



Saint Louis Track Club

Track Time News

January - April 2021

Running Through a Pandemic



Photo of Rae

President's Column

By *Rae Mohrmann*

Dear Members,

This is my final letter to you as President. At times it has flown by quickly and other days..... It has been my sincere privilege to have the opportunity to serve as your President for the past three years. My gratitude to you is immense. The time has been transformative for me as a person but more importantly for our Club. I certainly didn't count on a year of coronavirus! If things felt difficult before, 2020 has been an unprecedented challenge!

I sincerely hope that you feel as I do that SLTC is truly centered on the needs and interests of our members. We have done this work together as a Board, with your input and your volunteering. I personally plan to continue as a steadfast force in propelling the passion, purpose and energy that we have developed.

I have felt a deep sense of responsibility about our challenges and truly feel that together, we can continue into our next 50 years



with confidence. The dedication and drive in each of you is what makes our collective progress possible.

What we have built MUST continue in YOUR capable hands. I thank all of you who have come before me, all currently serving in some capacity, and challenge each of you in the future to make SLTC even better as we continue to grow and thrive in the years to come. It is YOU who will shape our future, buoyed by indomitable strength of the human spirit.

Thank you again for the opportunity to serve you.

Rae



Frostbite Series Info

Don't forget to check your Frostbite standings and race results! Here are the links: [Individual Race Results](#) or [Race Standings](#)

If you are able and willing we **NEED** volunteers for the remaining races!



Check the [website](#) for more information on the races and to sign up to volunteer.

<https://www.stlouistrackclub.com/frostbite-series> or email office@stlouistrackclub.com

A Note from the Incoming President - Matt Corriell

Hello Track Club Family,

I want to start by introducing myself to those of you I have not met already. My name is Matt Coriell, the new President of the Saint Louis Track Club Board of Directors. I have been volunteering with the club for several years and I've been a Board member since 2018.

I began my journey with the Club through the Corps of Discovery trail race. I won a free membership for placing 3rd in my age group. From there I began running and volunteering at the Frostbite Series. When I joined the Board I quickly got involved in everything I could. With the support of the Board and our newly formed trail committee, I helped create the Weldon Spring Trail Series, building on the already successful Corps of Discovery race. I am currently one of the Race directors for all three of the trail races.

As you would guess, I am a trail and ultra runner. I do run roads too, of course. I have gained a lot from running and I really enjoy being able to give back to the running community.

We have been met with many challenges this year. Covid-19 has affected all of us in many different ways. The Club was faced with many hard choices. We had to cancel most of our races and heavily modify other races in order to comply with the health department's guidelines and provide a safe environment for our runners. I know everyone has their own opinions and comfort levels when approaching racing and Covid-19. I want to personally thank everyone who has supported the club this year, whether it was in-person or from afar.

As we enter 2021, we are making the necessary adjustments to be ready for post-Covid racing and embracing the changes needed to keep everyone safe.

Lastly, I would like to thank the Members and Board for entrusting this role to me. I am truly honored and excited to help the Club grow.

-Matt Coriell



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Frozen veggies are a nutritious and convenient option...

-Diane Robinson

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Nutrition Shot.

By Diane Robinson

The Art of
Frozen
Veggies

ONE FOUNDATIONAL ELEMENT all diets agree upon:

Eat LOTS of vegetables!

In the wintertime it can be difficult to meet the goal of eating 5-10 fruits and veggies per day. Frozen veggies are a nutritious and convenient option to keep stocked in the freezer when you've run out of fresh veggies. According to research, frozen produce retains more vitamins and is more nutritious than 5-day old fresh vegetables. The study “does not support common belief that fresh food has significantly greater nutritional value than its frozen counterpart.”



Photo Credits: [tablespoon.com](https://www.tablespoon.com)

But... how can we make frozen veggies taste good!?!?

- Sautee, Bake, Roast, or Grill them for better texture and taste
 - [How to Roast Frozen Vegetables](#)
- Add them to casseroles, soups, stews, curries, smoothies, and veggie burgers
 - [How to Cook Frozen Vegetables](#)
 - [A Formula For Making The Best Vegetarian Burgers](#)
- Add a little salt, seasonings, healthy fat, and acid (i.e., lemon or vinegar)
 - [11 Ways To Dress Up Your Frozen Veggies](#)

If you have any questions, please reach out to diane@spewaktraining.com.



Various Track Club archive photos



My Running Story

By: Dan Doverstike

I never really considered myself a runner mostly because I never ran more than one mile without stopping until I was 23 years old and my best mile time in high school hovered around 8 minutes. Regardless, a daily run has become an essential activity for me. I half-jokingly tell my wife that I have two things I need each morning, no matter where we are or what we're doing: a run and a coffee. Now, I consistently run between 30-40 miles per week.

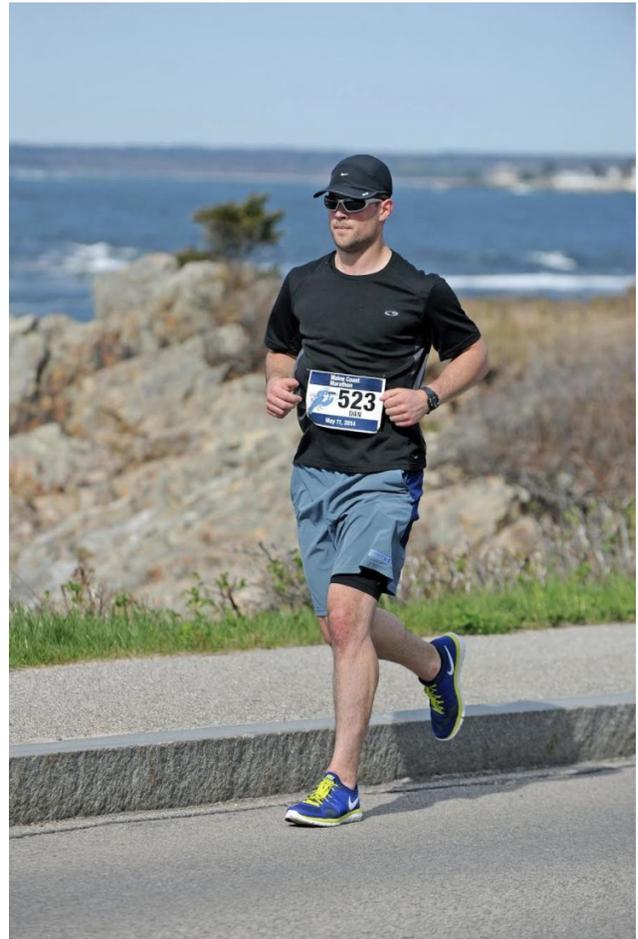


Almost a decade later at 31 years old, I look back and wonder what caused me to make running a major part of my life and a few things come to mind.

1. **Family Prodding:** I started dating my wife in June 2010 just as I was turning 22. Later that year her father encouraged me to run a half marathon with him and my then girlfriend, now wife. I still don't know if his suggestion was a joke but I decided to give it a shot. I wasn't doing much activity-wise and besides, I was dating his daughter, so finding an activity they both enjoyed wasn't a bad idea. So I started training for my first half marathon and ran it with my future father-in-law in May 2011.
2. **Consistency:** Over the past seven years my wife and I have moved three times, each time to a different state. Most recently, in June 2019, we moved to St. Louis for my

wife's residency at BJC/Wash U. Running has been one of the consistent things in my life throughout our moves. It's become an anchor and something I rely on.

3. **Competitiveness:** I grew up playing football and basketball. After college I began teaching and realized I wasn't interested in teaching with a black eye after taking an elbow going for a rebound or loose ball. My interest in running coincided with my interest in not getting hit. But, I still have my competitive nature and now enjoy challenging myself more than I enjoy competing against others. Which is why when I ran my first marathon with a goal of finishing in 4 hours or less and didn't meet that goal I was pretty upset. I finished in 4 hours and 8 minutes. I had to second guess my training. Were my long runs not strenuous enough? Did I not push myself hard enough?



Those thoughts fueled me for a few years until I was ready to commit to training for another marathon. I finished my second, and most recent, marathon in 3 hours and 52 minutes. Physically I felt terrible after the run. Mentally I was clear of my previous failure.

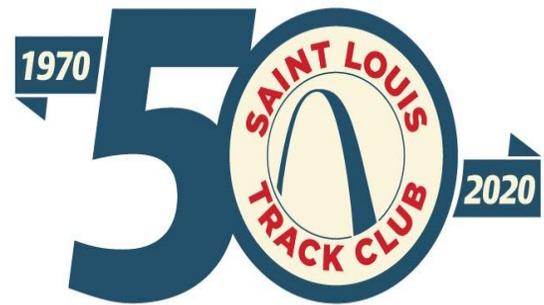
In addition to the physical and mental benefits I enjoy from running, I also am looking forward to getting to know the St. Louis running community. Before moving from Wisconsin to St. Louis, I didn't know what to expect. But I have been pleasantly surprised at the green space this city has to offer and I love my morning runs through Forest Park, running down to

the Arch, and exploring Tower Grove Park. Once this pandemic is over, I hope to enjoy exploring more of the city and county with other members of the running community.



FEED BACK

Did you run a PR? Have a suggestion for the newsletter? We want to hear from you! Email katie.evans@stlouistrackclub.com



Various Frostbite pictures from 2018 by Jiansheng Huang



Member Spotlight!

Name: Adam Gardner

Hometown: St. Charles, Missouri

Occupation: Screen Printer

Avg weekly miles: 40 ish

How and when did you get started with running?

Growing up I always loved running. The journey really got going in 8th grade. We were doing the presidential fitness award and I ran the fastest mile in the entire school that year. My gym teacher told the high school cross country coach that he should come watch me run the mile. That day I was invited to come join the team next year. I fell in love with the atmosphere that running provided. I worked hard those years and qualified for the Missouri State High School cross country championships all 4 years.

When did you become an SLTC member and what inspired you to join?

I was actually awarded a membership for placing at the top of the Corps of Discovery Trail race 3 years ago. I found out very quickly what a great organization the Track Club was and continued my membership from then going forward.



What are your favorite places to run?

Any place that gets me closer to nature. The Ozark Trail is my all time favorite.

What are your favorite running shoes and/or other gear? Altra Long Peak is my favorite shoe. I also love trucker style running hats.

What is your favorite pre or post run meal? Bagel with peanut butter before. Cheeseburger and beer after.



What has been your most satisfying performance?

My most satisfying running performance ever would have to be running my half marathon PR at the Track Club half. The weather was horrible that year with driving rain and wind. Being able to push through all that and still run a sub 1 hour 30 minute half was incredibly satisfying.

**What is your favorite SLTC event?
What do you like about it?**

I'm a bit partial here but my favorite event is any of the races in the trail series because I'm the co-race director. What makes it special is seeing everyone put so much passion and effort into putting together races that are meant for enjoyment and pushing oneself to the limit physically.

Anything else you would like to share about yourself?

I'm thankful to have running as a part of my life. It's given me some of the best friendships and memories of my life.



Get your Track Club merchandise anytime! Visit our [merchandise website](https://teespring.com/st-louis-track-club) to get all your favorite gear!

<https://teespring.com/st-louis-track-club>

Track Club Half Marathon Recap

Many of us have observed selfless acts of courage and heroism by those around us in 2020 - whether the acts are taken to keep others safe, or whether they seek to provide a sense of normalcy during a time that has been so disorienting. These acts are vital, as I suspect many of us want the same thing: to feel normal again.

I know many of the SLTC Board Members and race organizers. They are a humble bunch who would balk at being referred to as "heroes." But I believe the 2020 St. Louis Track Club Half Marathon may be one of the most heroic efforts the Track Club has ever taken. The easy thing would have been to defer the race another year, but the SLTC courageously decided to take the more challenging path. They found a way to produce an event that was painstakingly designed to keep us safe, while at the same time allowed our community to feel, if only for the length of the race, like we were in the not-too-distant past (and, hopefully, a not-too-distant future). It felt liberating and exhilarating. It provided our running community something we've painfully been missing.



The actual race for me, quite honestly, went like many other SLTC races. My time was ordinary. The weather wasn't fantastic or terrible (it was pretty windy though). The organization was top notch, the course was scenic and challenging, and the volunteers were supportive and fantastic - but that's always the case with SLTC races.

But the highest compliment I can pay the organizers of the 2020 St. Louis Track Club Half Marathon is this: It felt normal. And by being normal, it was anything but.

Submitted By: Steve Wasserman

We would like to send out a big thank you to our sponsor for the Half Marathon, Midland Bank. We appreciate all your support during these difficult times to put on a successful race!

Here is some of the information from the race:

We had 290 half finishers and 46 5K finishers for the in-person event on November 1st. We also had people participate virtually! There were 44 virtual finishers for the half and 55 virtual finishers for the 5K!

We can't thank all the participants enough for making this event possible during the uncertain times of COVID-19. Whether you participated virtually, in-person, or you volunteered, every person helped the Track Club further our mission of helping people run, walk, and enjoy! Check out the Grapevine section of the Track Time News for more information of the winners of the Half Marathon!



Various Track Club Half 2020 photos



Each issue of the TTN we will be sharing running insights and advice from local running coach, Mark Spewak of Spewak Training

Coach's Corner

By Mark Spewak



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There is so much more to this sport than PRs and age group awards.

-Coach Mark Spewak

”

I really believe that anyone who decides to dedicate time in their daily schedule to health and wellness is special. In my opinion, if you want the best shot at living a happy and healthy life, then it's only in your best interest to have a consistent amount of exercise in your routine. For so many people their inconsistency doesn't stem from not wanting to be healthy but because they haven't been able to find an exercise that brings them joy.



We are incredibly lucky to have this sport in our lives. Not only have we found something we enjoy but it's also something that can be done pretty much anywhere at any time. There was a Nike quote I remember when I was first getting into the sport that said, "There are clubs you can't belong to, neighborhoods you can't live in, schools you can't get into, but the roads are always open." This quote has

always resonated with me because it is a reminder that our sport if promoted and supported correctly, can be inclusive to all.

Running is beautiful in the sense that what you put into it is what you are going to get out of it. If you consistently train throughout the year, you are more than likely going to improve. As a coach, I hardly ever credit the training when someone succeeds. I credit the athlete's determination and discipline. At the end of the day, it's on us as runners to tie our shoes and get out the door. When it's cold and rainy and you have no one to run with, it's you who makes the decision of whether or not you want to be better.

There is so much more to this sport than PRs and age group awards. Running brings communities together. Running provides those who deal with tragedy a place to rebuild and heal. Running provides sunshine on the days with rain and gray skies. Running calms those who live with anxiety and running always finds a way to make your day and life better. Amidst a pandemic, runners have found regularity and normalcy in their lives due to the fact that a place where they find peace is still open to them. Although our racing world has been impacted, the act of running hasn't changed.

The next time you find yourself in a hole, remind yourself of just how lucky you are to have the ability to participate in this amazing sport. It took me getting injured in 2018 for me to really understand my true appreciation and gratitude for running and the value it provides to Mark Spewak the human. We all have our "why" that keeps us going. Think about yours and don't ever limit yourself from what you think you can and can't do in this sport and in life. I say this because I am sure somewhere along the path, running has taught you that your drive to succeed in running is applicable to other areas of your world. You have this gift because you have worked incredibly hard for it. Share it with the world and keep on keeping on!



All photos are taken from Spewak Training Facebook page.

Spewak Training is now accepting new clients. If you are interested in a free consultation session, please contact us. contact@spewaktraining.com

Honoring Former Track Club Members at Forest Park



Written by: Donna Springer

Two stalwart Saint Louis Track Club members, George Perry and Keith Fitzgerald, will be honored by memorial bricks near the Visitors' Center in Forest Park. The Visitors' Center, formerly known as "The Field House," was a central hub to much of their work.

George Perry's participation in the Saint Louis Track Club dates from formative years during the early 1970's. For many years, during the 1980's, he stood out as Director of The Summer Pace Series. He made a claim to the 30K, for which he was longtime race director. The 30K was part of the Track Club Winter Long Distance Series, which prepared runners for the Olympiad course marathon in late February or early March. The Track Club Winter Long Distance Series evolved into the current Frostbite Series. George served on the Saint Louis Track Club's Board of Directors, and was a volunteer at events ranging from the Dog Day Duo, to the Pepsi 10K, to the marathon.

"My introduction to the Track Club was through the Pace Series," said Tom Eckelman, a longtime fundamental member of the running community." George, a quiet ambassador for the SLTC, made a lasting impression on many future members, including me."

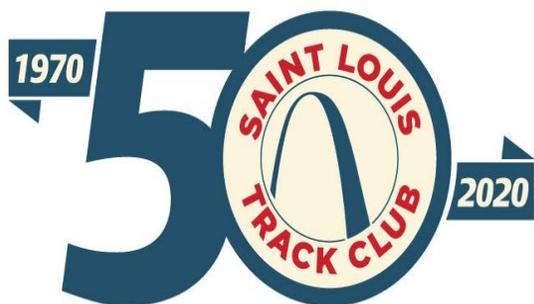
George who achieved 99 years of age, passed away at his home in Webster Groves in February of 2016. He enjoyed the company of current and former runners at informal gatherings until the end of his life.

Keith Fitzgerald, a multi-term SLTC Board Member, served as Secretary to the Club. He was particularly visible when he sold all kinds of Saint Louis Track Club merchandise at Frostbite Series events. During the renovations of the Field House/Visitors' Center in Forest Park, Keith was active in a group which created a petition to Forest Park Forever to assure that facilities such as lockers and showers would remain.

“He loved the Track Club,” said his wife, Jan. “He didn’t miss a single Frostbite (Series Race).”

Keith, diagnosed with frontotemporal lobe degeneration in 2008, passed away in November of 2016. Keith’s helpful attitude, congeniality, and intelligence, will be long-remembered.

Photo is a rendering of the bricks when they will be completed.



The Grapevine

Lydiard Training and Track Club Half Winners

By: Donna Springer

Both winners, male overall winner, Omar Abdi, and female overall winner, Breanna “Bree” Gaster, of the 2020 Saint Louis Track Club’s signature half-marathon trained using the same program - The Lydiard Method Training Program. The Lydiard Method Training Program was offered by Running Niche, a specialty running shop in The Grove, owned by Jennifer Henderson and Bob Dyer.

“At Running Niche, we provide free, on the ground support through advice, encouragement, and prescriptive workouts to runners who sign up for Lydiard Training,” said Running Niche co-owner, Bob Dyer. “Via Running Wizard, which is the on-line personalized training plan platform, we provide advice and encouragement to anyone who walks through our doors, and is interested in improving performance. We don’t make any money for our work with the Lydiard Method. All proceeds go to the non-profit Lydiard Training & Academy which maintains the Running Wizard service.”

“Back in my post college competition days,” Bob said, “I discovered a book called Running to The Top, by Arthur Lydiard. I read it cover to cover, and by implementing the Lydiard principles over two 24-week cycles, I was able to achieve a personal best marathon in the fall of 1980, running 2:21:07. In May of 2017 Jennifer and I had the opportunity to



complete a two-and-a-half day coaches' training course taught by Lorraine Moller, 1984 Boston Marathon Winner and 1992 Olympic Marathon Bronze Medalist, who trained under Lydiard, and Nobby Hashizume, a Lydiard coaching protege."

"We learned and refreshed, while gaining a clear understanding of the science behind the Lydiard™ Method. With proven success at the highest levels of Olympic competition, as well as runners targeting their first 5k, the Lydiard Method has consistently prepared runners to arrive at the starting line well prepared, healthy and ready to compete, to the best of their abilities. Lydiard Training is based on the stress and recovery principle while the phases are sequential in nature, each building a specific system the runner will need to peak on goal race day."

Bob summarized the critical phases of Lydiard Training:

Peak - Peak condition on race day. Arrive at the start line healthy, fit, and ready to run your best.

Taper - Final preparation for race day, recover and replenish the body..

Integration - Race distance specific tuning and sharpening including shorter distance time trials, and/or controlled race conditions.

Anaerobic Development - Adds faster running (tempo and intervals) to prepare the runner to be able to handle race pace.

Hill Strengthening - Develops the leg power and flexibility that will be needed to support faster anaerobic running while continuing to develop the aerobic base.

Aerobic Base Building - A period of aerobic runs (run by overall time, not mileage) at a variety of paces to develop stamina and a base of conditioning.

"The Running Wizard app also offers a training log to runners of all abilities, called Final Surge," Bob emphasized. "A runner may enter a recent race performance, a desired goal, and purchase a training program geared to all levels from experienced, desiring to improve, to a beginner desiring fitness. Persons interested in learning more about Lydiard training or creating your personalized Lydiard Training plan may call us



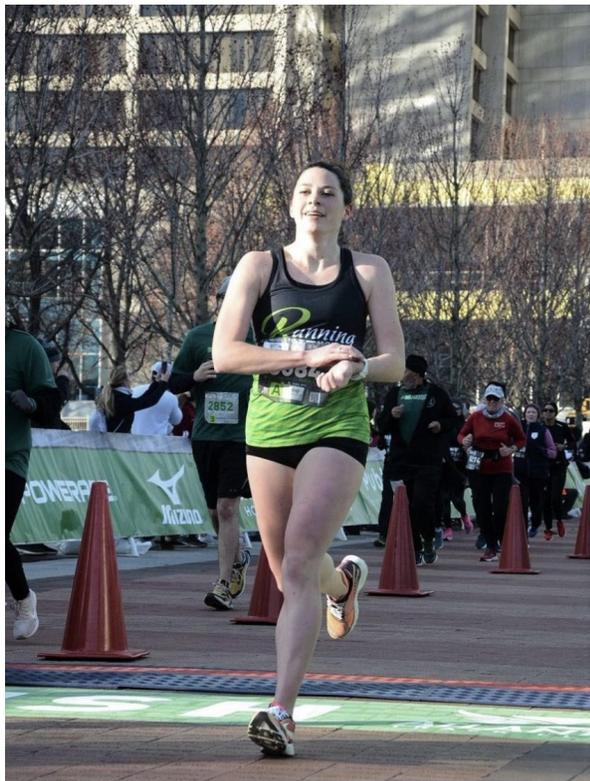
at (314) 405-8006, email us at info@runningniche.com, or visit Running Niche in the Grove neighborhood of St. Louis.”

“I went into Running Niche to buy shoes. Running Niche is right near where I live,” trainee-winner Omar Abdi said. “I was looking for another training plan, and asked about one. I was doing all my runs at interval pace. Now, I go slowly, and have a recovery day after a hard one. My times have improved. Phases get you ready. You build for three months, then do anaerobic development, and integration brings it all together. I was supposed to do the Chicago Marathon this October, but it was cancelled, due to the virus.”

Omar said that he found the Saint Louis Track Club Half-marathon “well organized,” with the waves, distancing, and wearing masks at the start. His 1:10.19.5 time was five minutes and ten seconds faster than his nearest competitors.

After moving to Saint Louis from Des Moines, Iowa, overall female winner, Bree Gaster, went to Running Niche to look for shoes, as well as to find friends who ran. After learning about other athletes who had had success with the Lydiard program, she began the program, and saw her times drop.

“It felt comfortable,” she commented about achieving a 2:58 marathon time in New York, when she broke the three hour mark. Bree also found the Saint Louis Track Club Half-marathon well organized. “It was interesting as a competitor. It wasn’t like being alone,” she said. Her tenth overall time, 1:24.26, beat the second female competitor by 50 seconds.



“Once anaerobic, I get excited,” she said of her training.

“Anaerobic development is one of Omar and Bree’s favorite phases,” Running Niche’s Bob Dyer said. “They have Lydiard goals in mind. They understand their bodies’ fine line. Both did very well.”

Bob Dyer, with his wife, Jennifer Henderson, co-founded the locally-owned Running Niche

in 2018. Bob brought experience working with other sports-related companies, and knowledge gained from a Master's Degree in Exercise Physiology at the University of Michigan to their entrepreneurship.

New Zealander Arthur Lydiard, (1917-2004), competed in rugby during grammar school, before difficulty with a five-mile run at age 27 ignited a passion in running. He had dropped out of school at age 16 to begin training as a shoemaker's apprentice. When he began interval training, the predominant method of training at that time, and was not satisfied, he began focusing upon higher mileage and aerobic conditioning. He decreased his weekly training mileage from 250 to around 100, began coaching other runners, published books about his methods, and had worldwide influence. Frank Shorter, marathon gold medalist at the 1972 and silver medalist at the 1976 Olympics, called Lydiard's system "the most intelligent system out there." (Adapted from The Guardian (e-journal news 2004.)

Arthur Lydiard did a lot of experimenting on himself," Bob Dyer commented.

The Saint Louis Track Club extends best wishes to each and every runner and walker, in his or her training and development.

All photos were provided by Bob Dyer to Donna for publication.



Get your Track Club merchandise anytime! Visit our [merchandise website](https://teespring.com/st-louis-track-club) to get all your favorite gear all year long!

<https://teespring.com/st-louis-track-club>

Track Club Training Group

While we continue to navigate social distancing protocols and procedures we are looking at making our Track Club Training Group in person this summer. We will continue to monitor the situation and as we are able to have more in person, large group gatherings we will reassess for the Summer 2021 session. We will have a place to “sign up” (the training group is free for members) for access to the schedule and to sign all waivers that will be necessary should we meet in person in the coming months. So, be on the lookout!

<https://www.stlouistrackclub.com/sltc-training-group>



Please contact Katie Evans for more information at katie.evans@stlouistrackclub.com

Photo by Ron Golan

Dynamic Knee Valgus

Limited ankle range of motion and gluteal weakness: two of the most common contributors to injuries that we see in runners. These impairments often lead to a movement pattern called dynamic knee valgus and knee pain in runners. This is especially true in those who are new to running or returning after a long break. This blog will describe the knee valgus pattern: What is it? How do you fix it? Why does it matter?



What is knee valgus?

When the knee moves in an ideal way, the upper leg, lower leg and foot all move in approximately the same plane. (Of course there are exceptions to this rule, but this is true for most). When the knee turns inward of the foot, it creates a twisting or shearing force on the joints and they are no longer moving within the same plane. When a person moves into this pattern with running, squats or stairs we call it dynamic knee valgus. This article is based on dynamic (not static) knee valgus.

Why does it happen?

Limited ankle range:

When the ankle does not bend enough, your body has to compensate by moving somewhere else. Therefore the arch of the foot rolls inward (in most people), causing your lower leg to rotate and the knee turns inward.

Gluteal Weakness:

The gluteals and small muscles around the hip control upper leg rotation. When they are weak the femur (the thigh bone) rotates inward. When this rotation occurs from the upper leg, you can see the knee turn inward.

Do I have a knee valgus pattern?

The easiest way to assess yourself and see if this may be present in your running form is through slow motion video on your phone - you can take your video this way. You may also assess your movement in a single leg squat where the raised leg is behind you, like the photo above. To see running and single leg squat video examples, check out our blog at PrecisionSTL.com/blog.



Ann Crowe, PT, DPT, MS

Board-Certified Orthopedic Clinical Specialist

[Precision Physical Therapy](http://PrecisionPhysicalTherapy.com)

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50th Anniversary Celebration

During the month of October the Track Club celebrated 50 years in the running community in St. Louis! Although we could not celebrate together as we would have hoped, Board members were able to put together a fun and engaging set of activities for members to participate in for the entire month. Below are some photos of what members shared and participated in!



In pre-internet days, the Track Time News had the comprehensive list of upcoming races in the area ... participating in local events led me to different areas of St. Louis ... and I got to meet a lot of people.

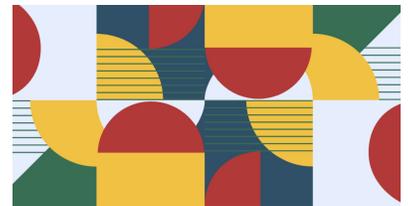
SLTC has been serving the running community and contributing to our community's health for a long time, and I'm proud to be a part of it.

Jeff, member since 1990



What was the last year SLTC held the St. Louis Marathon?

1998



#STLC50 Run/Walk Hunt 2.0



Who was the first recipient of the SLTC Lifetime Achievement Award?

Tom Eckelman



I started running ... when I turned 30. I really didn't know how to train. I just knew I loved to run. A neighbor who was a SLTC member taught me some things about training and got me involved in some club activities ... Becoming a member opened up so many friendships and experiences!



Rae, member for 30 years



My mother suggested I get active with the Track Club...she believed it would be a great way to make new friends. I made lifelong friends during the training program [for the St. Louis Marathon]. We even started a group, the Galloping Gourmets, which continues to this day. Some of us went out to eat after the marathon...one of my friends in the group invited a guy who had come out to support her. Unfortunately, she got sick and did not make it, but he stayed and ate with us and then started joining us on weekly runs. I have now been married to him for over 33 years. Thanks Mom.



Alison (and Andy), member for 36 years



My first Marathon was a SLTC event in 1986. Breaking a 4 hour marathon was also at a SLTC event ... remembering [these accomplishments] always makes me think of how special SLTC is! When I moved to St Louis in 1980, I was already running ... SLTC was a network for race info and meeting others, long before websites and running companies listed events.



Karen, member for 40 years

October-December Board Meetings Summary

Happy New Year from the Board of Directors. The Saint Louis Track Club closed out 2020 with a number of accomplishments, despite the challenges posed by the ever-evolving COVID-19 situation. The Track Club celebrated its 50th anniversary with a successful month-long campaign of scavenger hunts, trivia, and even a virtual 50 mile run or walk event. In November, the Track Club made the return to live racing events, with the annual Half Marathon and 5k. Both races were run on all new courses and there were approximately 350 total finishers. Because of the Half Marathon's success, the Track Club was able to donate more than \$2000 to its charity partner, the ALS Association. In addition, the Frostbite Series is currently underway at Forest Park, with strict compliance with the City's COVID-19 protocols. The first races on December 12 saw 298 finishers in the long race and an additional 298 finishers in the short race. Also in December, the Track Club launched a new merchandise line for its members (see the store at <https://teespring.com/stores/st-louis-track-club>). In addition, the Track Club ended the year with its annual Board elections, and the Board then selected its officers for the next two years. Prior to the election, long-time Track Club volunteer, Race Director, and Board President Rae Mohrmann decided to retire from her role on the Board. We thank Rae for her many years of service to the Track Club and to the running community at large! Moving forward into 2021, the hope is that the Track Club can return to hosting all of its annual in-person races and events. Finally, there are a couple of openings for dedicated, organized, and reliable volunteers to join the Board of Directors. To inquire, please contact Aletta at aletta.martin@stlouistrackclub.com. Happy 2021!

[Membership Sign Up or Renewal](#)

Visit <https://www.stlouistrackclub.com/get-involved> for links to local race calendar!

Track Club Info

Run. Walk. Enjoy.

WE DO SO BY:

Supporting runners and walkers of all abilities through our member network;
 Organizing and producing events and programs that meet the needs of our members and the
 running/walking community;
 Partnering with local youth, health-oriented, and community running programs; and
 Mobilizing our members and volunteers in support of our mission.
 Founded in 1970, the St. Louis Track Club is an exempt organization
 under Section 501(c)(3) of the Internal Revenue Code.

Track Club Board of Directors Members

Operations Coordinator - Aletta
Martin

President - Matt Coriell

Vice President - Jeff McPherson

Treasurer - Anna Zelinske

Secretary - Ben Tiller

Board Member - Katie Evans

Board Member - Dennis Martin

Board Member - Roger Moore

Board Member - Karolie Zavisute

Board Member - Adam Gardner

Race Directors

Marathon Relay-

Paul McGee, Rae Mohrmann

Frostbite Series-

Mike Bahr, Bob Chitwood

Trail Series-

Matt Coriell, Adam Gardner

Track Club Half-

Kevin Jokisch

Pace Series-

Donald Denham