you very much for taking a collection for us during Dexter's surgery & hospital stay. We are grateful he is healing & we appreciated the money and it helping with several meals for our family!"



Amanda, one of the mothers of girls on the dance team, picked up a check for the Treynor Dance Team for \$496.70. She said the Dance Team started last year. They had one competition at the

state level last year. This year they will have 3-4 competitions. The first one is next Friday and Saturday at Iowa Falls. They have 8 girls, but one was injured. They practice each Saturday 7-9 a.m. and a couple times during the week.

Events this week:

- **Sat. Nov. 1-** SWIBA Jr. High Honor Band Auditions @ Clarinda
- **Sun. Nov. 2** – Fall Craft Show – Palace Event Center, 10 a.m. – 3 pm.
- Bingo – Treynor Legion sponsor 6:30 PM @ Treynor Community Center
- **Mon. Nov. 3** – Wrestling Club Fun Night for Pre-K – 8th grade 5:30 – 6:30 PM.

- **Tues. Nov. 4** – Vote – City/school election, IWCC Bond Issue 7 am – 8 pm
- **Thurs. Nov. 6** – Swim meet – Johnston, IA
- **Fri. Nov. 7** – First Friday Food Truck – Chinese
- FB playoff at South Hardin. The only team the two have both played against was Hinton. They beat Hinton 41-14 and Treynor beat them 35-14. South Hardin is more than 3 hours away, northeast of Des Moines.
- **Sat. Nov. 8** – Swim meet – Johnston, IA
- THS Musical – Something Rotten Jr. – 7:30 – 9:30 pm
- **Sun. Nov. 9** – THS Musical – Something Rotten Jr. – 2-4 pm
- Bridal Flea Market – Palace Event Center – 12 – 1:30 pm

CONGRATULATIONS

- Congrats to Treynor Marching Band – I rating at State
- Congrats to Hannah Gann and Anne Miller – All State Band & All State Orchestra
- Girls Cross Country at State – 1st place in 2A. First time ever for Treynor Cross Country

There being no further business, the meeting was adjourned.

CALENDAR

Events:

Nov. 8 Optimist Meeting 8:00-9:00 AM, Treynor Community Center

Birthdays:

Nov. 8 Mick Guttau
 Nov. 18 Phil Waggoner
 Nov. 18 Dianne Willenborg
 Nov. 22 Kathy Luedke

Anniversaries:

Nov. 2 Kirk & Lynell Vorthmann (celebrated)
 Nov. 6 Ken & Linda Graham
 Nov. 22 John & Carol Klein
 Nov. 25 Ward & Suzanne Chambers

Programs:

November Jerry Hempel (1st/2nd Sat.)
 Linda Danker (3rd/4th Sat.)
 Judy Guttau (5th Sat.)

December Mick and Judy Guttau

Speakers

Nov. 8 Jeff Casey, Treynor FB Coach
 Nov. 15 Susan Enewold – CARES Program
 Nov. 22 Terry Richardson, Judge Richard Distillary, Carson, IA
 Nov. 29 Korbin Horton, 2025 SE Asia Mission Trip

Editor: Judy Guttau, judy.guttau@tsbg.com, 402-670-4330. Contributors: Dee Guttau, Dale Willenborg
 Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 5157