



# OMAHA RUNNING CLUB NEWSLETTER

*For the members of the Omaha Running Club \* Vol. 47\* Summer 2018*

## Heartland Marathon revving up



**And they're off!**  
The 2016 Heartland Marathon started and finished near Lewis & Clark Landing. The Sept. 23 event goes off at 7 a.m. at the same location.

## Race officials monitoring construction near course

**D**o you have dreams of qualifying for the Boston Marathon? If so, your golden opportunity comes Sept. 23 at the fourth running of the Heartland Marathon. While the full marathon is the centerpiece of the event, other choices are the half marathon and 10K races. Also returning is the full marathon relay.

Club president Tom Whitaker said the event keeps improving.

"We're hoping this year will be bigger," he said. "It's very exciting to watch the numbers come in. There's a lot of planning to do, and we're certainly into it right now with all the promotion and social media stuff that you need to do to get the word out."

All three races go off at 7 a.m., and all runners will traverse into Iowa and cross the Bob Kerrey Pedestrian Bridge. The start and finish lines are on the Riverfront Trail near the Missouri River.

### Course maps, Page 2.

The Club is proud to pick the Omaha Police Foundation as its designated charity. The foundation backs the Omaha Police Department by providing financial support and creating community partnerships that strengthen the OPD.

Whitaker said a successful marathon can't be possible without a lot of preparation and the ability to adjust to changes in the course — even at the last minute as has been the case in the past.

"We hoped that the courses could be set in stone," he said, "but, obviously, it's not. We had a problem with the South Omaha bridge last year that was resolved at the last minute. There's a lot of construction going on with I-80 and I-29 interchanges. The trails work their way through there, so you never know. You get up on a Monday morning to find a piece of your trail is gone.

"We're monitoring it constantly to see what kind of changes we need to make, and, of course, if we do that we get out there and re-measure and recertify."

The course is USATF-certified, which means the marathon is a Boston qualifier.

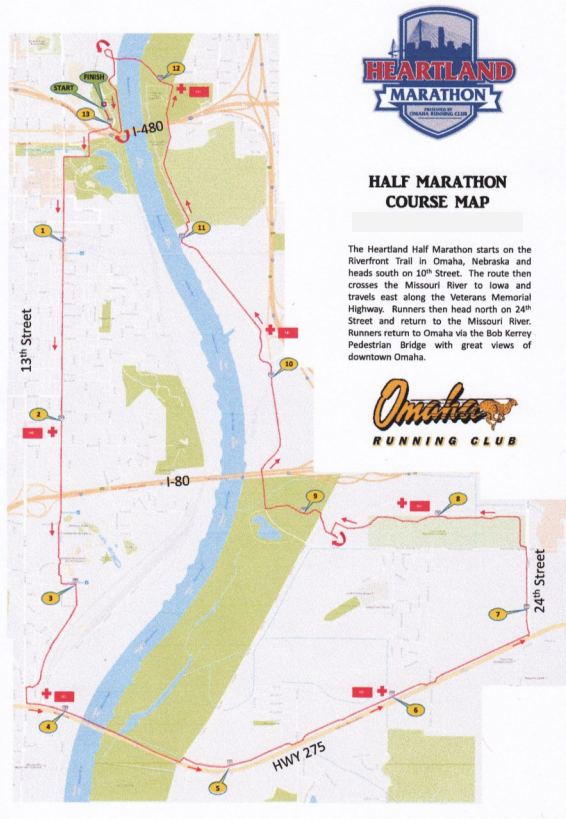
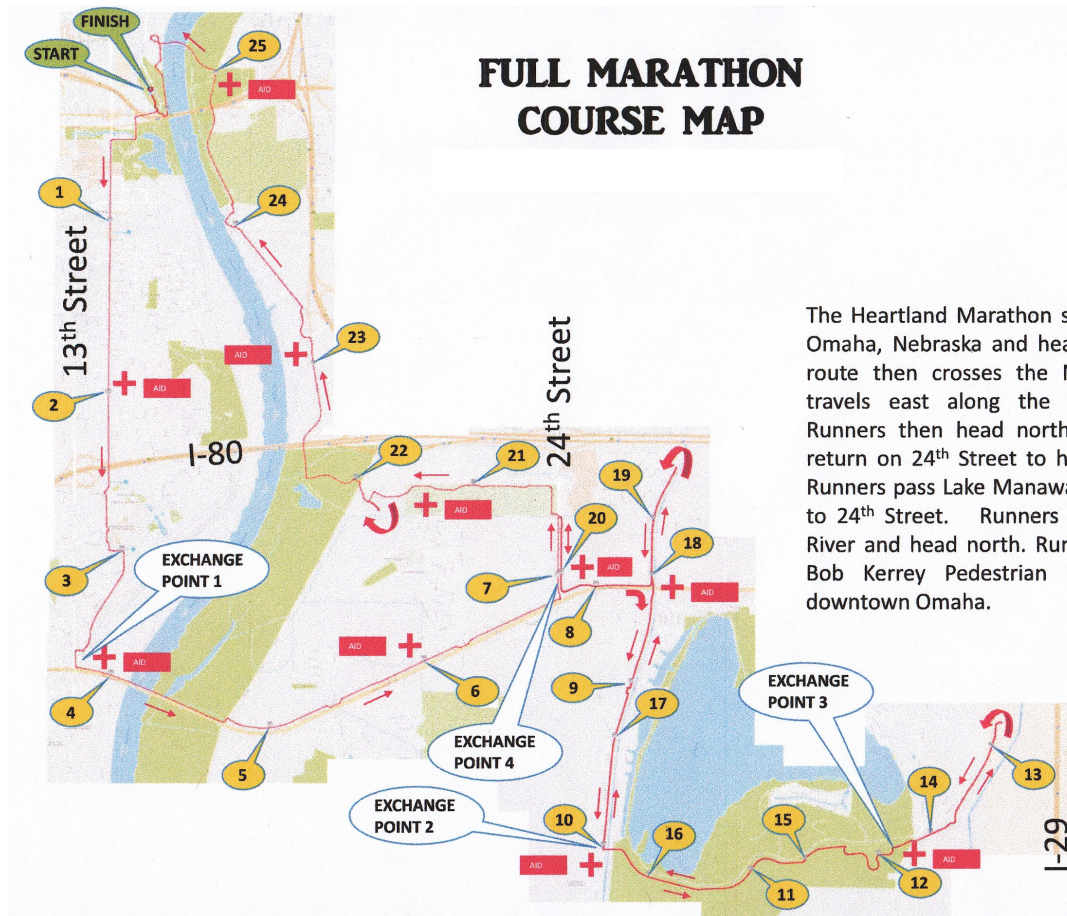
"We're at a time of the year that it most likely will be to qualify for the succeeding year," Whitaker said. "The cutoff is as early as late August or at the latest October."

He added it's likely that runners who make the qualifying time (based on age) at the Heartland Marathon will make the deadline for 2019 Boston.

While it's certainly not too late to register, it should be noted that prices for each of the three races increase after July 31. To register or obtain all information on the event, go to [heartlandmarathon.org](http://heartlandmarathon.org). Anyone who wishes to volunteer can sign up there as well.



# 2018 Heartland Marathon Course Maps



## HALF MARATHON COURSE MAP

The Heartland Half Marathon starts on the Riverfront Trail in Omaha, Nebraska and heads south on 10<sup>th</sup> Street. The route then crosses the Missouri River to Iowa and travels east along the Veterans Memorial Highway. Runners then head north on 24<sup>th</sup> Street and return to the Missouri River. Runners return to Omaha via the Bob Kerrey Pedestrian Bridge with great views of downtown Omaha.



**The 2018 Heartland Marathon begins and ends on the Riverfront Trail. Runners in all three races will traverse into Iowa and cross the Bob Kerrey Pedestrian Bridge.**



## 10K COURSE MAP





# Volunteers saluted at annual appreciation event



The Omaha Running Club's volunteers were recognized at the June 5 Volunteer Appreciation Dinner held at Ragazzi's Pizza near 156th and Maple. A crowd of about 30 dined on pizza and lasagna before Club president Tom Whitaker announced the two top volunteers.

During his remarks, Whitaker thanked all the volunteers and concluded by announcing Thomas Stagon and Jose Badillo as the Volunteers of the Year. Each received a plaque of recognition.

"Volunteers are everything," Whitaker said after the awards. "Our running club is an all-volunteer organization, which is kind of unique in the Omaha area. Omaha's (marathon) is owned by a for-profit organization, and the Nebraska Marathon is owned by a couple guys who don't do anything else but that.

"We do the marathon, and we're here year-around to put on other races of our own. We also help a number of other organizations in the Omaha running community with their races with timing."

Leading the volunteer effort is John Hall, whose job is to recruit helpers for all races staged or managed by the ORC.

**Left photo: A crowd of about 30 listens as John Hall and Tom Whitaker announce the Club's Volunteers of the Year. Right photo: The Volunteers of the Year, Tom Stagon and Jose Badillo, are flanked by Hall and Whitaker.**

## Call goes out for marathon volunteers

Congratulations to Thomas Stagon and Jose Badillo for winning the Omaha Running Club's Volunteer of the Year Awards 2018! Tom donated 20 volunteer days and Jose donated 16 volunteer days. The Omaha running community greatly appreciates the time these men gave to support our races. At our annual Volunteer Appreciation Dinner held June 5 at Ragazzi's Pizza, Tom and Jose were presented with plaques inscribed with their achievement. You can view photos of the event on the ORC website.

With people like Tom and Jose, the ORC is able to successfully hold many running races throughout the greater Omaha area. All ORC members are encouraged to volunteer at least once during the racing season. About 95% of our volunteers are fellow runners or

walkers. So, whether you're a runner, trail runner, marathoner, ultra marathoner, tri-athlete, race-walker, you can always be a part of our ORC volunteer team too! Volunteers from all communities and regions are always welcome. High school students can earn community service time.

The Heartland Marathon, ORC's most prestigious event, will be held Sunday, Sept, 23. A request for volunteers will be issued during the second or third week of July to fill a variety of volunteer tasks. Join the 2018 HM Volunteer Support Team and support all participants by volunteering.

Thank you, Tom and Jose, for all of your support at various events held during the 2017-2018 racing season!

— John Hall

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For more about the ORC, go to:  
omaharun.org

Follow the Club on Facebook!

# President's Message

My emphasis in this issue is our Heartland Marathon, Marathon Relay, Half Marathon and 10K that is set for its fourth presentation on Sept. 23. We plan to utilize the same courses as last year, all of which utilize the spectacular Bob Kerrey Pedestrian Bridge, which provides runners with a unique prospective of our City of Omaha and the Midwest while at the same time providing an enjoyable running experience. The courses have been approved by both Omaha and Council Bluffs and we hope that no changes will be required by road construction or by either municipality.



**Tom Whitaker**

Our charity this year is the Omaha Police Foundation. The Omaha Police are an integral part of the Omaha running scene and particularly Heartland, so we want to provide as much support as we can in recognition of all the Police do, much like the Omaha Running Club, to support the local running community. Please sign up today if you have not done so already for one of our Heartland Marathon events and help all of us support Omaha. Not only will you have a great run, you will be supporting a great cause and the Omaha Running Club in all we do year-round for our local runners.

I am particularly pleased that an old friend from my Allentown, Pa., days, Jane Serues, will be our guest speaker at our Heartland Marathon expo this year. Jane has an amazing background as an elite runner, having participated in the first U.S. Women's Olympic Marathon Trials in 1984, and as project manager at Runner's World magazine. Jane will give presentations at 1 and 4 p.m. and also be available for photos, autographs and many great stories about her adventures all over the world, AND Runner's World's recently retired Chief Running Officer Bart Yasso will return to Heartland this year. Bart wanted to run the full

Marathon last year but had to leave too early for that, so he's back to get it done this year. He will join forces with Jane and you will not want to miss the opportunity to meet two of the most interesting people in the running realm.

As you may recall, Runner's World recently ranked Omaha ninth among the 50 best running cities in the USA. Having that honor and a visit by Jane and Bart bestowed upon our community is a testimony to the great work your Omaha Running Club has done in supporting the sport of running in our city.

On top of all that, the Heartland Marathon has been selected as the Road Runners Club of America Nebraska State Marathon Championship for 2018. Special awards, in addition to race awards, will be given in categories of male and female open, masters (40+), grand masters (50+) and senior grand masters (60+). So get out your training schedules, lace up your shoes and get ready to compete for this very prestigious award.

Even if you don't win an RRCA award, you will enjoy a great event put on by runners for the benefit of runners and the local Omaha running community.

What a great volunteer appreciation night we had this year! Ragazzi's did a great job, and we certainly thank them and express our appreciation for their service. Our volunteers are so important to our organization and we hope this evening reflected the Club's deep appreciation for all the time and effort given. A special thank you is also in order to Vanessa Urbach, Mandy Kennedy, Daren Konda and all others who helped organize the event, and to Daren for the great appreciation certificates. Even volunteer appreciations cannot be held without

*See Message, Page 5*



# Marathon seeking a solid volunteer effort

It seems like yesterday when, during my daily walk, I was complaining how cold it was. It felt as if winter transitioned straight into summer. "What ever happened to spring?" I muttered to myself



two months ago. You'd think after living in Nebraska for more than five decades I would get used to the climate changes, but I just can't roll with Mother Nature's punches.

For the runners and walkers out there, hot and muggy conditions pose a challenge. You just can't drink enough water, that's for sure — especially when you're talking about longer distance runs.

Of the four marathons I completed, two were in the fall (Omaha and Baltimore). Most of my training runs took place early in the morning. But it wasn't until a few weeks before the races that temperatures were reasonable at the start of those runs.

Any long-distance runner will tell you that weather can be fickle the day of a race. Case in point: The inaugural Heart-

land Marathon three years ago. Conditions at the 7 a.m. start were less than ideal with runners battling above-normal temperatures and high humidity. And things only got more uncomfortable for the participants once they reached the finish line.

The 2016 and '17 Heartland Marathons were blessed with favorable weather at Lewis & Clark Landing. You can be certain that race officials are keeping their fingers crossed for a repeat of that come Sept. 23. As we all know, that's out of everyone's control.

The Omaha Running Club's premiere event takes a great deal of planning and a huge volunteer effort if it's going to be successful. The Club's volunteer coordinator, John Hall, does a marvelous job of lining up the helpers you'll see on the course and at the finish line.

Runners, like veteran Omahan John Ritland, appreciate the volunteers' efforts.

"I always thank them," Ritland said at last month's Volunteer Appreciation Dinner. "You can't have a race without volunteers."

During my three-plus decades of competing in races, I was amazed at the volunteer turnout. It's not easy to stand on

your feet for hours — especially if the weather is less than ideal.

While many Club members like Ritland are active runners, we're fortunate to have others who donate much of their time during the year helping make an event successful and fun for the participants.

In case you're not aware, volunteers working ORC events or ORC-managed races can earn points that can be applied toward Club merchandise — anything from hats to T-shirts and sweatshirts. At last November's ORC annual meeting, I picked up gloves and a stocking cap that served me well during my winter walks.

Another side benefit of volunteering: You don't work up near as much of a sweat as the participants.

Sept. 23 may seem a long way down the road, but it'll be here faster than you might think. If you're not planning to register for the 10K, half marathon or full marathon, consider signing up as a volunteer. It couldn't be easier — simply go to [heartlandmarathon.org](http://heartlandmarathon.org) and click on the support tab. There you'll find 18 positions that need to be filled.

Let's help our race organizers make this the best marathon ever!

## Message: ORC training programs are off and running

*Continued from Page 4*

dedicated volunteers. And our volunteer coordinator, John Hall, does such a great job getting volunteers together for our events.

Thank you, John, for a great effort and a job very well done. I cannot thank Joe Drugmand enough for his ever-present contributions by recording most of our other races and events. Great job, Joe. Special congratulations and THANK YOU to Jose Badillo and Tom Stagon, our Volunteers of the Year for 2018!

Thank you to race director Kim Kanellis as well as Daren Konda, Kelli Sweet and Mandy Kennedy and all the volunteers who worked so hard on our NE5 held on April 29. The turnout was modest this year, which was still very encouraging in consideration of the explosion of events filling up the local event calendar.

We received several positive comments about the new course at N.P. Dodge Park and look forward to building the race in the future. We already have the date for 2019 and have reserved the pavilion for next year, so please mark your calendars

now and plan to participate.

We have a great lineup of programs and events this summer. Marathon training and the women's training programs are off to a great start and provide opportunities to enjoy some dedicated and talented guidance and coaching for a variety of participants. Derek Fey and Jeremy Kaliff are working their special brands of magic in supporting and training all levels of ability. The many races throughout the summer give great chances to apply lessons learned, enjoy the company of other runners and maybe even go home with a little hardware as well.

# Club's open track meet growing



**Participants at the Jim McMahon Open Track Meet were all smiles at its conclusion. The runners included the children and grand-children of the late Midland University coach.**

## By Derek Fey

The second annual Jim McMahon Open Track Meet saw a nearly double increase in participants this year. The event was held at Omaha Westside High School June 10 and events ranged from the 100-meter dash to the 5,000 meters.

The event is held to honor the late Jim McMahon, former Midland University cross country and track coach. He was inducted into the NAIA Hall of Fame after spending 40 years at Midland and his women's indoor team won the 1989 NAIA National Championship.

McMahon was an athlete, graduate assistant and then coached at the University of Nebraska at Omaha. While at UNO, McMahon formed the Elmwood Park Striders with two other runners — this would later become the Omaha Running Club.

McMahon's children and grandchildren attended the meet for the second year and competed in several events. His son Kyle is a track coach at Papillion-La

Vista South (where he teaches) and is an assistant cross country coach at Fort Calhoun. Continuing his legacy in Fremont, one of McMahon's other sons, Sean, has built a dynasty at Fremont High School as the head cross country and track coach.

"This was exactly what an all-comers meet is supposed to be like," Sean said.

Proceeds from the meet will be used to create a new \$500 scholarship called the Jim McMahon Scholarship. Any Omaha-

area senior cross country/track runner interested in running at the collegiate level will be eligible for the scholarship.

"My dad always enjoyed seeing runners go on to compete in college," Sean said. "He just liked knowing that kids had developed a passion for the sport and wanted to continue it in college."

Mark your calendars for June 9, 2019, to support this great event. And thanks to those who participated.

## Go Girl 5K gears up

Morning and evening sessions of the Step Into Running training program are in full swing preparing participants for the Go Girl 5K Sept. 3. This year's race is expected to sell out, so don't miss your chance to be a part of it. Visit [gogirlrun.weebly.com](http://gogirlrun.weebly.com) to register today. You can also find the link by going to [omaharun.org](http://omaharun.org).



**The Go Girl 5K takes place on the Keystone Trail near 78th and Cass.**



# HEARTLAND MARATHON

SUPPORT OMAHA'S  
LOCALLY MANAGED  
RUNNING EVENT.

9/23/18



#RUNTHEHEARTLAND

f @OmahaRunningClub

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Register Online: [HEARTLANDMARATHON.ORG](http://HEARTLANDMARATHON.ORG)

## Upcoming Area Race Dates (For Complete Details, Go to [omaharun.org](http://omaharun.org))

### JULY

- \*8 — Beat the Heat 5K (RTM)
- \*10 — Step Into Running — Evening Session
- \*11 — Step Into Running — Morning Session
- 11 — Ladies of the Evening Group Run
- 15 — Omaha Women's Run Half, 5K & Relay
- \*18 — Step Into Running — Morning Session
- 22 — Head for the Cure 5K — Omaha
- \*25 — Step Into Running — Morning Session
- 28 — Resurrection Run (RTM)
- 29 — The Indie 10K, 5K, Kids' Dash

### AUGUST

- \*1 — Step Into Running — Morning Session
- 1 — Ladies of the Evening Group Run
- 4 — Urban Scramble Adventure Race
- 4 — Stridin' for Students 5K
- \*5 — Lake Wehrspann 10K, 2 Mile, Kids' Run (RTM)
- \*8 — Step Into Running — Morning Session
- 11 — High Vibe Festival 5K
- 11 — Bellevue West Cheer — Cheer on the Year Color Run

- \*15 — Step Into Running — Morning Session
- \*15 — Step Into Running — Evening Session
- \*19 — Boxer 500 — A Short Run to Fight Colon Cancer (RTM)
- \*22 — Step Into Running — Morning Session
- 25 — Minime Family Mud Run
- 25 — MudZilla Run
- 26 — 19th Annual Team Hope Walk Run
- \*29 — Step Into Running — Morning Session

### SEPTEMBER

- \*3 — Go Girl 5K (RTM)
- 5 — Ladies of the Evening Group Run
- 8 — Siena/Francis House's 24th Annual Walk/Run
- 8 — Miguel Keith Medal of Honor Run
- \*15 — Peak to Peak (RTM)
- 15 — Breathe On
- 16 — A Sharp Race Towards Brain Aneurysm Awareness
- \*23 — Heartland Marathon (RTM)
- 30 — Walk & Run in the Park for Parkinson's

\* Indicates ORC-sponsored event. (RTM) indicates Run the Magnet event.

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# OMAHA RUNNING CLUB

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| <b>Fleet Feet</b>                | 10% off regular-priced shoes & clothing<br>17660 Wright Plaza  |
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