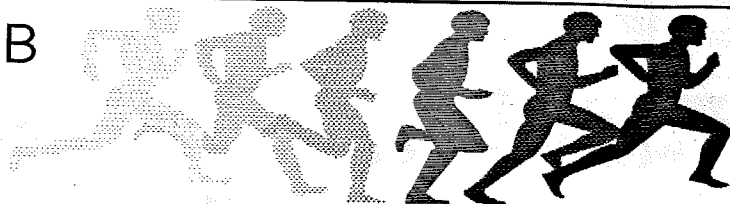


COLUMBIA TRACK CLUB

NEWS

Volume XXXIII No. 5

August 2000



CTC Summer Program Huge Success



The men and women in green—our faithful volunteers—pulled off another successful summer youth program. The track program for kids has been in existence since 1974 when around 50 children would participate. This year, over 300 kids ran, jumped, walked, and threw in eight events. Many, many thanks to the volunteers who gave of their time and energy for six weeks. For some results, see page 5.



Volunteers pictured are: Bill Williams, Dick Hessler, Steve Pagan, Steve Tanner, Kathy Skobie, Birgitta Hessler, Jeanine Pagan, Don Lewis, Tom LaFontaine, Tom Allen, Andrea Woods, Angela Hessler, Sarah Williams, Ellen Pagan, Jessica Skobie, Melissa Pagan, Linda LaFontaine, and Anne Hessler. Also helping, but not pictured: Scott Dressel, Kevin Tyler, Marc and Erin Keys, Randy Gay, Jay Hasheider, Bob Humphreys, Mark Volek, Christy Williams, Jim Keown, Angie Stobie, Doc Thomas, John Williams, Margaret Shimkus, Rick Baer, Elda Kurzjeski, and several gentlemen from Kiwanis.

Heart of America Marathon

Sept. 4, 2000

6 am

**We need volunteers!!
Please call Joe Dun-
can, 445-2684.**

Tip of the Month

The main benefit of cooling down may be as much psychological as physical. A cooldown signals the end of the workout much as the warmup signals the beginning.

From Hal Higdon's How to Train, p. 12

Wedding Bells for CTC Couple



Tom Allen and Andrea Woods were united in marriage July 22, 2000. Columbia Track Club members held a surprise shower for the couple after the summer youth program. Dick Hessler lead the group in a toast of Gookinade, an old-time pre-Gatorade performance drink. He likened Tom and Andrea's marriage to gookinade in that they will sustain each other for the "long run." Melissa Pagan provided a delicious cake, and Ellen Pagan a musical tribute of singing and piano.

CTC Members,

Andrea and I want to thank all the summer youth program volunteers and other track club members for the generous gift certificate we received for our wedding. We'll plan to use it for some nice things for our home. We also appreciated the after summer track surprise party, especially the great music! We look forward to seeing many of you at runs and races soon.

Thanks again, Tom & Andrea Allen



25 years ago**Looking Back****By Joe Duncan**

July 5, 1975 One Mile Run: 1. Rick Katz 4:32, 2. Dennis Stewart 4:37.5, 3. Don Lewis 4:40, 4. Ben Londeree 4:41.5. . .6. Whitney Hicks 4:52. . .9. Don Granberg 5:21.5. . .Joe Duncan 5:30.1, Doug Duncan 5:44, and eight others.

July 19, 1975 MVAAU 15 kilo run: 1. Bob Busby 47:44, 2. Rick Clear, SMS, 50:27, 3. Rick Katz 51:28. . .7. Steve Fisher, an 18-year-old from Sedalia in his very first CTC event, 53:04. . .9. Don Lewis 55:43, 10. Ben Londeree 56:13 11, Jeff Mittelhauser, another 18-year-old from Sedalia, and like Fisher, a future winner of HOA, 57:02, 12. Whitney Hicks 57:38. . .John Herbert, another future HOA winner, 59:12, and 20 others.

August 2, 1975 30 Kilo Run: Dick Hessler and Rick Katz ran together for 25 kilo, then Hessler took off and won by over two minutes: 1:50:41 to 1:52:46. 3. Steve Fisher 1:58:32, 4. Londeree 2:01:14, 5. Mittelhauser 2:01:33, 6. Lewis 2:03:26, 7. Hicks 2:05:13, 8. Granberg 2:07:03, 9. Joe Marks 2:07:52. . .15. Turk Storvick, 47, 2:16:04.

20 kilo walk: 1. Larry Young 1:37:15, tuning up for the Pan Am trials, 2. Augie Hirt 1:40:33. Rob Spier and Dave Leuthold walked together in 2:07:46, while Bill Taft was at 2:42:00.

August 16, 1975 Katz came back and got Hessler in a shorter race, 5,000 meters on the track, 16:21 to 16:38. Augie Hirt showed he was also a runner—17:24. Storvick 19:08, Joe Duncan 20:14, Doug Duncan 22:56, Amy Hessler, 9, 26:24. In the walk, Hirt then walked the 5k in 24:10 while Spier was at 28:43, Taft 30:32, and Don Lewis! 38:15.

The August, 1975 issue had the summer age group program summary (the second season for the program). There were 56 participants that summer (we now have upwards of 300). The age records are listed; included therein are the 8-9 records for the mile run and 880 (girls) held by Amy Hessler: 7:18 and 3:21.

CTC Board of Directors

Dick Hessler, president	Tom Allen, secretary -treasurer
Mark Wilson	Joe Duncan
Randy Gay	Mark Volek
Jeanine Pagan	Curt Kempf
Amy Gundy	Jay Hasheider
Marc Keys	Linda LaFontaine

The Columbia Track Club Newsletter is published as a service to CTC members. Submissions are welcome. Articles, notices, results, or any other information of interest to Columbia's running community may be sent to:

Amy Gundy, CTC Newsletter editor
411 Maplewood Dr., Columbia, MO 65203
Ph: (573) 874-2407
e-mail: gundy@tranquility.net

Running Shorts. . .

Columbia Track Club is sad to say *Good -Bye* to two of our faithful members. Chuck Sattler and family have moved to Marysville, Ohio. Chuck has been a race director for several years of the Two -Person Relay at Hickman track in the spring.

Curt Kempf and family will move to St. Louis this month where Curt will take a job at the America's Center. Curt has faithfully served as President, race director, and web site designer for many years. We will miss his enthusiasm and efforts for the club.

Both of these members and their families will be missed, and we wish them the very best in their new jobs. I'm sure they will quickly be involved in new track clubs. And maybe we'll see them at some of our races in the future!

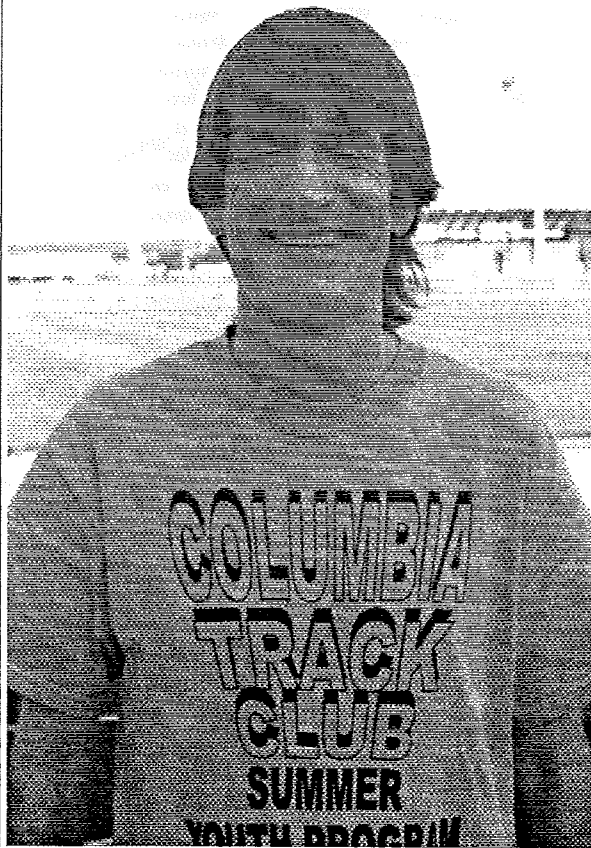
Because of this we need a volunteer to become **WEBMASTER**. Curt Kempf graciously started our web page, and it has become very popular among the running crowd. If you have an interest and/or knowledge we would love your help. Please contact Dick Hessler at 874-2906 as soon as possible.

- ♦ College of Vet Med Dog Jog 5k, Sept. 30, 8:00 AM. Start and Finish at the MU College of Veterinary Medicine on East Campus drive. Pre-registration fee before Sept 27 is \$10, After and race day registration \$12 **Prizes for runners with and without dog running partners
- ♦ The YMCA Callaway County 5K Run/Walk in Fulton (race will start at Winston Churchill Memorial) is being held to celebrate the YMCA's 150th anniversary in the USA and Callaway County's Heritage Days. It is scheduled for September 30th, 2000. The walkers will start at 8:00 and the runners will start at 8:30. For more information interested participants can contact Janet Trowbridge at (573) 642-2126 or Trowbridge@socket.net or contact the Callaway County YMCA at (573) 642-1065.

Welcome New CTC Members

Richard Hoft	Columbia
Elda Kurzejeski	Columbia
Daryl Rogers	Columbia
Kurt Schauwecker	Columbia
Melanie Walker	Columbia
Tom Wanserski	Columbia
John Wolf	Columbia

CTC Runner Profile



Kevin Tyler

Age: 44

PERSONAL RECORDS:

5 mile cross country 26:50 1977

10k 35:32 early 1980's

5k 18:16 1990's

1 mile 4:44 high school

2 mile 10:24 high school

marathon 3:15 1993 Tucson, AZ

WEEKLY MILEAGE: 25-40 miles

WHEN DID YOU START RUNNING? I started running when I was 14 and joined the Kirby Jr. High XC team in 1970.

WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING? Steve Prefontaine....he was tough and cool so he had a big influence on high school and college runners of that era. I really liked how he tilted his head going around a curve. He was the closest thing to a pop star that distance running has ever had. I think distance running would be a more popular high school sport today if he had lived.

My parents influenced me the most by always supporting me. Dad took off from work early to see XC meets. Mom had meals

available at all hours and provided snacks for the runners. My high school coach, Coach Beck, at Hazelwood (St. Louis) also was a big influence. He is now in the Missouri Cross Country Coach's Hall of Fame. We actually did 30 440's with a minute rest in between. Amazing!

DID YOU RUN IN COLLEGE OR HIGH SCHOOL? I ran Hazelwood High School XC and track. I ran XC at William Jewell College. I was 14th in the Suburban North Conference XC meet my senior year of high school. In college I was 6th in the Heart of America Conference race and 14th in our NAIA district race in 1977. We were conference and district champions that year and a big thrill was participating in the NAIA Championship meet in Kenosha, Wisconsin. It was unbelievably cold that day. Tim Schmid was a William Jewell teammate, and he is still an outstanding runner in the Kansas City area.

WHAT IS YOUR FAVORITE WORKOUT? My hardest workout now is 12 400's with a minute rest in between.

WHAT IS YOUR FAVORITE TRAINING ROUTE? I love running the trails at Rock Bridge State park.

PERSONAL INFO AND INTERESTS: I live in Centralia and teach at Blue Ridge Elementary in Columbia. I'm married to Julie, and we have a 15 year old daughter, Jennifer.

CTC TRACK MEMBER: I think I've been a CTC member since 1994. My daughter has developed a love of the sport through Dick Hessler's coaching in the CTC program. Last fall, as a freshman, Jennifer did a 23:26 5k in cross country and a 14:02 track 2-mile.



Show your CTC spirit—buy a race singlet!

Cool-max, \$20.00, Call Dick Hessler, 874-2906

CTC Track Series

MU's Walton Track

Summer 2000

June 13, 2000		June 27, 2000		Tim Langen		Chris Harris		800M Run	
400m		3200m							
Tim Langen	63.9	Christian Reed	10:05	Chris Harris	2:27	Chris Harris	75.5	1. Steve Cottle 57	2:29.8
Brianne Gallagher	68.7	Marc Keys	10:15	Brianne Gallagher	2:57	Melea Shimkus	87.6	2. Dan Hooley	2:32.3
Brad Brads	70.9	Scott Mantooth	10:24	Tiffany Harris	2:58	Kate Gans	94.3	3. Buddy Harris	2:58.7
Eric Fulhage	72.0	Tim Langen	10:35	Hannah Hassemer	3:15	August 1, 2000		4. Brian Kirk	3:02.5
Amber Masten	73.6	Mark Wilson	10:47	Elizabeth Cohen	3:17	3200m		5. Jennifer Kirk	3:04
Kevin Tyler	75.6	Steve Bourgeois	10:49	Kate Gans	3:25	Christian Reed	10:09	6. Tiffany Harris	113:19.6
Chris Harris	79.9	Steve Stone-Fisher	11:07	July 22, 2000		Marc Keys	10:20	7. David Lopez 9	3:29.8
Tiffany Harris	81.3	Kevin Tyler	11:36	5000m		Steve Bourgeois	11:02	8. Daniel Lopez	3:30.1
Melea Shimkus	82.6	Jimmy McKeown	13:11	Kent Lang	15:56	Kevin Tyler	11:47	9. Joe Lopez	3:30.6
Steve Shimkus	86.5	Brianne Gallagher	14:22	Matt Hooley	16:29	Curtis Bourgeois	13:04	10. Connor Gundy 6	4:15.3
Jennifer Tyler	87.1	Aileen Gallagher	14:25	Marc Keys	16:44	Joe Lopez	14:23	The Lopez family is from Mexico City so they top everyone in dedication. Steve Cottle is from St. Louis and he is very close to setting an age group record in the 800. He should get the mark sometime this year. Dan Hooley won overall with a consistently fast performance and Connor Gundy was in his first CTC race other than the Summer Program. Congratulations to all and a special thanks to Amy Gundy and Anne Hessler for helping with the timing duties. <i>Race Director Dick Hessler</i>	
Kate Gans	92.5	Jennifer Tyler	14:35	Christian Reed	17:05	Daniel Lopez	14:54		
Bradford Zitsch	143.4	Hannah Hassemer	14:38	Steve Bourgeois	17:06	Jennifer Tyler	15:32		
Danica Shimkus	153.9	Elizabeth Cohen	15:36	Dan Hooley	18:13	Lucia Bourgeois	21:53		
				Kevin Tyler	18:59				
1600m		July 12, 2000		July 25, 2000		<i>Race Director Marc Keys</i>			
		1600m		800m		Distance Medley			
Matt Tanner	4:28.3	Marc Keys	4:50	Marc Keys	2:09	July 8, 2000			
Christian Reed	4:47.5	Matt Hooley	4:51	Christian Reed	2:18	3000 Meter Run			
Lucas McMillan	4:50.5	Tim Langen	4:58	Steve Bourgeois	2:19	1. Dan Hooley 49 11:03			
Scott Mantooth	4:53.6	Steve Bourgeois	5:02	Kevin Tyler	2:34	2. Buddy Harris 9 13:04			
Matt Hooley	4:58.5	Mike Kaylen	5:49	Aileen Gallagher	2:45	3. Joe Lopez 46 13:33			
Tim Langen	5:06.9	Joe Lopez	6:27	Chris Harris	2:50	4. Brian Kirk 39 13:41			
Mark Wilson	5:08.5	Chris Harris	6:31	Kate Gans	3:47	5. Daniel Lopez 12 13:44			
Kevin Tyler	5:31.9	Brianne Gallagher	6:32	400m		6. Jennifer Kirk 17 13:49			
James Jorgenson	5:43.8	Daniel Lopez	6:36	Bob Zitsch	59.0	7. Jon Kruse 32 16:49			
Chris Harris	6:16.8	Hannah Hassemer	6:54	Marc Keys	63.0	1500M Run			
Micah Jorgenson	6:33.5	Elizabeth Cohen	7:13	Steve Bourgeois	63.6	1. Dan Hooley 5:11			
Hannah Hassemer	6:53.7	800m		Christian Reed	64.1	2. Buddy Harris 6:07			
Jennifer Tyler	7:03.9	Matt Tanner	2:11	Brianne Gallagher	65.1	3. Jennifer Kirk 6:38			
Ian McLeod	7:11.9	Marc Keys	2:17	Steve Shimkus	69.9	4. Brian Kirk 6:39			
		Steve Bourgeois	2:23	Kevin Tyler	74.0	5. Joe Lopez 6:54			

Wellaware 5k

May 24, 2000

Walkers	5k
1. Christina Watka 13	32:12
2. Kristin Frazier 26	41:10
3. Madilyn Hollinger 1	41:23
4. Rob Hollinger 36	41:38
5. Barb Shoemaker 46	41:45
6. Ruth Lane 55	42:45
7. Dana Fedenia 27	43:37
8. Wendy Sheehan 35	43:40
9. Joe Cragin 72	43:43
10. Martha Mathews 44	43:49
11. Sheila Huddleston 31	45:36
12. Kara Albert 19	45:37
13. Roberta Bryson 45	46:31
14. Jeff Bryson 14	46:32
15. Stephen Weddle 52	48:26
16. Leo Cloutier 69	48:28
17. Christine Curtis 28	50:19
18. Christine Weddle 39	50:21
19. Peggy Cloutier 51	50:27

—Race Director Mark Volek

30th Annual Great Sandbagger—6 miles

Aug. 5, 2000

With the advent of the computer and planned obsolescence, it is nice to see a trophy that has stood the test of time. The winner of this year's event gets to display the traditional trophy that has been handed down from 1970. The names emblazoned on the trophy are legend. Some runners never die, they just "Sandbag" to immortality.

This year's winner is Jim Perego of Columbia. He predicted a time that gave him a cushion of over 4 minutes over his nearest competitor. He led from the start and would not be denied on the traditional 6-mile course. Robbie Lindsay of South Africa and Brett Wells of Linn, MO displayed excellent performances. The Sinclair Road provided a scenic view of Columbia and some challenging hills. Overcast skies held the heat, but not the humidity.

	Over/Under prediction	Actual time 6 miles
1. Jim Perego	-4:07	53:52
2. Jim Steelman	-2:59	43:03
3. Dick Hessler	-2:16	43:44
4. Robbie Lindsay	-1:20	40:40
5. Jeff Wells	-2:23	49:37
6. Brett Phillips	+0:08	41:08
7. Jim O'Dell	+3:37	50:37
8. Richard Nistendirk	+4:46	46:46
9. Angela Woodland	+5:53	52:53
10. Lisa Wells	+1:11	48:11
11. Oscar Cha'vez	+1:58	48:58
12. J. B. Waggoner	+2:35	54:36
13. Joe Duncan	+2:36	56:36
14. Kurt Kennett	+2:53	50:53

We congratulate all the runners, who run for the personal satisfaction and for the opportunity to challenge their fellow runners. The race is not to the swiftest, but to those who meet or exceed their goals. Have a good run—

—Race Director Roger Turnbough

41st ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 4, 2000

Columbia, Missouri

Columbia Track Club

Starting time: 6:00 AM CDT

Entry Fee: \$20. Make checks payable to Columbia Track Club.

Entry Deadline: PLEASE, by September 2, although later entries will be accepted.

Fitness for Event: No one should attempt this event without proper training and medical advice. Any runner must retire from the race, at once, if directed to do so by a course physician. THERE IS A SIX HOUR TIME LIMIT. The finish area will close down at noon.

Packet Pick-Up: Sunday, September 3. Packets will be handed out between 3:00 PM and 7:00 PM at the Campus Inn and between 5:00 AM and 5:45 AM on race day.

Aid Stations: Aid cars tour the course continuously. Aid Stations are about every two miles and remain open until the last person is past.

Headquarters: Race headquarters is Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rates: \$40 for one to four persons. Reserved in CTC's name.

Awards: Awards to first six male finishers, first three female finishers, first three male 40-49, 50-59, 60+, first three female 40-49, first female 50+, Marathon T-shirts to all entrants. "I FINISHED" medals to all finishers. Dave Schulte Award for Improved Performance to the runner with the greatest percentage improvement when the previous best HOA, any year, is less than five hours.

Awards will be presented to each award winner very soon after crossing the finish line. There will be no formal award ceremony.

The course has been certified by the Columbia Track Club as being 26 miles, 385 yards

ENTRY FORM

(Return to: Joe Duncan, 2980 Maple Bluff Dr., Columbia, MO 65203)

-----Tear or Cut Here-----

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages that I might have against the City of Columbia or the Columbia Track Club or any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Print Name: _____ Birthdate: _____ Male _____ Female _____
Age: _____

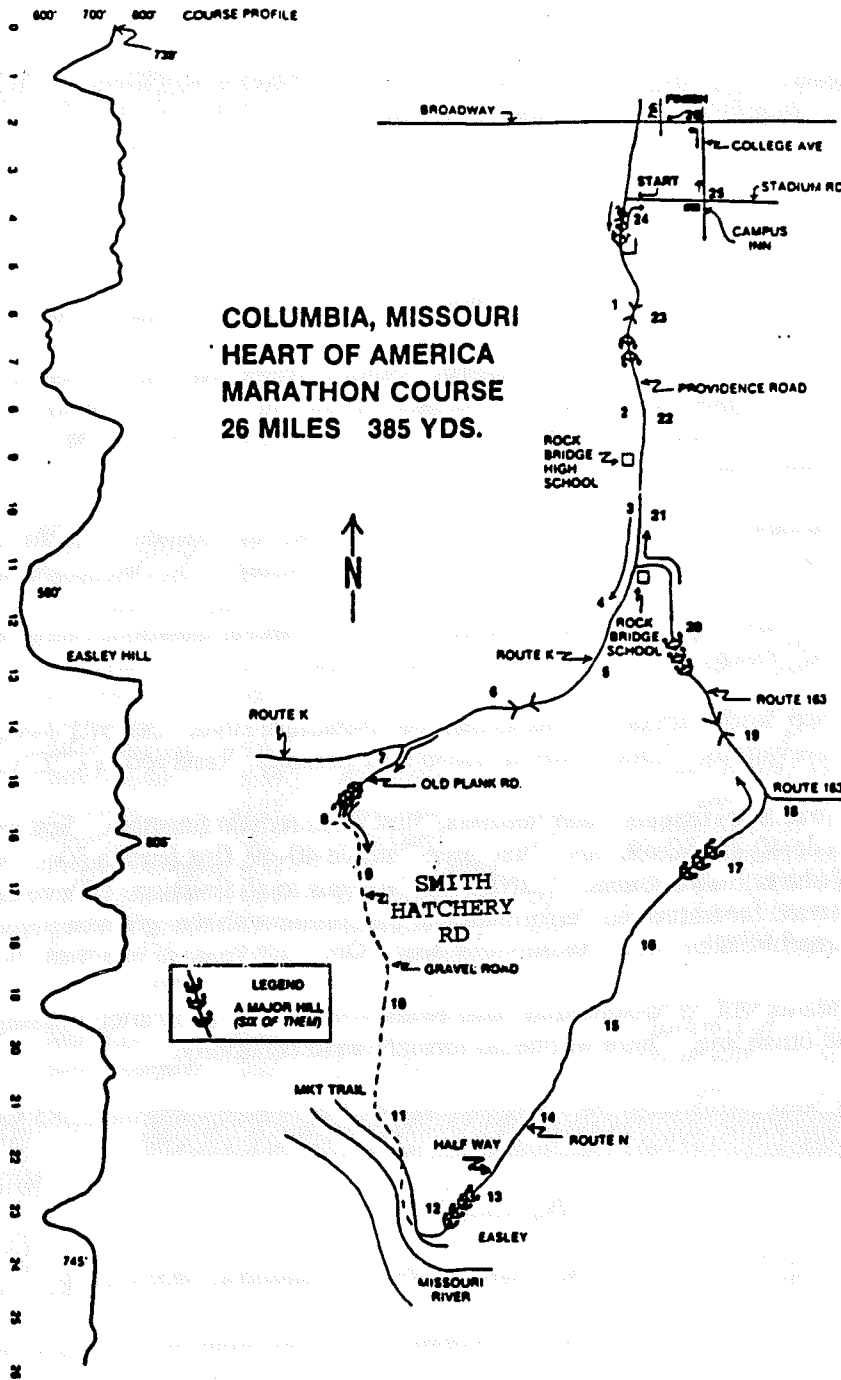
Address: _____ State _____ Zip: _____
Street City

Signature: _____ (If entrant is under 18, parent must sign)

How many marathons have you completed? _____ Best Marathon Time: _____

Where? _____ When? _____

When & where was your most recent? _____ Time? _____



Summer Youth Track Program**New Records:****200 METER girls**

age 6 & 7 — Kelsey Whittlet 37.4

Erin Gillispie 37.8

age 8 & 9 — Whitney Grathwohl 35.3

Hannah Schaper 35.6

age 10 & 11 — Caitlin Keith 31.4

Lisa Brooks 32.3

age 14 & 15 — Shelly Forbis 28.9

200 METER boys

age 8 & 9 — Christopher Harris 33.3

age 12 & 13 — Tim Humlicek 27.7

Jimmy Keown 28.2

age 14 & 15 — James Dudley 23.2

age 16+ — Frankie Humphrey 25.6

400 METERS girls

age 6 & 7 — Erin Gillispie 1:27

age 12 & 13 — Brianne Gallagher tied current record 1:06

400 METERS boys

age 14 & 15 — James Dudley 52.3

MILE boys

age 14 & 15 — Nathan Smith 4:40

LONG JUMP girls

age 10 & 11 — Lisa Brooks 12' 6"

age 12 & 13 — Brianne Gallagher 14' 1"

age 14 & 15 — Shelly Forbis 13' 11"

LONG JUMP boys

age 6 & 7 — John Brooks 9' 1 1/4"

age 8 & 9 — Christopher Harris 11' 1"

age 14 & 15 — James Dudley 18' 5"

SHOT PUT girls

age 6 & 7 — Alexis Henson 12' 8"

age 8 & 9 — Taylor Cowan 16' 3"

age 10 & 11 — Caitlyn Keith 25' 10"

age 14 & 15 — Chrissy Williams 27' 10"

SHOT PUT boys

age 6 & 7 — Wesley Wright 14' 8"

age 10 & 11 — Mike Lammers and Derek

Struckhoff 24' 5"

age 14 & 15 — Tim Bunton 34' 5"

These children won their age group 4 or more times during the summer:**200 METER girls** (heats are combined - winning means best time overall heats)

age 5 & under — Sydney Washington: best time 45.8

age 10 & 11 — Caitlin Keith: best time 31.4

age 12 & 13 — Brianne Gallagher: best time 28.9

200 METER boys (heats combined)

age 5 & under — Jakob Woodland: best time 43.0

400 METER girls

age 6 & 7 — Erin Gillispie: best time 1:27

age 12 & 13 — Brianne Gallagher: best time 1:06

400 METER boys

age 5 & under — Jakob Woodland: best time 1:35

800 METER girls

age 5 & under — Rebecca Willis: best time 4:18

age 12 & 13 — Aileen Gallagher: best time 2:47

800 METER boys

age 5 & under — Jakob Woodland: best time 3:35

age 6 & 7 — John Brooks: best time 3:24

age 8 & 9 — Christopher Harris: best time 2:49

age 10 & 11 — Joshua Mantooth: best time 2:44

age 16+ — Frankie Humphrey: best time 2:07

MILE RUN girls

age 8 & 9 — Maura Wright: best time 7:53

age 12 & 13 — Brittany Marshall: best time 5:58

MILE RUN boys

age 6 & 7 — Dylan Rodes: best time 7:10

age 10 & 11 — Joshua Mantooth: best time 5:52

age 16+ — Frankie Humphrey: best time 4:42

2 MILE girls (won at least 2 of 3)

age 12 & 13 — Hannah Hassemer: best time 14:56

2 MILE boys (won at least 2 of 3)

age 8 & 9 — Travis Ward: best time 15:14

age 12 & 13 — Jimmy Keown: best time 12:37

age 16+ — Frankie Humphrey: best time 11:00

3 MILE girls (won at least 2 of 3)

age 12 & 13 — Hannah Hassemer: best time 23:16

3 MILE boys (won at least 2 of 3)

age 8 & 9 — Travis Ward: best time 23:15

LONG JUMP girls

age 5 & under — Sydney Washington: best jump 7' 4"

age 12 & 13 — Brianne Gallagher: best jump 14' 1"

age 14 & 15 — Shelly Forbis: best jump 13' 11"

LONG JUMP boys

age 5 & under — Jakob Woodland: best jump 7' 10 1/4"

age 12 & 13 — Eric Fulhage: best jump 14' 8 1/2"

SHOT PUT girls

age 6 & 7 — Alexis Henson: best throw 12' 8"

age 8 & 9 — Katie McGavock: best throw 15'

age 10 & 11 — Caitlin Keith: best throw 25' 8"

SHOT PUT boys

age 6 & 7 — Wesley Wright: best throw 14' 8"



Dear CTC,



I just wanted to tell everyone thanks for everything over the last 10 years. I have accepted a job in St. Louis and we will be moving there. A special thanks to Bob O'Connell, Dick Hessler, and Tom LaFontaine for their guidance in the world of endurance running. I have had so much fun, and have learned a lot. I can't imagine putting on a St. Louis Track Club singlet. It's kinda like an MU fan putting on a KU sweatshirt.

Thanks again,

Curt, Susie, Carly, and Brooke Kempf

Dear Columbia Track Club,

Thank you for awarding me the Joe Marks Youth Scholarship. It is much appreciated. In the fall I will be running to Highland Community College which is located in Highland, Kansas. I hope to make a good impact on their cross-country, indoor and outdoor track teams.

I have been running for Coach Hessler and the CTC Colts since I was in fourth grade. The Columbia track program and its workers have given me an opportunity to excel at what I love and to achieve my goals both athletically and academically. I appreciate your help in letting me continue with my dream and goals.

Sincerely,

Rachel Williams

Dear CTC,

Thank you for honoring me with the \$500.00 track scholarship. The track club has been very important to me for as long as I have been a runner. I started out in the Colts program and have been running as part of the club for 9 years. The help and advice that I have gotten from Mr. Hessler and others made it possible for me to continue running as long as I have. Next year I will be running for Princeton University, and I will use all the experience and knowledge that I have gained from the track club here in Columbia.

Thanks again,

Matt Tanner

Show-Me State Games 5,000 meter run**July 30, 2000**

*—record

1. Karl Gilpin 21 16:03	38. Scott Skinner 20 21:06	73. Chris Harris 34 24:29	108. Barney Sword 69 30:25
2. Mark Munzlinger 17 16:29	39. Steve Hurlbert 25 21:08	74. Gina Kennison f14 24:56	109. Andrea Woods f53 30:48
3. Joe White 18 16:48	40. Jeremy Epps 18 21:18	75. Robert Osthreim 65 25:08	110. Ellen Pagan f 16 31:44
4. Charlie Bromley 16 16:54	41. George Mills 14 21:43	76. Michelle Landrum 17 25:08	111. Angela Bartley f14 33:23
5. Alex Noel 21 17:04	42. Karen Larson f 21 21:46	77. Mary Jesaitis f 18 25:12	112. Pam Lanham f 39 33:27
6. Christian Reed 30 17:07	43. Cole McCollum 26 21:52	78. Kenneth Bartley 44 25:12	113. Nancy Fritsch f 61 33:28
7. Gerald Holtmeyer 41 17:36	44. Justin DeVers 15 21:54	79. Kelly Knaebel f 10 25:13	114. Ed Burnham 80 34:28
8. Stephen Bourgeois 36 17:41	45. Robert Simmons 58 21:55	80. Jennifer Tyler f 15 25:30	115. Jeanelle Twellman f 68 34:53
9. Ryan Humphreys 17 17:48	46. Julie Twellman f 19 22:04	81. Quintin Potter 12 25:31	116. Trish Rowold f 27 37:23
10. Greg Zielser 17 17:53	47. Shawna Richardson f 13 22:07	82. Ralph Twellman 51 25:32	117. Leah Holtmeyer f10 37:41
11. Dan Shapiro 17 18:09	48. Chris Harris 9 22:14	83. Dave Buck 27 25:36	118. Jerrilee Robinson f 44 38:16
12. Chris Pullem 14 18:41	49. John Adams 39 22:26	84. Clint Muzzy 10 25:39	119. Elizabeth Gerhardt f 80 40:30*
13. Travis Holtmeyer 16 18:42	50. Mike Baker 50 22:55	85. Chris Hammon f41 25:40	120. Casey Coulter f 10 45:42
14. Jackie Chen f 37 18:49*	51. James Smith 41 22:57	86. Hugh Emerson 42 25:43	
15. Kevin Tyler 44 18:56	52. Susie Kennison f42 22:58	87. Melinda Laese f 25 25:44	
16. Seth Hunziker 24 18:59	53. John Hill 47 23:07	88. Amy Braudis f 20 25:45	
17. Drew Davis 29 19:02	54. Sarah Hill f 17 23:09	89. Ben Amiot 39 25:59	
18. Bobby Bromley 17 19:11	55. Brian Kirk 39 23:10	90. Darrin conn 12 26:08	
19. Dan McCormick 15 19:15	56. Jim O'Dell 56 23:12	91. Bob Humphreys 73 26:13	
20. Shawn Wolking 14 19:16	57. Dan Wright 29 23:19	92. Gina Muzzy f 39 26:16	
21. Kristen Moore 24 19:21	58. Cynthia Woods f48 23:27	93. Tom Highland 52 26:27	
22. Josh Grotzinger 17 19:39	59. Nicki Warren f 21 23:30	94. Jennifer Kirk f 17 26:52	
23. Joann Shipps f 35 19:46	60. Andy Shirkey 31 23:33	95. Sally Moore f 24 27:03	
24. Jill Singleton f 17 19:53*	61. Ashley Bunch f 12 23:33	96. Jim Sandfry 59 27:09	
25. John Dickey 46 20:03	62. Ken Bryant 52 23:37	97. Patricia Burton f 43 27:21	
26. Don Gauzy 43 20:08	63. Emily Rienkemeyer f 14 23:45	98. Hannah Hassemer f 13 27:42	
27. Joseph Landrum 14 20:09	64. Kennety Cross 45 23:54	99. Terri Baker f 38 28:29	
28. Dane Holtmeyer 14 20:14	65. Tashel Bordere f 25 24:01	100. Beverly Twellman f 51 28:33	
29. Dennis Hill 15 20:15	66. Bill Morgan 49 24:01	101. Kim Stewart f 32 28:52	
30. John Tallenaar 12 20:19	67. Melissa Pagan f 21 24:02	102. Laura Wells f 59 28:54	
31. David Rowold 25 20:25	68. Melanie Hill f 19 24:02	103. Ken Hirlinger 49 29:03	
32. Kendall Ketterlin 24 20:42	69. Tori Thiel f 25 24:04	104. Carol Thiel f 52 29:18	
33. Nancy Taube f 40 20:47*	70. Suporn Wongvatunyu f 40 24:23	105. Mark Flanegin 45 29:21	
34. Dick Wieman 50 20:49	71. Larry Woolf 52 24:25	106. Rebecca Highland f 34 29:24	
35. David Tramel 36 20:59	72. Fred Nelson 61 24:27	107. Eric Wallace 14 30:22	
36. Shein Wright 22 21:02			
37. Angele Hank f 15 21:04			

5,000 meter walk

1. Dave Coutts 44 25:12*
2. Gayle Johnson f 51 28:11
3. Eric Hedges 54 30:39
4. Steve Lipe 44 31:07
5. Debbie Carpenter f39 31:17
6. Nancy Sido f 49 31:18
7. Ray Braudis 56 32:49
8. Fred Adams 67 33:35
9. Fabiola Lopez f 42 38:26
10. Rhea Jacobs f 55 38:31
11. Carolyn Goslin f 55 38:26
12. Leann Young f 11 41:33
13. Jerry Young 43 41:35
14. Barb Shoemaker f 46 41:41
15. Ruth Lane f 55 43:10
16. Bunny Osthreim f 65 43:52
17. Floyd Delon 70 45:16
18. Joe Cragin 72 46:11

—Race Director Joe Duncan

Parley P. Pratt Memorial Freedom Run**July 4, 2000**

Eighty one participants donned bib numbers early on a humid July 4th morning for a 4 mile run/walk. Starting at 7:30 a.m. from the Twin Lakes pavilion the race course took 51 runners and 30 walkers out the MKT trail to Scott Blvd. and back again to Twin Lakes for the finish. The overall winner was Scott Mantooth with a time of 23:25 (5:51 per mile pace). The first female finisher was Julie Wissbaum with a time of 31:09 (7:47 pace). Steve Bourgeois took 2nd place in 24:06 with Steve Stonecipher-Fisher in 3rd at 24:37. Commemorative plaques were presented to the winning male and female. All runners and walkers received a certificate of participation. The race is held annually on (or near) the 4th of July and is sponsored by the Columbia congregations of the Church of Jesus Christ of Latter-day Saints and the Missouri Latter-day Saint History Foundation (www.ldshistory.org.) Support was also provided by Tryathletics and the Columbia Track Club. The race is held in remembrance of Parley P. Pratt, an early Mormon missionary, who along with two other men staged a "running" escape from the Boone County jail in Columbia on July 4th, 1839 after being imprisoned on false charges for over 9 months. Participating in this years event were the great-great grandson and great-great-great-great granddaughter of Parley P. Pratt. Many thanks to all who participated and helped.

—Race director, Craig Israelsen

2000 Columbia Track Club Schedule

9/4	6 am	Heart of America Marathon	\$20	Joe Duncan, 445-2684	East side of Taurot	41st Annual, t-shirts, awards
9/23	8 am	One Hour Run	**	John Patton, 443-1636	MU Track	Awards
10/7	8 am	MU Homecoming Stadium Run 5k/1 mile fun run to benefit Big Brothers/Big Sisters	\$12	Scott Dressel 751-9203 or 696-3384	Stankowski Field	Staggered start based on age/sex, awards to the top 30 finishers, t-shirts
11/4	9 am	Runner's Choice 10k/20k	**	Mark Wilson, 443-5171	Holiday Executive Center	Awards

** Track club members pay no entry fee, \$3 for non-members

Out-of-Town Events

- August 19 Youth Triathlon and kid's half mile, 9:00am Cape Girardeau, (573) 334-2859
 26 Sedalia Track Meet Series, Sedalia, (660) 827-0274
 Jayhawk Jog 5k and 10k, Shawnee Mission, KS, 7:30 am, (913) 685-8022
 Mahomet Half-marathon, Champaign, IL, 7:30 am, (217) 355-5437
 27 Omaha Marathon, Omaha, NE, (402) 398-9807
 Firefighters 10/3k, St. Louis, MO, 7:30 am, (314) 781-3926
- September 2 Run through the Jungle 5k/1.2 walk, LaPlata, MO, 9:00 am, (660) 332-7664
 Capital Pursuit 10 mile/5k, Des Moines, IA, 7:00 am, (515) 245-2827
 9 Cole Camp Fair 5k, Cole Camp, 7:30 am, (660) 668-3885
 SEAS 5k/1 mile, Springfield, MO, 8:00 am, (417) 889-8466
 14 Main Street Mile, Warrensburg, MO, 7:00p., (660) 747-7881
 16 Ham and Turkey 5k, California, MO, 8:00am, (573) 796-3558
 Coors Light Trail of Tears Triathlon, Cape Girardeau, 9:00am, (573) 335-5421
 17 17th Annual Pony Express Run 5k/10k, St. Joseph, MO, 8:00am, (816) 232-3344
 23 Liberty Fall Festival 8k/4kwalk, Liberty, MO, 7:00am, (816) 781-5200



Hey Track Club Youth Members!

Thanks a ton to all of you who participated in this year's successful Summer Youth Track Program. We had more kids than ever, records were broken, and everyone seemed to have fun. But what really made the event a success was the great help from all the volunteers in the bright green shirts who signed the kids in, lined them up, worked the finish line and field events, and offered encouragement.

The Columbia Track Club has been putting on the Summer Program for over 30 years. I personally have been involved since I was old enough to run, so I have seen the incredible growth the program has had over the last few years. In the early 90's we were lucky to get 40 kids signed up, while this year we had over 300. Summer wouldn't be the same if our Wednesdays weren't spent at the track!

This note is to encourage our youth (particularly those in junior high and high school) to step up and wear that green shirt. As the program grows, we need more and more people to help in order to have the meets run smoothly and quickly. Giving back to the Track Club is very rewarding, especially when you realize all the time, knowledge, and attention members have offered you over the years. In order to be eligible for the Track Club Scholarship as a senior in high school you need to have been actively serving the Track Club at events and the Summer Program is probably one of the best events to help at.

It is important for our community to keep this program alive and thriving. So help out, encourage our youth, and give back to the Track Club in a positive way. Please contact Dick Hessler and get involved. Thanks a bunch! It has been a pleasure being part of such a great organization that does so many positive things for our youth.

Birgitta Hessler

CTC Membership Application

NAME: _____ BIRTHDATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

Members of family at this address and their birthdates:

Annual fees are \$15, which covers all family members living in the same household. A "Silver Card" membership (tax deductible) costs \$40, with the additional \$25 going to the CTC Scholarship fund. For \$30.00 you can become a member of CTC **and** subscribe to *Missouri Runner*, Missouri's premier running magazine. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC	_____ \$15.00 dues
P.O. Box 1872	_____ \$40.00 "Silver Card" membership
Columbia, MO 65205	_____ \$30.00 CTC member PLUS MO Runner

COLUMBIA TRACK CLUB *NEWS*

P.O. Box 1872
Columbia, MO 65205

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