**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 21\*\*

 Total 52 (up from 48 in 2013)

 Half marathon:

 Men 82

 Women 101

 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:**

Course Time

 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

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