

# COLUMBIA TRACK CLUB

## NEWS

Volume XXXIV No. 6

August 2001



### *Dawn McGavock Wins CTC Joe Marks Youth Scholarship*

On May 26, 2001 Dawn McGavock, a Hickman High School 2001 graduate, was awarded the CTC Joe Marks Youth Scholarship in the amount of \$500.00. To be eligible for the award, an applicant must be a CTC member, have participated in high school cross country and/or track, and provide evidence of exemplary commitment to school, team, community, and the Columbia Track Club.

Dawn participated in high school cross country at Hickman High School. In her essay, she wrote that at one point in her life she could not run a mile because of problems with asthma. Then she decided to run cross country as a sophomore, and stuck with it until her breathing problems were not as severe. She wrote, "Running has influenced me to always try my best, go for my goals, and never let obstacles get me down."

Dawn has participated in numerous CTC events, and she has been a faithful volunteer for the Summer Youth Track Program. She also was involved in Hickman music, singing, playing the piano, and acting in musicals. She volunteered with Fundraisers at Lee Elementary School and with a girl scout troop. This fall Dawn will pursue an associate nursing degree at Moberly Area Community College. We appreciate the time Dawn has given the track club, and wish her the very best in the future.

*"I would like to thank the Columbia Track Club for choosing me as a recipient of the Columbia Track Club Joe Marks Scholarship. This scholarship will help a great deal in continuing my education. I plan to still help out with CTC events."*

*Sincerely, Dawn McGavock*

*"I know you have already heard from my daughter (Dawn McGavock), but I would also like to thank you for the scholarship she has received and also for all the support.*

*Dawn has fairly severe asthma and was not one of Hickman's better runners. In Junior high track she could not make it around the track once. I have no idea what made her want to run cross country in high school. She obviously loved running, but I wasn't sure why.*

*One thing that became clear to me early on though was what a nice supportive group CTC was.*

*Her Sophomore or Junior year she ran in Sectionals (I think). It was the race at Bethel Park. Her asthma was bothering her and everyone was in but her. I will never forget how some of the kids from her team and Rock-Bridge went after her and followed her in and how the crowd really started rooting for her, especially Bill Williams and Tom Allen who wanted her to beat 30 min. They were as excited for her as the other kids. Well, she didn't make 30 min., but Tom Allen looked at me and smiled and said any finished race is a good race.*

*I was proud of Dawn for not quitting, but I did have a talk with her about not risking her life for a race.*

*But I did see why she loved it so much and also enjoyed volunteering. It was great to see how CTC supports all the runners, not just the best ones."*

*Thanks again, Chris McGavock*

### *Youth Track Program*

The 2001 Summer Youth Program was a tremendous success with over 400 participants running, jumping, putting, and walking. Many, many THANKS to our faithful volunteers, without whom the events would never begin. Also, we greatly appreciate Boone Hospital's generous donation to cover the participants' ribbons. This program gets rave reviews throughout the community for its positive effects on Columbia's youth.



### *Quote of the Month*

*"The biggest mistake that new runners make is that they tend to think in mile increments—1 mile, 2 miles, 3 miles. Beginning runners need to think in minutes, not miles.*

*—Bud Coates, four-time U.S. Olympic Marathon Trials qualifier/coach*

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

**May 1976** (continued from the May 2001 newsletter) Continuing our series of articles as to what running marathons does to people, the May 1976 Newsletter discussed the research of Dr. Rodomontade showing that running marathons causes "hyperoccipitalfrontalism"—enlargement of the head, appointed or heightened crown and extended brows.

There was a race in May 1976—the one hour run, which was a big thing back then. Dick Hessler had one of the most notable performances by running 10 miles, 1481 yards in the hour, but there were still 5 runners ahead of him led by Rich Todd's 11 miles, 77 yards. Walt Renaud was 6 yards ahead of Dick, and set an age 40+ record. 11-year old Gabrielle Warrington ran 8 miles, 373 yards for a women's record.

**June 6, 1976:** 3,2,1 Triathlon: 1. Don Lewis, 40, 31:16 (15:47, 10:32, 4:47) with a 3 mile record which still stands as does the total performance; 2. Rich Todd 31:29, 3. Dick Hessler 32:15 (16:21, 10:42, 5:12)

**June 19, 1976:** Sprint Triathlon ( Mile, 880, 440): 1. Ron Harmon 7:22.9 (4:27.5, 2:01, 54.4). . .3. Steve Fisher 7:38.5 (4:33.5, 2:07, 58). . .5. Lewis 7:49.5 (4:44, 2:08.5, 57.0—the latter two are still age 40 records). . .7. Londeree 8:02.5 (4:48, 2:13, 61.0). . .Don Johnson 9:17.4 (5:30, 2:39.5, 67.9). . .Joe Duncan 9:25.5 (5:36, 2:42, 67.5)

**July 10, 1976:** One Mile Run: 1. Lewis 4:39.9, 2. Londeree 4:47.4, 3. Augie Hirt 4:52, 4. Tom Hinckley 4:55. . .9. Dick Hessler 5:11.5. . .11. Don Johnson 5:30.5, 12. Doug Duncan 5:41, just nosing out his dad, Joe, who was given the same time.

Five mile run: 1. Harmon 26:12, 2. Fred Binggeli 26:16, 3. Hessler 28:16 (after the above mile run), 4. Walt Renaud 28:57. . .15. Wesley Paul, age 7, 36:36. This was the debut of Wesley Paul in a CTC event; he had been competing in the Wednesday evening events. Wesley went on to set many CTC and national records; most of them still stand.

10,000 Meter walk: Hirt 51:40. . .5. Rob Spier 1:03. . .7. Bill Taft 1:15:37

**CTC Board of Directors**

Dick Hessler, president	Tom Allen, secretary -treasurer
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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:

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**CTC web site: <http://ctc.coiln.org/>**

**Running Shorts. . .**

- This tidbit appeared in the June 3 issue of The *Columbia Daily Tribune's* sports section: Hickman athletic director Doug Mirts and track coach Steve Luetjen wanted to thank Joe Duncan and the Columbia Track Club for making the Class 4A sectional hosted by Hickman at Walton Stadium run so smoothly. More than 50 members of the club volunteered their time and experience for the event.
- Bob Dolphin, a long-time CTC member and resident of Renton, Washington, is continuing his love of running LONG distances. Bob, 71, finished the Vancouver International Marathon in May where he finished in 3:57:11.
- The 2nd Annual YMCA of Callaway County 5K Run/Walk in Fulton will be held Sept. 8, 2001. (race will begin at Winston Churchill Memorial). It is being held to celebrate the Callaway Heritage Festival. Check in at 7:30 AM. Walkers begin at 8:00 AM and Runners begin at 8:30 AM. For more information contact the YMCA of Callaway County at (573) 642-1065.
- On April 29, 2001, CTC's **Christian Reed** finished 9th in a field of over 8,300 runners in Kansas City's prestigious Trolley Run 4 Miler. Christian, who placed 4th in this race in 1996, averaged 4:51 per mile to finish in a time of 19:25.
- There will be an informational session for the **Leukemia Team in Training** Wednesday, August 15 at 6:30 pm at Harpo's in downtown Columbia. If you're interested in running a marathon for a great cause, see the enclosed informational flyer.

**Welcome New CTC Members**

Christopher Kuehne	Columbia
Jim Larsen	Columbia
Suzanne Troske	Columbia
Phillip Wise	Columbia

# CTC Runner Profile

## Hannah Hassemer



**Age:** 14

### PERSONAL RECORDS:

Three miles 22:22

Two Miles 14:38

Mile 6:42

**WEEKLY MILEAGE:** 12-15 miles

### WHEN DID YOU START RUNNING?

When I was 7 years old I attended my first CTC Fun Meet. I liked to run all the events. On Trophy Night, I decided to give the three mile a try and found out that I loved running long distances.

### WHO IS YOUR RUNNING ROLE MODEL? WHO HAS INFLUENCED YOU MOST IN RUNNING?

Jackie Joyner Kersee is my role model because of the things she does for the community and because of the great goals she sets for herself.

**RUNNING IN SCHOOL:** I ran for Smithton, and I also run for the CTC Colts.

**WHAT IS YOUR FAVORITE WORKOUT?** I love to run for 30 minutes on the roads and have my dad ride his bike beside me. It really helps me to push myself when he is riding alongside talking to me.

**PERSONAL INFO AND INTERESTS:** Besides running, I enjoy playing basketball and played on the Smithton School team. I like to run with my dog, Daisy.

### 2001 Parley P. Pratt Memorial Freedom Run 4 miles July 4, 2001

1 Tim Langen 22:06 32	23 David Frier 30:32 41	49 Chad Hancock 38:33 30
2 Jeff Brault 22:53 31	24 Cindi Heise 30:35 37	50 Richard Cox 39:04 59
3 Stephen Bourgeois 23:02 37	25 Carrie Hargrove 30:43 14	51 Lily Rosbach 39:09 32
4 Lucas McMillen 23:52 20	26 Julie Wissbaum 30:47 40	52 Jennifer Coleman 39:10 43
5 Pete Doll 24:09 30	27 Tom LaFontaine 31:06 54	53 Tracy Graff 39:11 40
6 Craig Israelsen 24:18 42	28 Brent Brown 31:09 15	54 Mark Israelsen 39:11 9
7 Wes Brown 25:22 19	29 Roger Moore 32:01 47	55 Steven Rosbach 39:12 29
8 Josh Johnson 25:29 26	30 Daniel Lopez 32:10 13	56 Elder Michael Gardner 39:26 21
9 Aaron Aaker 25:46 30	31 Michael Brown 32:11 12	57 Kim Stewart 39:39 33
10 David Hilgengerg 27:46 24	32 Jalal El-Jayyousi 32:24 37	58 Julia Grus 39:44 28
11 Carol Witczak 27:55 24	33 Lisa Burger 32:28 38	59 Ben Leavitt 40:55 27
12 Antoinette Marsh 28:25 36	34 Jay Hasheider 32:44 52	60 David Spriggs 40:56 23
13 C. Nathan Hancoc 28:36 26	35 Joe Lopez 32:45 48	61 Nicole Bradhurst 41:05 20
14 Matt Durkovich 28:45 21	36 Gordon Shaw 34:03 27	62 Andrea Allen 41:12 54
15 Katie Sekinger 29:06 20	37 Jeff Lakritz 34:17 41	63 Kristin Brown 42:12 44
16 Phillip Vance 29:11 15	38 Megan Billings 34:28 15	64 Rus Baer 43:54 29
17 Charles Bradshaw 29:32 32	39 Anne Kome 34:29 32	65 Ryan Findlay 48:10 11
18 Jeff Haddock 29:33 15	40 Jason Jensen 34:36 35	66 Frank Rosbach 48:13 36
19 Linda LaFontaine 29:47 50	41 Mike Breanan 34:47 42	67 Kelsey Lammy 49:53 10
20 Damon Vertrees 29:57 28	42 Joe Duncan 34:56 67	68 Kim Dude-Lammy 49:55 49
21 Elder Jarrad Moss 29:59 19	43 Elder Paul Nelson 35:00 20	69 Marc Lammy 49:56 45
22 Richard Nistendirk 30:10 61	44 Jim Peresoy 35:05 35	70 Ken Rosbach 59:17 23
	45 Brian Jamison 36:29 24	71 Boots Gerhardt 64:00 81
	46 Christina Aaker 37:21 34	
	47 Emily Richardson 37:38 20	
	48 Ellen Kesterson 37:57 36	

### Heart of America Marathon

Sept. 3, 2001

6 am



**We need volunteers!!!**  
**Call Joe Duncan at 445-2684 to use your time and talents**

-Race Director Craig Israelson

June 13, 2001

An open letter to Derrick Peterson:

As I stood there officiating the shot put competition at the Columbia Track Club Summer Youth Program last evening a familiar sight came strolling through the east gates of Audrey Walton Stadium: Derrick Peterson. My first thought was to extend my congratulations to him for his recent 800 meter victory at the prestigious Peregrine Systems US Open held the previous weekend at Stanford University. Engaged in my duties as an official, I never got the opportunity to speak to him, however, I witnessed the most spectacular performance in this young athlete's career.

Mind you, I was there when he won his first Big XII 800 meter championship as a freshman, using a spectacular late race surge that would become his trademark for years to come. I was there when he won his final (and eighth consecutive) Big XII 800 meter championship at the very stadium I was now standing in. I followed his career with great interest every step of the way, including the two NCAA national championships he won his junior year. I thought I had seen it all until this evening.

Two weeks before perhaps the biggest meet of his young career (the USA Track & Field Championships), Derrick Peterson arrived at the track and saw over 200 young track and field athletes scattered around the very track he planned to do his workout on. Did this phase him? Did he complain? Was he angry? Absolutely not. He proceeded to do his warm-up routine with the razor sharp focus that made him a champion. He patiently waited in between youth races to run his intervals to an appreciative crowd and hundreds of awestruck children who lined the track awaiting their opportunity to race. When he finished, did he go home? Did he leave disgusted and angry at this "intrusion" on his routine? Absolutely not. He remained at the finish line for another hour talking to the various young athletes as they finished their races. It dawned on me at that instance what I had just witnessed: Derrick's greatest moment in track and field.

Derrick will have a career full of outstanding victories, fast times, and Olympic glory. As great as these accomplishments may seem, however, his performance today will stand above all others in my mind. Thank you Derrick for reminding me the true meaning of "heroism."

Sincerely,

Christian Reed  
Columbia Track Club

Derrick Peterson  
poses with  
Connor and  
Heidi Gundy at  
the 2000  
Summer Youth  
Program



*Note: This letter ran June 17, 2001 in the Columbia Daily Tribune:*

As I returned home from the Olympic Trials a year ago this month, it reminded me of the people who care about me and those who felt the pain that I was feeling. These people are the citizens of Columbia.

Wednesday evening as I was practicing at the MU track I was reminded again about how much you all care and support me and all MU athletes. As I was doing my workout in between the Columbia Track Club track meet, I heard all of your applause from those of you that were there, and I would like to thank you all for your support, for that was one of the hardest workouts that I have done alone in preparation for the 2001 World Championships trials coming up next week for me in Eugene, Oregon.

So through the years of my running career here in the state of Missouri and the community of Columbia, you all have been the supporting factors from my first Big 12 championship as a freshman to my eight consecutive title in front of a sold out crowd here in Columbia as a senior and my two NCAA national championships my junior year.

I would like to thank you all from the bottom of my heart, and to let you all know that if there is anything that Derrick Peterson can do for the city of Columbia and its citizens, then don't hesitate to call upon me.

Sincerely,

Derrick L. Peterson

**Boonslick Kiwanis Jeff Shikles****Memorial 8k Run/walk****May 20, 2001**
 medals awarded : (\*) gold  
 (\*\*) silver  
 (\*\*\*) bronze

1. Jeff Brault	28:15	*
2. Steve Sto-cipher-Fisher	29:03	*
3. Jack Uhrig	31:33	*
4. Meghan Gage	32:03	*
5. Mike Kaylen	34:10	**
6. Lisa Wells	34:57	*
7. Jerry Kelly	35:11	***
8. Christine Little	36:03	**
9. Richard Nistendirk	36:06	*
10. Matt Mahn	37:22	*
11. Joe Kornegay	37:32	*
12. Kevin Young	37:51	*
13. Jim O'Dell	38:29	*
14. Colin Nichols	39:28	*
15. Bill Moran	40:04	**
16. Jeff Wells	40:17	**
17. Rich Reisdorf	41:09	*
18. Scott Holdrige	40:50	**
19. Mary Roberts	41:09	*
20. Jennifer Reisdorf	42:11	*
21. Matt McHugh	42:56	*
22. Richard Bush	43:11	*
23. Glenda Young	43:41	*
24. Zachary Chapman	45:03	**
25. Cameron Marshall	46:18	***
26. Lori Newell	46:26	**
27. Terry Boldt	46:27	**
28. Laurie Nichols	46:56	***
29. Janet Brandt	47:16	**
30. Nick Fuchs	47:39	*

31. Stan Huels	47:49	***
32. Angela Logan	47:54	*
33. Mark Moorhouse	47:54	*
34. Jim Schadt	47:57	***
35. Neal Miller	48:12	**
36. Ellen Kesterson	48:57	*
37. Jon Kruse	49:08	***
38. Andrea Allen	49:17	**
39. Terry Chapman	49:48	**
40. Mike Henry	51:00	*
41. Adam Fuchs	51:31	*
42. Nancy Shikles	1:02:03	*
43. Keri VanRiessen	1:02:03	***
44. Erik VanRiessen	1:02:28	***
45. David Green	1:03:57	***
46. Jon Shikles	1:03:58	*
47. Kelly Fuchs	1:04:54	*
48. Greg Chapman	1:05:15	*
49. Brian McHugh	1:05:25	*
50. Jennifer Sullivan	1:05:25	*
51. Mike Sullivan	1:05:28	***
52. Collier Nichols	1:06:34	*
53. Stacy Johnson	1:09:27	**
54. Blake Lewis	1:09:48	*
56. Laura Moore	1:09:57	***
57. Lisa Farinella	1:09:58	*
58. Katie Shikles	1:10:20	**
59. Marcus Huels	1:10:33	*
60. Julie Neil	1:10:34	***
61. Travis Neil	1:10:39	*
62. Marci Huels	1:11:27	*
63. Nancy Rezabek	1:11:36	***
64. Paula Easter	1:16:10	*
65. Lucas Mobberley	1:16:11	*
66. James Mobberley	1:18:32	*
67. Elizabeth Gerhardt	1:18:42	*

68. Matt Huels	1:18:42	*
69. Jeff McHugh	1:21:44	*
70. Sharon McHugh	1:21:45	*
71. Christie Moritz	1:25:21	*
72. Ric Bush	1:26:29	*
73. Erin Arthur	1:26:29	*
74. Donna Chanellor	1:27:10	*
75. Troy Massey	1:27:11	*
76. Dennee Brown	1:27:51	**
77. Laurie Roesel	1:27:52	***
78. Carol Murray	1:37:13	**
79. Theresa Swisher	1:38:00	*
80. Molly Leach	1:42:32	***
81. Erika Farinella	1:42:33	*
82. Tiffani Colvin	1:42:34	*
83. Vanette Gibbs	1:42:35	*
84. Tina Vanglider	1:52:49	*
85. Judy Callahan	1:52:55	*
86. Emma Callahan	1:52:55	*

Elda Kurzejeski, Run/Walk Chairperson wrote: "The race was great fun! It's fast becoming a "family affair," and we had our share of Moms, Dads, strollers, plus a fair number of young children participating and winning medals in their age categories. Also we had veterinarians from several cities and one from South Carolina that came to run and remember Jeff Shikles, their friend and classmate. Close to \$1,000.00 in race proceeds will benefit the Safe Kids Coalition here in Columbia."

**Senior Games June 23, 2001****5k Road Race:**

1. Richard Kelly	54	19:51
2. Richard Nistendirk	61	21:57
3. Linda LaFontaine f	50	23:11
4. David Utter	55	23:14
5. Bob Ostheim	66	24:22
6. Jeff Moran	50	25:33
7. Dennis Williams	59	25:36
8. Carol Kuhlmann f	57	26:01
9. Bob Humphreys	74	26:17
10. Jack Hudson	56	26:36
11. Don Waltman	66	27:59
12. Michael Lee	67	28:26
13. Laura Wells f	60	28:46
14. Barney Sword	60	28:35
15. Jeanelle Twillman f	69	30:30

16. Ralph Lia	81	37:42
17. Boots Gerhardt f	81	45:55
18. Harry Kublin	82	
(35:58—one lap short)		

**5k Race Walk:**

1. Maureen Lia	f	68	32:00
2. Polly Zinchuk	f	51	32:11
3. Fred Adams		67	32:39
4. Eric Hedges		55	34:10
5. Jim Weaver		70	34:21
6. James Baker		53	37:34
7. Don Swegal		69	39:58
8. George Ruh		59	42:43
9. Floyd Delon		74	43:58
10. Bunny Ostheim f		66	44:22
11. Joe Cragin		73	48:34

**10k Road Race:**

1. Rudy Kelly	54	43:02
2. Richard Nistendirk	61	46:37
3. Mike Baker	51	47:10
4. Carol Kuhlmann f	57	54:49
5. Michael Lee	61	1:00:17
6. Linda Reckart f	55	1:00:22
7. Jack Hudson	56	1:01:50
8. Laura Wells f	60	1:02:33
9. Barney Sword	70	1:05:57
10. Boots Gerhardt f	81	1:38:23

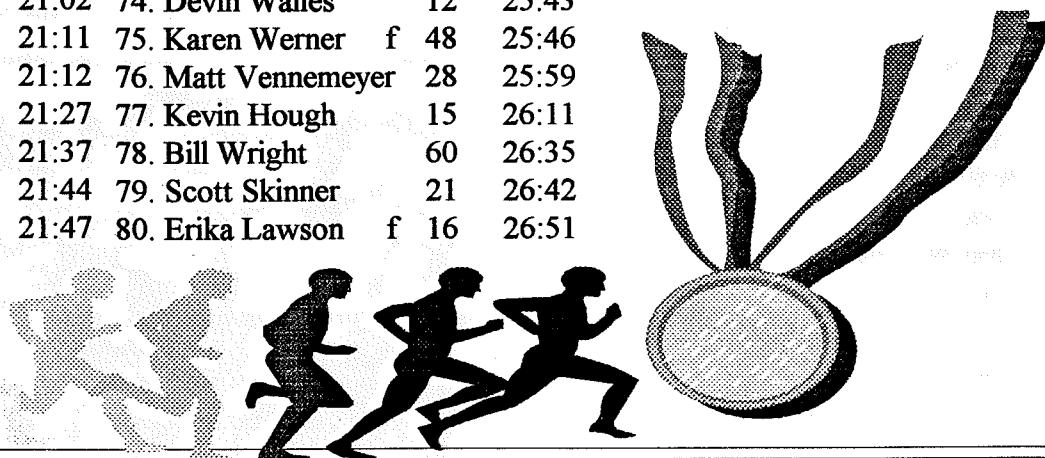


**Show-Me State Games****5,000 meter run****July 29, 2001**

<b>Show-Me State Games</b>			39. Oscar Chavez			37	21:48	81. Lynn Kirk	f	26	26:53
<b>5,000 meter run</b>			40. Ashley Bunch			f 13	22:07	82. Ann Heller	f	24	27:00
<b>July 29, 2001</b>			41. Julie Toebben			f 17	22:07	83. Patricia Burton	f	44	27:05
			42. Chris Keyes			23	22:08	84. Carrie Floyd	f	16	27:07
1. Dale Elliott	22	15:53	43. John Adams			40	22:12	85. Jim Sandfry		60	27:13
2. Gerald Holtmeyer	42	16:54	44. Tamy Beasley			f 27	22:13	86. Carol Kuhlmann	f	57	27:13
3. Stephen Bourgeois	37	17:03	45. Greg Ray			37	22:15	87. Kenneth Bartley		45	27:30
4. Michael Isaac	17	17:07	46. Richard Nistendirk			61	22:16	88. Rick Bush		49	27:36
5. Stephen Taylor	27	17:12	47. Susie Kennison			f 43	22:21	89. Bob Humphreys		74	27:42
6. Marc Keys	38	17:17	48. Jim Papreck			28	22:28	90. Michelle Landrum	f	18	28:07
7. Ryan Humphreys	18	17:19	49. Tim Ryan			40	22:34	91. Tom Creamer		30	28:26
8. Andrew Almany	15	18:36	50. Marty Rathje			49	22:36	92. Heather Nevins	f	25	29:32
9. David Alexander	23	18:23	51. Hugh Emerson			43	22:44	93. Ted Apley		56	30:37
10. Jake Garner	15	18:36	52. Bryson Jarman			11	22:59	94. Andrea Allen	f	54	31:06
11. Tyler Reynolds	17	18:42	53. Miriam Hill			f 35	23:00	95. Ken Asher		42	31:28
12. Michael Backes	16	19:46	54. Eric Jarman			33	23:00	96. Ken Kirlinger		50	32:08
13. James McAdams	17	18:54	55. Jessical Buchanan			f 16	23:01	97. Barney Sword		70	33:37
14. Matt Mobley	16	19:04	56. Chris Janku			49	23:08	98. Jeanelle Twillman	f	69	35:10
15. Julie Lossos	f 20	19:09	57. Mack Linneman			46	23:12	99. Nancy Fritsch	f	62	35:36
16. Kenny Hunziker	53	19:11	58. Jill Singleton			f 18	23:19	100. Pam Lanham	f	40	37:35
17. Chris Hayday	31	19:23	59. Kristina Werner			f 15	23:25	101. Ed Burnham		81	37:37
18. Jack Uhrig	47	19:28	60. John Wagner			28	23:41	102. Boots Gerhardt		81	47:03
19. Dakota Stoops	15	19:31	61. Stephanie Hugger			f 16	23:51				
20. Danny Bradshaw	16	19:41	62. Jeff Crouch			37	23:55	<b>5,000 meter walk</b>			
21. Andy Shirkey	32	19:51	63. Lois Hunziker			f 52	24:08	1. Dave Coutts		45	26:32
22. Matthew Dreier	26	19:56				(record)		2. Debbie Carpenter	f	40	31:52
23. Joseph Landrum	15	20:05	64. Mary Jesaitis			f 19	24:13	3. Patty Zinchuk	f	51	32:46
24. Andy Taylor	17	20:05	65. Clint Muzzy			11	24:15	4. Tom Zinchuk		49	32:56
25. Brian Bradshaw	15	20:10	66. Danny Wailes			44	24:16	5. Fabiola Lopez	f	43	33:03
26. John Dickey	47	20:11	67. Kenneth Bryant			53	24:19	6. Eric Hedges		55	35:16
27. Nancy Taube	f 41	20:19	68. John Schulz			43	24:35	7. Cheryl Shalespears	f	38	35:30
		(record)	69. Allen Taylor			13	24:36	8. Craig Kolb		39	37:04
28. James Bradshaw	16	20:20	70. Heather Kelley			f 29	24:51	9. Carol Goslin	f	56	42:19
29. Bevin Toomey	f 22	20:23	71. Robert Ostheim			66	24:55	10. Floyd Delon		71	45:41
30. Aaron Frank	15	20:31	72. Suporn Wongvatunuuf			41	24:57	11. Antoinette Ostheim	f 66		46:50
31. Sonya Yamnitz	f 19	20:39	73. Christina Crawford			f 17	25:43	12. Joe Cragin		73	48:38
32. Burton Heller	30	21:02	74. Devin Wailes			12	25:43				
33. Sean Wright	23	21:11	75. Karen Werner			f 48	25:46				
34. Edwin Rowold	26	21:12	76. Matt Vennemeyer			28	25:59				
35. Eric Bassett	30	21:27	77. Kevin Hough			15	26:11				
36. Kerry Peveler	42	21:37	78. Bill Wright			60	26:35				
37. Robert Simmons	59	21:44	79. Scott Skinner			21	26:42				
38. Gina Kennison	f 15	21:47	80. Erika Lawson			f 16	26:51				

**5,000 meter walk**

1. Dave Coutts	45	26:32
2. Debbie Carpenter f	40	31:52
3. Patty Zinchuk f	51	32:46
4. Tom Zinchuk	49	32:56
5. Fabiola Lopez f	43	33:03
6. Eric Hedges	55	35:16
7. Cheryl Shalespears f	38	35:30
8. Craig Kolb	39	37:04
9. Carol Goslin f	56	42:19
10. Floyd Delon	71	45:41
11. Antoinette Ostheim f	66	46:50
12. Joe Cragin	73	48:38



# 42nd ANNUAL HEART OF AMERICA MARATHON

Labor Day, September 3, 2001

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 1, 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 2. 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: Campus Inn, 1112 Stadium Blvd. Call 573 449-2731 for reservations. Rate: \$49 (for one to four persons) for Sept. 2 only. Refer to Conf # 86930.
- 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, 2605 Chapel Wood Terrace 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: \_\_\_\_\_

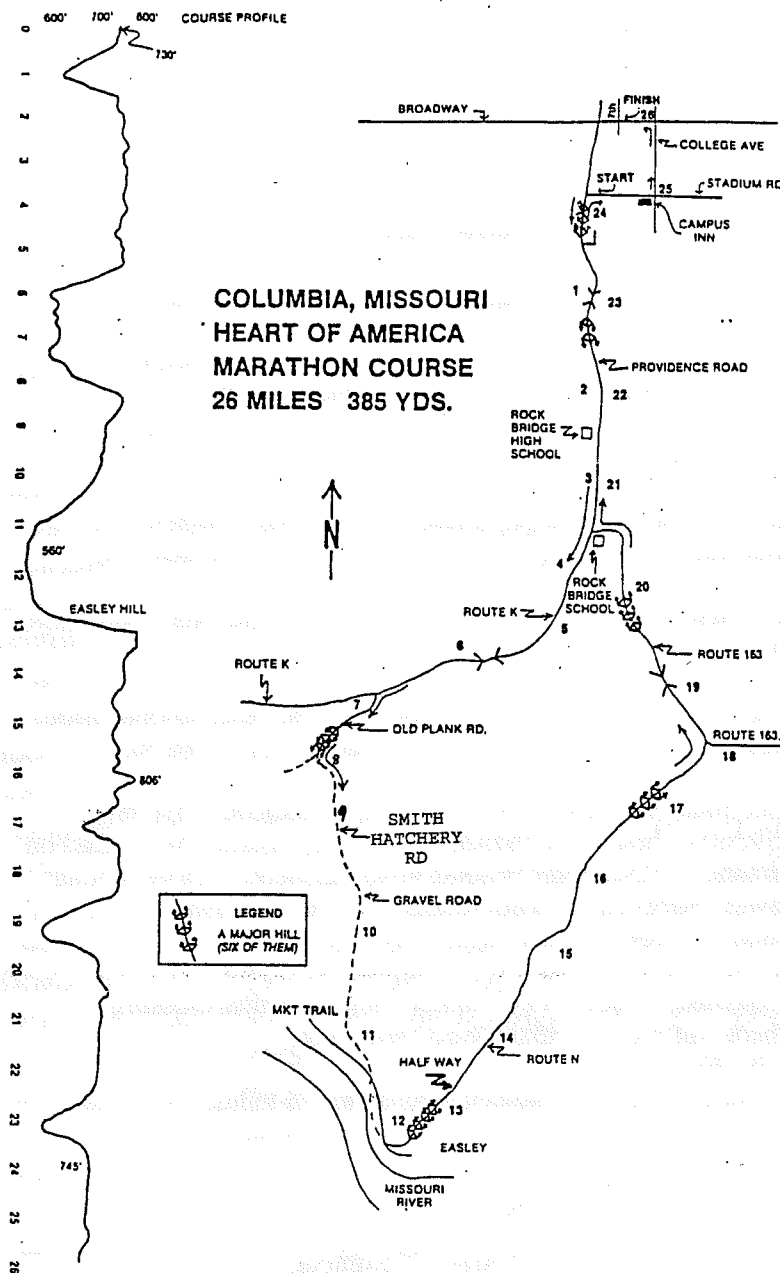
Address: \_\_\_\_\_  
Street City State Zip:

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? \_\_\_\_\_



YES, I WANT TO BE A PARTNER WITH HAL HIGDON IN HIS 7/7/70  
FUND-RAISING EFFORT FOR THE AMERICAN HEART ASSOCIATION.

Enclosed is my check payable to the "American Heart  
Association."



## 2001 Columbia Track Club Schedule

9/3	6 am	Heart of America Marathon	\$20	Joe Duncan, 445-2684	Stadium Blvd., by Hearnes Center	42nd annual, t-shirts, awards
9/22	8 am	One Hour Run	**	John Patton, 443-1636 Gary Stamper, 234-1725	MU Track	Awards
10/6	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	Faurot Field	Staggered start based on age/sex; Awards to top 30 finishers; t-shirts
11/3	8:30 am	Runner's Choice 10k/20k	**	Mark Wilson, 443-5171	Mill Creek/Nifong Blvd.	Awards

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

### Out-of-Town Events

August	11	1st annual Hot and Hilly Powerhouse 10k/5k, 8am, Springfield, (417) 836-6685
	12	Race for the Cure 5k run/walk, 7:30 am, Kansas City, MO, (816) 642-4444
	25	Tarmac 8k run/ 3k family walk, 7 am, Kansas City, (816) 353-3149
	26	Firefighters Run 10k, 3k, 1/2 mile kids' run, 7:30 am, St. Louis, (314) 781-3926
September	8	Cole Camp Fair 5k run/1 mile walk, 7:30 am, Cole Camp, MO, (660) 668-2119
		Run Through Maple Woods 5k, 8 am, Kansa City, (816) 437-3555
	15	Jesse James 5k/10/, 8:30, Kearney, MO, (816) 320-3642
		17th Annual Pony Express 5k/10k/1/2 marathon, 8 am, St. Joseph, MO, (816) 232-3344



### Distance Medley July 7, 2001

The objective of the distance medley is to run all laps at about the same pace. Four runners were treated to a mild summer evening @ Walton Track and were able to run near the same time for 14 laps or 3.5 miles. Marc Keys ran great running near or under 75 seconds per lap. Brett Clark a 15 year old from Arkansas ran around 82 seconds per lap as he chased the veteran Keys. Kala Jennings and Jon Kruse both ran well finishing each lap evenly and maintaining a consistent pace. Jon ran every race right at his predicted time.

	3200	1600	800	total
Marc Keys	10:20	5:00	2:20	17:40
Brett Clark	10:48	5:15	2:34	18:37
Kala Jennings	15:10	7:50	3:42	26:42
Jon Kruse	18:07	9:43	4:45	32:35

—Race Director Stephen Bourgeois

### Osage County Pump & Run 8-4-01

We had 55 participants, with 19 of them doing the pump. It is a hilly course, on grass, and was the first ever 5K held in Osage County! Participants were awarded adjusted times depending on how many repetitions they did on the bench press.

Name	Age	Time	Adj. Time
1. James Carlson	19	19:35	18:05
2. Lucas Leinberger	17	19:42	19:42
3. Matt Hutchings	16	19:51	19:36
4. Levi Bates	15	20:01	20:01
5. Mike Hutchings	16	19:51	19:36
6. Joe Landrum	15	20:59	20:44
7. Aaron Frank	15	21:11	21:11
8. Matt Abernathy	15	21:24	21:24
9. Lee Stubblefield	45	21:27	21:27
10. Boone Tyree	17	21:38	21:38
11. Mike Donze	14	21:42	21:42
12. Craig Nilges	15	21:46	21:46
13. James Jorgenson	40	21:57	17:57
14. Tiffany Ludwig	17	22:02	22:02
15. Brandon Heinz	16	22:13	22:13
16. Ben Reinkemeyer	19	22:42	21:27
17. Lucas Burnett	15	23:02	23:02
18. Ashley Bunch	13	23:11	20:56
19. Brian Volmert	16	23:13	23:13
20. T.J. Higgins	14	23:14	23:14
21. Brian Wilkens	14	23:23	23:23
22. Stephanie Cook	15	23:31	16:31
23. Crystal Wilson	16	23:48	23:48
24. Annie Evan	14	24:00	24:00
25. Dan Billington	41	24:04	24:04
26. John Falter	16	24:08	24:08
27. Paul Kerperin	29	24:13	19:58
28. Erin Paulsmeyer	21	24:33	18:18
29. Katie Bordner	17	24:42	24:42
30. Shannee Koenig	15	24:47	24:47
31. Dennis Gray	51	25:24	22:09
32. Josh Lehmen	16	25:44	25:44
33. Jason Reichart	17	26:19	25:49
34. Adam Dudenhoefter	15	26:33	26:33
35. Jeremy Epps	19	27:12	15:42
36. Lindsey Helton	15	27:22	27:22
37. Jordan Maxwell	12	28:03	28:03
38. Drew Neier	14	28:10	28:10
39. Emily Reinkemeyer	16	28:28	27:28
40. Courtney Burkett	20	28:46	27:01
41. Casey Steinman	15	29:35	29:35
42. Tyler Morton	13	30:11	30:11
43. Brittany Walsch	12	30:45	30:45
44. Michelle Landrum	18	31:26	31:26
45. Kris Stegeman	33	32:37	32:37
46. Julie Brandt	30	32:38	32:38
47. Megan Morton	17	32:54	32:54
48. Marvin Van Leer	64	33:11	33:11
49. Rio Demers	31	24:28	27:13
50. Jamie Bennett	13	36:25	35:25
51. Doris Frank	54	29:35	29:35
52. Ryan Dudenhoefter	15	42:18	42:18
53. Ellen Landrum	48	50:33	50:33

## The C.T.C. Colts: Once Again Show The Best at the Show-Me State Games

On July 21<sup>st</sup> the Columbia Track Club sponsored youth track team, the C.T.C Colts, under the coaching of Dick Hessler and Margaret Shimkus continued their winning ways. As was the case last year the team was certainly strong in talent, but most importantly, a dedicated and very hard working team. Thirty-three young athletes walked into the competition with hundreds of competitors, and emerged with 35 medals in individual and team events. It must be noted that the results below may not be complete due to the fact that not all the official results nor any best records have been posted on the Show Me website at this time. Thus a complete listing of non-medal finishes would be incomplete at best.

### MEMBERS of the 2001 CTC Colt Track & Field Team

Kate Garnes (DEDICATION!), Bradford Zitsch, Maura Wright, Evan King, Cody Marshall, Melea Shimkus, Lisa Brooks, Aileen Gallagher, Hannah Hassemer, Ian "Highlander" McLeod, Justin Tatters, Nathan Keown, Erin Gillispie, Ashtyn McDannold, Danica Shimkus, Kelsey Whittet, John Brooks, Jakob Woodland, Dena Patci, Chris "Buddy" Harris, Amanda Archer, Sara Borgmeyer, Tiffany Harris, Chris Boechmann, Phillip King, Tanner McDannold, Eliot Wycoff, Carolyn Hargrove, Brittany Marshall, Eric Fulhage, Jimmy Keown, Tyler McDannold, Steve Shimkus, Jon Weekly.

Below are the medal results of the your Colt team

### -THE RUNNERS OF THE FUTURE-

Each and every member of the Colts 2000 Summer Track Team is indebted and wishes to thank our parent organization – The Columbia Track Club -

### Thank you for your support !!!

Nathan Keown – BRONZE (400M) (male 6 and under)

Erin Gillispie – SILVER (400M)

GOLD (4X400M Relay) (female 7-8)

Ashtyn McDannold – GOLD (4X400M Relay) (female 7-8)

Danica Shimkus – GOLD (4X400M Relay) (female 7-8)

Kelsey Whittet – GOLD (200M)

GOLD (400M)

GOLD (800M)

GOLD (4X400M Relay) (female 7-8)

John Brooks – SILVER (800M) (male 7-8)

Jacob Woodland – BRONZE (1500M) (male 7-8)

Dena Patci – SILVER (4X400M Relay) (female 11-12)

NOTE: Dena is 10 years old!

Chris "Buddy" Harris – SILVER (800M) (male 9-10)

BRONZE (4x400M Relay) (male 11-12)

Amanda Archer – SILVER (4X400M Relay) (female 11-12)

Sara Borgmeyer – SILVER (4X400M Relay) (female 11-12)

Tiffany Harris – SILVER (4X400M Relay) (female 11-12)

BRONZE (High Jump) (female 11-12)

Chris Boechmann – BRONZE (4X400M Relay) (male 11-12)

Phillip King – GOLD (800M)

GOLD (1500M)

BRONZE (4X400M Relay) (male 11-12)

Tanner McDannold – GOLD (100M Disabled) (male 11-12)

Eliot Wycoff – BRONZE (4X400M Relay) (male 11-12)

Carolyn Hargrove – BRONZE (800M) (female 13-14)

Brittany Marshall – SILVER (800M)

BRONZE (1500M) (female 13-14)

Eric Fulhage – SILVER (4X100M Relay) (male 13-14)

Jimmy Keown – SILVER (4X100M Relay) (male 13-14)

SILVER (4X400M Relay) (male 17-18)

Tyler McDannold – BRONZE (100M) (male 13-14)

SILVER (4X100M Relay) (male 13-14)

Steve Shimkus – SILVER (Pole Vault) (male 13-14)

SILVER (4X400M Relay) (male 17-18)

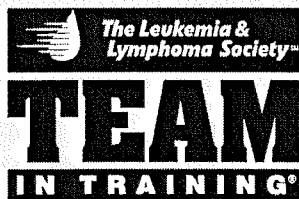
Jon Weekly – SILVER (4X100M Relay) (male 13-14)

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# **Winter 2002 Events**

## **Marathons & Half Marathons**

**Disney Marathon & Half Marathon**

**Run & Walk**

**Orlando, Florida**

**January 6, 2002**

**Bermuda Marathon & Half Marathon**

**Run & Walk**

**January 20, 2002**

**Mardi Gras Marathon & Half Marathon**

**Run & Walk**

**February 17, 2002**

## **Run or Walk**

In the race against leukemia, lymphoma and other blood related cancers we'll cross the finish line only when a cure is found. You can help us get there! Join Team In Training, the largest sports endurance training program in the world. We'll provide the training and support you need to complete a marathon or half marathon while you raise funds to fight the number one disease killer of children. It's an experience that will change your life, and help save another. **Teams now forming for Winter 2002.**

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

For more information, please fax to 314-878-4050 or call 1-800-264-CURE

# 7/7/70

In celebration of my 70<sup>th</sup> birthday this year, I plan to run 7 marathons in 7 months and help raise a total of \$700,000 in funds for 7 separate charities. One of my chosen marathons, the third on the list, is the **Heart of America Marathon** in Columbia, Missouri on Monday, September 3.

I chose Heart of America partly because I won that race back in 1968. But more than that, the connection between Heart of America and the **American Heart Association** was too good to resist. Both of my parents died from heart disease. I have been diagnosed with that same ailment, although obviously I am under no immediate danger or I wouldn't have chosen as a goal running 7 marathons in as many months.

Won't you join me and help raise funds for the American Heart Association? With only 150 or so entrants expected for Heart of America, obviously the fund-raising potential is not as high as at some of the other races on my schedule, such as Chicago with its cap of 37,500. But every little bit helps. Just as a lot of short footsteps add up to 26 miles 385 yards, so do a lot of small checks from individuals add up to a large donation for the American Heart Association.

Your pledge of money per mile can help in the fight against heart disease. Please consider a donation of **\$1.00 per mile**. If you want, pledge the money now and pay later. Or make out a separate check for the sum you plan to donate and submit it with your entry. Or send it to me at the address at the bottom of this flyer. Please make out the check to the **American Heart Association**, and you can identify this tax-deductible donation as: **7/7/70**.

I begin my 7/7/70 quest in Duluth, Minnesota on June 16 with Grandma's Marathon, which conveniently is one day before my 70<sup>th</sup> birthday. My second marathon in July will be the World Veterans Championships in Australia, another race I've won in the past. Then Heart of America followed by Chicago, Dublin, Honolulu and finally the Disney World Marathon. Each marathon will be dedicated to a different charity. I will be posting bulletins regularly on my Web site as I run each of the 7 marathons. Thank you for helping me reach my goal as you reach yours.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Pledge per mile \_\_\_\_\_ Total pledge \_\_\_\_\_

7/7/70: Hal Higdon, PO Box 1034, Michigan City, IN 46360; 1-888-ON-A-RRUN

**www.halhigdon.com**

## **CTC Membership Application**

NAME: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

Members of family at this address and their birthdates:

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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. Please make checks payable to COLUMBIA TRACK CLUB and send to:

CTC

P.O. Box 1872

Columbia, MO 65205

\_\_\_\_\_ \$15.00 dues

\_\_\_\_\_ \$40.00 "Silver Card" membership

## **COLUMBIA TRACK CLUB *NEWS***

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