

# HIGHLIGHTS

## Newsletter of the Sunrise Optimist Club

We are on the worldwide web: [www.sunriseoptimist.org](http://www.sunriseoptimist.org)

Pres. **Rocky Fund** called the meeting to order at 6:45 a.m.

**Frank Law** gave the invocation and **Chuck Sodergren** led the flag salute.

Guests: **Chuck Sodergren** introduced his wife, **Myra**, this morning.

**Judy Ditch** has turned in her application and thus is our newest member. Welcome **Judy!!**

**Curtis Henderson**, a new member was present at the meeting again this morning.

Member **Kim Patton** has a birthday this week, however she was not present, so missed out on the birthday song.

**Gary Domer** reported last week that we will have another fish fry on Oct 18. They are working on getting donations for a drawing.

**Dan Lill** still has cookie dough & pizza available for \$ 10.00 a package.

**Gary Slimmer** sez that we, the Sunrise Optimist members and families, will have a picnic on Sept 14<sup>th</sup>, at **Dave Stotts** ranch, and we will also go tour a antique tractor museum before hand. So mark your calendars for this social event.

### Next weeks program.

**August 19<sup>th</sup>, Meeting, open session.**

August 26<sup>th</sup>, **Blake Pierce**, Seaman High School Head Football Coach.

September 2<sup>nd</sup>, **Janice Sellers**, Principal and Director of Sheldon Child Development Center – Topeka USD 501.

September 9<sup>th</sup>, **Libby Ensley**, Shawnee County Election Commissioner.

Pot Winner was **Lloyd Becker**.

The progressive winner was **Kyle McNorton**.

**Chuck Sodergren** introduced his son, **Steve** this morning. Steve gave us a program on marathon running. Steve is a math teacher at Allen County Community College. It was a college algebra class problem, where they were working out a body mass index problem, that Steve discovered that his body mass index was more that it should have been based on his weight at the time. There seemed to be 3 solutions. They were: get taller, eat less (not likely), or move more. So he took up running, and then turned to marathon running. A marathon race is 26.2 miles (a long way).

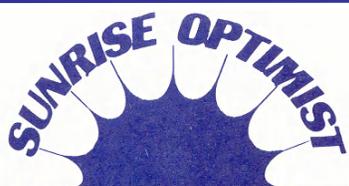
His wife, **Jenny**, is also a marathon runner. Her first marathon was in Chicago. 40,000 started, 33,000 finished, and she placed 10,128 in 3:58.43. Not bad, uh. She has also run in the Boston Marathon under 4 hours. Her goal is to run in all 50 states and has run in 6 so far. Only 44 to go.

Steve says to train for a marathon; you must train for 16 weeks, 5 days a week and run 6-20 miles a day.

I think that I'll close for now, as I am tired and need to lie down for a while.

Closed with the creed.

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**NORTH TOPEKA**  
 Meetings: Every  
**Tuesday 6:45 AM**  
 720 NW 50<sup>th</sup> St, Topeka

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