,,The Optimist Club of Treynor, Treynor, IA
Iowa District, Zone 2 Club Number 40-109
Iowa District Governor: Joleen Jorgensen

Lt Governor: George Volz

NEWSLETTER

Treynor Optimist Club President:
Kirk Vorthmann

Nov 7, 2026 Vol. 42, No.44

## Chaley Hempel, Cross Country Coach




Chaley Hempel is a graduate from Treynor and married Ryan Hempel. She is the head coach for Cross Country and assistant with Gail Hartigan for track. She recently started as the secretary at the Middle School.

This season they had a lot of cross country meets rescheduled or cancelled because of rain. They usually have meets on golf courses, but they had to run elsewhere because of the rain and mud.

The Treynor girls qualified for state four years in a row. They came in 2nd this year, won the state tournament last year, and got 8th or 9th the previous year.

In the state meet there are 15 teams plus other individuals who qualified but are not associated with one of the 15 teams. Seven girls can compete for each team, but only five are scored. This year Treynor girls finished in 4th and 26th place and the team score was 120. Last year the team had 130-132 points. They improved this year, but other teams also improved.

For scoring, the winner gets one point for their team, 2nd gets two points, etc. However, displacement scoring means that runners not associated with a team do not count toward scoring. For example, if a non-team individual comes in 5th, the 6th place team member will get five points instead of six.

Lilly Miller, a sophomore, got 4th at state this year. She got 9th last year. There are 100-120 girls in the state meet. Madeline Kirkman impresses Chaley because she is always helping and congratulating runners from other teams.

The Cross Country boys and girls run at 6 a.m., rain or shine when there is no lightening. They start with seven miles at the beginning of the season, having some sprinting days at the track. There are a lot of hills in this part of the state, which is an advantage for training. The youth like running along the highway since it is flat. They are looking forward to the trails being finished at the T.

The State meet is always at Fort Dodge, which is flat. Chaley said, “Our teams would do better if it was in a hilly area, since they have trained in those conditions.” For state tournament, they run at 2:00, so they have lunch at 10:00 a.m. They try to eat pasta and protein the night before a meet.

There are only two weeks of practice before the first meet of the season. The last time there was a meet at Treynor was in 2015.

Treynor had nine boys out for varsity this year and ten for Jr. High. The girls had eleven out for varsity and two for Jr. High.

Chaley said the youth have to take strength and conditioning at school. For cross country all they do is run. She encourages everyone to journal what they eat to determine what foods make them feel bad or feel good after a run.

In response to a question, Chaley said that some youth get new shoes in the middle of the season. Sometimes it is necessary if they run in a lot of mud or water.

Chaley just finished her 8th year as a coach for cross country and her 7th as head coach. She was a high jumper in high school and college She achieved 5’ 8¼ in high school and 5’ 10½ in UNI, which is still a record.




*Thanks to Dale Willenborg for writing the newsletter this week.*

**Next week's speaker:**
**Jeff Casey, Treynor High School Football Coach**

**Positive Quote:**
**"Don't worry. Be happy."**
**Bobby McFerrin**

## Meeting Minutes

President Kirk Vorthmann called the meeting to order at the Treynor Community Center. Seventeen members and three guests were present.

**Prayer:** Kirk Vorthmann

**Jokes**: John Klein, Keith Denton, Steve Chambers, Dale Willenborg

**50/50:** Barb Hempel

**Attendance:** Dale Willenborg

**Football Contest:** Will report next week.

**Birthdays/Anniversaries:** Ann Vorthmann birthday (recognized)

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

- Kevin Underwood, Steve Irvin, Keith Denton, Gary Guttau: Treynor football team won
- Steve Irvin: Granddaughter Hope was 62nd of 100 in state track. Granddaughter Grace made t-shirts for family for the event.
- Jerry Hempel: Success of Girls Cross Country.
- Chad Guttau: Received a trophy at the dinner last night
- John Klein: Gary Guttau cleaned out his shed, returning the trailer to John that Gary had stored for him for years.
- Kirk Vorthmann: Son Wade got a large buck with huge antlers.

**Business:**

- The meeting will be at St. Paul Lutheran church next Saturday.
- There will be a board meeting after the meeting next week to assign the can kennel for next year.

**Community and Community Events:**

- **Sun. Nov. 8:** Bingo at Treynor Community Center at 6:30 PM
- **Tues. Nov. 10:** Pott. Co. Veterans Mobile Service Office @ Treynor Comm. Center Parking Lot starting at 9 AM

**Community Future:**

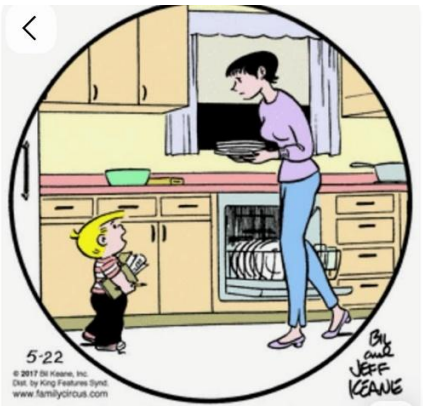
- **Thurs. Dec. 3:** Blood Drive – Treynor Community Center 11:30-5:30, Call 1-800-733-2767 or visit RedCrossBlood.org and enter: Treynor Iowa to schedule an appointment.

**School: Activities in Treynor or Big Events**

- **Tues. Nov. 10:** 7th Boys Basketball vs Glenwood 4:15
- **Wed. Nov. 11:** Veteran's Day program at 11 AM at High School Auditorium
- **Wed. Nov. 11:** School out at 2 PM
- **Fri. Nov. 13:** SWIBA Jr. High Band Festival @ Denison
- **Friday. Nov 13:** Treynor football, will be carried by channel 6 in Omaha.
  Game at The Dome at UNI, Cedar Falls
  #4 Treynor vs. #1 Regina Catholic, 10 AM
- **Mon. Nov. 23 – Tues. Nov. 24:** Addams Family Musical at 6:30 PM both dates.

There being no further business, the meeting was adjourned by Kirk Vorthmann.

## HUMOR




**"I told all my friends that you can yell louder than their moms."**

## OPTIMIST CALENDAR

**Events:**

| | |
|---|---|
| Nov. 14 | Meeting 8-9 AM, at St. Paul Lutheran Church this week |

**Birthdays:**

| | |
|---|---|
| Nov.18 | Phil Waggoner |
| Nov.18 | Dianne Willenborg |
| Nov. 22 | Kathy Luedke |

**Anniversaries:**

| | |
|---|---|
| Nov. 22 | John & Carol Klein |

**Programs:**

| | |
|---|---|
| November | Jerry Hempel (1st, 2nd Sat) |
| | Josh Guttau (3rd, 4th Sat) |
| December | Mick & Judy Guttau |

**Speakers:**

| | |
|---|---|
| Nov. 14 | Jeff Casey, Football Coach |
| Nov. 21 | Ashleigh Croushorn, Chief Technology Officer, TS Bank – topic: learn about AI |
| Nov. 28 | Joel Beyenhof, Treynor Superintendent, (school related topic) |
| Dec. 5 | Cody Forbush – A tale of an airplane owned by a local group |
| Dec. 12 | Bob Andersen – His story |
| Dec. 19 | Emmersen Fox – Horticulture (her major) trip to the Netherlands |
| Dec. 26 | No Meeting. |
| Jan. 2 | No Meeting. |

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